

# Cooley Middle School Cheer Squad

2018-2019

## PERMISSION FORM

This form must be stapled on top of the required documents to be turned in on the first day of the cheer clinic, August 8th.

Participant Name: \_\_\_\_\_ (spell clearly)

Which grade will you be in this year? **6**    **7**    **8**

My child \_\_\_\_\_ has permission to participate in the clinics and tryouts for the Cooley Middle School Cheer Squad on August 8-10<sup>th</sup>, 2018.

I Understand:

- There are grade and conduct requirements. Failure to maintain these requirements may result in suspension from the squad.
- Participants **MUST** be covered by a **PRIVATE INSURANCE POLICY**. Everything possible to prevent injuries will be done.
- If I am selected as a member of the Cooley Middle School Cheer Squad, my parents or guardians and I will agree to the above guidelines.

\_\_\_\_\_  
Parents or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Students Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
Email Address

**Please check all forms included.** Participants will not be allowed to participate in the clinics or tryout unless all paperwork has been turned in. Please submit forms in the order listed above. Please staple together.

	<b>Permission Form (this page)</b>
	<b>Cheerleader Profile</b>
	<b>Risks of Cheerleading</b>
	<b>Athletic Clearance Form (2 pages)</b>
	<b>Financial Commitment Form</b>

# Cheerleader Profile 2018-2019

Please attach a current head shot of yourself here.

Name: \_\_\_\_\_

Grade for 2018-2019: 6<sup>th</sup>                      7<sup>th</sup>                      8<sup>th</sup>

Do you play any sports or engage in any other activities which may conflict with cheer practices?  
How will you manage your commitments to Cooley Cheer and other extracurricular activities?

Why do you want to be a Cooley Middle School Cheerleader?

Do you have cheerleading experience? Yes or No  
If so, how long & what positions did you have?

Tumbling experience:

List all scheduled absences planned (Note: See handbook for absence rules):

**PLEASE INITIAL AFTER EACH OF THE FOLLOWING STATEMENTS: (cheerleader's Initials)**

I know and understand the Cooley Middle School Handbook. \_\_\_\_\_

I am prepared to fulfill all obligations as a cheerleader for Cooley Middle School, should I make the squad. \_\_\_\_\_

I have asked Coach Elizabeth any questions about things I do not understand. \_\_\_\_\_

I certify that all the information I have provided in this application/tryout packet is true and correct. If provided information is untrue, I understand that it may be grounds for my removal from tryouts or the squad. \_\_\_\_\_

## INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is a risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, motions, and tumbling. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, 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 tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Always cheer in an area free from obstructions.
5. Report injuries to the coach as soon as they occur.
6. Follow all trainer and doctor recommendations.
7. Lift weights to increase strength and guard against injuries.
8. Always wear shoes and clothing appropriate for cheerleading.
9. Never wear jewelry of any kind or chew gum when cheering including practices and games.
10. Always have your hair pulled back from your face and shoulders.
11. Eat nutritious meals and get plenty of sleep.
12. Do not tumble when game is in process.
13. Take all activities seriously.

(We will not be stunting in the 2018-2019 cheer season, unless learned at cheer camps.)

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

Parent's Name \_\_\_\_\_ Parent's Signature \_\_\_\_\_

Cheerleader's Name \_\_\_\_\_ Cheerleader's Signature \_\_\_\_\_

Date \_\_\_\_\_

## Financial Information

Each cheerleader and family will participate in fundraisers in hopes of supporting these events and uniforms.

### Cheer Costs:

These are estimates.

	Cost	Descriptions
Cheerleader (New)	\$350	Uniform: Shell, Liner, Skirt, Bloomers, Jacket, Leggings, Bow, Shoes, and Bag.
Cheerleader (Returning)	\$50+	New shoes and any replacement uniform pieces if uniform has been outgrown or needs replacing.
Cheer Camp	\$247	Cheerleaders learn game time and performance material with qualified USA staff. Great bonding and skill building!
Practice and Camp Wear	\$80	Includes 3 tank tops (one custom CMS tank) and 3 shorts.

A uniform swap and sell will take place at uniform fittings. Cheerleaders that leave the program/school or outgrow their previous uniform may sell their uniform at a discount for new cheerleaders to purchase. We will hold fundraisers throughout the year in hopes of being able to support events and uniforms.

Our program also accepts donations and sponsorships to provide the funds for uniforms and events.

### Financial Information:

- I understand that there will be NO REFUNDS of any kind after donations are received.
- I understand the fundraising associated with my daughter/son being a member of the Cooley cheer team and the associated funds will be used at the discretion of the coach with the understanding that they will be used for the entire cheer team.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date