

Spirit Xpress Choreography Camp Confirmation Packet

Necessary Forms:

Please fill out and fax back these three forms to Spirit Xpress ASAP (919) 484-1785:

*Spirit Xpress Choreography Camp Information Sheet

*Spirit Xpress Private Camp Information Sheet

*Local Accommodations Sheet

Please have all participants fill out this form and keep them onsite for entire camp duration:

*Xpress Brands Comprehensive Waiver

Things to do:

1. Read all information thoroughly.
2. Complete and mail or fax your "Choreography Camp Information Sheet" and your "Spirit Xpress Private Camp Information Sheet" at least two weeks prior to your camp. Please include specific directions to the camp location. Also include a phone number where you can be reached on the day the camp starts.
3. Distribute the "Spirit Xpress Cheerleading Health Agreement and Liability Release Form" waiver. These waivers need to be presented to the instructor on the first day prior to the start of camp. Do not mail waivers. No one will be allowed to participate without a waiver.
4. Make sure your facility and equipment are reserved and available for your camp dates and times (i.e.gym, mats, and CD player that is capable of handling your size group).
5. Send in your remaining balance at least two weeks prior to the start of camp. Your check must be received in our office prior to your first day of camp.
6. Arrive at the camp site dressed properly, having already eaten lunch, and ready to warm up and stretch out. Teams should stretch out prior to the start of camp.

General Information:

Spirit Xpress Choreography Camps are designed for squads who are already involved in competitive cheerleading or who wish to become involved in competitive cheerleading. Since these camps vary, individual schedules will be designed for them. Camps begin at 12:00 noon on the first day and at a time determined by the camp scheduling staff and squad coaches for the second day. Squads receive up to six (6) hours of instruction per day, or until choreography is completed.