

4th Down Fundamentals Cheerleading & Dance Camp

The 4th Down Fundamentals Camp is in its fourth year. Last year's event was a huge success with participation by 15 NFL Players and more than 450 campers, and this year will be even bigger and better. The 4th Down Fundamentals Cheerleading & Dance Camp will give campers the opportunity to learn cheerleading and dance moves from professional cheerleaders.

Camp Mission

1. To teach the fundamentals of cheerleading, to encourage an active and healthy lifestyle and to stress the importance of perseverance in overcoming life's obstacles in a caring and supportive atmosphere
2. To provide participants the opportunity to develop discipline and character, to strengthen inner qualities and to grow as a complete athlete. The camp will emphasize the importance of goal setting, hard work and commitment to positive development



Eligibility

Participants interested in Cheerleading must be at least eight years of age to attend 4DF Camp and cannot have begun taking classes associated with their senior year of high school.

Registration

- Camp is **Completely Free** to all Youth Participants
- **Pre-Registration** is strongly recommended, as space is limited.
- All Pre Registered Campers will receive a camp T-shirt.
- Water, Snacks and Lunch will be provided.

What to Bring

- T-Shirt, shorts and athletic shoes, no sandals
- Do not bring Jewelry or other Personal items

Schedule

- 9:00 a.m. Registration Begins
- 9:45 a.m. Kick Off Welcome
- 10:00 a.m.-2:30 p.m. Camp Drills and Activities
- 2:30-3:00 p.m. Pep Rally & Awards



Registration Form

Camper Name _____

Age _____ Grade _____

Address _____

City _____ State _____ Zip _____

Email _____

Guardian Name _____

Guardian Home Phone _____

Medical Release and Waiver of Liability

I hereby certify that I am the parent and/or legal guardian of the camp applicant above. I also certify that my child is physically fit for strenuous activity according to our family physician. In the event that my child is injured or becomes ill, I hereby grant permission on our family's behalf, in case of emergency, for the 4th Down Fundamentals Cheerleading Camp personnel to provide or seek medical assistance as may be deemed necessary under then-existing circumstances. Furthermore, I understand that individuals who participate in camp activities are doing so at their own risk. I acknowledge that the staff, management, board of directors, and employees of 4th Down Fundamentals Cheerleading Camp and/or Police Athletic League are not responsible for any injury that may occur to individuals participating in any camp activity, and accordingly, will not file legal action against the camp, staff, management, board of directors, and employees of the 4th Down Fundamentals Football Camp and/or Police Athletic League. Participation is on a voluntary basis only.

SIGNATURE: _____

DATE: _____

List special medical facts trainers / coaches should be

made aware of: _____

Send Completed Registration to:
Leigh Torrence
4th Down Fundamentals Football Camp
1735 Rogers Avenue, SW
Atlanta, Georgia 30310

or Fax signed form to 404.888.5645

Visit www.leightorrence.com for updates and information



The camp is being hosted by Leigh Torrence of the Washington Redskins. Leigh is a product of southwest Atlanta and a former member of the Atlanta Falcons.

Our mission is to teach the fundamentals of cheerleading, to encourage an active and healthy lifestyle and to stress the importance of goal setting and perseverance in overcoming life's obstacles in a caring and supportive atmosphere.



The Fourth Annual



Cheerleading & Dance Camp

Ages 8-18

Hosted by
New Orleans Saints
Cornerback

Leigh Torrence

June 27, 2009
9:00 a.m. - 3:00 p.m.

Anderson Park
142 Anderson Ave, NW
Atlanta, GA 30314