

stratford high school

2022 Cheer/Mascot Tryouts Signature Forms

TRYOUT CANDIDATES, please read and initial the following statements:

_____ I have received online access to the Spring Branch ISD Cheer Constitution and accept responsibility for reading ALL sections. I realize that failure to keep my agreement to this document could result in probation or dismissal.

_____ I have received online access to the cheer/mascot tryout information and fully understand the tryout process.

_____ I understand that it is my responsibility, the student applicant, to complete the entire application process in order to tryout and realize that if I am missing something by the due date given, I may not tryout this year.

_____ I understand that if I select to tryout for "varsity only", my scores will **only** be considered for that specified team.

_____ I understand that following tryouts I, the student applicant, may schedule an appointment with Mrs. Johnson (if there is a desire) to view my tryout scores **no sooner than Monday 3/21/22.**

_____ I understand that I may not reach out to the cheer coaches regarding tryout results **before Monday 3/21/22.**

If elected, I agree to the following:

_____ I will serve as a role model and ambassador for the cheerleading program at SHS ***in and outside of school.***

_____ I will cooperate fully with all of my teammates, cheer coaches, cheer captains, teachers, and SHS administration.

_____ I will follow and respect the rules, regulations, traditions, and procedures set by cheer coaches, SHS, and SBISD.

_____ I will follow and respect COVID protocol given by SHS and SBISD and realize that schedules and events could be modified due to the ongoing pandemic. Rules and regulations regarding COVID protocol are non-negotiable.

_____ I understand that cheerleading is a ***privilege*** and that privilege can be taken away if the rules are broken.

_____ I understand that I am encouraged to be involved in other SHS extra-curricular activities and sports, but it is my responsibility to stay on top of my schedule(s) and communicate with my coaches as soon as possible if an issue arises.

_____ I understand that SHS cheerleading will take ***priority*** over outside competitive and club obligations and I will do my part to communicate activities with my cheerleading coaches far in advance.

_____ I understand that if I make the varsity cheer squad I am required to be double blocked for cheer class and if I make the JV cheer squad I am required to be single blocked for cheer class.

_____ I am available for Cheer Camp, June 6-9, 2022. I understand that if I cannot attend, I will be terminated from the team.

Student's signature _____ Date _____

PARENTS/GUARDIANS OF TRYOUT CANDIDATES, please read and initial the following statements:

_____ I have received online access to the Spring Branch ISD Cheer Constitution and accept responsibility for reading ALL sections. I realize that my child's failure to keep their agreement to this document could result in probation or dismissal.

_____ I have received online access to the cheer/mascot tryout information and fully understand the tryout process.

_____ I understand that it is required for a parent/guardian to attend ONE of the 2 mandatory tryout meeting options in order for my child to tryout.

_____ I understand that it is **my child's responsibility**, the student applicant, to complete the entire application process in order to tryout and realize that if something is missing by the due date given, my child may not tryout this year.

_____ I understand that if my child selects to tryout for "varsity only", their scores will **only** be considered for that specified team.

_____ I understand that following tryouts **my child**, the student applicant, may schedule an appointment with Mrs. Johnson (if there is a desire) to view tryout scores **no sooner than Monday 3/21/22**.

_____ I understand that I may not reach out to the cheer coaches regarding tryout results **before Monday 3/21/22**.

If my child is elected I agree to the following:

_____ I will be responsible for all financial obligations relating to cheerleading, foreseen and unforeseen.

_____ I will encourage my child to follow the rules, traditions, and procedures set by cheer coaches, SHS, and SBISD.

_____ I will encourage my child to respect COVID protocol given by SHS and SBISD and realize that schedules and events could be modified due to the ongoing pandemic.

_____ I understand that if my child makes the varsity cheer squad they are required to be double blocked for cheer class and if my child makes the JV cheer squad they are required to be single blocked for cheer class.

_____ I understand that cheerleading is a **privilege** and if my child breaks certain rules the privilege can be taken away.

_____ My child is available for Cheer Camp, June 6-9, 2022. I understand that if they cannot attend, they will be terminated from the team.

Although every precaution will be taken to prevent any accidents, Stratford High School will not assume responsibility of any injury your child receives during the cheerleading tryout clinic and for the remainder of the year if elected.

_____ has permission to participate in cheerleading tryouts, and if elected I will assume all responsibility for any injury my child may receive while participating in Stratford cheer activities.

Parent's signature _____ date _____

INHERENT RISKS OF CHEERLEADING

TRYOUT CANDIDATES & PARENTS/GUARDIANS, please read and sign the following statements:

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals **MUST** be on file with the school *before* the student can participate in any cheer events including tryouts. Coaches should be informed of any injury or chronic conditions immediately.

Although the probability of injury is minimized if you practice safely, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Only allow a qualified coach to spot your tumbling.
3. Always practice in the presence of a qualified coach.
4. Always warm-up appropriately before cheering (practice and games) by stretching.
5. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
6. Always use attentive spotters when stunting.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, or concrete.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading as determined by the coach.
14. Never wear jewelry of any kind or chew gum when cheering, including tryouts, practices, and games.
15. Always have your hair pulled back from your face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Do not stunt or tumble when in the area where game is in process.
19. Never show off.
20. Take all activities seriously.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

DATE _____

PARENT _____ CHEERLEADER _____