



Audition Boot Camp Information

Come learn the tips and secrets of the pro's at the all new Cardinals Cheerleaders Audition Bootcamp. As part of the audition process, you will be evaluated on communication skills, overall presence, and physique in addition to your dance skills. This Bootcamp will give you one on one feedback in all areas of the audition process to prepare you to do your best at the Cardinals Cheerleading auditions.

Date: February 18, 2012

Time 9:00-4:00pm (Lunch is included)

Location: Cardinals Training Facility (8701 S Hardy Drive, Tempe Az.)

Cost: \$100.00 per participant

Schedule:

9:00-10:00- Review the audition process and what the judges are looking for.

Topics include:

Audition weekend Schedule

Interviewing tips

The 2012 cheerleading program expectations

10-12:00- One on one consultation from the professionals

Hair Consultations- Rolf's Salon

Make-up Consultations- Rolf's Salon

Nutrition and training- Gold's Gym

12:00-1:00- Lunch and nutrition seminar

How to eat clean to prepare for auditions. Participants will receive a 7 day suggested menu to use prior to auditions.

1:00-4:00- Dance clinic with mock auditions

Learn a dance routine similar to the one that will be taught at auditions, and perform it in groups of 3. Participants will receive feedback and mock scores from the director with details on areas of improvement.

Dance Clinic Information

The purpose of these clinics is for applicants to learn the style, expectations, and format of the cheerleading program. It can also be used for applicants who want to brush up on their dance skills before auditions and will be run like a typical dance class with new routines each week. These clinics will be taught by current members of the cheerleading team and will be followed with an informational meeting regarding the audition process. It is recommended and beneficial to attend at least one prep class before auditions.

Day	Date	Time
Wednesday	February 22 nd	6:30-8:00pm
Wednesday	February 29 th	6:30-8:00pm
Wednesday	March 7 th	6:30-8:00pm
Wednesday	March 14 th	6:30-8:00pm
Wednesday	March 21 st	6:30-8:00pm
Thursday	March 22 nd	6:30-8:30pm

Details

- All clinics will be held at the Cardinals training facility at 8701 S Hardy Drive in Tempe, Az
- Registration begins at 6:00pm
- Dance/ Workout attire is appropriate for clinics. The clinic will be held outdoors so bring tennis shoes or dance sneakers according to your preference.
- Clinic registration Fee
 - \$25.00 for one clinic
 - \$20.00 per clinic for 3 or more (Must be paid up front)
 - \$100.00 for all 6 clinics (Must be paid up front)
 - **All fees must be paid at the first clinic in attendance. Sorry, no refunds.
- Please bring the signed waiver. Participants under 18 must have a parent sign the waiver.

WAIVER AND RELEASE

WHEREAS, I, _____, am about to participate in a tryout (the "Tryout") for a position as a cheerleader for the Arizona Cardinals football team at University of Phoenix Stadium in Glendale, Arizona and/or the Arizona Cardinals Training Facility in Tempe, Arizona during March and April 2012, and whereas I am doing so entirely upon my own initiative, risk, and responsibility; now therefore, in consideration of receiving permission from Arizona Cardinals Football Club LLC, a Delaware limited liability company, d/b/a/ Arizona Cardinals ("Cardinals"), to participate in the Tryout, I hereby release, waive, and discharge the National Football League (the "NFL"), the Cardinals, and the shareholders, owners, directors, officers, employees, agents, servants and affiliates of the NFL and the Cardinals from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me from any cause whatsoever while on the Tryout premises and/or during the Tryout.

I am duly aware of the risks and possibility of physical injury and damage to my person inherent in the Tryout, and I enter upon the Tryout premises knowing their present condition and knowing that physical injury and damage to my person may be occasioned by or may occur from many causes at the Tryout, including but not limited to my own physical defects (of which I may not be aware) and negligence of other Tryout candidates. I voluntarily hereby assume all risk of loss, danger, or injury, including death, from any cause whatsoever that may be sustained by me in, on, or upon the said premises, at and during the Tryout.

This Waiver and Release shall be binding upon my successors, assigns, distributees, heirs, next of kin, executors, and administrators.

In signing this Waiver and Release, I hereby acknowledge and represent:

- A. That I have read this Waiver and Release, understand it, and sign it voluntarily.
- B. That I am eighteen (18) years of age or over and have the legal capacity to execute this Waiver and Release and to make the representations, waivers, assumptions, and releases herein contained.
- C. I am not an agent, servant, or employee of the Cardinals.

I represent that I am in good health and sound physical condition, and that I have no physical defects, latent or patent, and I expressly waive any right I may have to a physical examination prior to, at, during, or following the Tryout.

I agree to pay all attorney's fees and costs incurred by any individual or entity covered by this Waiver and Release in enforcing this Waiver and Release against me. I further agree that this Waiver and Release shall be subject to, and interpreted according to, the laws of the State of Arizona.

IN WITNESS WHEREOF, I have executed this Waiver and Release as of the date set forth below.

CAUTION: READ BEFORE SIGNING. THIS IS A WAIVER AND RELEASE

Signature

Print Name

Date