

2025 Public Speaking
Fall Registration Form

Name:_____

Address:_____

City:_____

State:_____ Zip:_____

School:_____

Grade:_____ Date of Birth:_____

Parent/Guardian(s):_____

Phone:_____

Email:_____

Allergies/Extra Notes:_____

*I am enrolling for the following session date(s)
(please circle the corresponding dates):*

Fall Session Dates:

- Nov 9 @ 3:00pm
- Nov 16 @ 3:00pm
- Nov 23 @ 3:00pm

HIGHLIGHTS

- Proper tone of voice
- Managing the microphone
- Word acquisition and diction
- Body projection while speaking
- Speaking impromptu or off the cuff
- Listening and communication skills
- Self-esteem and confidence building
- Presentation preparation and planning
- Transforming your audience's experience
- Addressing resistance from your audience



MISSION STATEMENT

The goal of the Bouncing Bulldogs program is to promote jump rope for fun and fitness, and to help all children grow physically, emotionally, socially, and academically. Education, good sportsmanship, leadership, and teamwork are emphasized among all team members.



“The sky is NOT the limit!”
— Kenzie Ruston
www.bouncingbulldogs.org

Bouncing Bulldogs
Public Speaking
Fall Session 2025



Promotes youth
empowerment and
engagement!

Every Sunday @ 3pm
Nov 9 — Nov 23

FUN + FOCUS + FRIENDS

(919) 493-7992

Email: coach@bouncingbulldogs.org

PO Box 2026, Chapel Hill, NC 27515

www.bouncingbulldogs.org

COACH FREDRICK

Founder and Director



Ray N. Fredrick, Jr. is a retired Health and Physical Education Teacher. He retired from teaching in the Chapel Hill-Carrboro City Schools System in 2007, after teaching P.E. for 30 years in the State of North Carolina.

As an internationally recognized teacher, Coach Fredrick has presented innovative jump rope techniques at camps, workshops, in-service meetings, and conventions world-wide. He has coached the Bouncing Bulldogs for 35 years.



“It’s the kids that count!”

CREATING CHANGE

IN OUR WORLD

OBJECTIVE:

The goal of the Bouncing Bulldogs Public Speaking Program is to teach students the basics of public speaking and research. Students will improve their critical thinking skills, fine tune ideas, and learn how to form good arguments.

- Word Choice
- Tone of Voice
- Body Projection



QUICK FACTS

Bouncing Bulldogs

Public Speaking Program

FOR:

Children grades 3rd - 12th
Beginner to Intermediate Level

WHEN:

Every Sunday between
November 9 - November 23, 2025
3pm-4pm

WHERE:

Bouncing Bulldogs Community Center:
101 South White Oak Drive
Chapel Hill, Durham County, NC 27707

COST:

3 Class Session: \$60
\$20/day (per diem)

CANCELLATIONS:

If a child is accepted to camp and cannot attend for any reason, including injury, a certain portion of the fee will be refunded.
*\$30 of the tuition will be non-refundable.

Checks should be payable to:
Bouncing Bulldogs.
In-Person Payment is also available

Participant Release and Indemnity Agreement

We (or I) request that you accept the registration application of (applicant's name) _____ for Bouncing Bulldogs Public Speaking Camps. In consideration of acceptance, we (or I) hereby release the Bouncing Bulldogs, all its agents, and all persons associated with the Bouncing Bulldogs Public Speaking Camps of and from all claims or causes of action arising from damage or injury to the person or property of the applicant resulting from participation in Bouncing Bulldogs Public Speaking Camps, whether such damage or injury is the result of negligence or some other cause. I hereby agree to indemnify and hold harmless the Bouncing Bulldogs and its agents from any and all liabilities, claims, actions, or proceedings of every kind and character which may be presented or initiated by any other persons or organizations and which arise directly or indirectly from my participation in the Bouncing Bulldogs Public Speaking Camps. If medical attention is required for injury or illness while at a class, I give my permission for such medical care. Any such care can be given by the Bouncing Bulldogs or its agents in their sole discretion. All expenses for such treatment will be accepted by me, and I will hold the Bouncing Bulldogs and its agents harmless from the actions of those giving such treatment. We (or I) give permission for the Bouncing Bulldogs to use any films, videos or photographs of the applicant for publicity, advertising, or other commercial purposes.

Parent/Legal Guardian Signature (if under 18 years old) _____

Date _____