



**CIA Presents
POWER STUNT CLINIC**

**135 Foster Ave
Bensenville, IL 60106
Phone: (630) 238 – 8755
Fax: (630) 238 - 1185**

Whether you are looking to learn new elite skills or perfect the basics, this clinic is for you. Participants will work on the skills they need to work on, ranging from basic 1 leg stunts, to double downs, kick double baskets, full ups or partner stunts. You can even bring in your entire stunt group and we will help perfect everyone’s technique so your group can hit that stunt for competition.

Training will be done by our superior staff at Cheer Illinois athletics, as well as the Senior Open Coed level 5 team, POWER, who qualified for the *USASF WORLD CHAMPIONSHIPS* for three years in a row.

Format of Clinic:

1 hour stunting

1 hour stretching

30 minutes of core conditioning - specifically designed to help flyers pull their body positions, and a separate conditioning program for the bases to help strengthen their stunts.

Circle the session you wish to attend.

**Session 1: Thursday, January 19
6pm – 8:30pm**

**Session 2: Monday, February 20
6pm – 8:30pm**

\$25/person pre-registered. (Registration must be received by midnight the day before the clinic)

\$35/person if you sign up the day of camp

\$50/Stunt group (Must have a complete stunt group to register. Registration must be turned in all together)

SIGN UP IMMEDIATELY, space is limited! There is a cap on the number of athletes in the stunt categories.

Name: _____ Address: _____

City: _____ Zip: _____ Birth date: _____ Age: _____

Phone: _____ Cell: _____ Email Address: _____

Circle One: Visa MasterCard Check# _____ Total Amount: _____

Account #: _____ Exp. Date: _____ 3 digit #: _____

Name on Card: _____ Signature: _____

I understand and acknowledge that the activity about to be engaged in poses known risks and unanticipated risk which could result in injury, paralysis, death, emotional distress, or damage to the participant, to property or third parties. I hereby voluntarily release, forever discharge and agree to indemnify and hold harmless Cheer Illinois Athletics, LLC., its coaches, owners and/or other participants from any claims, demands or causes of action which are in any way connected with participation in this activity or use of Cheer Illinois Athletics, LLC equipment or facilities. I certify that I have adequate insurance coverage to cover any injury or damage I or my child may cause of suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I or my children have no medical or physical conditions which could interfere with the safety in this activity or else I am willing to assume and bear the costs of all risks that may be created.

Signature of parent or guardian:

_____ Date: _____