

# LINCOLN-WAY EAST POMs

*Presents*

## POMS SKILLS & TECHNIQUE CAMP

East Varsity Poms will teach you how to improve your jumps, turns, leaps, splits and dance technique!

**WHERE:** Lincoln-Way East Dance Studio & Balcony

**WHO:** Grades 6<sup>th</sup>-8<sup>th</sup>

**CAMP:** Monday, July 24 & Tuesday, July 25<sup>th</sup> from 10am-12:30pm

**Mail to:**

**Attn: LWE Poms Coach  
Lincoln-Way East High School  
201 E. Colorado Avenue  
Frankfort, IL 60423**

**COST:** \$45.00 (tee shirt included to be worn both days of camp)

\*\*Note, if you do not want a tee shirt, the cost is \$40.00

- Make checks payable to **LWE Poms** (NO REFUNDS) before **Monday, July 10<sup>th</sup>**

**Questions:** Please contact Alicia Lamacki---- [alamacki@lw210.org](mailto:alamacki@lw210.org)

### POMS CAMP FORM

**Participant Name:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Grade in School:** \_\_\_\_\_

**Concerns:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**How did you hear about our camp (Referred by)** \_\_\_\_\_

I understand that an athletic camp carries with it certain risks. There is always a chance of injury. I hereby authorize the directors of the Lincoln-Way Camps to act for me accordingly to their best judgment in any emergency requiring medical attention.

NOTE: The school nurse and athletic trainers are not available for these programs.

\_\_\_\_\_  
Signature of Parent/Guardian