

**PINE FOREST  
CHEERLEADING CAMP**

**INFORMATION  
PACKET**

## DIRECTIONS TO PINE FOREST CAMP

**DIRECTIONS FROM SCRANTON / WILKES-BARRE AREA:** Take Interstate 81 North to Scranton. Then follow signs for Interstate 84-380 East. Bear right onto 84-380 East and go 2 miles and follow signs that say 84 East - Milford. Bear left on 84 East and go 30 miles on Interstate 84 East to Exit 34, which is the Lords Valley Exit. Go off the ramp and take a left on Rt. 739 North. Go 0.7 (tenths) of a mile to crossroads and turn right. Proceed for 3 1/2 miles to Rt. 6. Take a left on Rt. 6 and then take the 2nd right turn into the camp, which is Pine Forest Road. Go about 1/4 mile and camp will be on your left.

**ALL TURNPIKE ROUTE 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, which are listed below. This is the easiest route from the Philadelphia area.

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

**FROM SYRACUSE, BINGHAMTON, NY AREA:** Take Interstate 81 South to Scranton and get on 84-380 East, Follow directions from Scranton, PA.

**FROM THE ALLENTOWN AREA:** Take US 22 East. Proceed to Rt. 22 East for 16 miles to Rt. 33 marked "North Stroudsburg". Proceed 27 miles on Rt. 33 North toward Stroudsburg, PA to route 80 East to Exit 309N - Marshalls Creek. Exit 309N will bring you on to Rt. 209 North. Continue 5 miles on Route 209 North to Rt. 402 North. This intersection is Marshalls Creek. Follow Rt. 402 North for 30 miles to Route 6. Take a right onto Route 6 East and go for about 6 miles. Take a left on Pine Forest Road. Go about 1/4 miles and camp will be on your left. You may want to consider the all Turnpike from Philadelphia.

**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. Follow Route 6 about 14 miles west to camp entrance, which is approximately 500 feet beyond the junction of Rt. 434. 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. Take a right on Pine Forest Road.

**FROM WESTFIELD, PLAINFIELD, SPRINGFIELD, N.J.:** Take Route 22 West to Somerville, N.J. Then take 206 North to Milford, PA. Once you get into Milford, follow Route 6 and go 14 miles to camp. Take a right onto Pine Forest Road. Go about 1/4 miles and camp will be on your left.

**FROM NEW YORK:** Take the New York Thruway to Rt. 17 to Rt. 84 West into Pennsylvania and get off at Exit 46, which is the Milford Exit. Turn right onto Rt. 6 and go for 13 miles to camp. Take a right on Pine Forest Road. Go about 1/4 miles and camp will be on your left.

**FROM CONNECTICUT AREA:** Get on Interstate 84 West and stay on it until you come into PA. You will get off at Exit 46 - Milford Exit. Take a right on Rt. 6 and go 13 miles to camp. Take a right on Pine Forest Road. Go about 1/4 miles and camp will be on your left.

NOTE: We do not recommend using MapQuest or GPS, as the above directions are exact. However, if using MapQuest or GPS, use the following address: 185 Pine Forest Road, Greeley, PA 18425.

*Have a safe trip!*

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

E-mail address: [jpcheercamp@aol.com](mailto:jpcheercamp@aol.com)  
Phone: 1-570-876-2664  
Fax: 1-570-876-6696  
Web page address: [www.cheerleadingcamps.com](http://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 cost/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 REGULAR/ELITE camp is \$315.00 per cheerleader.**
- **The cost to attend MASTER'S camp is \$340.00 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



**VARSITY SPIRIT**  
**COVID-19 CAMP / CLINIC RULES**  
**(Updated 11.15.22)**

Below, you will find the guidance that we believe is necessary for each identified group to follow to conduct a safe and enjoyable camp/clinic.

**CAMP/CLINIC VENUE/FACILITY**

- Follow applicable state/county/city COVID-19 rules, restrictions, orders, and guidance for open businesses.
- Establish a designated holding area for any person(s) to go to if feeling ill or to isolate while coordinating exit from facility or transport offsite.

**SCHOOL/ORGANIZATION**

- These COVID-19 Camp/Clinic Rules are, where applicable to coaches and athletes, incorporated into the Varsity Spirit Camp/Clinic Rules.
- It is the School/Organization's sole responsibility to ensure its compliance with all state/county/city orders applicable to the School/Organization, including but not limited to health, safety and distancing requirements and travel restrictions.
- A coach or other authorized adult must always be present with their team(s) and responsible for the enforcement of the established rules, including recognizing when an athlete/attendee should be removed from the camp/clinic for signs/symptoms of COVID-19 or violation of rules.
- Additional rules/guidelines may be communicated prior to each camp/clinic, examples of which include whether parents/visitors are allowed, mask requirements, schedule adjustments due to capacity or other limitations, modified food service (for overnight camps), as well as other measures intended to provide a safe environment. The School/Organization must ensure any additional rules/guidelines are provided to all athletes/coaches/parents.

**ALL PERSONS IN ATTENDANCE (VARSITY PERSONNEL, ATHLETES, COACHES, CHAPERONES, ETC.)**

- Anyone who has symptoms of COVID-19 must remain home and follow the CDC guidelines regarding isolation.
- Anyone that develops symptoms while at the camp/clinic must immediately inform Varsity personnel and comply with the procedure of removal from the camp/clinic.
- Anyone with pre-existing conditions/compromised immune system should speak with their doctor and get clearance from their doctor before attending the camp/clinic.
- Athletes, coaches and Varsity personnel should be self-aware of symptoms of COVID-19 listed by the CDC.
- Masks are optional regardless of vaccination status, except where required by state, local or venue
- guidelines. If masks are required, the following mask exceptions apply:
  - Not required while actively eating.
  - Not required when stunting, tumbling or engaging in vigorous physical activity, unless otherwise required by state, local or venue guidance. Should state, local or venue guidance require masks be worn during stunting, tumbling or other vigorous physical activity masks should not impede vision or movement.
  - Not required if wearing one presents a safety hazard.

**VARSITY SPIRIT PERSONNEL**

- Will adhere to the COVID-19 Camp/Clinic Rules and Varsity Brands policies related to COVID-19.
- Will be trained on COVID-19 protocols in place and have name and contact info for designated COVID-19 point of contact for the camp/clinic.
- Spotting/safety procedures should not be minimized due to social distancing.

Safety is our priority for your camp/clinic experience. We are deeply committed to the safety and well-being of our athletes, coaches and parents. We are prepared to administer a camp/clinic that will meet the state and local guidelines related to COVID-19 at the time of the camp/clinic. While the final details and schedule could require up to the day adjustments, and all guidelines are subject to change based on state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality experience for which we are known. We appreciate your understanding of the flexibility this will require.

## DUE AT REGISTRATION ON THE FIRST DAY OF CAMP

1. Payment, if not already sent ahead of time.
2. **PARTICIPANT RELEASE AND WAIVER 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)

## 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.**

Our web site is [www.cheerleadingcamps.com](http://www.cheerleadingcamps.com)

**REFUND POLICY** – A refund, less the registration fee, will be issued if a written request is received four 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.

## **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 at registration.

**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 2023 UCA CAMP THEME "JUST LIKE MAGIC"

CHECK OUT WHAT'S NEW IN 2023!

For more detailed information, type in these links:

<https://www.varsity.com/uca/whats-new-at-camp/>

Information for special events will be provided at camp:

Magic is in the air at this year's Spirit Night! Cast a spell with your team and say "**Abra**cadabra" for a costume that is sure to impress.

## SOME THEME NIGHT OUTFIT EXAMPLES:

- Magicians
- Witches
- Wizards
- Fairies
- Anything that conjures up a spark

## 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 set forth by the UCA Cheer guidelines.

These safety guidelines can be viewed at the web site: <https://www.varsity.com/uca/whats-new-at-camp/>. 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.

**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 LIABILITY RELEASE AND WAIVER FORM

To be completed by all PARTICIPANTS (including COACHES/ADVISORS)

Every participant (including coaches/advisors) must have an original, completed and signed release form in order to participate.

## Pine Forest Cheerleading Camp

Name/Minor's Name \_\_\_\_\_ Minor's Parent/Legal Guardian \_\_\_\_\_  
Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Emergency Phone (\_\_\_\_) \_\_\_\_\_ Camp/Event Date(s) \_\_\_\_\_  
Camp/Event Location \_\_\_\_\_ School/Team Name \_\_\_\_\_  
Division/Team Type \_\_\_\_\_ Cheer[ ] Dance[ ] Band[ ] Song[ ] Other[ ]

**Liability Release:** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I, on my own behalf and/or on behalf of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow me and/or Minor to participate in the above camp/event ("Event") to be conducted by J.P. Sports Traditions, Inc. ("J.P. Sports") dba Pine Forest Cheerleading Camp ("Pine Forest"), Varsity Spirit LLC ("Varsity Spirit") and agree to this Participant Liability Release and Waiver Form. I, on my own behalf and/or on behalf of Minor, acknowledge and agree that participation in the Event subjects me and/or Minor to the possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, on my own behalf and/or on behalf of Minor, acknowledge that I and/or Minor is assuming the risk of such illness or injury by participating in the Event and assume full responsibility for my/Minor's participation. I, on my own behalf and/or on behalf of Minor, further agree to release and to hold harmless J.P. Sports, Varsity Spirit and its parent(s), subsidiaries, and corporate sponsors ("Sponsors"), the hosting site (university, hotel, convention center, high school) on whose premises the Event will occur and/or the online platform through which the Event is being conducted if all or any part of the Event is conducted virtually, the affiliates and brands of J.P. Sports, Varsity Spirit, the National High School Cheerleading Championships, Inc., a not for profit corporation ("NHSCC"), U.S. All Star Federation, Inc., a not for profit corporation ("USASF"), USA Federation for Sport Cheering, a not for profit corporation ("USA Cheer") and the respective directors, officers, representatives, members, agents and employees of the preceding parties (hereinafter collectively "Releasees") from and against 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 the Event, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and / or death) that I and/or Minor may incur or sustain during the Event, all activities associated with the Event, and while traveling to and from the site for the Event or any other location from which I and/or Minor is participating in the Event, whether or not the Event 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 and/or Minor or by any other persons on account of damages of any character resulting to me and/or Minor in any way from the foregoing activities, or in connection with my/Minor's participation in the Event. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

**Supervision:** An adult (age 21 and over) is required to attend the Event with participants. This adult will be responsible for the participants at all times. The Releasees are not responsible for participants' supervision.

**Appearance Agreement:** I understand that as a participant and/ or spectator at the Event that I and/or Minor may be included in recordings, streaming, videotapes, photographs, DVDs, podcasts and videocasts taken during the Event. Therefore, without reservation or limitations, I, on my own behalf and/or on behalf of Minor, hereby irrevocably assign, transfer and grant to Releasees and their successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape me and/or Minor and to utilize such videotapes and photographs and my and/or Minor's name, image, face, likeness, voice and appearance as a part of the Event, in advertising and promoting the Event, in advertising and promoting similar future events, or in advertising and promotions relating to Releasees, in any media now in existence or hereafter developed, without further compensation 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 herein granted. I waive any right to inspect or approve any materials related thereto.

**Event 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 Event participants. I, on my own behalf and/or on behalf of Minor acknowledge that I have received, read and understand the Event rules, by which I and/or Minor agree to abide during the Event, and that I and/or Minor will be responsible for my/his/her failure to abide by those rules and regulations. I, on my own behalf and/or on behalf of Minor understand that violation of the rules can result in dismissal from the Event with no refund.

**Medical Release:** I, on my own behalf and/or on behalf of Minor, acknowledge and agree that participation in the Event subjects me and/or Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/ or death) and that I, on my own behalf and/or on behalf of Minor, acknowledge that I and/or Minor is assuming the risk of such illness or injury by participating in the Event. In the event of illness or injury of myself and/or Minor, I authorize J.P. Sports and Varsity Spirit to obtain necessary medical treatment for me and/or Minor and hereby I, on my own behalf and/or on behalf of Minor, release and hold harmless Releasees in the exercise 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 me and/or Minor for any illness or injury that I and/or Minor may sustain during the Event and while traveling to and from the site for the Event or the location from which I and/or Minor is participating in the Event, whether or not the Event actually occurs.

I represent that any medication to which I and/or Minor is allergic or medications that I and/or Minor is currently taking are listed below. I agree that I and/or Minor shall bring medications which I and/or Minor is currently taking to the Event and shall consume the prescribed dosage for such medications.

Medications (if any): \_\_\_\_\_ Allergic to (if any): \_\_\_\_\_

Health Insurance Provider: \_\_\_\_\_ Policy Number: \_\_\_\_\_ Policy Holder Name: \_\_\_\_\_

I acknowledge that I and/or Minor suffers from the following condition(s): \_\_\_\_\_

**COVID-19 Assumption of Risk and Release:** On behalf of myself and/or Minor, I acknowledge that I am aware that participants are not required to prove immunization against COVID-19 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-19 may exist at the Event. On behalf of myself and/or Minor, by participating and/or allowing Minor to participate, and by signing this Participant Release and Waiver Form, I, on my own behalf and/or on behalf of Minor, am assuming all risks, responsibility and liability concerning my and/or Minor's health and safety and possible exposure to COVID-19 in connection with the Event. I, on my own behalf and/or on behalf of Minor, agree to release and to hold harmless 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 associated with my and/or Minor's participation at the Event and my and/or Minor's possible exposure to COVID-19.

I, ON MY OWN BEHALF AND/OR 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, ON MY OWN BEHALF AND/OR 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, ON MY OWN BEHALF AND/OR ON BEHALF OF MINOR, FURTHER ACKNOWLEDGE THAT NOTHING IN THIS PARTICIPANT RELEASE AND WAIVER FORM CONSTITUTES A GUARANTEE THAT THE EVENT WILL OCCUR. 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: X \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Minor: \_\_\_\_\_ Minor Birthdate: \_\_\_\_\_

## 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 USA Cheer Coach member, 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!

*Please be sure you are a current USA Cheer Coach member.*

If you have any further questions, please contact the Varsity representative in your area.

## 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.
- If a participant has to leave camp for any reason, their coach must bring the participant to visit the UCA Camp Manager. The required UCA/Varsity release form must be signed by a parent or legal guardian.
- REFUND POLICY - A refund less the registration fee will be issued if a written request is received four 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.