



DEVIL DOGS Travelers Rest High School Cheerleading
Tryouts 2013-2014

When: All paperwork and physicals must be turned in June 12 12:00pm.

Clinic- June 12th 12:00-2:00pm

*Videotaping of material will take place from 2-2:15 on June 12 if needed.

Tryout- June 13th 12:00-until

(On the day of tryouts, cheerleaders must wear plain white shirt and blue shorts.
On clinic days, appropriate athletic wear and cheer/tennis shoes are required.)

Where: TRHS Gym

All results are final. No one is guaranteed a spot on a team regardless of teams they have been on in the past. In order to participate, all forms and a physical dated after April 1, 2013. Failure to have forms and physical turned in on time will result in the cheerleader not being able to participate in tryouts. Also, any cheerleader with outstanding debts will not be able to tryout.

Result letters will be handed out in the carline on June 13th at Travelers Rest High School. If you or your parents have questions about teams, coaches will be available after practice the next week.

Good luck! We look forward to seeing you at tryouts!

Go Devildogs!



2013-2014 SECOND TRYOUT
Travelers Rest High School Cheerleading
Approximate Costs

First Payment- June 17th: \$250

Includes: Clothing- shirts, shorts, sweat shirt, competition shoes, blue briefs, camp bows,
cheer bag

Second Payment- July 8th: \$285

Includes: New Warm Ups

Insurance \$60

Choreography \$75

Camp at TRHS \$50

Total: \$535

Optional: (*must be ordered by new cheerleaders)

-Poms \$40

-Rain Jacket \$30

-Paw Briefs \$20

-Sideline Shoes \$60

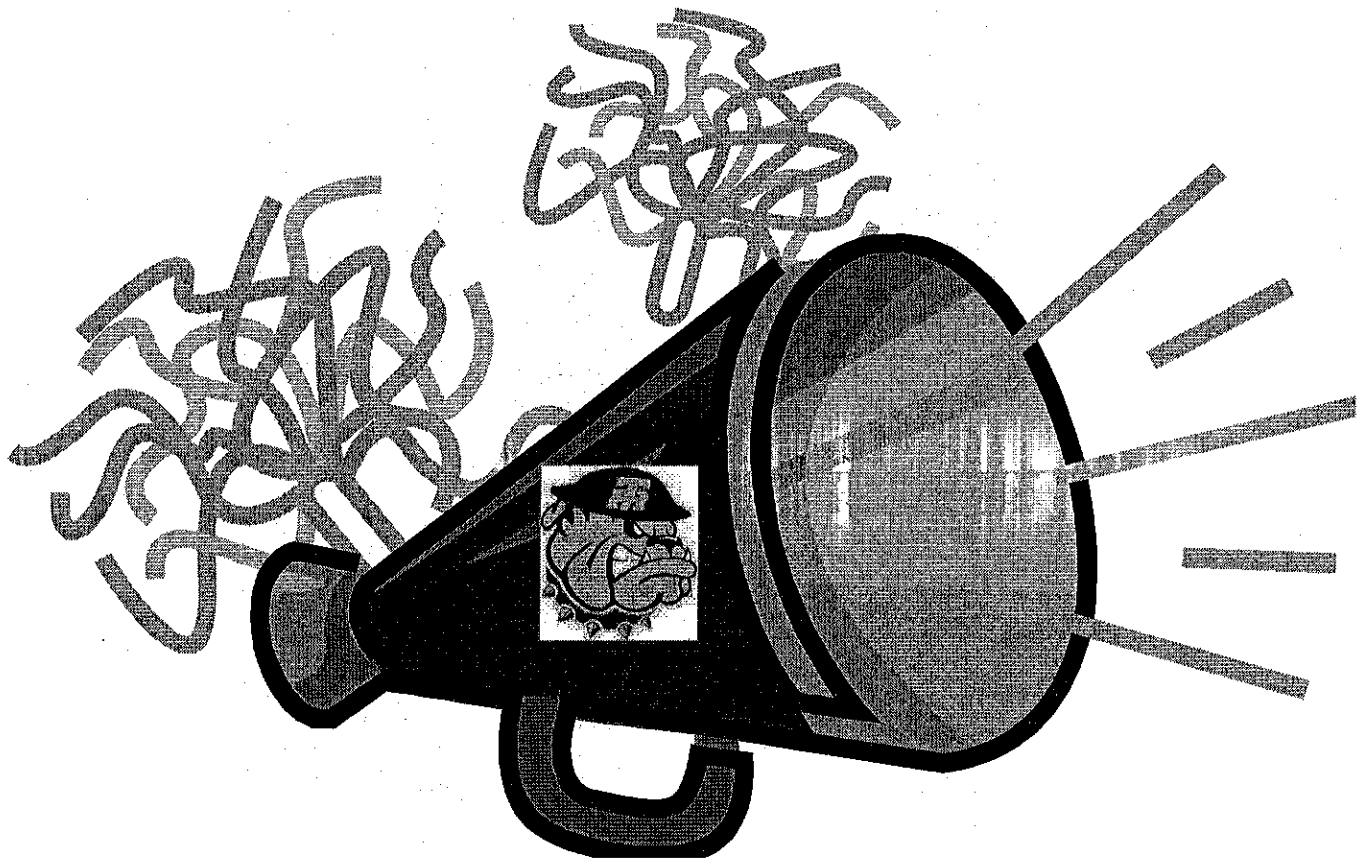
-Body Suits \$210 (can be purchased from previous cheerleaders for a discounted price)

Possible Fall Payments: Competition Ribbons, Competition t-shirts (optional),

***Please understand costs that are associated with attending an outside gym. There will be a monthly fee of \$45-\$50 that is required. This cost will go through the gym itself.

More details to come!

Travelers Rest
Cheerleading
Handbook



2013-2014

Travelers Rest High School Cheerleading Handbook
Varsity and Junior Varsity Cheerleaders
2013-2014

Fundamental Purpose

Members of the cheerleading squads of Travelers Rest High School dedicate themselves and their services to endorsing and maintaining positive enthusiasm and school spirit at all times.

In addition to showing good sportsmanship at all times, cheerleaders are required to act as proper hosts to any visiting teams with the objective of promoting good relationships between the schools and communities.

The organization's goal is to work in harmony with the coaches, athletic director, the administration, faculty, band, athletic teams, and all other school organizations.

Most importantly, have fun and make life-long memories!

Communication

We believe in strong communication between the cheerleader, coach and parents. If at any time you have a question, please feel free to call or email us. We will get back to you as soon as we possibly can. If there is a concern that needs to be addressed, see below for the proper steps.

1. The cheerleader needs to have a conversation with the squad coach first. In cheerleading, the members of the team are not only learning cheerleading skills, but also life skills. Self-advocacy is a skill we encourage in cheerleading. We believe that having this skill opens the lines of communication between the cheerleader and the parent, as well as between the cheerleader and coach.
2. After the cheerleader has talked with the squad coach about her concern and if the problem is not resolved or the question has not been answered, the parent must call or email the squad coach.
3. After the parent has talked to the squad coach and if the problem is not resolved or the question has not been answered, the parent then needs to contact the head coach.
4. After the previous step has been taken, a meeting will be set up between the cheerleader, parents, squad coach, and head coach.
5. The **last step** is for the cheerleader, parents, coaches, and athletic director to have a meeting.

Coaches' Communication

Coaches will communicate with parents through emails, phone calls, calendars, newsletters, and the Travelers Rest athletics website. We encourage you to remember that this is a part-time job for our cheer coaches. We will be trying our very best to respond to your emails and calls as quickly as we can. Practice calendars will be handed out at least one month in advance.

We will also email out updates, reminders, and activities as they come up. We must have an email address for each cheerleader and parent. Please check this, as it is the easiest way to communicate on a large scale. If your email changes during the course of the season, it is your responsibility to update us of the change.

Coach Styles' contact information:

School Phone: (864)355-6020 (This will go straight to voicemail during the school day.)

Cell phone: (864) 325-2795

Email: sstyles@greenville.k12.sc.us

Teams

Varsity – This is the most difficult team to make. It involves the highest commitment level, cost, and ability level. This team will compete in various competitions, as well as cheer Varsity football and basketball. This team competes at 5-7 competitions, as well as possibly State Finals. They are required to attend camp and gymnastics. Members are also required to fundraise to help pay for choreography, uniforms, and other team costs. It is 100% mandatory for this team to attend camp, gymnastics, fundraisers, and all competitions. Exceptions will only be made in extreme circumstances, as determined by the coach.

Junior Varsity – This team also requires a high level of commitment, as they will compete in competitions, as well as cheer at Junior Varsity football and Junior Varsity basketball games. They will compete in 4-6 competitions. They are required to attend camp and gymnastics. Members are also required to fundraise to help pay for choreography, uniforms, and other team costs. Per SCHSL rules, you must be a junior or below to be a JV cheerleader.

What to expect throughout the year:

April	<ul style="list-style-type: none">• Tryouts• Practice
May	<ul style="list-style-type: none">• Practice• Spring Football game- May 17th
June	<ul style="list-style-type: none">• Tumbling on your own• Practice• Varsity Choreography- June 15-16th
July	<ul style="list-style-type: none">• Tumbling on your own• Practices• JV Choreography- July 12-13

August	<ul style="list-style-type: none"> • School Starts • Camp at TRHS August 6-8th • Tumbling on your own • Full practice schedule starts
September	<ul style="list-style-type: none"> • Practices • Football games • Tumbling on your own • Competitions
October	<ul style="list-style-type: none"> • Practices • Tumbling on your own • Football games • Competitions
November	<ul style="list-style-type: none"> • Practices • Tumbling on your own • Football games • Competitions • State Finals
December	<ul style="list-style-type: none"> • Practices • Tumbling on your own • Basketball games
January	<ul style="list-style-type: none"> • Practices • Basketball games • Tumbling on your own
February	<ul style="list-style-type: none"> • Practices • Tumbling on your own • Basketball games • Cheerleading Banquet

Tryout information

All teams will be chosen by the coaches based on a 100 point score sheet. Cheerleaders will be judged on the following:

- Jumps
- Tumbling
- Motions
- Cheers
- Dance
- Fight Song
- Stunting
- Sharpness
- Vocals
- Facials
- Coachability
- Clinic attendance
- Overall Spirit

Tryouts will consist of 2 clinic practices where all participants will learn material and skills. On the third day of tryouts participants will be assigned a tryouts time

with a few other cheerleaders. This will be the official tryout where they will be judged using the scoring sheet.

All forms need to be turned into Coach Styles on Monday, April 22nd in the high school commons area from 3:45 – 4:15 pm. If these forms are not turned into her at this time, the cheerleader will not be able to tryout on Tuesday.

All results are final. No one is guaranteed a spot on a team regardless of teams they have been on in the past. In order to participate, you must have ALL forms and a physical, dated after April 1st, turned into Coach Styles or on file in the athletic office. Failure to have this material turned in on time will cause the cheerleader to not be able to participate in tryouts. Also, any returning cheerleader with outstanding debts will not be able to try out.

Make sure that participants wear tennis shoes and workout apparel on tryout days, as well as hair pulled back, no jewelry, and fingernails filed below fingertips. For the final day, please wear a white t-shirt and blue shorts.

Result letters will be handed out that evening in the carline, along with Butter Braids fundraising information, on Friday, April 26th around 7 pm at Travelers Rest High School. If you do not make a team, we encourage you to work on your skills and tryout in the future. If you or your parents have any questions about teams, the coaches will be available after the first practice.

Please also remember that there can always be movement between teams based on dedication, commitment, and skill level. Being selected for a team does not guarantee competition participation. Those who put in 100% effort and are committed to the team will be rewarded.

This year we are being more stringent on the skills needed for Varsity, even if that means we take a smaller team. However, as soon as JV team members achieve the skills needed for our Varsity team, they may be pulled up. This could be as soon as camp or later in the season. We encourage any girls who are disappointed by the team they make to work even harder at their gymnastics, jumps, and flexibility, as there will be a lot of movement on teams this year! Continue to work hard and you will get where you want to be!

All SCHSL and TRHS guidelines must be followed.

Financial Commitment

We are attempting to do the bulk of our ordering prior to the beginning of the 2013-2014 school year to ensure all cheerleaders have what they need. We are also attempting to cut frivolous cost this year. Please note the attached sheet with costs for this year.

If you do not make your payments on time, your cheerleader will be benched from all games, competitions and practices until the payment is made. No

clothing or other items will be ordered without payment! If payments are not made, you will also be added to the school's debt list which will cause you to lose your parking privileges, have transcripts withheld, and not be able to attend prom.

NO CHEERLEADER WILL BE ALLOWED TO TRY OUT WITH OUTSTANDING BALANCES FROM THE PREVIOUS YEAR!

We do understand how expensive cheerleading can be, and we want to make sure anyone who makes the team can participate. If you have financial concerns, please come talk to the coaches as soon as possible. We will try to see what extra fundraising we can do to help with the costs or see if we can find your cheerleader a sponsor. However, not making payments **ON TIME** this year will not be accepted!

We will be attending an outside gym this year. It will begin in May and continue through the end of competition season. Please make sure you will be able to meet financial responsibilities in this area as well.

Time Commitment

All calendars are tentative and are subject to change. Coaches will try to keep practices times as scheduled and will inform parents and cheerleaders of any changes. Calendars will be handed out at least one month in advance.

Every cheerleader must be at scheduled practices. The coaches may call special practices when they believe it is necessary. Each cheerleader is also required to attend games. In addition, gymnastic is required in addition to our regularly schedule practices.

Please know that practices may occur on Saturdays and Sunday afternoons. There are no excuses at these practices. Please plan accordingly. You will have Christmas Break and the spring season off.

The time commitment is GREAT and each athlete must make certain decisions regarding her priorities. Please take this into consideration when applying for outside jobs or joining other extracurricular activities. Missing cheerleading can result in a lack of participation in competitions or games, suspension, or expulsion from a team. This includes coming late to practices and leaving early from practices. Work is not an excuse for missing practice! Please schedule appointments around practices.

Any routine taping or other trainer related "routine" needs must be completed BEFORE or AFTER practices/games. If you are late to practice because you were "with the trainer" it will be counted as an unexcused tardy. The same is true for making up tests with teachers. Please only make up tests during practice as a LAST option, and the coach must be notified prior to practice.

- 3 lates/leave early = 1 unexcused absence
- 1 unexcused absence = benched from one game/competition

- 2 unexcused absence = benched for one game/competition
- 3 unexcused absence = excused from team

Practice Policies

1. Cheerleaders are expected to give complete concentration and effort every time they are at practice. It is the coaches' expectation for them to practice like they would perform at any game or competition.
2. Cheerleaders must be in the gym, dressed out in scheduled practice attire, taped, water bottle filled, and ready to go five minutes before practice is scheduled to start. All cell phones must be turned off during practice and may be collected by coaches during practice.
3. Please understand that dates on the game/competition/practice schedules are mandatory and failure to attend will result in disciplinary action. Please schedule all appointments around practice times.
4. If a cheerleader is injured, clearance through the trainer must be obtained. The doctor's note must state what the injury is, how long until they can compete again, and what she cannot participate in. Safety first!
5. Only positive attitudes allowed! No complaining and leave your drama at home! ☺
6. Practice attire is to be worn at all times. All clothing must follow the school dress code. Sports bras must be worn at all times.
7. Anytime you are in Travelers Rest cheerleading apparel you are a representative of our school and our team.

Excused Absences

Illness with doctor's documentation - If a team member misses more than one practice during the week due to illness he/she will not cheer that week if she is unable to perform the routines set for the game.

Visitation/Funeral of a family member

Academic "non-voluntary" activities (mandatory school field trips, National Honor Society, etc...) - If a morning meeting is offered and you choose to attend the afternoon meeting, it will count as an unexcused absence or tardy (depending on amount of time missed in practice).

If a team member is absent from school or will be absent from practice, the cheerleader MUST call, or see, the coach during the school day and inform them of that absence. Failure to do so will be considered an unexcused absence from practice. The phone call, or visit, is for notification of absence, not to discuss whether it is excused or unexcused. If the absence is not for one of the excuses listed above, then it is unexcused. If team member is absent the day before a game or competition, she will sit out the next game or competition.

If a team member misses a practice without an excused absence, she may not cheer in the next game. If a cheerleader misses more than two excused practices during one week, she will sit out if there is a game that week. The cheerleader will need to be present, in uniform, and seated with the coach if not cheering in the game due to excused absences, unless not at school that day.

Competitions

Cheerleaders will ride the bus/parents to all competitions, per district policy. Attendance at practices and competitions is mandatory. The time commitment to competition is top priority!

Please be flexible for morning, afternoon, and evening practices on weekends when preparing for competitions.

Competition Day Rules

As you arrive on the day of competition, you will put up your cell phone before we leave for the competition site. When we arrive at the competition site, you will walk in as a team and await further directions from the coach and captains. After you compete, you will follow directions of coach and sit as a team until the competition is complete. You will stay in full uniform until time to leave the arena (after the awards sessions). You are not to change shoes, clothes, etc... until you are told to do so! When time arrives for you to go down to the floor, you will walk together, sit in a circle, and stay united until awards are finished. When your name is called, whether first or last, you will praise your teammates and the other teams for your hard work.

Games

Attendance for games is **REQUIRED!!** ANY and EVERY excuse will be given to coach as soon as possible and **PRIOR** to game or performance.

Cheerleaders must arrive to each home game, dressed and ready (taped), at the time instructed by the coach. This time is to be used for stretching and practicing.

JV will be expected to cheer at 2 Varsity football games on Friday nights, Senior night and Homecoming. These games are mandatory and the cheerleader will be notified in advance as to the dates of these games.

For Varsity basketball away games, the squad will be split into groups. A cheerleader will be able to switch with a cheerleader from the other group **TWICE** throughout the basketball season. Each cheerleader will cheer approximately 10 home games and 5 away games. You are able to switch 2 times with someone from the opposite squad for an away game. If you miss more than the 2 switches, you may be asked to cheer at the remaining away games to make up for your missed time.

Cheering Devildog games will continue to be a serious focus of our team this year. All cheers and dances are required to be learned prior to the first game.

Hair must also be up and all jewelry must be out! Leave all cell phones in your bags! Cheerleaders must remain focused during the game and cheer on their teams. We want to make our school and our community proud!

Appearance

Uniforms – Uniforms and shoes will be kept spotlessly clean at all times. Uniforms must be neat and not in need of mending.

Jewelry – No jewelry will be worn at practices, games, or competitions – this includes belly button rings!!!

Hair Styles – All hair styles must be neat and out of the face. It should be a simple style for cheering, not requiring extra attention during events and while performing.

All shoulder length hair must be in a ponytail, ½ down for basketball, and clips may need to be used to keep hair in place.

Fingernails – fingernails should be kept at a reasonable length to avoid injury to oneself or others. No Fake Nails (Glue on). Only neutral or pale shades of polish are allowed.

Gum is prohibited during all practices, games, and performances.

Tattoos – all tattoos should be kept covered at all times.

Cheerleaders will wear uniforms and warm-ups on game days (football).

In order to maintain a uniform appearance, all decisions of dress, including hair and makeup, will rest with the coach.

Transportation

Home games – the cheerleader is responsible for securing transportation for all home games.

Away games – all cheerleaders are required to ride the bus to games but may ride with a parent home (the parent must sign out with the coach before leaving with the squad member!!!!).

We will be taking a bus to most competitions this year to help with our focus. You may sign your cheerleader out after the competition.

Parent Involvement

Just as the time commitment for a TRHS cheerleader is very high, the involvement expected from TRHS cheer parents is also very high. To make this team successful, we need all parents to be involved in the program in some way. A cheer parent group will meet to plan and organize goodie bags, fundraisers, and other fun events for the teams. Please attend these meeting, as well as check email frequently, to stay

up to date with cheerleading news. At our first parent meeting, we will have sign-ups for different areas of involvement.

Please also remember to have a positive attitude about our team. You are often a sounding board for your cheerleader. Please encourage them to try their best, work hard, and steer clear of the drama!

Eligibility Requirements

South Carolina High School League

Section 3: Academic Requirements

A. A student, while participating, must be a full-time student as determined by guidelines set forth by the State Department of Education. A student who is repeating a course for which he/she has previously received credit cannot count this course as one required for eligibility. This is considered as monitoring a course.

B. To participate in interscholastic athletic activities, students in grades 9-12 must achieve an overall passing average in addition to the following:

1. To be eligible in the first semester a student must pass a minimum of five Carnegie units applicable toward a high school diploma during the previous year. At least two units must have been passed during the second semester or summer school.

2. To be eligible during the second semester the student must meet one of the following conditions:

a. If the student met first semester eligibility requirements then he or she must pass the equivalent of four, $\frac{1}{2}$ units during the first semester.

b. If the student did not meet first semester eligibility requirements then he or she must pass the equivalent of five, $\frac{1}{2}$ units during the first semester.

In a 4 X 4 block schedule where units or $\frac{1}{2}$ units are granted at the end of the first

semester the following will apply:

If eligible first • semester, must earn 2 units. If not eligible first semester, must earn 2 $\frac{1}{2}$ units.

B. Each candidate must turn in a written parental/student agreement form by the 1st day of tryouts.

C. Each candidate must have a written certification by a medical doctor stating that she/he has passed a physical examination PRIOR to tryouts. You must bring a copy of the physical that is LESS than one year old with you to tryouts. All physicals must be kept up-to-date for each school year. New physicals for next season are to be completed AFTER April 1st - they will not be accepted if dated before April 1.

D. Each candidate must carry school accident insurance and all insurance information will be kept on file by coach and athletic department.

Lettering /Certificates Policy

Only Varsity team members will letter in the TRHS cheerleading program. Cheerleaders must attend all games, practices, competitions, and games to letter as a TRHS Varsity cheerleader. The TRHS cheer coach holds the right to suspend lettering from any cheerleader for any justifiable disciplinary reason, including missing games, practices, competitions, grades, inappropriate behavior, uniforms or school property not returned or returned damaged or ineligibility. Coaches will determine lettering for cheerleaders moved up to Varsity during the season.

JV cheerleaders will receive a certificate at the end of the season that can be withheld for the same reasons as above

Disciplinary Actions

All cheerleaders will meet grade requirements listed in Section II – Eligibility Requirements.

In-School Suspension – if a cheerleader is given in-school suspension, she/he may also face suspension from the squad. The length of suspension time will be decided upon by the coach depending on the seriousness of the infraction. (For example, if you are in ISS for excessive class tardiness, then you will sit out one game, possibly more.) Cheerleaders may not participate in activities of squad while serving ISS.

Out of School Suspension – if a cheerleader is given OSS, they are not permitted to practice and may also face suspension or dismissal from the squad, depending on the severity of the situation. All practices missed while in OSS will be unexcused.

Suspension or Dismissal – A cheerleader may be suspended or dismissed from the squad for the following reasons:

1. Three unexcused absences from any cheerleading activity (with the exceptions of practices, in which a third unexcused practice is grounds for dismissal).
2. Failure to abide by rules and regulations provided in the handbook.
3. Failure to cooperate with team, coaches, and/or administration. This includes excessive negative attention and speech about team, team members, or coach.
4. Not attending a cheerleading activity on false pretense. Ex: (faking illness – absences checked by the coach).
5. Excessive tardies or leave earlys.

Absence from practices – if a cheerleader misses practice and it is unexcused, she may be suspended from the next game/pep rally/competition – whichever the Coach deems necessary. Three unexcused practices may result in dismissal from the squad. Any time a practice is missed, the coach must be made aware in advance. Do not wait until the last minute, unless it is an emergency situation.

F. Attendance requirements during suspension:

1. Practice – required to attend all practice sessions, but no participation.
2. Pep Rallies – required to attend, but no participation.
3. Games and Competitions – required to attend, must be in uniform, and sitting with the coach, but no participation.

Squad Disciplinary Actions

A squad member can be dismissed at any time for violations of the TRHS Cheerleading handbook or the Greenville County athletic code.

You are expected to uphold your position on the squad treating your team members as equals, dedicating yourself to the good of the team.

- The coach's decisions are final.
- Unless you have an emergency, do not contact the coach after practice, contact a captain or co-captain for information needed.
- Be ready and on time for every practice. If practice begins at 3:45 be dressed, stretching, and ready. Do not wait until the last minute to tell me that you will not be at practice, will be late, or will leave early. Plan ahead of time!

Dismissal

A squad member can be dismissed at any time for violations of the TRHS Cheerleading handbook, including attendance, or the Greenville County athletic code.

Fundraising

Fundraising is a required part of cheerleading. Team fundraisers are required by all team members. There will be no individual fundraisers this year. All fundraised money will go to support the whole team.

All team members will be required to sell Butter Braids at the beginning of the season. Each cheerleader will be required to sell 10 items. Fundraised money will go towards choreography, signs, team meals, props, ribbons, etc. Other fundraiser may occur throughout the year for other purposes. If items are not sold, team members are required to pay for what the team would have made on each item (\$5.00 per item not sold).

Equipment

Cheerleaders are responsible for all equipment checked out to them. This includes uniforms. All equipment will be closely checked at the end of the season. Cheerleaders will be billed for the price of a NEW replacement for any equipment that is not turned in at the end of the season. Also, please do not alter your uniform in any way.

Captains

Captains will be picked for Varsity and JV by the team and coach. This selection process will be at the COACHES DIRECTION! To be a captain, you have to:

1. Be a good leader and role model

2. Have a good attitude and show responsibility
3. Contribute to and attend practices/fundraisers/events
4. Have skills at the levels of others on the team
5. Passed all classes for 2012-2013 school year
6. Been on the team for at least 1 year
7. Be able to put in extra time and have the desire to put in time out of designated practice time to work with the coach.

To be a co-captain, you have to:

1. Be able to step in when a Captain is absent and perform all duties
2. Attend practices/fundraisers/events
3. Have skills at the levels of the others on the team
4. Been on the team for at least 1 year
5. Be able to put in extra times outside of designated practice times
6. Be responsible and a role model for other team members

Captains and co-captains duties include, but are not limited to:

1. Organize times to teach chants, band dances, and paint spirit signs outside of scheduled practice time and be in charge at these practices.
2. Attend and be in charge at fundraisers
3. Getting the team ready to practice (instructing team to get out mats and/or stretch)
4. Calling out chants and cheers at games and events
5. Helping Coach make line-ups, routines, etc.
6. Meeting with the Coach before or after scheduled practices to discuss concerns/issues
7. Be a liaison between the other members of the team and the coach
8. Setting a good example and being a role model to younger cheerleaders and peers
9. Leading the team and being positive
10. Helping members of the team when needed
11. Helping Coach pick clothes, uniforms, etc., and when they are worn

Captains can and will be taken away at the discretion of the coach for situations like: missing too many practices, leaving practice early in an excessive amount, doing poorly in school without effort to improve grades, not setting a good example, losing skills, failing to lead the team, failing to attend fundraisers, having a bad attitude, etc. A new captain will be picked from co-captains or squad members if necessary.

We are looking forward to a great and successful 2013-2014 Travelers Rest Cheerleading season! Go Devildogs!

TRAVELERS REST CHEERLEADING CONTRACT AND WAIVER

Parent and Student – Please initial after each statement acknowledging you have read each statement and section of the handbook. Please sign and date this contract if you agree to all aspects of the contract.

I have carefully read through and considered the rules and regulations of the Travelers Rest Cheerleading Handbook. I understand that failure to meet the attached requirements gives the coach the alternative of releasing me from the cheerleading squad. I also understand that my team as cheerleader begins the moment I am notified of the tryout results.

Student Signature

Date

I, the undersigned parent/guardian, give my son/daughter permission be tryout to be a member of the TRHS cheer team. _____

I have read the rules and regulations set forth for the Travelers Rest High School Cheerleaders. I will, whenever a question arises, contact the appropriate coach for clarification of the matter. I also understand the handbook and will support the coaches' decision regarding the expectations. _____

I also understand that if I disagree with tryouts, cost, camp, coach philosophy, who is coaching my son/daughter, or anything else stated in this packet or stated at the tryouts meeting, I will not allow my son/daughter to cheer.

I understand that if I break this contract, the Travelers Rest administration and coaches have the right to release my son/daughter from this team. _____

I, the undersigned parent/guardian, also understand that all payments are non-refundable once they are submitted to the coach, whether they be deposits, camp payments, uniform or clothing payments, incidentals, etc. No reimbursements will be made for any reason. _____

I, the undersigned parent/guardian, state that I will comply with all the rules and regulations as stated by the coaches and written in the contract. By signing this contract, I agree that I will not contest any issues herein stated in this handbook or stated by the coaching staff. _____

I, the undersigned parent/guardian, do hereby give my consent that any and all written records created, kept, mandated, and used by Travelers Rest High School in connection with the process of selecting candidates to become members of the team will remain confidential. I also have read the tryout policy and agree to it. I will not contest the results of the tryouts and I am aware that all results are final. _____

I hereby release the coaches and other workers from all claims arising form injuries, which may be sustained by our son/daughter while attending cheerleading, including clinics, tryouts, camps, practices, competitions, and games. In doing so, I accept the risk associated with the activities mentioned above.

We carry the following Heath and Accident Insurance:

Company Name _____

Policy Number _____

I have read the above contract and handbook and agree to all the terms stated. I also agree to make all payments on time and understand no reimbursements will be made once submitted to the TRHS cheer coaching staff.

Parent/Guardian Signature

Date

Medical Treatment Authorization and Liability Release

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son, _____, to participate in the activity of cheerleading at Travelers Rest High School. In order that my daughter/son may receive the necessary medical treatment in the event she/he may sustain injury or illness during participation in this activity, I hereby authorize the cheerleading coach or other supervising adult to obtain medical treatment for my daughter/son for such injury or illness during the activity, and I hereby hold Greenville County School District, Traveler Rest High School, and its representatives harmless in the exercise of authority.

I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious, or catastrophic), in connection with her or his participation. I further acknowledge and understand that my daughter/son is assuming the risk of such physical illness or injury by her/his participation, and I further release Greenville County School District, Travelers Rest High School, and its representatives from any claims for personal illness or injury that my daughter/son may sustain during participation in this activity.

I further understand that Travelers Rest High School has established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading participants, by which my daughter/son must abide during participation in this activity, and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations.

My daughter/son and I have read and understood the above Medical Treatment Authorization and Liability Release.

Signature of Parent or Guardian of Cheerleader

Date

Cheerleader's Signature

Date

Emergency Contact

Name

Phone Number

Alternate Phone Number