

2009-2010 Cheerleading Tryout Information Checklist

Name _____

_____ Application and Permission Form

_____ Tryout Application Page

_____ Interview Sheet

_____ Emergency Form

_____ Signature Page of Constitution

_____ Completed Physical Form dated **AFTER** April 1st

_____ Writes names of teachers which you gave evaluations to below:

1. _____

2. _____

3. _____

****All forms must be attached to checklist and turned in to Coach Chrissy Harris (Room C111 at Travelers Rest High) no later than Friday, April 3rd by 3:30 pm.**

Travelers Rest High School Cheerleading
Application and Permission Form
2009-2010

For the Student:

Student's Name: _____

I am applying for a position as a cheerleader for Travelers Rest High School. I have read the Cheerleading Constitution and agree to abide by its rules and consequences. If selected, I promise to cooperate and to follow the instructions of the cheerleading coach.

Student's Signature: _____ Date: _____

Rising Grade: _____ Years of Experience: _____
JV Varsity

For the Parent/Guardian:

1. _____ has my permission to be a cheerleader at Travelers Rest High School. I have read the Cheerleading Constitution and I understand that, if selected, _____ must abide by its rules and consequences.
2. I understand that she will be evaluated at tryouts by qualified judges, and my child and I agree to abide by the decisions of the judges.
3. I understand that cheerleading and stunting carry a risk of personal injury. No matter how careful the participants are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I will not hold Travelers Rest High School, the cheerleading coaches or any other school personnel responsible in the case of an accident or injury at any time while my daughter is participating in the TRHS cheerleading program.
4. I give permission for my child to ride to events on the bus with the coaches and/or other athletic personnel as well.
5. I understand and agree to financial requirements involved in participation. This includes the cost of camp, clothing, shoes, Rockstar Cheer Gym (competition), and any other incidental purchases as may be determined by the cheerleading coach.
6. I agree that my daughter will be available to attend the scheduled cheer events including competitions and other practices and performances as required throughout the cheerleading season.

Parent Signature: _____ Date: _____

Address: _____

Daytime Phone #: _____ Alternate #: _____

Email Address: _____

Tryout PACKET

Tryout Application

Please print the following information clearly. Return to Coach Cheryl Harris (NCHS)
by April 3rd 2009

Candidate for (check one): ☐ Cheer

Candidate for (check one): ☐ Freshman ☐ Junior Varsity ☐ Varsity

Personal Information

Name:		Phone:
Address:		Zip:
Overall GPA:	Grade Level:	Date of Birth:
Parent/Legal Guardian:		
Employer:	Business Phone:	

Medical Information

Doctor:	Doctor's Phone Number:
Dentist:	Dentist's Phone Number:
Insurance Company:	Policy Numbers(s)

1. Are you allergic to any medications? _____ If so, please list: _____

2. Are you currently taking any medications? _____ If so, please list: _____

3. Are you currently being treated for any injuries? _____ If so, please list: _____

Other information:

1. Are you currently a member of any club, organization, or team requiring extra practice time?

If so please list: _____

2. List any honors you have received in school: _____

3. Please attach a copy of your class schedule. (write down current schedule)

4. What are the dates that you will be out of town during the summer?

5. Please list any other obligations that may interfere with attending summer camp.



nca.varsity.com
800.NCA.2WIN



nda.varsity.com
877.NDA.2WIN

Tryout Candidate Name _____
Grade _____

1. Name two ways to get students interested in attending pep rallies.
2. What would you do if a member of your squad had a very bad attitude problem?
3. What three characteristics do you feel are most important for cheerleaders to possess?
4. Do you feel cheerleaders are an important part of the athletic program? Why?
5. Why are you trying out for cheerleading?
6. How can cheerleaders best represent their school and student body?
7. What is a new idea you would like to see implemented in next year's cheerleading program?
8. What was something the cheerleaders did last year that you felt was effective?
9. How can you get teachers and administrators involved with school spirit?
10. Why should a cheerleader be responsible for maintaining good grades?

EMERGENCY FORM *

Student Name _____
School _____ Grade _____

I certify that _____ is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any squad related activity when either parent cannot be reached. If there is any physical or medical reason why he/she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during cheerleading.

Parent's signature _____ Date _____

MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my son/daughter is on school sponsored practice, performance, or trip, I grant my permission to the school and it's employee to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and /or its employees to give consent for my son/daughter.

Home Phone _____ Business Phone _____
Address _____
City _____ State _____ Zip _____

Person to be notified other than parent or guardian in an emergency

Name _____ Phone _____
Family doctor _____ Phone _____

If you do not grant permission or authorization for consent to medical treatment, what procedure should be followed?

Insurance company _____ Policy _____
Parent Signature _____ Date _____

MEDICAL INFORMATION

Heart Condition or disease	yes	no	Asthma	yes	no
Diabetes	yes	no	Allergic to medication	yes	no
Convulsions disorder	yes	no	Allergic to bee stings	yes	no
State allergies	_____		Last Tetanus shot	_____	

Additional medical information that may be helpful _____

Any medication currently receiving

Travelers Rest High School Cheerleading Constitution
Varsity and Junior Varsity Cheerleaders
2009-2010

- I. Fundamental Purpose and Organization
 - A. Members of the cheerleading squads of Travelers Rest High School dedicate themselves and their services to endorsing and maintaining positive enthusiasm and school spirit when representing Travelers Rest High School.
 - B. Any cheerleader may be removed from the squad by the coach at any time for reasons that violate the written constitution. (See Section VIII)
 - C. 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.
 - D. 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.
 - II. Eligibility Requirements
 - A. 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, ½ 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, ½ units during the first semester.

In a 4 X 4 block schedule where units or ½ 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 ½ units.

- B. Each candidate must turn in a written parental/student agreement form by the 1st day of tryouts. (Form is attached.)
- 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.
- D. Each candidate must carry school accident insurance and all insurance information will be kept on file by coach and athletic department.

III. Selection Procedures: Membership

- A. JV and Varsity Squads – Members will be assigned to a team according to talent, skill, and overall showmanship. 11th and 12th grade candidates will be placed on the Varsity Squad. Placement on the team will be made by an independent judging panel chosen by the coach. Selection will also be at the coaches' discretion.
- B. Athletes are expected to maintain and/or improve upon skills demonstrated in tryouts.
- C. Tryouts will be held over a period of two days. The first day will include teaching the material. The second day will be a morning session with practice, followed by lunch and ending with judging. Attendance for tryouts is mandatory.
- D. Each cheerleader is expected to behave in a mature and responsible manner. Cheerleading in high school requires a great deal of reliability and each cheerleader will be held accountable for himself/herself. If an issue arises, please address the problem privately with the coach before or after practice. If the cheerleader is unable to handle the problem, the parents may assist in addressing the problem with the coach before or after practice. It is best to try and handle the situation first in order to promote responsibility before involving the parents, and/or higher administration (the athletic director). It is in the best interest of the team's practice time to make an appointment with the coach to discuss any problems already attempted to be handled by the cheerleader.

IV. Attendance Requirements (See Attachment A- Practice Calendar)

- A. Practice – cheerleaders are expected to attend every practice and be on time.
 - 1. The coach will set the practice schedule and decide on times and dates. (Calendar on Cheer Website – updated regularly)
 - 2. The coach will hand out two copies of the schedule, one for the parents and one for the cheerleader. The parents need to sign the cheerleader's copy of the schedule. If a cheerleader has a significant conflict with a practice, it is the cheerleader's

responsibility to provide the coach with a **written note at least one week prior to the scheduled practice.**

3. 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.
4. Three unexcused tardies will count as one unexcused absence. You are considered tardy if you are not at practice when practice begins. I ask that you not leave practice early. Leaving practice early three times will also count as an unexcused practice.
5. Only the coach has the authority to excuse a cheerleader from practice!
6. Excused Absences:
 - i. 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 he/she is unable to perform the routines set for the game.
 - ii. Academic make-up work with a teacher note. All makeup work should be scheduled before school or on an afternoon that the cheerleader does not have practice. If the teacher is unable to meet at any other times the student needs to bring a note to practice signed by the teacher stating that the teacher was unable to make up the work before school or on a different afternoon.
 - iii. Visitation/Funeral of a family member
 - iv. 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).
7. If a team member is absent from school or will be absent from practice, the cheerleader WILL 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 on Friday, he/she will not compete on Saturday.
8. If a team member misses a practice without an excused absence, she/he 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 with doctor's note.

9. ROCKSTAR CHEER GYM – May to November, all varsity members will be required to attend Rockstar Cheer Gym in Greer, SC as a team. Missing Rockstar will be equivalent to missing a practice at TRHS and all the same rules apply. (Exceptions will be made for summer vacations: If you miss more than 3 tumbling sessions at Rockstar it will be counted as an unexcused absence.) Each varsity cheerleader is responsible for his/her OWN transportation to and from the cheer gym. Junior Varsity cheerleaders are expected to be in a weekly tumbling class (at any local gymnastics center, though we recommend Rockstar). Tumbling is a vital part of cheerleading and in future years may be required for participation on the Varsity squad.
10. Practices during competition season may occur on Saturdays and Sundays, especially before Upper State and State. Please allow for flexibility in order to prepare for competitions!

B. Games (Performances)

1. Attendance for games is **REQUIRED!!** ANY and EVERY excuse will be given to coach as soon as possible and PRIOR to game, or performance.
2. Three unexcused absences from games or performances will result in dismissal from the squad.
3. Cheerleaders must arrive 30 minutes prior to each home game, dressed and ready (taped), unless otherwise instructed by the coach. This time is to be used for stretching and practicing.
4. JV will be expected to cheer at 2 or 3 Varsity football games on Friday nights. These games are mandatory and the cheerleader will be notified in advance as to the dates of these games.
5. For basketball 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 10 home games and 5 away games. If you switch more than two times or fail to show up for your assigned game: First Offense - you will cheer at all the remaining games (for both groups) and Second Offense – you will be dismissed.

V. Transportation

- A. Home games – the cheerleader is responsible for securing transportation for all home games.
- B. Away games – all cheerleaders are required to ride the bus to games but may ride with a parent home (the parent must speak with the coach before leaving with the squad member!!!!).

VI. Appearance

- A. Uniforms – Uniforms and shoes will be kept spotlessly clean at all times. Uniforms must be neat and not in need of mending.
- B. Jewelry – No jewelry will be worn at practices, games, or competitions – this includes belly button rings!!!
- C. 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.
- D. 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.
- E. 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.
- F. Gum is prohibited during all practices, games, and performances.
- G. Tattoos – all tattoos should be kept covered at all times.
- H. Cheerleaders will wear uniforms and warm-ups on game days.
- I. **In order to maintain a uniform appearance, all decisions of dress, including hair and makeup, will rest with the coach.**

VII. Fundraising Activities

- A. All cheerleaders will be required to participate in any fundraising activities conducted by the squad at school. Failure to participate will have consequences deemed appropriate by the Coach.
- B. All fundraisers must be approved by the coach, athletic director, and administration.
- C. Each cheerleader is encouraged to raise funds over and above the owed amount for the year. These funds will be used for team expenses. The amount of money made by each cheerleader will be used first, to pay off the amount the individual owes, and then second, the rest will go into the general cheer account. It is through the extra funds that TRHS will be able to minimize future cheerleading expenses.

VIII. Disciplinary Actions

- A. All cheerleaders will meet grade requirements listed in Section II – Eligibility Requirements.
- B. **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.
- C. **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.

- D. **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 fourth unexcused practice is grounds for dismissal).
 2. **Failure to abide by rules and regulations provided in the constitution.**
 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).
- E. Absence from practices – if a cheerleader misses practice and it is unexcused, she/he may be suspended from the next ballgame/pep rally/competition – whichever the Coach deems necessary. Four 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

1. **A squad member can be dismissed at any time for any reason the coach, or school, deems necessary.**
2. **You are expected to uphold your position on the squad treating your team members as equals, dedicating yourself to the good of the team.**
 - i. **The coach's decisions are final.**
 - ii. **Unless you have an emergency, do not contact the coach after practice, contact a captain or co-captain for information needed.**
 - iii. **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!**

Discipline Measures for all Squad Members:

1. Talking – conditioning as stated by coach – you are expected to be quiet unless giving positive feedback to a teammate.
 2. Stunt Groups
 - a. If a flyer falls to ground, entire stunt group - drop and do 25 crunches and 25 push-ups
 - b. If a flyers feet hit ground, entire stunt group – drop and do 25 push ups
 - c. If a base is hit by flying arms, legs, and feet – entire stunt group – drop and do 25 push ups
 - d. If a flyer doesn't stick it in the air – the entire stunt group – drop and do 25 crunches
 - e. If a question arises as to the problem of the stunt group, the coach or cheer trainer will give the final determination
 3. Do not question decisions made by the coach and/or choreographer, the decision is being made for the improvement of the team
 4. If a message from the coach needs to be relayed, the text tree or a captain or co-captain will relay that message. If another teammate relays a message, make it a point to check with the coach or captain to make sure that the message is correct. If in doubt, always check with the coach. If you do not follow, conditioning will result for your actions.
- G. Dismissal
- Offenses that may result in dismissal:
1. Grades
 2. Illegal and/or unbecoming conduct (use of drugs, alcohol, tobacco, continued use of profanity, stealing, being jailed for any reason, and any offense that results in out of school suspension, which reflects on the reputation of the school or the cheerleading team.
 3. Repeated insubordination toward the coach, captain, or any school personnel.
- H. Tryout eligibility of a cheerleader who is dismissed.
1. A cheerleader will be considered eligible to tryout for the team the next year after dismissal. The reason for dismissal will not have any adverse effect on future tryouts if the problem has been corrected and not repeated during the year.
- I. As a cheerleader, you are expected to abide by the school policies regarding behavior in the TRHS student handbook and by policies set by the Cheerleading Constitution. If these rules are not abided by, the coach will take actions deemed necessary.
- J. Each cheerleader is expected to finish out the entire cheerleading year and fulfill the responsibility to the team.

IX. Employment

- A. Grades and cheerleading should be top priorities for a cheerleader. If a cheerleader is employed after school, her schedule must not interfere with practice, games, or competitions. Missed practices or tardiness due to work will be considered an unexcused absence unless authorized by the coach.

X. Competition

- A. Cheerleaders will ride the bus to all competitions.
- B. Attendance at practices and competitions is mandatory. The time commitment to competition is top priority.**
- C. Please be flexible for morning, afternoon, and evening practices on weekends when preparing for competitions.

XI. Financial Responsibility

- A. The cheerleader is responsible for the following items used during the year: shoes, bloomers, bodysuits, and practice attire. Also, all Varsity cheerleaders are responsible for Rockstar Gym payment.
- B. Each cheerleader is responsible for the upkeep of his or her uniforms and equipment. If a uniform is in need of repair, the cheerleader is expected to have it mended.

XII. Tryouts

- A. Cheerleader tryouts will be held April 17th from 4-9pm and April 18th from 8am-until!
- B. The following gymnastics skills will be assessed, **but are not mandatory**, for squad placement for Varsity and JV Football/Competition teams, in addition to cheerleading skills:
 - 1. A standing back handspring
 - 2. A toe touch back handspring
 - 3. A standing back handspring back tuck or standing back tuck
- C. Cheer skills will be evaluated on the level of perfected execution. The following are examples of skills to be evaluated: cheer, chants, dance, group work, jumps, voice, expression, stunts, showmanship, and crowd appeal. Attitude will be part of your tryout score and will be given by the coach and be at the discretion of the coach.
- D. Candidates will wear plain white t-shirts, socks, cheer shoes (or tennis shoes), and cheer shorts (not wind shorts).
- E. All shoulder length hair will be in a ponytail and dress code listed in Section VI will apply.

XIII. Captains

- A. Captains will be picked for Varsity and JV prior to the end of school by the team and coach. There will be 2 Captains and 1 Co-Captain for JV and 2 Captains and 3 co-captains for Varsity. 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 2008-2009 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.
- B. 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
- C. 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
- D. 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.

Game and Competition Day Guidelines

When in spirit squad at functions and games, you stand at attention – meaning hands on hips, smiling, and paying attention to captain for next cheer. Your attention is not in the stands talking or listening to others. If a captain tells you to face the field and watch the game, do so in a timely manner. Your spirit and enthusiasm are most important for success of team's encouragement, do not discuss your personal drama whether on the field or on the mat.

Competition Day Rules:

As you arrive on the day of competition, you will hand the coach 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 yourself for your hard work. I will give cell phones back once I dismiss you.

Your FULL focus on game days should be crowd involvement and motivation and exuding school spirit.

Your FULL focus on competition days should be on the routine, stunts, dance, motions, transitions, inflection, spirit, and enthusiasm.

Find your inner strength to lead, motivate, and inspire your teammates! Be positive, be confident, and be pristine!

Students:

I _____ agree to abide by all guidelines as written in this constitution. I will dedicate my time and energy to school and the cheerleading program. I realize the time and financial commitment to the cheerleading squad, and will be committed to serving as a representative of my school, my squad, and my community.

Signature _____ Date _____
(Signed Before try-outs)

Signature _____ Date _____
(Signed After try-outs)

Parents/Guardians:

I/We _____ agree to aide our child, _____ in abiding by all of the guidelines as written in this constitution. I/We will also follow the guidelines and rules as stated in the constitution. I/We realize the time and financial commitment to the cheerleading squad and will help/allow her/him to be dedicated and serve as a representative of Travelers Rest High School, the cheerleading squad members, and the community.

Signature _____ Date _____
(Signed Before try-outs)

Signature _____ Date _____
(Signed After try-outs)

2009-2010 TRHS Cheerleading

Tryouts

When: Friday April 17th and Saturday, April 18th

Where: TRHS – Multipurpose Room beside the gym

What Time: Friday, April 17th from 4pm-9pm and Saturday, April 18th from 8am-until

Friday afternoon will be dedicated to learning material

Saturday morning will be practice time followed by a lunch break

Saturday, after lunch, will be the judging session

Squad will be announced that afternoon following the collection of the judge's scores

What to Wear: Candidates will wear plain white t-shirts, socks, cheer shoes (or tennis shoes), and cheer shorts (not wind shorts). All shoulder length

hair will be in a ponytail and dress code listed in Section VI of the

Constitution will apply.

Skills Assessed: Cheer skills will be evaluated on the level of perfected execution. The following are examples of skills to be evaluated: cheer, chants, dance, group work, jumps, voice, expression, stunts, showmanship, and crowd appeal. Attitude will be part of your tryout score and will be given by the coach and be at the discretion of the coach.

The following gymnastics skills will be assessed, **but are not mandatory**, for squad placement for Varsity and JV Football/Competition teams, in addition to cheerleading skills:

A round off back handspring

A standing back handspring

A toe touch back handspring

A standing back handspring back tuck or standing back tucks

**GREENVILLE HOSPITAL SYSTEM – CERTIFIED ATHLETIC TRAINING SERVICES
CONSENT AND AUTHORIZATION**

I, _____, parent/legal guardian of _____, a student at _____ (the "School"), authorize Greenville Hospital System ("GHS") staff to provide my child any healthcare services offered by GHS Certified Athletic Training Services and to make appropriate referrals for my child to receive any additional health services that my child's condition may indicate. To protect and improve the health of student athletes, GHS will provide an athletic trainer to provide on-site treatment and consultation to students at the School. These services will be overseen by a physician serving as Medical Director for Certified Athletic Training Services.

In addition, in the event my child needs urgent or emergency treatment off-site, I authorize staff at GHS Certified Athletic Training Services to arrange for such care, including appropriate transportation. I understand that GHS Certified Athletic Training Services staff will contact me as soon as possible in the event my child has an urgent or emergency condition.

I agree to complete all health history, family history, and other informational requests necessary for my child's participation in the Certified Athletic Training Services program. I understand that I may contact the trainer assigned to the School or the Medical Director for Certified Athletic Training Services to discuss my child's care or to discuss any questions I may have about the program. I consent to the release by GHS staff of information about my child's medical condition obtained through Certified Athletic Training Services to coaches and other employees or agents of the School.

I understand that I will not be charged for services rendered on-site by the trainer assigned to the School, but that I or my insurance carrier may be charged for services rendered by other healthcare providers. I consent for information in my child's medical record to be released for the purpose of filing health insurance claims with third-party payers. I hereby authorize GHS to submit claims for services rendered to my child and assign to GHS my rights to any reimbursement for such services.

In consideration for the services provided to my child by GHS Certified Athletic Training Services, I hereby release Greenville Hospital System, its trustees, officers, employees, and agents from and against any claim, liability, cause of action or other expense arising out of the services provided by GHS Certified Athletic Training Services.

I have read and understand the above information and consent to my child's participation in GHS Certified Athletic Training Services.

Name of Parent/Legal Guardian (please print)

Name of Student (please print)

Signature of Parent/Legal Guardian

Relationship to Student

Witness

Date

Emergency Contact Names

Telephone Numbers

Day _____ Night _____
Day _____ Night _____



Greenville Hospital System
Athlete Information

Please **print neatly** and complete the following information in black ink

Name _____ SSN _____
First Middle Initial Last

DOB _____ Home Phone _____ Team _____

Address _____
Street Address City St Zip

Mother _____ Phone _____
First Last Work Home Cell

Address _____
Street Address City State Zip

Father _____ Phone _____
First Last Work Home Cell

Address _____
Street Address City State Zip

Name and phone number of an emergency contact if the parents cannot be reached

Name _____ Phone _____
First Last Relationship Home Work Cell

Personal Physician _____ Office Number _____

Address _____
Street Address City State Zip

Orthopedic Doctor _____ Office Number _____

Address _____
Street Address City State Zip

Does your child have any of the following? (If so, list details as appropriate)

Please list specific allergies,

Allergies _____

Allergies to medications _____

Asthma/ Inhaler _____

Heart condition _____

Glasses/ Contacts _____

Diabetes _____

Kidney condition _____

Seizures/ Epilepsy _____

Hearing loss _____

Fainting with exercise _____

Severe headaches _____

Yes No

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Does your child take medications on a daily basis? If yes, please list medication and dosage

Previous injuries/surgeries (month/year) _____

My child may take over- the counter medications such as Tylenol/Advil/Benadryl: Yes ____ No ____

Parent/Guardian Signature _____ Date _____

Teacher Evaluation of Prospective Cheerleader

Student Name _____

Teacher's Name _____

Dear Teacher:

Please rate the student on each of the following categories using a scale of 1-5 with a 1 **being the lowest**. This is a required and very important part of the tryout process so we need 100% participation in returning forms. The information on this sheet will remain **Confidential!** Please be Honest! You may return this sheet to my box (or me) **no later than Friday, April 3rd**.

<u>Category</u>	<u>Rating 1 (Low) – 5 (High)</u>
Cooperation	_____
Dependability	_____
Respect for Peers	_____
Leadership/Representative for School	_____
Integrity	_____
Respect for Authority	_____
Attitude/Personality	_____
Work Ethic	_____
Enthusiasm/School Spirit	_____
Attendance in Class	_____
Punctuality	_____
Responsibility	_____
Total	_____
Additional Comments:	

Teacher Evaluation of Prospective Cheerleader

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Teacher Evaluation of Prospective Cheerleader

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