

**Check out the 08-09 events that Appalachian State University Spirit Groups are hosting!!**

**All Girl Stunt Clinic**

October 5, 2008; 2pm-5pm

**Dance Skills Clinic**

October 26, 2008; 2pm-5pm

**College Prep Clinic for Cheer and Dance**

November 2, 2008; 1pm-6pm

**Coed Stunt Clinic**

November 16, 2008; 2pm-5pm

**Appalachian State University Spirit Team Exhibition**

January 25, 2009; 1pm-5pm

**Young ASU Cheerleader/Dancer Clinic**

January 31, 2009; 11am – 2:15pm

**College Stunt Clinic**

February 22, 2009; 2pm-5pm

**Tryout Prep Clinic for Cheer and Dance**

March 22, 2009; 1pm-6pm

Please read on for further details about the clinic schedule. This information is available on our App State website. [www.goasu.com](http://www.goasu.com) and [www.AppStateCheerleading.com](http://www.AppStateCheerleading.com)

# Dance Skills Clinic

October 26, 2008; 2-5pm

Clinic location in Varsity Gym Dance Studio on ASU Campus

- Open to all **High School and College Dancers** wanting to improve their dance skills.
- **\$25 per person** registration fee includes 3 hours of dance instruction in warm-up, stretching, leaps, jumps, kicks, turns and spins, as well as conditioning. Attendees will learn and perfect various dance genres during this clinic
- Everyone must sign a waiver with parent's consent (if under 18 years old).
- Attendance limit for this clinic closes at **30 dancers**
- Registration **deadline is October 24, 2008** by mail, email, or phone.
- Dress attire is black and bring your studio dance shoes – no street shoes allowed

## Clinic Schedule:

1:45pm Registration  
2:00pm Introductions  
2:05pm General warm-up and stretch  
2:20pm Spinning skills with counts  
2:50pm Leaps and jumps with counts  
3:20pm Learn Choreography and clean it up  
4:15pm Conditioning for Dancers  
4:45pm Cool-down and stretch  
4:55pm Recognitions and good-byes  
5:00pm Dismissed

-----  
Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Style preferred: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 28608

# College Prep Clinic for Cheer and Dance

November 2, 2008; 1pm-6pm

- Open to all **High School and College Cheerleaders and Dancers** interested in trying out for a college cheerleading or dance squad.
- **\$50 per person** registration fee includes 5 hours with ASU Spirit Squad members. Cheer skills: stunting, tumbling, pyramids, and basket toss instruction. Dance Skills: jumps, leaps, spins, and turns. Also, a discussion about college spirit groups, how to conduct yourself at a tryout interview, and a question and answer session with Coach Anderson.
- Everyone must sign a waiver with parent's consent (if under 18 years old).
- The clinic will be **held in Varsity Gym** on Appalachian State University's campus using a 2 ¼ inch foam floor for cheerleaders and a dance studio for dancers.
- Attendance limit for this clinic is set at **40 cheerleaders and 40** dancers max.
- Registration **deadline is October 31, 2008** by mail, email, or phone.

## Clinic Schedule:

12:45pm Registration  
1:00pm Demo of ASU Spirit Group  
1:05pm Intros and schedule for the day  
1:10pm Warm-up and Stretch – game  
1:20pm Fight song words and motions  
1:45pm (C) Stand, run tumble, and jump  
1:45pm (D) Jumps, leaps, and spins  
2:25pm Review fight song  
2:30pm Water break  
2:35pm (C) Group Stunt / Partner Stunt  
2:35pm (D) Choreography Hip Hop  
3:15pm Discuss college spirit vs. HS, AS, and studio spirit organization  
3:30pm Snack break  
3:45pm (C) College Pyramids  
3:45pm (D) Choreography Jazz  
4:30pm (C) Basket tosses on guys  
4:30pm (D) Review all Choreography  
5:00pm Review material  
5:15pm Game time scenarios  
5:30pm Mock Tryout  
5:40pm Cool-down and Stretch  
5:50pm Open Questions for team & Coach  
6:00pm Dismissed

---

Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Stunt Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 28608

# Coed Stunt Clinic

November 16, 2008; 2pm-5pm

- Open to all **High School and College Cheerleaders** interested in bettering their cheer skills and learning new stunts and stunt technique.
- **\$35 per person** registration fee includes 2 ½ hours with App State Cheer Squad members, stunting instruction, and question and answers with Coach.
- Everyone must sign a waiver with parent's consent (if under 18 years old).
- The clinic will be held in **Varsity Gym on Appalachian State University's campus** using a 2 ¼ inch foam floor.
- Attendance limit for this clinic is set at **25 flyers** and **5 bases**.
- Registration **deadline is November 14, 2008** by mail, email, or phone.

## Partner Stunt Clinic Schedule:

1:45pm Registration  
2:00pm Demo and Introductions  
2:05pm Warm-up and Stretch  
2:15pm Safety rules and spotting techniques  
2:20pm Split into groups by level  
2:25pm Toss stunt progressions in groups  
3:00pm Walk-in stunt progression in groups  
3:30pm Water Break  
3:35pm Beginner College Pyramids  
4:15pm Basket Tosses  
4:45pm Cool-down and stretch  
4:55pm Thank you and good-byes  
5:00pm Dismissed

-----  
Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Stunt Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 2860

# Appalachian State University Spirit Team Exhibition

January 25, 2009; 1pm-5pm @ The Holmes Center

- This is a **multi-event exhibition** for cheer routines and performances, dance routines and performances, partner and group stunts, tumblers, mascots, and other spirit groups to get a chance to perform in front of a crowd and be filmed or photographed for FUN.
- The schedule will alter when registration is complete but will generally stay in this order
- Cheerleaders will participate and warm-up on **9-panel(42'x 54') foam floor(non-spring)**
- Dancers and others wanting to, will participate on arena's **painted cement floor**
- If being used, **music must be mailed in by Jan. 19** so that it can be uploaded into system
- Every participant must fill out a waiver and pay a **\$15 flat rate entrance fee**
- Participants may exhibition in **multiple categories** for the \$15 fee if pre-registered
- **Each participant receives an award** following their exhibition
- Skills performed must be legal at the level you are participate in outside of the exhibition
- A certified Athletic Trainer will be available during the event
- **Registration is first come first serve** – website will notify you when schedule times fill.
- **Admission to the event is \$5** and tickets may be purchased at the door.
- **Vendors and food will be available** at The Holmes Convocation Center during event

## Exhibition Schedule:

|         |   |
|---------|---|
| 12noon  | Participant Registration behind section 7   |
| 12:15pm | Doors open to public at main gate           |
| 1:00pm  | Opening Ceremonies                          |
| 1:05pm  | Dance Performances/Routines                 |
| 1:50pm  | 'Other' spirit groups perform               |
| 2:05pm  | Floor change / break                        |
| 2:20pm  | Partner Stunt (2 people, 1spot)             |
| 2:35pm  | Group Stunts (4-5 people)                   |
| 2:50pm  | Tumble off                                  |
| 3:00pm  | Cheer Performances/Routines                 |
| 4:00pm  | Mascot Performances                         |
| 4:30pm  | Special College / professional Performances |
| 5:00pm  | Closing Ceremony and Thank you!             |

\*If you are a vendor or a college coach and would like to attend this event to promote your school, company, or organization please get in touch with John Anderson ([andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)) to set this up.

# Appalachian State University Spirit Team Exhibition

January 25, 2009; 1pm-5pm @ The Holmes Center

## REGISTRATION

Coach: \_\_\_\_\_ Organization: \_\_\_\_\_ # Participants: \_\_\_\_\_  
Age is as of January 25, 2009. Please us multiple copies of this sheet if you need more space.

| No. | Category | NAME | AGE |  | Office<br>- Paid | Office-<br>Waiver |
|-----|----------|------|-----|--|------------------|-------------------|
| 1   |          |      |     |  |                  |                   |
| 2   |          |      |     |  |                  |                   |
| 3   |          |      |     |  |                  |                   |
| 4   |          |      |     |  |                  |                   |
| 5   |          |      |     |  |                  |                   |
| 6   |          |      |     |  |                  |                   |
| 7   |          |      |     |  |                  |                   |
| 8   |          |      |     |  |                  |                   |
| 9   |          |      |     |  |                  |                   |
| 10  |          |      |     |  |                  |                   |
| 11  |          |      |     |  |                  |                   |
| 12  |          |      |     |  |                  |                   |
| 13  |          |      |     |  |                  |                   |
| 14  |          |      |     |  |                  |                   |
| 15  |          |      |     |  |                  |                   |
| 16  |          |      |     |  |                  |                   |
| 17  |          |      |     |  |                  |                   |
| 18  |          |      |     |  |                  |                   |
| 19  |          |      |     |  |                  |                   |
| 20  |          |      |     |  |                  |                   |
| 21  |          |      |     |  |                  |                   |
| 22  |          |      |     |  |                  |                   |
| 23  |          |      |     |  |                  |                   |
| 24  |          |      |     |  |                  |                   |
| 25  |          |      |     |  |                  |                   |

# Young ASU Cheerleader/Dancer Clinic and Game

January 31, 2009; 11am - 2:15pm

- Open to all children **ages 4-10 years old**.
- **Jr. Mountaineer Club members \$25** per child or **non-Jr. Mountaineer Club member is \$30** per child registration fee and includes one hour of instruction with ASU Cheer and Dance Squad members, performance at halftime of the ASU Women's Basketball vs. Furman game on the 31st, 2 parent tickets to that game, and a t-shirt.
- Each participant must have a signed waiver by a parent.
- The attendance limit for this clinic is set at **75 mini cheerleaders/dancers** max.
- Registration **deadline is January 23, 2009** by mail, email, or phone.

## **11am-noon** – Clinic at Varsity Gym:

10:45am Registration  
11:00am Demo and Introductions  
11:05am Warm-up and Stretch with game  
11:10am “Yosef (Simon) Says” how to do cheer motions  
11:15am Put motions to words and learn cheers and chants  
11:30am Cheer jumps and dance kicks  
11:40am Learn dance to perform at game  
11:55am Review halftime performance  
12:00pm Snack Break at Varsity Gym  
12:10pm Walk to Holmes Center together

## **12:30-2:15pm** – Game at Holmes Center:

12:30pm Walk to our seats in section 15  
12:55pm National Anthem / player intros  
1:05pm Tip-off (watch App State perform)  
– stand up and make noise!  
1:06pm Cheer and do motions from your seats led by ASU Cheer/Dance  
Timeouts 1<sup>st</sup>: after announcements, start A-S-U chant. 2<sup>nd</sup>: watch dance team. 3<sup>rd</sup>: do App State – Mountaineer chant. 4<sup>th</sup>: watch promo.  
2:05pm Halftime dance performance by Young ASU Cheer/Dancer Clinic  
2:15pm After halftime, file up to section 1 to be dismissed

---

Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Email: \_\_\_\_\_

Person picking up child: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 28608

# College Stunt Clinic

February 22, 2009; 2pm-5pm

- Open to all **High School and College Cheerleaders** interested in bettering their coed and all girl cheer skills and learning new stunts and stunt technique.
- **\$35 per person** registration fee includes 2 ½ hours with App State Cheer Squad members, stunting instruction, and question and answers with Coach.
- Everyone must sign a waiver with parent's consent (if under 18 years old).
- The clinic will be held in **Varsity Gym on Appalachian State University's campus** using a 2 ¼ inch foam floor.
- Attendance limit for this clinic is set at **35 cheerleaders**.
- Registration **deadline is February 20, 2009** by mail, email, or phone.

## Stunt Clinic Schedule:

1:45pm Registration  
2:00pm Demo and Introductions  
2:05pm Warm-up and Stretch  
2:15pm Safety rules and spotting techniques  
2:20pm Split into all girl and coed groups by level  
2:25pm Coed: Toss stunt progressions / All Girl: Flipping Stunts  
3:00pm Coed: Walk-in stunt progression / All Girl: Transitional Stunts  
3:30pm Water Break  
3:35pm Beginner College Pyramids  
4:15pm Basket Tosses  
4:45pm Cool-down and stretch  
4:55pm Thank you and good-byes  
5:00pm Dismissed

-----  
Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Stunt Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 2860



# Tryout Prep Clinic for Cheer and Dance

March 22, 2009; 1pm-6pm

- Open to all **High School and College Cheerleaders and Dancers** interested in trying out for a college cheerleading or dance squad.
- **\$50 per person** registration fee includes 5 hours with ASU Spirit Squad members. Cheer skills: stunting, tumbling, pyramids, and basket toss instruction. Dance Skills: jumps, leaps, spins, and turns. Also, a discussion about college spirit groups, how to conduct yourself at a tryout interview, and a question and answer session with Coach Anderson.
- Everyone must sign a waiver with parent's consent (if under 18 years old).
- The clinic will be **held in Varsity Gym** on Appalachian State University's campus using a 2 ¼ inch foam floor for cheerleaders and a dance studio for dancers.
- Attendance limit for this clinic is set at **40 cheerleaders and 40** dancers max.
- Registration **deadline is March 20, 2009** by mail, email, or phone.

## Clinic Schedule:

12:45pm Registration  
1:00pm Demo of ASU Spirit Group  
1:05pm Intros and schedule for the day  
1:10pm Warm-up and Stretch – game  
1:20pm Fight song words and motions  
1:45pm (C) Stand, run tumble, and jump  
1:45pm (D) Jumps, leaps, and spins  
2:25pm Review fight song  
2:30pm Water break  
2:35pm (C) Group Stunt / Partner Stunt  
2:35pm (D) Choreography Hip Hop  
3:15pm Discuss college spirit vs. HS, AS, and studio spirit organization  
3:30pm Snack break  
3:45pm (C) College Pyramids  
3:45pm (D) Choreography Jazz  
4:30pm (C) Basket tosses on guys  
4:30pm (D) Review all Choreography  
5:00pm Review material  
5:15pm Game time scenarios  
5:30pm Mock Tryout  
5:40pm Cool-down and Stretch  
5:50pm Open Questions for team & Coach  
6:00pm Dismissed

---

Please register by sending the following information via email to: [andersonjd@appstate.edu](mailto:andersonjd@appstate.edu)

Name of Clinic Attending: \_\_\_\_\_ Amount of \$ Owed: \_\_\_\_\_

Name Person Attending: \_\_\_\_\_ Age of Person Attending: \_\_\_\_\_

Size of T-Shirt Person Attending Wears: \_\_\_\_\_ Stunt Position: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact Name and Phone Number: \_\_\_\_\_

Appalachian State University \* Varsity Gym – Spirit \* 530 Rivers Street \* Boone, NC 28608