



# DANCER **STRONG** CLINIC

AGES 9-18 \* Winston-Salem, NC

FRI-SAT-SUN \* Aug. 21-23, 2020

This Clinic will focus on how to make a dancer's body fit and strong, knowing how to warm-up and cool-down, how to use core techniques and strength training to benefit your dancer's training and progress, and much more!

**\*\*REGISTER ONLINE at [www.DancersEdge.com](http://www.DancersEdge.com)\*\* Space is limited, REGISTER EARLY!**

**Please use the dancer's age as of the first day of clinic to enroll.**

<i>Please check one</i>	COST
<input type="checkbox"/> <u>AGES 9-11</u> 5:15-6:15pm Friday 10:00-11:30am Saturday 12:15-1:45pm Sunday	<u>\$100</u>
<input type="checkbox"/> <u>AGES 12-14</u> 6:30-7:30pm Friday 11:45am-1:15pm Saturday 2:00-3:30pm Sunday	<u>\$100</u>
<input type="checkbox"/> <u>AGES 15-18</u> 7:45-8:45pm Friday 1:30-3:00pm Saturday 3:45-4:45pm Sunday	<u>\$100</u>

**FRIDAY: Conditioning & Injury Prevention:** proper use of foam rollers (please bring your own if you have one), hydration, nutrition, proper warm-up and cool-down, full body strength and endurance.

**SATURDAY: Ballet / Stability & Balance:** Ballet Technique and its importance for all dancers. Stability & Balance and how to use these skills for improvement in all dance styles.

**SUNDAY: Ballet / Cardio & Power:** Ballet Technique (continued) and Cardio & Power training specifically for dancers/

## 2020 **DANCER STRONG** CLINIC REGISTRATION FORM – Kernersville, NC

Dancer's Name: \_\_\_\_\_ Date of Birth (mm/dd/yy): \_\_\_\_\_

Email Address (please print clearly): \_\_\_\_\_

Address (incl. CITY & ZIP): \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Cell or Eve #: \_\_\_\_\_

Current Acro Skills Mastered: \_\_\_\_\_

*As with any active sport or event, I understand that there are certain inherent risks associated with participating in this activity. I understand that Dancers Edge, it's staff, and affiliates are not responsible for accident, illness, injury, or loss. I will notify Dancers Edge and it's staff of any risk factors which may prohibit my performance. Dancers please bring your own refillable water bottle.*

**A confirmation email will be sent to the email address provided two weeks prior to the Clinic.**

**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_

*\* The total fee is due with this registration form.*

*Fees are non-refundable.*

**Sorry no "per class" availability.**

**Space is limited, REGISTER EARLY!**

MAIL REGISTRATION W/Payment TO: Dancers Edge, 5912 Reynolda Road, Winston-Salem, NC 27106

**ONLINE REGISTRATION IS PREFERRED and gives immediate spot confirmation!**