



North Hills Cheerleading Presents...  
***Rah-Rah Clinic 2019***



A 3-day clinic... and cheer for the 1st half of a North Hills Varsity football game!

When: Monday, September 30, 2019- 6:00pm-8:00pm  
Tuesday, October 1, 2019 - 6:00pm-8:00pm  
Wednesday, October 2, 2019 6:00pm – 8:00 pm  
Friday, October 4, 2019 @ NH football game (arrival time TBA)  
Where: North Hills Senior High Gym

Who: Any child who is currently in kindergarten – 6th grade

Cost: \$50 per child - includes cheer clinic activities, Rah- Rah T-shirt & pom poms

- The program includes cheers & cheering techniques, chants and NH band dances.
- Participants are grouped by grade level and instructions are presented according to the participants' age and ability.
- Children who attend the Rah-Rah Clinic are invited as our guests to cheer the first half of the October 4th Varsity Football game.
- North Hills Varsity and JV cheerleading parents and sponsors provide adult supervision during the clinic and at the football game.

Registration with payment must be received by September 13, 2019. Registrations received after that date will be charged \$60 and **MUST BE PAID IN CASH!** We **CANNOT** guarantee a t-shirt after the due date.

To register, please mail the following:

- Completed registration (with T-shirt size) and emergency contact form
- Cash (preferred), Check or money order for \$50 (\$60 after Sept 13 cash only) payable to: NHCPA.

Mail to: NHCPA - Attn: Rah-Rah – 181 Jacks Run Rd - Pittsburgh, PA 15214  
Questions? Contact NH Cheer Parent Association via email [NHcheerindians@gmail.com](mailto:NHcheerindians@gmail.com)

**CAMP DETAILS:** Children attending Rah-Rah clinic should be dropped off and picked up at North Hills Senior High Gym Entrance (by the swimming pool entrance). Supervision will begin at 5:45pm. Children should not be dropped off any earlier. Dismissal is 8:00pm. Please be prompt at dismissal time. Parents are invited on the **LAST** day of the clinic (Wednesday, October 2nd) at 8:00pm for a “showcase”. We ask that you do not interrupt the instruction at any other time during the clinic.

**Hope to see you there!**

*The North Hills Cheerleading Clinic is sponsored by the NHCPA  
and is not affiliated with the North Hills School District.*

North Hills Rah-Rah Cheerleading Clinic Registration/Emergency Information

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_  
Parent's Name \_\_\_\_\_  
Address \_\_\_\_\_ Zip Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ for notifications  
Emergency Contact (if parents can't be reached): \_\_\_\_\_  
Relationship to child: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
Known medical problems: For example, allergies (food, medication), diabetes, epilepsy or any condition of which we should be aware

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If we are unable to reach the parent or the emergency contact and emergency care is needed, Ross/West View EMS will be called. Any recommendation for medical treatment or emergency care will be determined by Ross/West View EMS. I grant permission for Ross/EMS to treat or transport my child \_\_\_\_\_.  
In addition, I assume full financial responsibility for all expenses incurred or diagnosis and treatment of any injury of illness that may occur while my child is participating in the North Hills Rah-Rah Cheerleading clinic.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Child's Name: \_\_\_\_\_ Grade \_\_\_\_\_

T-shirt Size (circle correct size for participant):

Child Small (6-8)                  Child Medium (10-12)                  Child Large (14-16)

Adult Small                          Adult Medium                          Adult Large

Cash or Check/money order # \_\_\_\_\_ made payable to: NHCPA

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