

CAMP AWESOME!



Overnight Cheer Camp by Washington Extreme

General Information

On the beautiful grounds of Camp Gifford, on Deer Lake WA, teams will enjoy 3 days (2 nights) of cheer and skills classes, mixed with just the right amount of team building and fun! Designated sessions for high ropes, and low ropes courses, beach time, pyramids, sideline dances, cheers and more! Athletes stay in Cabins with 10-12 of their teammates! Cabins have showers and bathrooms. There will be free time for swimming and playing at the lake. Your registration cost covers instruction, team building, a t-shirt for every athlete, lodging and meals!

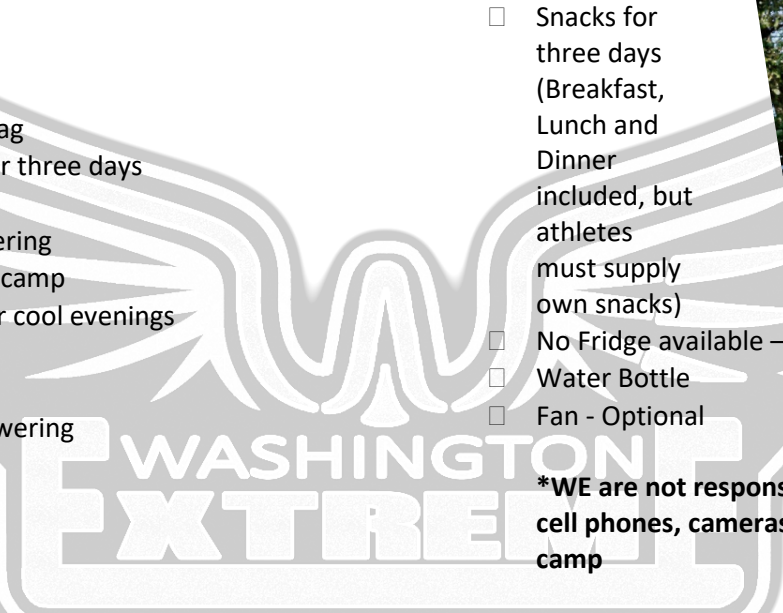


Check List!

- Waiver form!
- Pillow & Sleeping bag
- Practice Clothing for three days
- Cheer Shoes
- Flip Flops for showering
- PJs appropriate for camp
- Jacket or Sweats for cool evenings
- Swimsuit
- Beach Towel
- Bath Towel for showering
- Sunscreen
- Bugspray
 - Toiletries

- Snacks for three days (Breakfast, Lunch and Dinner included, but athletes must supply own snacks)
- No Fridge available – pantry snacks only
- Water Bottle
- Fan - Optional

***WE are not responsible for lost items. Ipods, cell phones, cameras, etc are not necessary at camp**



Camp Schedule (Will be finalized week of camp)

Friday		9:00	Warm Up	8:00AM	Breakfast
1:00PM	Check In!	10:00 – 1:00	Classes	9:00	Warm Up
2:00 – 6:00	Classes/Practice	1:00	Lunch	10:00	Classes
6:00	Dinner	2:00 – 5:00	Classes	1:30	Wrap Up
7:00	Team Building	6:00	Dinner		
8:30	Games	7:00	Class		
10:00	In Bunks	9:00	Team Building		
11:00	Lights out!	10:00	In Bunks		
Saturday		11:00	Lights out!		
8:00AM	Breakfast	Sunday			



Team Camp Registration

One Registration form Per Organization

Information

Organization Name

Contact Name

Mailing Address City State Zip

Phone Number Cell

Email Address

Details

Location	Camp will be held at Camp Gifford	Address: 3846 N. Deer Lake Rd, Loon Lake WA 99148	
Date	July 8-10	Registration includes lodging for 2 nights, and 3 days, meals, and instruction. Teams will also be participating in ropes course activities	

Any Special Requests?

Fees

Camp Length		# of Athletes	x	Cost	Total
2 Night, 3 Day Camp				\$275 Per Athlete	

Please submit one payment per school or organization; we do not accept individual remittances. All Fees must be paid in full prior two weeks prior to the first day of camp. All Fees are **Non-Refundable**.
Make Checks Payable to Washington Extreme.

Grand Total Due

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Coach Signature

Date

Team Roster/Room List

*Use this sheet to assign athletes to cabins. Turn this in with your registration form.

Team Name: _____

Please List All Coaches for this Team: _____

Will Coaches be staying in cabins with athletes? YES / NO

This team is a (please circle one): Varsity/JV/ Rec

Cabin #1 (List all Athletes/ Chaperones/ coaches staying in this cabin)	Cabin #2 (List all Athletes/ Chaperones/ coaches staying in this cabin)	Cabin #3 (List all Athletes/ Chaperones/ coaches staying in this cabin)
1. _____	13. _____	25. _____
2. _____	14. _____	26. _____
3. _____	15. _____	27. _____
4. _____	16. _____	28. _____
5. _____	17. _____	29. _____
6. _____	18. _____	30. _____
7. _____	19. _____	31. _____
8. _____	20. _____	32. _____
9. _____	21. _____	33. _____
10. _____	22. _____	34. _____
11. _____	23. _____	35. _____
12. _____	24. _____	36. _____

