

NCA Cheer Camp at Husson University

Camp Information Packet

Please note: Unless you are coming as an individual on the "NCA Camp Squad", **any 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.

CAMP TUITION:

Resident (overnight) campers.....\$	415.00	Resident (overnight) coaches	\$ 315.00
Commuter (day) campers.....	390.00	Commuter (day) coaches.....	300.00
Individuals (session 2 only).....	475.00*	Chaperones (21+).....	215.00

*Includes and extra night/meal at camp and to help cover the additional costs of coaching & supervision while at camp.

CAMP PAYMENT: A \$50 per person deposit is required 45 days prior to the camp start date. Full payment is due **30 days** prior to your camp session. ***Note: Your team may have different due dates in order to take advantage of special incentives for coach discounts.***

	<u>Deposit Due</u>	<u>Final Payment Due</u>
Session 1 (July 7-10)	May 23	June 7
Session 2 (July 12-15)	May 28	June 12
Session 3 (July 17-20)	June 2	June 17
Session 4 (July 22-25)	June 7	June 22

Deposits are non-refundable and non-transferable. **Coaches will collect all payments and will send ONE school check, bank check or money order payable to NCA Cheer Camp at Husson (NOT NCA) and send to:**

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

Late registrations will be accepted IF there is room in the session. Late registrants must pay in full when they register.

TEAM REGISTRATION FEE: \$100 team registration due per team to guarantee your spot in your reserved session. This deposit is applied to your team's camp balance. However, it is non-refundable and non-transferable. NEW THIS YEAR...you can register and pay your deposit on our website www.mainecheercamps.com.

DEPOSITS: An individuals' deposit is applied towards their full cost of camp. Deposits are non-refundable. Deposits CANNOT be applied to the balance of those attending.

CANCELLATION POLICY: If you are unable to attend camp, notify us in writing at cheerncahusson@gmail.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>
31 or more prior to camp start date	\$50 per person
15-30 days prior to camp start date	\$100 per person
0-14 days prior to camp start date	Full Tuition

REFUNDS: Requests for refunds must be submitted in writing and received within 30 days of the camp end date. Please allow 2-3 weeks after camp has ended to receive refunds. Refund requests can be emailed to cheerncahusson@gmail.com or mailed to Tami Campbell at the above address.

*****FORMS NEEDED FOR CAMP*****

There are two forms that all coaches/adults & campers will need to complete and submit BEFORE THEY ARE ALLOWED TO PARTICIPATE AT CAMP.

1. **Cheerleading Camp Health Form OR Coach/Adult Health Form:** This form is to be filled out by the parent/adult 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 Liability Release & Waiver Form:** This form must be fully completed ONLINE and signed by the parent/guardian. This must be done by **all** camp participants. The head coach of each team must use their MyVarsity account to find and share their team specific link to complete the waiver online. Each link is specific to your team and registration number, the camp you are attending, and camp dates.

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 8:30 – 11:00 am on Day 1 of camp at Newman Gymnasium. The coach must arrive with or ahead of the team and check in for the entire team. (Except for Camp Squad individuals, no campers should come check in independently.) If you haven't submitted them before camp, be sure to have all of your camper's health forms and participant forms with you at check-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. All rooms are doubles. A separate room is designated for the coach. If there are multiple coaches, they will be assigned to doubles unless otherwise requested and space allows. We generally put Jr. High and Sr. High squads from the same towns together unless otherwise requested. Please let me know if you have any special requests. We will be as accommodating as possible.

KEYS: Two keys will be available per room. **A \$50 key deposit will be collected per team**, and is payable at check in. This deposit (check/cash) will be returned on the last day of camp when all keys are returned. *The lost key fee is \$50.00.*

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. *The lost meal card fee is \$15.00.*

LODGING: All rooms have a refrigerator/microwave with a small freezer. 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: Only athletes, coaches and other authorized personnel will be allowed at camp. No other visitors will be allowed.

JEWELRY: For your safety, **NO JEWELRY CAN 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!

CAMP RULES: On the first day of camp, each person attending will be asked to review and sign a document indicating they understand and will abide by all camp rules.

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 recommended. The Snack Shack is cash, check or Venmo.

VARSITY SHOP: Our camp will have a Varsity Shop full of cheerleading gear and accessories. T-Shirts, sweatshirts, shorts, instructional books and tapes, and more! The NCA Store is cashless and takes only gift cards and credit cards.

MAIL: If you will be receiving mail, have it addressed to: YOUR NAME, Cheerleading Camp (dates of camp), Husson University, 1 College Circle, Bangor, ME 04401. The University mailroom is not open over the weekend, so this affects delivery to camps that go over a weekend. Cheerleaders have to "Jump" for their mail, so it's fun to receive mail while at camp!

CAMP SCHEDULE: Day 1 starts with registration at 8:30 am, move in, pictures and lunch. Our program starts at 1:00 pm and ends at 9:00 pm. We are busy cheering Day 2 & 3 from 8:15 am to 9:00 pm. Our last day will start between 8:30-9:00 am and will conclude by 11:30-12:00. Detailed schedules will be available upon arrival at camp. It is busy, challenging, tiring....but FUN!

FINAL DAY SCHEDULE: Family and friends are invited to come watch the last morning of camp. We will be starting at 8:45 am on the turf field with final evaluations, and then we normally move to the gym for final competitions and awards. **Camp will end between 11:30-12 am on the final day of camp and campers must check out of camp at that time.**

****** SPECIAL ACTIVITIES ******

SWIMMING: Normally the pool will be open during the afternoon break for campers. We offer one late night swim, on the second night of camp.

FUN DAY: The third day of camp is "FUN DAY"! The theme this year is "UNITE!". When we come together with purpose, we are unstoppable! But unity doesn't just happen. It starts with recognizing each other, building trust, and choosing to move forward together. For FUN DAY, bring your creativity and team spirit to life! Dress up as your favorite dynamic duos or perfect pairs, think peanut butter & jelly, pom & megaphone, or even puzzle piece shirts that fit together to form one message.

POSTER CONTEST: Continue to show your school spirit as you design you own homemade banner, pennant or poster to hang in the gym throughout camp. Your signs may be no more than 3 ft. X 6 ft. **(18 square ft.)** Prizes will be awarded!

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

IMPORTANT - Don't forget your completed Release Form (completed online) and Health Form (download from the website). **You will not be able to participate in camp activities without signed forms.** Coaches will collect these prior to camp.

***** 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 and athletic tape (if needed)
- Alarm clock
- Extension cords
- Large paper bag (for in-room trash can)
- Hangers
- Tanks/ T-shirts/ shorts – 3 sets (Matching camp wear for teams is great, but not required). Uniforms are not necessary.
- Sneakers
- Swimsuit
- Any necessary medication
- Refillable Water Bottle (labeled)
- Money for the Snack Shack and a credit card for the Varsity Shop
- A GREAT ATTITUDE!!!

All rooms have a refrigerator with a small freezer!

Optional Items:

- Stationary & stamps
- Night light
- Writing paper & pen

Coaches should plan to bring a portable Bluetooth device for the camp music.

A link will be sent to you from Varsity Spirit 2-3 days prior to your camp session.

Individuals who are cheering on the Camp Squad should bring a pair of black shorts and if not registered early, plan to purchase the Camp T-Shirt for \$20.00 for the camp squad uniform.

See you in July !!!

NCA Cheer Camp at Husson
Tami Campbell, Director
Heather Tupper, Co-Director
31 Kennebec Road
Hampden, ME 04444

Email: cheerncahusson@gmail.com
Website: www.mainecheercamps.com

Updates will be posted on our Facebook page...NCA Cheer Camp at Husson