

**\$30 /GIRL  
OR  
\$25 W/TEAM!**

# DEMONETTES training camp

**Deadline: October 9th, 2010**

Join the Bismarck High School Demonette Drill team for an afternoon of skill training for you or your team AND coach! (Coaches can attend for FREE with their team!)

Learn kick technique and practice drills, as well as proper stretching, various turns and leaps, and team building exercises. Choreography help can be provided upon request.

All middle school and high school dancers are invited to attend. Classes will be divided by grade and ability. Teams will be kept together wherever possible.

## Details:

1:00 pm to 5:00 pm

**Saturday, October 16th, 2010**

Bismarck High School Karлгаard Gym

Please wear dance/workout clothes. MUST bring gym shoes. If you have dance shoes, bring them in addition. NO BARE or STOCKING FEET!

## Demonettes Training Camp Registration Form:

Team Name \_\_\_\_\_

Coach's Name \_\_\_\_\_

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

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

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

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

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

Mail this form with a check for \$30 per individual or \$25 per dancer for a team, payable to Demonettes to: 800 North 8th Street Bismarck ND 58501

Number of Dancers:

Individual

\*Team

Middle

High

\*Must bring entire team AND coach!

School

School

