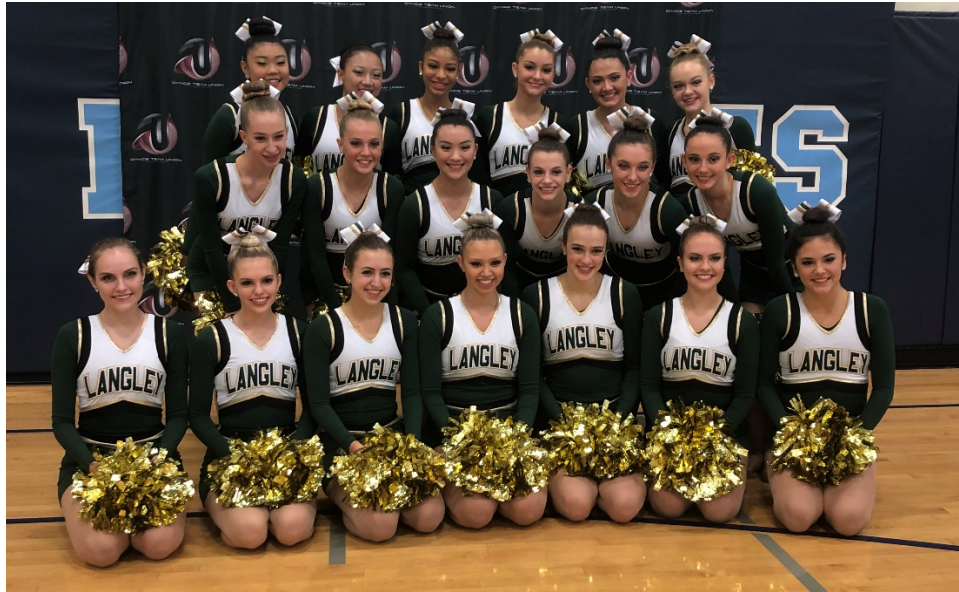




# Langley Dance Team

## Youth Night Clinic



**When:** January 11, 2020, 9 am – 12 pm

**Where:** Langley High School – AUX Gym  
6520 Georgetown Pike  
McLean, VA 22101

Come dance with the Langley Dancers! All dancers from 1<sup>st</sup> – 8<sup>th</sup> grade are welcome to attend. No previous dance experience required! Dancers enrolled in the clinic will perform a routine at a LHS Basketball game!

**Cost:** \$50 per dancer (T-shirt included)

Questions? Email Coach Nina and Maggie  
([langleydancers@gmail.com](mailto:langleydancers@gmail.com))

## Schedule:

9:00 - 9:15: Intro & Meet the Team!  
9:15 - 9:30: Warmup and Stretch  
9:30 - 10:15: Technique (jumps and turns)  
10:15 – 10:30: Break and games  
10:30 – 11:30: Learn routine  
11:30 – 12:00: Wrap up and games

## Please Bring:

Jazz shoes, water bottle, snacks

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Please return completed the application and payment to Langley High School. Please make checks payable to Langley High School (memo: Langley Dance Team) by **December 20, 2019**.

Dancer's Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Grade: \_\_\_\_\_

Size T-Shirt (please circle): XS S M L XL

Method of Payment (please circle): Cash Check

I hereby state that my child is in good health and has my permission to participate in all activities. I authorize the Langley Dance Team staff to authorize emergency first aid in the event of sickness or injury. My signature below releases the camp, sponsors, staff, and director from any and all liability. Please list any medical conditions the staff needs to be aware of during camp.

Parent's Signature: \_\_\_\_\_