

# CVYCA Tumbling



Who:	CVYCA cheerleaders
What:	\$5 Open tumbling sessions
When:	Every Saturday <u>except July 3 and July 17</u> Open tumbling sessions will be offered on the following dates: June 5, 12, 19, 26 July 10, 24, 31 August 7, 14, 21, 28
1:00-2:00 pm Session	For Beginners: Cheerleaders who do not have a back handspring on their own
2:00-3:00 pm Session	For Intermediate & Advanced Cheerleaders: Have mastered a handspring and working tucks and above
Where:	Viper PIT, 550 Financial Way, Etters, PA 17139 ( <i>directions below</i> )
Bring:	\$5.00 each time you attend 1 <sup>st</sup> time: Remember to bring signed waiver by parent ( <i>back of sheet</i> ) Cheerleaders may not participate without a signed waiver
Dress:	Shorts, t-shirt, sneakers, hair pulled up
Questions:	Kristi Shaffner at <a href="mailto:gm@cvcheer.org">gm@cvcheer.org</a> (717) 443-3769

*We encourage all cheerleaders to attend these affordable tumbling sessions to advance their abilities. Please note: Open gym sessions DO NOT take the place of tumbling instruction and lessons. Open gyms are designed for cheerleaders to practice and reinforce the skills learned in classes. Cheerleaders need to tumble a minimum of one time per week to maintain skill level. To learn new skills or to advance, cheerleaders will need to tumble a minimum of 2 to 3 times per week.*



## Directions to Viper PIT, 550 Financial Way, Etters, PA 17319

### From Mechanicsburg/Camp Hill

Take 581 to Interstate 83 South toward York  
Take Interstate 83 South to exit 36 – Fishing Creek  
At the end of the exit ramp, turn left onto Fishing Creek Rd.  
Cross over top of Interstate 83  
Continue past the Hess Gas Station on the right  
Turn right just past the bank before Mama's Pizza  
Follow the road back past the carwash and Bruster's Ice Cream  
Proceed straight ahead to the very large building  
Viper PIT gym is in the far back right corner near the highway

### From Carlisle

Take PA Turnpike I-76 EAST to exit 242  
Take Interstate 83 South to exit 36 – Fishing Creek  
At the end of the exit ramp, turn left onto Fishing Creek Rd.  
Cross over top of Interstate 83  
Continue past the Hess Gas Station on the right  
Turn right just past the bank before Mama's Pizza  
Follow the road back past the carwash and Bruster's Ice Cream  
Proceed straight ahead to the very large building  
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**THE VIPER P.I.T., INC. WAIVER AND RELEASE FROM LIABILITY—MINOR PARTICIPANT**

In consideration of being allowed to participate in cheerleading and tumbling activities and any athletic/sports event sponsored by **THE VIPER P.I.T., INC.** and any related events and activities, and intending to be legally bound, the undersigned, being the parents of the child whose name and signature is shown below

1. Agree that the parent(s) and /or legal guardian(s) of the child will instruct the minor participant that prior to participating the child should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, the child should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence, but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Releases, waive, discharge and covenant not to sue **THE VIPER P.I.T., INC.** its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of whom are hereinafter referred to as "Releases", from any and all liability to each of the undersigned, their heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise.
5. Acknowledge that our child has been examined by a physician prior to participation in these activities, and has been found to be physically fit, with no disability or other limitation, which would prevent him or her from participation.

I/ WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT WE HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Print Name of participant: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of minor participant: \_\_\_\_\_

Signature of parent/guardian of minor participant: \_\_\_\_\_

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