

Cheer and Tumble Clinic

Sponsored by North Valley Sports Booster Club***

***North Valley Sports Booster Club is a 501(c)3 organization supporting youth in Sacramento and Placer Counties.

Saturday, March 3, 2012

9:00AM to 4:30PM

@Just Tumble, 1400 Plumber Way, Roseville 95678

Pre-register TODAY! Just \$15.00* per person for an entire day of fun!

FREE gift to the first 50 registered attendees!

Learn the basics of cheer and tumbling! No experience necessary, boys and girls ages 5-17 welcome! We will teach motions, jump technique, stunting, tumbling skills, and a dance!

Then we will put it all together into a routine for you to perform!

Email NVSBoosterClub@sbcglobal.net or call 916-626-9086 for more information

*\$15.00/person for pre-registered attendees. Lunch will be 2 slices of pizza/drink.

Must pre-register by February 24, 2012

After February 24th, registration price will be \$20.00/person at the door.

Tumbling and Stunting taught
by certified instructors from
Rebels All Star cheer!
www.rebelscheer.com



Sample Clinic Schedule:

8:30-9:00am - Registration/Check-In

9:00 am - Warm Up!

9:30-10:45am - Tumbling

11:00-12:15pm - Stunting

12:15-1:15pm - Lunch

1:15-2:30pm - Jumps and Motions

2:45-4:00pm - Dance

4:00-4:30pm - Put it all together...

4:30pm - PERFORM!!

Registration Information:

Student Name _____ Birth Date _____

Parent Name _____ Phone # _____

Address _____ City/Zip _____

Email address _____

Enclose \$15.00 cash, check or money order, payable to North Valley Sports Booster Club (NVSBC)

and **MAIL TO: NVSBC, 3761 Monteverde Drive, Lincoln CA 95648**

MUST be postmarked by February 24, 2012. Walk-in registration is welcome, \$20.00/person.

