



Dear Parent and Camp DCC Participant,

## WELCOME TO CAMP DCC 2012!!!

We're so happy you will be joining us this summer for Camp DCC. Making Camp DCC part of your child's summer fun gives your camper a unique opportunity to explore and develop their sense of individuality and creativity as well as establishing new friendships. Best of all, your child will be working with amazing role models and instructors.....The Dallas Cowboys Cheerleaders! The following information will help you get acquainted with our Camp Program and prepare you for a memorable experience with your **Dallas Cowboys Cheerleaders!**

### **Below is the following information:**

1. Camp DCC Schedule
2. What to Wear & Bring
3. Liability Waiver & Photo Release
4. Directions to Cowboys Stadium

Thank you for making "America's Sweethearts" a part of your summer! We are looking forward to all of the memories we will make together!

Cheers!



## 9:00AM – 3:00PM CAMP DCC SCHEDULE

9:00am - 10:00am	Check-In, ,Wake Up and Warm Up
10:00am - 10:45am	Dance Technique
10:45am - 11:45am	Pom Routine
11:45am - 12:00pm	Chants
12:00pm - 12:45pm	Lunch
12:45pm - 1:30pm	Craft and/or Games
1:30pm - 2:15pm	Hip Hop Routine
2:15pm – 3:00pm	Review/Showcase
3:00pm	Dismissal



## **WHAT TO WEAR:**

Wear something you can dance and cheer in...most importantly it should be **comfortable!**

Leotard ☆ Athletic Tops ☆ Sports Bras ☆  
T-shirt ☆ Jazz pants ☆ Shorts ☆ Socks ☆  
Tennis Shoes ☆ Dance Sneakers ☆

**CAMP DCC T-Shirts will be distributed the first morning of camp. Please plan on wearing this shirt each day while at camp—this will also serve as your ticket into camp each day!!**

## **WHAT TO BRING IN A BAG:**

*(Everything you bring must fit inside your bag)*

Your signed Photo Waiver and Release

Hand towel

Pens and cameras for autographs and picture session (last day)

Spending money for DCC merchandise ☺

**\*Important Reminders:\***

**Label everything with your name!**



## LIABILITY WAIVER & PHOTO RELEASE

The Event :Camp DCC 2012

Date of the Event: \_\_\_\_\_

The Participant (full name): \_\_\_\_\_

In consideration of the Participant's right to participate in the Event, I agree as follows:

- 1.) I authorize the Participant to participate in the Event.
- 2.) I acknowledge that the Participant's participation in the Event involves risk of serious bodily injury, death, and/or property damage. I assume and accept all risk of bodily injury, death, property damage and other harm connected with the Participant's participation in the Event. I acknowledge that I am responsible for any and all medical expenses due to the Participant's illness or injury in connection with the Event.
- 3.) I acknowledge that the Event may involve strenuous and hazardous physical activities and I certify that the Participant is in excellent physical health and has no physical limitations that would prevent the Participant from participating in the Event. I grant permission to the Event parties to provide the Participant with emergency medical treatment if needed.
- 4.) I hereby indemnify, hold harmless, agree not to sue, and release the Parties: Dallas Cowboys, any Dallas Cowboys player, Gene and Jerry Jones Family Charities, Texas Stadium Corporation, the Dallas Desperados, any Dallas Desperados player, the National Football League, the Arena Football League any participating agencies, their officers, directors, members, employees, volunteers, owners, agents, affiliates and corporate sponsors both as organizations and each person individually from any and all liability for all claims, demands, losses, damages and costs, including reasonable attorneys' fees, that arise out of or in connection with any personal injury, property damage, and/or other loss suffered by the Participant in connection with Participant's participation in the Event.
- 5.) I authorize the Parties to take photographs and videotapes of the Participant and to record the Participant's voice, conversation and other sounds during and in connection with the Event. I acknowledge that the Parties shall own exclusively all copyright and other rights in and to such tapes, photography, and recordings and may use them forever and throughout the world in any manner without compensation to me or the Participant. I authorize the Parties to use the Participant's name, voice, likeness, and any biographical facts provided to the Event in advertising and promoting the Parties without further compensation.
- 6.) I certify that I am the parent or legal guardian of the Participant, should the Participant not be of a legal age to sign this release.
- 7.) I acknowledge that I have read this release fully, understand its contents and have signed below of my own free will.

**PARENT / GUARDIAN MUST SIGN AND COMPLETE INFORMATION  
BELOW IN-FULL AND LEGIBLY**

PARENT / GUARDIAN SIGNATURE: \_\_\_\_\_

PRINT PARENT / GUARDIAN FULL NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**Please bring completed forms with you to Registration  
on the morning of Camp DCC.**

## ***Directions to Cowboys Stadium***

**For the most efficient route to Cowboys Stadium, please visit the following Cowboys Stadium Interactive Parking & Directions website with customized maps and directions from your zip code.**

**<http://dallascowboysmaps.com/>**

**Plan on entering the Parking Lot 1, drive west (right) to Parking Lot 10 and enter at Entry K.**

**<http://stadium.dallascowboys.com/>**

### **PHYSICAL ADDRESS:**

**COWBOYS STADIUM  
One Legends Way  
Arlington, TX 76011**

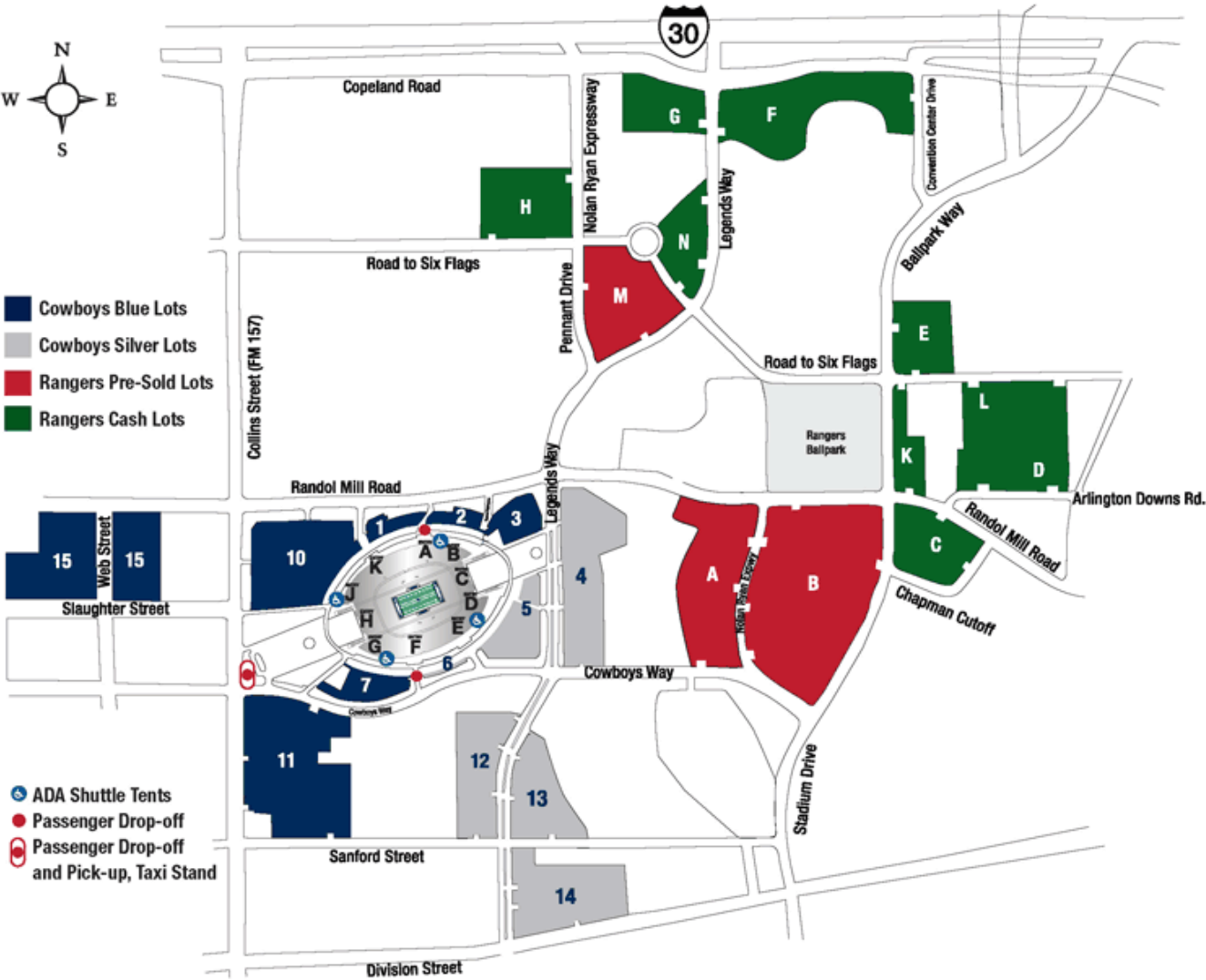
**Cowboys Stadium Main Line: 817-892-4000**

# COWBOYS STADIUM/RANGERS PARKING



- Cowboys Blue Lots
- Cowboys Silver Lots
- Rangers Pre-Sold Lots
- Rangers Cash Lots

- ADA Shuttle Tents
- Passenger Drop-off
- Passenger Drop-off and Pick-up, Taxi Stand



## FAQs:

- **Q: What time is registration on the first day? [Day Camp Only]**  
**A: From 9:00am to 9:30am. If you happen to be running late, please do not worry. We will register your child with no problems when you do arrive. We would rather you travel safely than to rush.**
  
- **Q: What time should I pick up my child each day?**  
**A: Camp dismissal is at 3pm for full-day camps. Please arrange for a prompt pick-up. The campers will be released as a group outside the stadium, near Entrance K (the same entrance they entered through earlier in the morning) next to Parking Lot 10.**
  
- **Q: When is the Medical Release Waiver due?**  
**A: We must have a signed and fully completed "hard" copy of the Medical Release Waiver on file prior to any child's participation in camp—no exceptions. Please bring the completed waiver to check-in on the first morning of camp.**
  
- **Q: How many campers do you allow each week?**  
**A: The number of participants varies based on location. At every location we work to ensure there is a low player-to-coach ratio.**
  
- **Q: May I visit the camp during the week?**  
**A: YES. However, while at Cowboys Stadium and other camp sites, we have very strict rules and regulations on-site for the safety of the participants, guests and Dallas Cowboys Football Club. We welcome guests to stay and watch their child participate during the day's activities in a variety of ways. (more specific details for each camp site will be sent out 1 week prior to the start of camp)**
  - **COWBOYS STADIUM: First, for the greatest amount of access inside Cowboys Stadium, we recommend you sign-up in advance for a daily tour through Cowboys Stadium—email [DCCCamp@dallascowboys.net](mailto:DCCCamp@dallascowboys.net) and let them know how many Cowboys Stadium Tour ticket you may be interested in purchasing at a CAMP COWBOYS discounted price of \$12 (3-Day tour tickets are \$20).**
  - **COWBOYS STADIUM: Second, approximately the first 30 minutes and last 30 minutes of camp will be open to guests. Guests will be required to stay in a designated section with camp staff. Outside of the tour guests, like many other summer camps, no one other than the camp participants and camp staff will be allowed on the stadium field or into the locker rooms, so family/friends will be required to sit in the stands, etc. (Guests without tour tickets will only be allowed inside the stadium during the first 30 minutes and last 30 minutes to drop off participants and pick up participants respectively).**

- **VALLEY RANCH:** At the Dallas Cowboys Cheerleaders Studio facility in Valley Ranch, guests will be allowed to stand and watch during the last 30 minutes on the final day of camp for the **CAMP DCC SHOWCASE**. Guests will be required to stand in a designated section with camp staff. (Guests will only be allowed at Valley Ranch during the last 30 minutes of each camp session as the final 15 minutes each day to pick up participants, etc).
- **CAMP SITES OTHER THAN COWBOYS STADIUM AND VALLEY RANCH:** Guest may stay and watch camp sessions, but they will be required to stay in designated areas (typically the stadium bleachers, etc). Guests are not allowed on the playing field or in the locker rooms, etc.
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- **Q: Lunch menu? [9AM-3PM Full-Day Camp Only]**  
**A:** Complimentary drinks provided by Dr Pepper
  - Complimentary sports drinks provided by Gatorade
  - Camp participants bring their own lunch Wednesday and Thursday  
(Refrigerators and microwaves will not be available for use.)
  - Complimentary lunch provided by Papa Johns Pizza on Friday, June 10<sup>th</sup>
- **Q: How do we get in contact with someone on-site at camp if we have a question or need to get a message to one of the campers?**  
**A:** Email is the best form of communication.  
 Email [DCCAMP@DALLASCOWBOYS.NET](mailto:DCCAMP@DALLASCOWBOYS.NET). The phone number at the stadium will be (817) 892-4660. You may also email  
 For emergencies, you may also email Jeremy Armstrong at [JARMSTRONG@DALLASCOWBOYS.NET](mailto:JARMSTRONG@DALLASCOWBOYS.NET) or call 214-907-4996 (cell) or 972-556-9900.
- **Q: Should my child bring a water bottle?**  
**A:** Complimentary water, Gatorade, and paper cups will be available all-day to the campers. Please encourage the participants to drink plenty of fluids before, during and after camp each day.
- **Q: What kind of supervision do campers receive?**  
**A:** Campers are always escorted by their own DCC to all destinations and activities throughout the day. The DCC understand that their role of ensuring the safety of the campers is just as important as anything they will teach the kids on the football field. In addition, we will take all of the necessary precautions during the warm summer months to ensure the safety of the participants.

**Q: Restrooms?**

**A: Restroom locations are very limited. We will have access to restrooms throughout the day, but we encourage campers to go to the restroom during scheduled breaks in order to maximize their time on the field. In addition, participants will be encouraged to visit the restrooms during breaks with a group for additional safety.**

• **Q: Do you provide transportation?**

**A: No, parents/guardians are required to bring their child to camp, check them in and also check them out. Campers may carpool with other campers, as long as the camper knows who is responsible for picking him/her up each day.**

• **Q: Can my child be assigned to the same group as his/her friend(s)?**

**A: Possibly, please document special requests on your enrollment form and we will do our best to accommodate. However, in some instances we can not accommodate due to our attempts to keep the camp fun and fair for everyone involved.**

• **Q: May I change my session?**

**A: You are able change your session(s) at anytime as long as space is available in the session of your choice. Please contact us by phone or email with your request.**

• **Q: Can I cancel my registration?**

**A: Refund of Registration Fee (less a non-refundable Cancellation Fee of \$50.00) requires receipt of written notice of cancellation no later than 72 hours prior to the start of the first day of the session. Refund of the balance will be processed during the accounting period two weeks after the conclusion of the final camp. Campers who have to leave due to illness or injury will receive a prorated refund based on the number of days missed. No refunds will be given to campers who voluntarily leave camp (i.e. - Homesickness).**



Dallas Cowboys Cheerleaders  
Camp DCC 2010

