TRAIL'S END CHEERLEADING CAMP

INFORMATION PACKET

DIRECTIONS TO TRAIL'S END CAMP

DIRECTIONS FROM SCRANTON / WILKES-BARRE AREA: Take Interstate 81 North to Scranton and when you get between exits 186 and 187 look for signs that state EAST 6 Carbondale. There will be three of those signs. Get onto EAST 6 Carbondale, and go for about 26 miles into Honesdale, PA. At the traffic light in Honesdale, take a right-hand turn, go over bridge to the next light which is about 1 mile and then take a left-hand turn. Continue on Route 6 East for 2.7 miles and then take a left on Route 652. Go for 4.1 miles and you will see a small Trails End Camp sign on your right hand side. Take a left turn at that sign and go 1.1 miles to the camp entrance.

FROM THE HARRISBURG AREA: Take Interstate 8I North and follow directions from Scranton, PA.

FROM THE MARYLAND, WASHINGTON, D.C. AND VIRGINIA AREA: Take whatever way is easiest for you to get to Harrisburg, PA and then follow directions from Harrisburg.

FROM THE PHILADELPHIA, DELAWARE AND PARTS OF SOUTH JERSEY AREA: Take the Northeast Extension of the Pennsylvania Turnpike and get off at Exit 115. Get onto Interstate 81 North and follow directions from Scranton, PA.

FROM NEW YORK: Take the New York Thruway to Rt. 17 to Rt. 84 West into Pennsylvania and get off at Exit 30 (Blooming Grove exit). Take a right on 402 North for 4 miles. Take a left on Route 6 West and go toward Hawley. Continue on Route 6 West about 5 miles past Hawley to the Village of Indian Orchard (AmeriGas on left). Take a right onto Route 652. Go 4.1 miles and you will see a small Trails End Camp sign on your right. Take a left at that sign and go 1.1 miles to camp.

FROM NEW JERSEY AND MANHATTAN: Take Route 80 to Exit 34 (Route 15). Continue on Route 15 to Route 206 into Pennsylvania. Get on Route 6 West passing through the town of Milford, PA. After leaving Milford, at the top of the hill, take Interstate 84 West and get off at Exit 30 - Blooming Grove. Then follow directions from New York.

FROM BROOKLYN-WAYNE CALDWELLS, ORANGES, LIVINGSTON, NEW JERSEY AREA : Verrazano Bridge-Cross Staten Island to Goethals Bridge to New Jersey Turnpike North to Exit 15 (Route 280). Take Route 280 West onto Route 80 to Exit 34B (Route 15). Follow directions from New Jersey-Manhattan.

FROM WESTFIELD, PLAINFIELD AND SPRINGFIELD, N.J.: Take Route 22 West to Somerville, N.J. Then take 206 North to Milford, PA. Once you get into Milford, follow directions from New Jersey-Manhattan.

FROM MARLBORO, MORGANVILLE, BRUNSWICK AND EAST BRUNSWICK AREA: Take the Garden State Parkway to Route 280 into Route 80. Follow the directions from Brooklyn.

FROM SOUTH JERSEY AREA: Go north on the Garden State Parkway to Exit 127. Follow U.S. 9 to circle. About 3/4 around the circle follow Rt. 1 South until you come to Rt. 287 to Somerville. Continue north on 287 to Exit Rt. 206. Follow Rt. 206 to Route 6 then follow directions from New Jersey-Manhattan. Note: you may want to take the all-turnpike route from Philadelphia depending how far you are from Philadelphia. Check with your local AAA Automobile Club.

FROM WESTCHESTER COUNTY, NEW YORK : North of White Plains, Route 684 to Route 84 West to Exit 30 in PA which is the Blooming Grove Exit, Follow directions from New York.

FROM CONNECTICUT AREA: Get on Interstate 84 West and stay on 84 into PA and get off at Exit 30 - Blooming Grove. Follow directions from New York.

FROM WILLIAMSPORT AND STATE COLLEGE, PA AREA: Take Interstate 80 East to Interstate 81 North and follow directions from Scranton, PA.

FROM SYRACUSE BINGHAMTON, NY AREA: Take Route 17 East to the Hancock, New York Exit (exit 87). At the stop sign take a left and proceed until you come to a McDonald's and take a right. Go about 1/4 mile and take a right onto Route 191 SOUTH. Cross the Delaware River and go for about 34 miles into a town called Honesdale, Pennsylvania. When you get into Honesdale take Route 6 EAST for about 4 miles and then make a left-hand turn onto Route 652. Go 4.1 miles and you will see a small Trails End Camp sign on your right hand side. Take a left hand turn at that sign and go 1.1 miles to the camp entrance which will be on our right.

NOTE: If you are coming from Route 6 East into Honesdale, there is a McDonald's, Wendy's, Pizza Hut, and Arthur Treachers located just before you take the left on Route 652. If you are coming from Route 6 West, go 0.7 (tenths) past the right-hand turn for Route 652 and you will be able to get lunch. After lunch, just turn around and take a left on Route 652.

The actual camp address is:

100 Trails End Road
Beach Lake, PA 18405

If you use MapQuest, please use the below address:

230 Trail's End Road
Honesdale, PA 18430

Have a Safe Trip!

JERRY PRESCHUTTI'S
PINE FOREST CHEERLEADING CAMP
P.O. BOX 11
OLYPHANT, PA. 18447

E-mail address: jpcheercamp@aol.com
Phone: 1-570-876-2664
Fax: 1-570-876-6696
Web page address: www.cheerleadingcamps.com

Dear Coach,

We want to thank you for choosing to attend our camp this summer. To help you with the process to attend please check the pertinent information listed below:

REGISTRATION PROCEDURE IF YOU HAVEN'T DONE SO ALREADY:

- Please print the registration form from our web site and send in a $100.00 deposit per cheerleader to the address that is listed. Please send one (1) form for each of your teams attending.
- The cost to attend camp is $295.00 per cheerleader.
- If you have paid the deposit you can send in the balance due before you arrive at camp or on the first day of camp. The choice is yours. Many people pay ahead of time as they don't have to handle money on the first day but it is your choice.
- Please check the information that you will be downloading as to what is accepted and what is not accepted for payment of deposits and balances due.

CAMP PHONE NUMBERS IN CASE OF AN EMERGENCY:

These are the numbers to be called on the dates WHEN YOUR TEAM IS AT CAMP:

Pine Forest Facility: 570-685-7141 or 570-685-7145
Trails End Facility: 570-729-7111
Chestnut Lake Facility: 570-729-1010

PLEASE BE SURE THAT THE PARENTS ARE GIVEN THIS INFORMATION AHEAD OF TIME.

CAMP STORE/CANTEEN: Our store will be selling sweatshirts, t-shirts, shorts and novelty items. There is a canteen available for the purchase of pizza, soda, ice cream, candy, etc. **PLEASE NOTE: THE CAMP STORE ACCEPTS DEBIT AND CREDIT CARDS**. Check out our web site for the camp store items available!!!

If you should have need of further information, please don't hesitate to give us a call.

Thank you very much.

Jerry, Jerry, Jr. and Craig Preschutti

DUE AT REGISTRATION ON THE FIRST DAY OF CAMP

1. Payment, if not already sent ahead of time.
2. **PARTICIPANT RELEASE AND WAIVER FORM** and **COVID WAIVER AND RELEASE OF LIABILITY FORM**. Please arrange these forms in **ALPHABETICAL ORDER and place in separate 9"x12" envelopes with your school name listed on the outside. DO NOT SEND AHEAD OF TIME.**
3. UCA Camp - Squad information sheet.(This is located in this information packet) (
4. **ADULT RELEASE AND WAIVER FORM** and **COVID WAIVER AND RELEASE OF LIABILITY FORM.**

ADDITIONAL INFORMATION

1. Camp store for the purchase of camp goods. Please check our website for items available for sale and prices.
   PLEASE NOTE: Camp store accepts debit and credit cards.
2. Canteen available for the purchase of candy, soda, ice cream, pizza, etc.
3. Lighted tennis courts, lighted heated pool, and lighted basketball courts.
4. Talent show presented by various squads (NOT MANDATORY).
5. **Parents and friends will be allowed to observe the last morning's activities of each session.**
6. **No visitors will be allowed into camp once the cheerleaders have registered on the first day of each session, unless there is an emergency. There are no visitors allowed in camp on Talent Night.**

For further information on Varsity's rules and guidelines, please got to:

https://www.varsity.com/uca/school/camps/camp-brochure

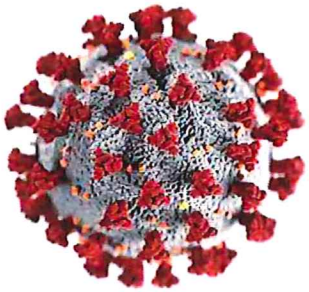
Our web site is **www.cheerleadingcamps.com**

REFUND POLICY – A refund, less the registration fee, will be issued if a written request is received three weeks prior to your camp dates. After that time, only a 50% refund of the balance due will be given, because of camp guarantees. No refunds will be issued after October 1. As per our policy, deposits are non-refundable and non-transferable.

RULES AND REGULATIONS

- Rules and regulations of the camp will be communicated at the start of camp and will be strictly enforced. If any these rules are violated, the parent(s) or legal guardian(s) of the camper will be notified, and the camper will be dismissed from camp. If you are asked to leave camp, you will not receive a refund.

- Cabin inspections will be performed daily. You and your parent(s) or legal guardian(s) will be billed directly for any damages.



COVID-19 GUIDELINES FOR 2021 CAMP

AS THINGS CHANGE ON A DAILY BASIS IN REGARDS TO THE WEARING OF MASKS AT CAMP, WE WILL PROVIDE YOU WITH THE LATEST UPDATES ***PRIOR TO YOUR ARRIVAL, VIA EMAIL.***

1. IF ANY PARTICIPANT HAS BEEN FULLY VACCINATED, THEY WILL NOT BE REQUIRED TO WEAR A MASK AT ANY TIME.

2. AS OF JUNE 2ND, IF ANY PARTICIPANT HAS NOT BEEN FULLY VACCINATED, THEY WILL HAVE TO WEAR A MASK WHEN THEY ARE OUTSIDE OF THEIR CABIN. THEY WILL NOT HAVE TO WEAR A MASK INSIDE THE CABIN OR WHEN EATING IN THE DINING HALL.

3. FOR THE SAFETY OF OUR ATHLETES, THEY ARE NOT REQUIRED TO WEAR MASKS WHEN STUNTING, TUMBLING OR ENGAGING IN VIGOROUS PHYSICAL ACTIVITY, REGARDLESS OF VACCINATION STATUS.

4. PLEASE BRING YOUR OWN HAND SANITIZERS AND ANY OTHER PERSONAL PROTECTIVE EQUIPMENT THAT YOU FEEL YOU NEED TO KEEP SAFE. MASKS WILL NOT BE PROVIDED BY THE CAMP.

5. PARENTS AND FRIENDS ***WILL*** BE ALLOWED TO OBSERVE THE LAST MORNING'S ACTIVITIES OF EACH SESSION.

6. NO VISITORS WILL BE ALLOWED INTO CAMP ONCE THE CHEERLEADERS HAVE REGISTERED ON THE FIRST DAY OF EACH SESSION, UNLESS THERE IS AN EMERGENCY. THERE ARE ***NO*** VISITORS ALLOWED IN CAMP ON TALENT NIGHT.

PAYMENT INFORMATION

ACCEPTED METHOD OF PAYMENT:

Cash, cashiers' check, money orders, school checks, booster club checks or individual check from the coach. Deposits and balances due need to be paid with ONE CHECK ONLY.

NOTE: No personal checks accepted from individual cheerleaders at any time. They can pay with cash / money orders.

MAKE CHECKS PAYABLE TO:

J.P. SPORTS TRADITIONS, INC.

Please send all deposits and balances due to our BUSINESS ADDRESS:

Pine Forest Cheerleading Camp
P.O. Box 11
Olyphant, Pa. 18447

Please do not send deposits or balances due to the individual camp locations.

ONLY SEND PAYMENTS TO THE ABOVE ADDRESS

Thank you very much for your cooperation.

REMINDER

Each team attending will have one coach attend free of charge. If you have additional teams attending (i.e, Varsity & Jr. Varsity) you would be allowed two free coaches. For each additional team, an additional free coach is allowed. Any additional adults will be required to pay $100.00 each.

CHECK IN TIME: Between 10:30 AM and 12:45 PM. First camp meal will be dinner.

CHECK OUT TIME: Between 12:00 noon and 12:45 PM on the last day.

DON'T MISS OUT ON THE 2021 UCA CAMP THEME "SPOTLIGHT ON SPIRIT"

CHECK OUT WHAT'S NEW IN 2021!

NEW! Coaches & Captains' Goal Setting / Stunt Workshop
Quality time for coaches and captains/leaders to set goals for the season and align on stunt techniques guided by the UCA Staff.

Stunt & Pyramid Curriculum
Updated partner stunt and pyramid curriculum from beginner to elite with new transitions, inversions and dismounts while still following the UCA progressions squads know and love. Includes a Safety Awareness Test, Spotting Seminar and Stunt Qualification.

Sideline Private Coaching
Personalized and situational sideline instruction with the UCA Staff for football or basketball with training on motions, voice inflection, incorporating crowd effective stunts and more.

Team Building
Build, bond and grow through team building exercises, encouraging evaluations and leadership training.

Cheer Private Coaching
One-on-one time with the UCA Staff incorporating spirit props such as signs, poms, megs and flags along with skills and spirit into a cheer of choice.

Spirit Power: This year's theme is "Spotlight on Spirit" which embodies UCA's mission – to inspire leadership on and off the field. It is our goal that every athlete leaves Pine Forest feeling confident, strong and empowered to be the best leader they can be – for life.

What to Wear:
Outfits for Spirit Night: Ready, set, SHOWTIME!
Grab your costumes, channel your favorite musical or play character and get ready to take center stage! The UCA Staff are the directors of FUN and your squad is the star cast for a Spirit Night celebration filled with team-bonding and memory-making!

What to Bring:
- Addresses for St. Jude letters
- Spirit Raising Props – signs, poms, megs and/or flags
- Two small dry erase boards & markers (highly recommended)

STAY SAFE:
100% of the UCA Staff is AACCA safety certified and Level 2 background checked so you learn safety the right way at UCA summer camp! Each staff member is knowledgeable of new techniques, legal liability issues, medical responsibilities, nutrition, hydration and environmental safety. UCA provides $1 million secondary liability insurance coverage for cheer coaches attending camp who are employed full time as the designated coach or adviser to the team for the school or school district.

For more detailed information, type in these links:

https://www.ucacamp.com/new-in-2021

https://www.varsity.com/uca/school/camps/camp-brochure

Information for special events will be provided at camp:

WHAT TO BRING TO CAMP

1. SNEAKERS
2. SOCKS
3. SWEATSHIRTS AND T-SHIRTS
4. TOWELS, BED LINENS, PILLOW AND PILLOW CASE, BLANKETS OR SLEEPING BAG. BE SURE TO BRING ENOUGH WARM SLEEPING MATERIALS AS THE EVENINGS COULD GET COLD; ESPECIALLY TOWARDS THE END OF AUGUST OR EARLY JUNE.
5. PERSONAL GROOMING ARTICLES
6. BATHING SUIT
7. SHORTS, SLACKS, JEANS, SWEAT PANTS
8. ONE WARM JACKET
9. ONE RAIN COAT/UMBRELLA
10. FLASHLIGHT
11. SOME SQUADS WEAR SCHOOL UNIFORMS OR MATCHING OUTFITS; HOWEVER, THEY ARE **NOT MANDATORY.**
12. WATER BOTTLES
13. PLEASE LEAVE VALUABLES AT HOME (RINGS, JEWELRY, ETC.). **WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS AT CAMP**
14. PLEASE BRING A NOTEBOOK AND PEN TO MAKE CLASS NOTES.
15. THE CAMP WILL HAVE A NURSE AND REDSHIRTS ON STAFF; HOWEVER, WE SUGGEST THAT YOU BRING A **FIRST AID KIT** WITH SUNSCREEN, CHAPSTICK, ACE BANDAGES OR TAPE PER SQUAD ATTENDING
16. SPENDING MONEY (OPTIONAL). MOST PARTICIPANTS BRING APPROXIMATELY $50.00-$100.00 FOR SNACKS, SOFT DRINKS, ICE CREAM, T-SHIRTS, SWEATSHIRTS OR OTHER CAMP CLOTHING. YOU CAN CHECK OUT THE WEB SITE FOR WHAT WILL BE OFFERED. **PLEASE NOTE: THE CAMP STORE ACCEPTS DEBIT AND CREDIT CARDS.**

NOTE: THE CHESTNUT LAKE AND TRAILS END CAMP FACILITIES ARE LOCATED IN BEACH LAKE, PA. THE PINE FOREST CAMP FACILITY IS LOCATED IN GREELEY, PA. **DO NOT GO TO OLYPHANT, PA. THAT IS WHERE OUR POST OFFICE BOX IS LOCATED.** BE SURE TO FOLLOW THE DIRECTIONS LISTED IN THE CAMP PACKET, AS THEY ARE EXACT.

UCA CAMP PROGRAM INFORMATION

Our staff is looking forward to working with you at camp this summer. Listed below is general information that will benefit you as you prepare for camp.

The UCA program is designed to train cheerleaders to be their very best. Each class is professionally conducted by top instructors. The overall emphasis of the program is on concentrated learning in a fun and exciting environment.

REPORT TO CAMP IN GOOD SHAPE! Daily stretching exercises, practicing jumps, and aerobic conditioning will help you avoid potential injuries and soreness. You should be in decent shape before you get to for camp.

Throughout the camp, your squad will learn a variety of cheers, sidelines, and dances: You will be privately coached by a UCA instructor on a cheer and Xtreme routine. (a dance plus incorporation). After each private coaching session, you will be evaluated on this material. These are low-pressure evaluations designed to help you get your new material game-ready,

On the final day of camp, your squad has the option to participate in our Camp Championships. All evaluations and the Optional Camp Championships will be conducted according to the safety rules and guidelines set forth by the American Association of Cheerleading Coaches and Administration (AACCA). You can view these safety guidelines at their web site: www.aacca.org. Please be sure to read these guidelines carefully. An instructor will be happy to answer any questions you may have.

Daily awards will be presented for achievement, improvement and spirit. At the conclusion of camp, we will present overall awards in several divisions for the entire week.

NOTE: There will be no evaluation of home cheers.

For further UCA camp program information, please visit www.varsity.com.

UCA Camp - Squad Information

University / camp location where your are attending camp: _____ Total # Students _____

Dates of Camp Session you are attending: _____ Total # Advisors _____

Squad Type: Elementary _____ Junior High _____ Freshman _____ Junior Varsity _____ Varsity _____ Varsity Co-ed _____

If More Than One Squad, Select the Following: FB _____ BB _____ Soccer _____ Wrestling _____ All Star _____

Your School Name: _____ Name of Contact Person: _____

School Address: _____ Person to Receive Information: _____

City, State, Zip: _____ Address of Contact Person: _____

School Phone: _____ City, State, Zip: _____

Daytime Phone: _____ Night Time Phone: _____

Is Contact Person the: Advisor _____ Coach _____ Squad Captain _____ Squad Secretary _____ Other _____

Number of Squad Members at Camp _____ Number of Squad Members Not Attending Camp _____

Please list each squad member's name on the lines provided below for whom it attending camp:

1 _____ 26 _____

2 _____ 27 _____

3 _____ 28 _____

4 _____ 29 _____

5 _____ 30 _____

6 _____ 31 _____

7 _____ 32 _____

8 _____ 33 _____

9 _____ 34 _____

10 _____ 35 _____

11 _____ 36 _____

12 _____ 37 _____

13 _____ 38 _____

14 _____ 39 _____

15 _____ 40 _____

16 _____ 41 _____

17 _____ 42 _____

18 _____ 43 _____

19 _____ 44 _____

20 _____ 45 _____

21 _____ 46 _____

22 _____ 47 _____

23 _____ 48 _____

24 _____ 49 _____

25 _____ 50 _____

Please complete this form and turn it in at camp check in.

PARTICIPANT RELEASE AND WAIVER FORM

Every Participant must have a completed and signed release form to turn in at registration on the first day of camp in order to participate.

Pine Forest Cheerleading Camp

Squad Type:
☐Cheer ☐Dance
☐Jr ☐FR ☐JV
☐VA ☐ALL-STAR

Minor's Name _____ Name of Parent/Legal Guardian _____ Camp Dates _____ Graduation Year _____

Address _____ Parent/Legal Guardian Cell Phone Number ( ) _____ Location where you will attend camp _____

City, State & Zip _____ Parent/Legal Guardian Email Address _____ School / Group _____

Phone Number ( ) _____ Parent/Legal Guardian Home Phone Number ( ) _____ School / Group Address _____

E-mail Address _____ City, State, Zip _____

[ ] Yes, you have my permission to send me updates / newsletters from J.P. Sports and Varsity !

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as a parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above "Camp" to be conducted by J.P. Sports Traditions, Inc. ("J.P. Sports")dba Pine Forest Cheerleading Camp ("Pine Forest"), Varsity Spirit LLC ("Varsity Spirit") d/b/a Universal Cheerleaders Association ("UCA") and/or Universal Dance Association ("UDA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless J.P. Sports, Varsity Spirit, Varsity Spirit's corporate sponsors (hereinafter "Sponsors"), vendors and contractors, the hosting site, (university, hotel, convention center, high school) on whose premises the Camp will occur, (hereinafter the "Location") the affiliates of Varsity Spirit,and the respective directors, officers, representatives, members, agents, and employees of the preceeding parties (hereinafter collectively "Releasees") from any and all liability,whether caused by the negligence of the Releasees or otherwise for any claim, judgement, loss, liability,cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic, and/or death) that Minor may incur or sustain during the Camp, all activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors,assigns, executors and administrators against loss from any further claims,demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss of costs Releasees may have to pay as a result of any such action, claim, or demand.

I hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of risk of injury or illness. I further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: X _____ Date: _____

Medical Release. I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the Camp. In the event of such illness or injury, I authorize J.P. Sports and Varsity Spirit to obtain necessary medical treatment of Minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

Appearance Agreement. I understand that as a participant in and/or a spectator at the Camp, Minor may be included in videotapes, photographs, DVD's, Podcasts and videocasts taken during the Camp. Therefore, without reservation or limitations, I, in my own behalf and on behalf of the Minor, hereby assign, transfer and grant to J.P. Sports and Varsity Spirit, its succes-sors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face, likeness, voice and appearance as part of the Camp, in advertising and promoting the Camp or in advertising and promoting similar future events and for any use or purpose whatsoever and without reservations or limitations. I further understand that neither J.P. Sports, Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, in my own behalf and on behalf of the Minor, waive any right to inspect or approve any materials related thereto.

Camp Rules. I further acknowledge and understand that J.P. Sports and Varsity Spirit have established rules and regulations pertaining to conduct, behavior and activities of all Camp participants by which Minor and I agree to abide during the Camp and that Minor and I will be responsible for her/his/my failure to abide by those rules and regulations. Minor and I have received, read, and understand the Camp rules. Minor and I understand that violation of the rules can result in dismissal from Camp with no refund. Minor and I understand that Sponsors may distribute samples of their products at Camp.

Insurance and Payment. Varsity Spirit offers an accident policy to all students for a $6.00 premium. The policy has no deductible and pays up to $1,000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have insurance must purchase the Camp accident policy. This policy or other proof of insurance, is usually required to obtain medical treatment as we strictly adhere to this insurance requirement. Please check one of the following:

☐ Yes, I want the camper's accident insurance policy and I will bring $6.00 premium to registration at Camp. (Not available at Home Camps)
☐ No, I elect not to purchase the camper's accident policy and my insurance company, in the event of an accident, is listed below. If no is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

Insurance Company: _____
Insurance Company Address: _____
Medical Insurance Policy Number: _____

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking wit him/her to the Camp and that he/she shall consume the prescribed dosage for such medications. J.P. Sports nor Varsity will not administer or supply any type of medication at Camp.

Medications (if any): _____
Allergic to (if any): _____
I acknowledge that Minor suffers from the following conditions: _____
Family Doctor: _____ Phone Number: ( ) _____
Minor Birthdate: _____

Emergency Information: Name: _____ Address: _____
City, State, Zip: _____
Daytime Telephone: ( ) _____ Evening Telephone: ( ) _____

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will. Minor and I understand that Sponsors may distribute samples of their products at camp.

Signature of Parent or Legal Guardian: X _____ Date: _____

Relationship to Minor: _____

I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: X _____ Date: _____

Witness Signature: X _____ Address: _____ Date: _____

ADULT RELEASE & WAIVER FORM

• Advisor • Coach • Chaperone
Pine Forest Cheerleading Camp

Name _____

Address _____

City, State & Zip _____

( ) _____
Phone Number

E-mail Address _____

Location where you will attend camp _____

Camp Dates _____

Adult's Cell Phone Number _____

School Name _____

School Address _____

School City, State, Zip _____

( ) _____
Phone Number

Squad Type:

☐ Cheer ☐ Dance

☐ JR ☐ FR ☐ JV ☐ VA ☐ ALL-STAR

☐ Check here if you are the advisor/coach

☐ Check here if you are a Chaperone

☐ Check here if you are over 21

☐ Check here if you are employed by the school or school district

[ ] Yes, you have my permission to send me updates / newsletters from J.P. Sports and Varsity!

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I agree to participate in the above Camp to be conducted by J.P. Sports Traditions, Inc. ("J.P. Sports") dba Pine Forest Cheerleading Camp ("Pine Forest"), Varsity Spirit LLC ("Varsity Spirit") d/b/a Universal Cheerleaders Association ("UCA") and/or Universal Dance Association ("UDA"). I further agree to release and to hold harmless J.P. Sports, Varsity Spirit, Varsity Spirit's corporate sponsors (hereinafter "Sponsors"), vendors and contractors, the hosting site, (university, hotel, convention center, high school)on whose premises the "Camp" will occur, (hereinafter the "Location") the affiliates of Varsity Spirit, and the respective directors, officers, representatives, members, agents, and employees of the preceeding parties (hereinafter collectively "Releasees") from any and all liability, whether caused by the negligence of the Releasees or otherwise for any claim, judgement, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic, and/or death) that I may incur or sustain during the Camp, all activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by me or by any other persons on the account of damages of any character resulting to me in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss of costs Releasees may have to pay as a result of any such action, claim, or demand.

I hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of risk of injury or illness. I further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I have signed this document voluntarily and of my own free will.

X _____ _____
Signature Date

Medical Release. I acknowledge and agree that such participation subjects me to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I acknowl- edge that I am assuming the risk of such illness or injury by participating in the Camp. In the event of such illness or injury, I authorize J.P. Sports and Varsity Spirit to obtain necessary medical treatment for me and hereby release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred by me for any illness or injury that I may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

Appearance Agreement. I understand that J.P. Sports and Varsity Spirit d/b/a UCA and/or UDA from time to time produces promotional material relating to its programs. I understand that as a participant in and/or a spectator at the Camp, I may be included in videotapes, photographs, DVD's, Podcasts and videocasts taken during the camp. Therefore, without reservation or limitations, I hereby assign, transfer and grant to J.P. Sports and Varsity Spirit, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape me and to utilize such videotapes and photographs and my name, face, likeness, voice and appearance as part of the Camp, in advertising and promoting the Camp or in advertising and promoting similar future events and for any use or purpose whatsoever and without reservations or limitations. I further understand that neither J.P. Sports and Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I waive any right to inspect or approve the copies of any promotional materials related thereto.

Camp Rules. I further acknowledge and understand that J.P. Sports and Varsity Spirit have established rules and regulations pertaining to conduct, behavior and activities of all Camp participants by which I agree to abide during the Camp and that I will be responsible for my failure to abide by those rules and regulations. I have received, read, and understand the Camp rules. I understand that violation of the rules can result in dismissal from Camp with no refund. I understand that Sponsors may distribute samples of their products at Camp.

Insurance and Payment: Varsity Spirit offers an accident policy to all students for a $6.00 premium. The policy has no deductible and pays up to $1000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have other insurance must purchase the Camp accident policy. This policy, or other proof of insurance is usually required to obtain medical treatment as we strictly adhere to this insurance requirement.

Please check one of the following:

☐ Yes, I want the camper's accident insurance policy and I will bring $6.00 premium to registration at Camp. (Not available at Home Camps)

☐ No, I elect not to purchase the camper's accident policy and my insurance company, in the event of an accident, is listed below. If no is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

Insurance Company: _____

Insurance Company Address: _____

Medical Insurance Policy Number: _____

I represent that any medication to which I am allergic or medications that I am currently taking are listed below. I agree that I shall bring medications which I am currently taking with me to camp and that I shall consume the prescribed dosage for such medications. J.P. Sports nor Varsity will not administer or supply any type of medication at Camp.

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that I suffer from the following conditions: _____

Family Doctor: _____ Phone Number: ( ) _____

Birthdate: _____

Emergency Information: Name: _____ Address: _____

City, State, Zip: _____

Daytime Telephone: ( ) _____ Evening Telephone:( ) _____

I hereby warrant that I have read this Adult Release and Waiver Form in its entirety and fully understand its contents. I am aware that this Adult Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I further acknowledge that nothing in this Adult Release and Waiver Form constitutes a guarantee that the camp will occur and have signed this document voluntarily and of my own free will. I understand that Sponsors may distribute samples of their products at camp.

X _____ _____
Signature of Adult: Date:

X _____ _____
Signature of Witness: Date:

X _____
Witness Address:

VARSITY SPIRIT

COVID WAIVER AND RELEASE OF LIABILITY
To be completed by all Camp/Event Participants

This COVID Release and Waiver is in addition to, and does not replace, any other releases of liability, waivers or documents that have been executed in connection with this Event.

Assumption of Risk: You acknowledge that you are aware that participants in the camp/event taking place at _____ on the dates of _____(the "Event") are not required
(Camp Location)
to prove immunization against COVID or to wear masks, unless required to do so by state or local guidelines, in order to participate or attend the Event, and that certain risks associated with exposure to COVID may exist at the Event.

For Parents/Legal Guardians of Minors - As the parent or legal guardian of _____ (the "Minor"), by allowing the Minor to participate in the Event, and by signing this COVID Waiver and Release of Liability, I, on my own behalf and/or on behalf of Minor, am assuming all risks, responsibility and liability concerning Minor's and my health and safety and possible exposure to COVID in connection with the Event.

Release: In consideration for the privilege of Minor participating in the Event, the sufficiency of which is hereby acknowledged, **I, on my own behalf and/or on behalf of Minor, agree to release and to hold harmless J.P.Sports Traditions, Inc. ("J.P. Sports") dba Pine Forest Cheerleading Camp ("Pine Forest"), Varsity Spirit LLC ("Varsity Spirit"), Varsity Spirit's corporate sponsors, the hosting site, (university, hotel, convention center, high school) on whose premises the Event will occur, the affiliates and brands of Varsity Spirit, the National High School Cheerleading Championships, Inc., a not for profit corporation, U.S. All Star Federation, Inc., a not for profit corporation, USA Cheer Federation for Sport Cheering, a not for profit corporation and the respective directors, officers, representatives, members, agents, employees and contractors of the preceding parties (hereinafter collectively "Releasees") from any and all liability, whether caused by negligence of the Releasees or otherwise, for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with associated with Minor's participation in the Event and Minor's and/or my possible exposure to COVID**.

I, on my own behalf and/or on behalf of Minor, hereby warrant that I have read this COVID Waiver and Release of Liability in its entirety and fully understand its contents. I, on my own behalf and/or on behalf of Minor, am aware that this document releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury, illness and death. I, on my own behalf and/or on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature/ Signature of Parent or Legal Guardian: _____ **Date:**_____

Minor Name: _____ **Relationship to Minor:** _____

UCA ALL AMERICAN INFORMATION FOR TRYOUTS

We are the only UCA camp in the country where ALL CHEERLEADERS can try out for the honor of being chosen as a "UCA All American". You will be given more specific information as to what you need in terms of skills and ability necessary when you do tryout at camp.

Specific information as to where you can go if selected will be provided at camp.

FOR COACHES:

Please go to https://www.varsity.com/uca/school/camps/camp-brochure. There is a lot of information that will be helpful to you. While at camp you are covered with one million dollars of liability coverage provided the individual meets all of the following conditions: 1) Is an AACCA program "Certified or Credentialed*" member of the First Named Insured; 2) is 21 years or older; 3) Is employed on a Full Time basis by a "School"; and 4) Serves as a Coach or Advisor for the School's Cheerleading squad.

Daily Coaches' Education: Your Head Instructor will lead daily meetings with roundtable discussions and video components covering key topics including all things UCA Camp, new rule changes, game day trends and more!

Stunt Workshops: Bring your questions because your Head Instructor and a UCA Staff stunt group is ready to help YOU!

* Coaches who complete the UCA Coaches Education Program are considered to be "AACCA Credentialed".

CAMP RULES

The Pine Forest and UCA staff wants to be sure your squad has an excellent learning experience while you are at camp. The rules below are for your protection and to ensure a successful camp for all participants. Any violation of these rules can result in the entire squad's dismissal from camp with no refund. Your school principal will be called as well as your parents. Parents will be asked to pick up for early dismissal from camp. Camp managers will be provided for your squad's assistance.

- Participants will not ride in cars while at camp. If participants bring their cars, they are asked to park their cars and turn the keys over to the Camp Manager. Participants will be restricted to the camp area only.

- Squads/teams must be on time to all classes and camp functions.

- Please leave valuables at home (rings, jewelry. etc.) **Pine Forest/UCA will not be responsible for lost or stolen items.**

- Participants may not go to a clinic or hospital unless accompanied by a member of management staff or coach.

- REFUND POLICY - A refund less the registration fee will be issued if a written request is received three weeks prior to your camp dates. After that time, only a 50% refund will be given. No refunds will be issued after October 1st.

- The use of alcohol, drugs, or any other type of stimulant is completely forbidden. If anyone is caught doing any of the above, they will be sent home with no refund and the Pennsylvania State Police will be notified for further action. The parents will also be notified and be required to come and pick up their son/daughter.

- There is no smoking or Vaping allowed by anyone at any time during your stay and that includes adults. Should a cheerleader be found in violation, they will be sent home with no refund at the time of the infraction.

- Cabins will be inspected on a daily basis and prior to departure. If there are any damages, teams will be responsible for payment before leaving the camp grounds.

- There will be no bullying, hazing or initiations of any type allowed at our camp and that includes the use of shaving cream. If a team or individual is found in violation, they will be sent home immediately with no refund. The parents will be notified, and they will be required to come and pick up their son/daughter at that time. The Pennsylvania State Police may be notified depending on the severity of the infraction.

- CURFEW is 11:00 P.M. All cheerleaders must be in their cabins at that time and you are not allowed outside of your cabin after curfew unless there is an emergency. Lights out at 11:30.