



DEBS TECHNIQUE CLINIC **2015**

REGISTRATION FORM

**Please detach & return with payment & a photocopy of medical insurance card to
Dominican High School Debs Technique Clinic attn: Sina Baldwin
7701 Walmsley Avenue, New Orleans, LA 70125
Please make all checks payable to Dominican High School**

Participant's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

Grade Level: _____ Date of Birth (MM/DD/YYYY): _____

Parent/Guardian's Name: _____

Phone Numbers: (Home): _____ (Cell): _____

E-mail Address: _____

Emergency Contact Name: _____ Phone: _____

Liability and Release:

I request that Dominican allow _____ (Participant's first and last name) to participate in the 2015 Debs Technique Clinic on Saturday, March 14, 2015. I release St. Mary's Dominican High School, the club moderators, coaches, and/or chaperones approved by the Administration from liability in any manner. In case of emergency, I give my permission for the club moderators, coaches, and/or chaperones to seek medical care as needed for my daughter if I can not be contacted. Additionally, I authorize the use of my daughter's photos for the purpose of publicity and marketing materials & on the St. Mary's Dominican High School website.

Parent/Guardian Signature (required): _____

***Please photocopy insurance cards & send with registration for emergency purposes.**

Please list any allergies or medical conditions: _____

Debs Technique Clinic

When?

Saturday, March 14, 2015

Where?

St. Mary's Dominican High School Gym

Who's Invited?

Girls in grades 5 - 7, current Dominican 8th graders, and incoming Dominican 8th and 9th graders for the 2015 - 2016 school year.

How will the sessions be run?

The girls will be divided into groups by skill level. Each group will be instructed by members of the Dominican Debs.

What is the cost?

Early registration: \$25
Late Registration: \$30

What's included?

Technique instruction on hip hop tricks, turns, leaps, kicks, conditioning, and stretching.

What's the attire?

Comfortable dance attire with jazz shoes and tennis shoes.

Any questions?

Please contact Sina Baldwin
Phone: (504) 865-9401 ext. 4284
E-mail: sbaldwin@stmarysdominican.org
EVENT DAY CONTACT: (504) 865-9401 ext. 4141

Calendar of Events

Early Registration: \$25.00

Registration postmarked by
Monday, March 9, 2015

Walk-ins: \$30.00

Registration postmarked after
Monday, March 9, 2015

Walk-ins will be accepted day of clinic.

Clinic Schedule

Welcome & Sign In

12:00 PM - 12:30 PM

Warm Up & Stretches

12:30 PM - 12:50 PM

Break Into Groups

12:50 PM - 1:00 PM

Technique Station Rotations

1:00 PM - 2:00 PM

{5 Minute Break}

Conditioning, Kicks & Floor Combinations

2:05 PM - 3:15 PM

{5 Minute Break}

Try Out Dos & Don'ts

3:20 PM - 3:30 PM

Circle Up and Farewell

3:30 PM



ST. MARY'S DOMINICAN
HIGH SCHOOL
7701 WALMSLEY AVENUE
NEW ORLEANS, LA 70125

St. Mary's Dominican High School is a Catholic, college-preparatory school for girls and does not discriminate on the basis of race, color, national or ethnic origin.



ST. MARY'S
DOMINICAN
HIGH SCHOOL

DEBS

Technique Clinic 2015

