



2009-2010 KHSAA/KAPOS Cheer Workshop

Registration Form

Conducted By & Held At:
The Kentucky High School Athletic Association
2280 Executive Drive, Lexington, Kentucky 40505
Date: Saturday September 12, 2009

8:00a.m. Registration Starts

12:30 p.m. – 1:50 p.m.

9:00 a.m. – 11:30 a.m.

*Hands on Teaching, Coaching, Spotting,
Stunting/Tumbling*

*KHSAA Regulations
National Federation Spirit Rules and Rule
Changes
NFHS Spirit Rule Book Interpretations and
General Stunt Demonstrations*

1:50p.m.-2:00p.m. Break

2:00p.m.-3:00p.m. Choreography Seminar

3:30p.m. Wrap up and Evaluation

11:30-12:30 p.m. (Lunch provided)

Whether you are a new or experienced cheer coach, continuing education on safety and technique is a must for any coach today. It is simply not enough to have been a cheerleader or dancer; coaches need to be knowledgeable about KHSAA and NFHS Regulations regarding cheerleading education in coaching techniques to lead, mentor, and impart positive aspects of spirit activities, in addition to teaching the skills of cheerleading.

Please note: (Lunch is provided with all registrations.)

Registration Required By: Tuesday, September 8, 2009

Checks and/or money orders shall be made payable to KHSAA. It is non-refundable. To Guarantee a Reservation, Mail Registration & Payment To:

*Kentucky High School Athletic Association
2280 Executive Drive
Lexington, Kentucky 40505
Attn: Phyllis Sallee*

Registration Fee: KHSAA/KAPOS Cheer Workshop

Check Appropriate Box:
\$50.00

Late Registration Fee: (If you register after September 8, 2009)

\$60.00

Amount Enclosed _____

Please note: (Lunch is included with all registrations.)

Name: _____

Address: _____

E-mail Address: _____ Daytime Telephone Number: _____

School Name: _____ School Phone _____

Number of Years as a Cheer Coach _____ Please indicate any rules questions you would like to see addressed? _____

*Space is limited and will be reserved on a first come first served basis. *Attendees are asked to bring their 2009-10 National Federation Spirit Rules Book AND a tape of any stunts about which you have questions.*