

# NCA Cheer Camp at Husson University

## General Information Packet

\_\_\_ Sess. 1 (July 7-10)

\_\_\_ Sess. 2 (July 12-15)

\_\_\_ Sess. 3 (July 17-20)

**Please note:** Unless you are coming as an individual on the "Camp Squad", **all paperwork and payments should be turned in to your coach or camp contact person.** You will make your checks out to either your coach or school, who will send in one payment for the entire team.

**DEPOSITS:** Deposits are non-refundable and CANNOT be applied to the balance of those attending.

**CAMP PAYMENT:** A non-refundable deposit of \$50 per person is required to register for camp. This deposit is applied to the full cost of camp. Full payment is due **three weeks** prior to your camp session. Coaches will collect all payments and will send ONE school check, bank check or money order payable to Tami Campbell or NCA Cheer Camp at Husson (NOT NCA) and send to:

Tami Campbell  
NCA Cheer Camp at Husson  
31 Kennebec Road  
Hampden, ME 04444

**CANCELLATION POLICY:** If you are unable to attend camp, notify me in writing at [cheerncahc@aol.com](mailto:cheerncahc@aol.com) , or the above address. Be sure to state your name, school and session on all correspondence.

<i>If Cancelled:</i>	<i>Amount Retained/Billed:</i>
15 days prior to camp start date	\$50 per person
8-14 days prior to camp start date	\$100 per person
7 days prior to camp start date	Full Tuition

**REFUNDS:** Requests for refunds must be submitted in writing and received prior to October 15, 2010. Please allow 2-3 weeks after camp has ended to receive refunds. Refund requests can be emailed to [cheerncahc@aol.com](mailto:cheerncahc@aol.com) or mailed to Tami Campbell at the above address.

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### **\*\*\*FORMS NEEDED FOR CAMP\*\*\***

There are two forms that all campers need to complete and submit BEFORE they are allowed to participate at camp. These can be downloaded from the [hussoncheercamps.com](http://hussoncheercamps.com) website.

1. **Cheerleading Camp Health Form:** This form is to be filled out by the parent and is not to be confused with a physical examination. Please note that you must have had a physical within the past year, even if your school does not require yearly physicals. A school physical is sufficient.
2. **NCA Participant Release Form:** This two page form must be fully completed and signed both front and back by the parent/guardian.

**DIRECTIONS TO HUSSON UNIVERSITY:** From Interstate 95, take exit 185 (Broadway, Rte.15) in Bangor. Go north on Broadway approximately ½ mile. After you pass McDonalds, get into the left hand lane and look for Husson Avenue on your left. Follow Husson Avenue to the entrance of Husson University. Follow the signs to the GYMNASIUM to check in and receive your dorm assignment.

**CHECK-IN:** Check in at camp will be from 9:00 – 11:00 am. To make registration as fast and as painless as possible, plan to arrive ahead of your campers (if possible) and have only ONE coach come through the registration line to check everyone in.

**ROOMING ASSIGNMENTS:** Plan in advance who will be roommates. We will assign each squad a block of rooms and will give you a rooming list to complete. There are 17 double rooms on most floors. A room is designated for the coach and we try to add a triple only if you have an odd number of cheerleaders. I generally separate Jr. High and Sr. High squads unless otherwise requested. Please let me know if you have any special requests. I will be as accommodating as possible.

**KEYS:** Two keys will be available per room. We will not collect a deposit, however, be prepared to pay the \$25 fee if one of your team members loses a key.

**MEALS:** All meals are included for resident campers. The first meal served will be lunch on the first day of camp. The last meal will be breakfast on the final day of camp. Lunch and dinner (but not breakfast) are included for all commuting campers. As well as the regular menu, the Husson cafeteria offers a cook-to-order menu and a salad/sandwich bar.

**LODGING:** Your room will be clean and in good repair when you arrive. Your cooperation is expected in keeping the rooms and dorms as they were found. It must be understood by parents and campers that any damage done by the camper will be paid for by those responsible.

**MEDICAL ATTENTION FOR CAMPERS:** An athletic trainer will be in attendance throughout camp. The camp director will see that any injured or ill camper is taken to a medical facility for examination and treatment. All campers must provide their own accident insurance coverage. (Many schools offer a student accident policy.) NCA, Husson University, or the Camp Director assumes no financial responsibility for illness or injuries suffered while at camp. Parent(s)/Guardian(s) will be responsible for all medical bills incurred while at camp.

**VISITORS:** During camp, visitors will not be allowed, as the campers will be extremely busy with camp activities. However, family and friends are invited to attend the final evaluation and awards ceremony on the last morning of camp, which will be in progress from 9:00 am – 11:30 am.

**SPECIAL RULES:** In order to ensure the health and safety of those attending camp, the following shall be in effect:

1. You must not leave camp at any time.
2. You must not enter an automobile for any reason while at camp.
3. Campers who bring a car to campus must leave the car keys with us until departure time.

**JEWELRY:** For your safety, **no** jewelry may be worn during camp. You will not be able to participate in camp activities until all jewelry is removed. Please wait until after camp to have your ears, or any other body parts pierced!

**SPENDING MONEY:** Most cheerleaders bring extra money for pizza, soda, ice cream, chips, snacks and other goodies available at the "Snack Shack". \$5-\$10 per day is suggested. It is suggested that you not bring large amounts of cash to camp.

**NCA CAMP STORE:** Our camp will have an NCA Camp Store full of cheerleading gear and accessories. T-Shirts, sweatshirts, shorts, instructional books and tapes, and more! The NCA Store accepts cash, checks and credit cards, but does not accept gift cards. License # and expiration date information is needed for checks.

**MAIL:** If you will be receiving mail, have it addressed to: YOUR NAME, Cheerleading Camp (dates of camp), Husson University, 1 University Circle, Bangor, ME 04401. The University mailroom is not open over the weekend, so this affects delivery to camps that go over a weekend.

**CAMP PHOTOS:** You will have the opportunity to be photographed individually and with your squad on the first day of camp. Photographers will also be on hand throughout the week to take candid photos of your time at camp, and photos will be available for viewing and ordering on the web. View your options and download the order form from the "photo" link on the "Participant Forms" page.

**CAMP SCHEDULE:** To see a typical 4-day camp schedule or Performance camp schedule go to our website at [hussoncheercamps.com](http://hussoncheercamps.com).

**FINAL DAY SCHEDULE:** Parents, families and friends who would like to watch our final evaluation and awards should plan to arrive at Husson University at 9:00 and look for us outside (you can't miss us!)

9:00 am	Final Evaluation for all teams – outside unless raining
10:15 – 11:30	Final Awards in the Gymnasium
11:30	Check out of camp

### **\*\*\* SPECIAL ACTIVITIES \*\*\***

**SWIMMING:** The pool will be open during the afternoon break for campers. Specific times will be announced at camp. Also, we'll have a late night swim on the last night of camp!

**FUN DAY:** The third day of camp is "FUN DAY". We've had squads of devils, angels, Dalmatians, farmers, hippies and more. How creative and wacky can you be?

**POSTER CONTEST:** Design your own homemade banner, pennant or poster to hang in the gym throughout camp. Your signs may be no more than 6 feet long and 3 feet high (18 square ft.) It must have a cheerleading theme as well as your team name, mascot or school name. Prizes will be awarded!

**JUST FOR FUN:** Due to strict fire regulations no hall decorations are allowed, but make a nameplate for your door so we know who you are and where you're from!

**\*\*\* WHAT TO BRING TO CAMP \*\*\***

- Linens, pillow, blanket
- Toiletries (toothbrush, toothpaste, shampoo, feminine hygiene products, etc.)
- Towels, washcloth and soap
- Sunscreen
- Insect repellent
- Rain gear/umbrella
- FAN
- Aces or braces (if needed)
- Alarm clock
- Extension cords
- Large paper bag (for in-room trash can)
- Tanks/ T-shirts/ shorts – 3 sets
- Sneakers
- Swimsuit
- Needed medication
- Matching camp wear for pictures (uniforms are not necessary)
- Water Bottle

Optional Items:

- Stationary & stamps
- Camera & film
- Night light
- Writing paper and pen

*Individuals who are cheering on the Camp Squad should bring a pair of black shorts and plan to purchase the Camp T-Shirt for \$10.00 for the camp squad uniform.*

*See you in July !!!*

NCA Cheer Camp at Husson  
Tami Campbell, Director  
31 Kennebec Road  
Hampden, ME 04444

Phone: (207) 862-3355

Fax: (207) 862-3349

Email: [cheerncahc@aol.com](mailto:cheerncahc@aol.com)

Website: [www.hussoncheercamps.com](http://www.hussoncheercamps.com)