

6/2/2022

Dear Parents and Prospective Cheerleaders,

Cheerleading tryouts for the 2022 football season are fast approaching! Tryouts will be held from 5:30pm – 7:30pm on August 1st, 2nd, and 3rd. Those who make the team will have an IMMEDIATE & MANDATORY parent/cheerleader meeting at 7:30pm on the 3rd! You must arrive and be picked up on time daily in order to be considered for the team. If you have a conflict with these dates, contact Coach Kluttz immediately!

TRYOUT TO DO LIST

1. Complete the sports registration online, complete with CURRENT physical. Ms. Bost is your contact.
 - This MUST be done PRIOR to tryouts August 1st and PRIOR to the first Open Gym.
 - **If a current physical and online paperwork are not completed PRIOR to the first day of tryouts/open gyms, you will NOT be allowed to participate.**
2. READ the Spirit Guidelines, then sign and RETURN the last page to Coach Kluttz by August 1st.
 - ***Pay close attention to expectations & consequences, as well as safety issues (i.e. nails & piercings)***
3. Sign up for Summer Workouts (**STRONGLY recommended**): <https://forms.gle/S4foP1D3zENHYGaH9>.
 - Workouts will only be held if 6 or more candidates plan to attend, as measured by Remind texts. If cancelled, you will be notified via Remind **at least** one hour prior to the workout time.
 - Workouts are for YOUR benefit as a team; your season will be what YOU make it, starting here!
 - We have 2 weeks from tryouts to the first game, and over 80 chants to learn, plus halftimes & stunts. Doing these workouts will ease that stress!
4. Parents AND athletes MUST register for the Remind group by texting @cheer22FB to 81010.
 - Send a message with both PARENT and CHEERLEADER candidate names once you've joined.
 - It is best for BOTH parents and potential cheerleaders to do this! If done via text message, it becomes a direct line to the coaches for texting.
5. PRACTICE, PRACTICE, PRACTICE!!! You are STRONGLY encouraged to begin learning using these videos to prepare for tryouts and the season. Start from the top and work your way down this list: <https://www.youtube.com/playlist?list=PLWPbBvYzkFcK2GskMX1f9XGvndxINJdnA>.
 - Again, YOUR season will be what YOU make it! The more you practice, the better YOU will be!

Please understand that CMS cheerleading is both time-consuming and physically demanding, and, therefore, must not be entered into lightly. **Be ON TIME to start AND for PICKUP!** We look forward to seeing you at the summer workouts and tryouts!

Thank you,
Coach Kluttz & Coach Schuh

2022 CMS FOOTBALL CHEERLEADING GUIDELINES

I) Mission Statement

- A) It is the primary goal of the cheerleaders to positively promote school spirit, support all athletic teams of the school, and successfully involve the crowd at all events. Cheerleaders will assume leadership roles, setting an example of exemplary behavior, promoting friendship, and demonstrating the benefits of teamwork, while maintaining their priority to be a STUDENT athlete.

II) Purpose

- A) It is the purpose of the cheerleading squad to:
- Promote and uphold school spirit
 - Establish qualities of responsibility, tolerance, and confidence
 - Demonstrate teamwork
 - Grow as adolescent athletes

III) Squad Make-up

- A) Cabarrus County Schools allows coach's discretion in determining how many members will be on the team. The Concord Middle School football cheerleading program will *intend* to consist of two squads, 7th and 8th grade, consisting of 15 or fewer members each, depending on the number of candidates. BOTH squads will cheer at all home football games, which will take place every Wednesday during the season. (Basketball cheerleading is a separate program and will have a separate tryout at the conclusion of football season. Football cheerleaders are NOT guaranteed a spot on the basketball cheer team.) All cheerleaders will participate in other activities (pep rallies, fund-raisers, events at Concord High School, etc.) at the discretion of the coach. *The coach reserves the right to alter squad makeup if there are not enough eligible candidates for two teams.*

IV) Tryouts

- A) Open gyms will be offered in the summer, and *candidates are STRONGLY encouraged to attend* these events. While attendance does not guarantee a spot on the team, it does give candidates additional opportunities to prepare.
- B) In addition to open gyms, a YouTube channel has been created for candidates to begin learning seasonal material on their own at home. There are upwards of 75 chants to learn for football season, and not enough time to dedicate to them as well as our other material. Therefore, it is imperative that these chants are begun pre-season. They are open to ALL candidates at ALL times, and will help tremendously with your preparation for tryouts! (Not learning them will not hinder your selection for the team, but will hold you and the team back when the season begins if you do make the team.)
- C) Cheerleading tryouts will be conducted over three (3) days, August 1st, 2nd, & 3rd. Candidates MUST be present all THREE days of tryouts in order to make the team!
- During tryouts, candidates will practice arm positions, jumps, tumbling, and stunts, as well as learn material. Some material will need to be learned on one's own at home via video instruction. With a short season, it is crucial candidates are able to learn at home and quickly. Pre-season practice on the YouTube channel will greatly assist you with this aspect of tryouts.
 - **Though judges *may* be brought in daily during tryouts to evaluate candidates, Cabarrus County Schools' policy states that the use of outside evaluators is NOT mandated and the coach has final discretion on who makes the team. Evaluators will share their recommendations with the coach, who will take them into consideration when selecting the final members of the team.**
 - Any candidate who cheered for any team previously is NOT guaranteed a spot on the team. All candidates will go through the same tryout process.
 - Tryouts are **closed** to outside viewing.

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- Video tryout submissions *may* be allowed, depending on the circumstance of the candidate. However, the aspects of stunting and growth, which are crucial to consideration for the team, will obviously not be included in the submission.
- 1) ***Candidates must dress in appropriate attire while attending practices and the tryout: shorts, t-shirts, athletic shoes, ***NO jewelry***, hair back and out of face, and no hard plastic accessories can be in the hair. Candidates should wear CMS school colors of black, gold, and white. Fingernails must be short (no longer than the fingertips) and unpolished for safety purposes. **(Candidates with acrylic or other nail enhancements, or with fresh piercings will be required to remove these prior to tryouts.)**
- 2) ***Each candidate will be evaluated in the following categories:
 - (a) Responsibility – paperwork turned in promptly, attendance and punctuality, academic eligibility
 - (b) Attitude, Effort, and **Growth** – progress should be evident and obvious
 - (c) Crowd Appeal and Projection – fitness, neatness, facial expressions, energy, *confidence*
 - (d) Jumps – form, height, flexibility
 - (e) Motions – precision, arm placement, technique
 - (f) Cheer, Chant, and Dance – precision, timing/rhythm, coordination, memorization, execution
 - (g) Stunting – flexibility in position, technique, reliability
- B) ***There will be a mandatory parent meeting for all new team members on August 3rd, immediately following tryouts to collect payments and coordinate camp plans. CAMP IS MANDATORY August 8th and 9th, and will be held at CMS!***

V) Requirements

- A) In order to tryout for the Concord Middle School cheerleading team, each candidate must have the following:
 - Been in attendance 85% of the current semester (missing no more than 13 days in a semester).
 - Passed 4 of 6 classes, 3 of which must be CORE classes from the previous semester.
 - Keep in mind that these are MINIMAL requirements! ***The coach may choose to have stricter guidelines.*** Candidates are STUDENTS before athletes! School takes top priority 100% of the time!
 - **All paperwork completed ONLINE by August 1st, PRIOR to the beginning of tryouts. If attending open gyms, this must be completed before the first session you attend.**
 - **A current physical form from a doctor (within 365 days), and must be submitted prior to open gyms, if attending, and tryouts.**
- B) Once on the squad, members must:
 - Maintain eligibility by:
 - Being in attendance 85% of the time (missing no more than 13 days in a year).
 - Passing 3 of 4 CORE (Math, Science, ELA, Social Studies) classes each semester.
 - Attend all scheduled practices, camps, games and competitions.
 - Actively participate in all activities set forth by the coach, including fundraisers and special events.
 - Make financial arrangements with the coach, and follow those plans.
 - Be a positive role model for others by abiding by all rules and regulations of school and cheer.
 - ***Be DRAMA-FREE!!! Drama is a distraction that causes distrust and jeopardizes athlete safety, and, therefore, will not be tolerated.***
- C) ***Not fulfilling the above requirements can result in ineligibility and/or removal from the cheerleading squad.
- D) ***Any candidate who is more than fifteen (15) minutes late being picked up after practice during the week of tryouts will be subject to elimination from tryouts.***
- E) *****If a candidate already has several afternoons taken up by other commitments, he/she should not tryout, unless prepared to quit some of those activities.** Unlike other sports, we do not have a bench from which to pull replacements. Every member of the squad is extremely vital. When one member is

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not present, it negatively affects the entire squad. If you have a conflict, contact the coach to discuss options prior to tryouts.

VI) Monetary Commitments

- A) While the school provides uniforms and pompons for the squads, each individual is responsible for paying for other clothing items and camp fees. These items and their approximate costs are listed below. There may be optional items available as well. There will be fund-raising to alleviate the cost of some of these items. However, it is not guaranteed to provide full coverage for these costs. Payment plans are also available.
- B) Required Items for Purchase:
1. Camp Fee – approximately \$183
 2. Hair Bow (1) – approximately \$5
 3. Cheer Shirts (3) – approximately \$30 (These will be for camp and become practice shirts.)
 4. Required Items Purchased ON YOUR OWN
 - a. Shoes – approximately \$35-\$55 and MUST be purchased PRIOR to camp! (May use any WHITE cheer shoe, including shoes worn in previous years if still in good condition.)
 - b. Black Cheer Briefs (aka “spunks”) for under uniforms – approximately \$10
 - c. Black Cheer Shorts (2 or 3) – approximately \$8 each pair (NO WRITING on them!)
 5. **OPTIONAL** Hoodie – approximately \$30-40
 6. Uniform Alterations (ON OWN)– varies depending on alteration needs
 7. Parents usually create and maintain a volunteer snack/drink signup for game days.

******Please note that the above costs are APPROXIMATIONS and do not necessarily include tax, shipping, or embroidery. Final totals will be tallied once the items have been ordered.***

******Costs will be broken down into either one or two payments due August 3rd & September 1st, 2022.***

******NO CANDIDATE WILL BE TURNED AWAY DUE TO FINANCIAL HARDSHIP!!!***

VII) Fundraisers

- A) In an effort to reduce the overwhelming monetary costs of cheerleading at CMS, fundraising will be a **mandatory commitment** on behalf of **ALL** cheerleaders.
- B) All funds will be distributed as deemed necessary by the coach to alleviate as much of the above listed costs as possible. Funds may also be used to cover any and all expenses incurred by the cheerleading program as a whole, to include such as competition fees, equipment, and financial aid to team members.
- C) Fundraising for football cheerleaders does not have any bearing on making the basketball cheer team.
- D) **All cheerleaders are expected to attend and actively participate in any and all fundraising activities.**
- **Autobell Carwash tickets will go on sale during the month of September.**
 - **A Community Yard Sale may be held one Saturday in late September or early October.**
 - **The coach may deem it necessary to have a fundraiser aside from those listed above depending on the needs of the squad.**

VIII) Expectations

- A) **Concord Middle School cheerleading must take priority over all other extracurricular activities. Each member is expected to be at ALL practices and performances. Because we do not have a bench from which to pull replacements, every member plays a vital role in our performances and as a member of the squad.**
- ***Attendance at summer camp is mandatory for all cheerleaders, as this is where we will begin to establish stunt groups, which cannot be designed without the entire team present.***

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- *Camp will be held at CMS on August 8th and 9th. Transportation should not be an issue, and we will NOT be staying overnight. Again, camp is MANDATORY for all cheerleaders!*
- B) Concord Middle School cheerleaders must be positive role models at all times. This includes having good sportsmanship, citizenship, attendance, grades, behavior, and appearance. These qualities should be shown at ALL TIMES. Deviation from exemplary behavior will not be tolerated.
- C) CMS cheerleaders are students before they are cheerleaders. Grades must be kept in compliance with eligibility requirements. Each school day, fifty percent attendance is mandatory for involvement in a practice, game, or other cheerleading activity. In order to participate in a day's event, a cheerleader may not check-in any later than 12:30 pm. Likewise, a cheerleader may not check-out any earlier than 12:30 pm.
- D) Cheerleaders are expected to take care of all clothing, especially uniforms, pompons and shoes should be kept clean. These clothing items will be used throughout the entire year. Though both uniforms and pompons are new this year, they are CMS property, and must be returned for use from year to year.
- E) When in uniform, cheerleaders must have all of their hair up and out of the face (with bow) and remove ALL jewelry (even tiny studs and ankle bracelets, and *including fresh piercings*). Nails are to be kept at the length of the finger tip and fingernail polish is absolutely prohibited. **This is a safety issue and three are no exceptions. If you plan to tryout, DO NOT get nails/piercings before then! You will be required to remove them or choose not to participate.**
- F) Members are to be picked up PROMPTLY from all practices and games. Pick-up times will be determined, in advance, by the coach. *Cheerleaders who are consistently late being picked up from events will be subject to consequences that may result in removal from the squad.*
- G) While an accurate event calendar is provided in advance, occasional additions and/or changes may occur. All members of the squad are expected to follow these changes and be as flexible as possible with their schedules.
- H) Competition schedules vary up until the day before the competition. Therefore, those scheduled days should be COMPLETELY blocked off for cheer to prevent any accidental scheduling overlaps.
- I) *Cheerleaders and parent(s)/guardian(s) are to provide accurate contact information and check/respond to those methods of contact within a reasonable time frame. Frequent EMAIL/REMIND/TEXT communication is VITAL for updating parents and cheerleaders!*

VI) Practices

- A) Coach will provide calendars of mandatory practices. These will be Mondays, Tuesdays, and Thursdays. Friday practices will only be used in the event of an upcoming competition, and will be made known well in advance for scheduling purposes.
- B) To prevent injury, cheerleader must dress appropriately for practice. NO jewelry or hard plastic hair accessories are allowed, and nails are to be kept no longer than the length of the fingertips and unpolished. Hair must be pulled up TIGHTLY and off of the face. **Camp shirts and black shorts will become practice uniforms throughout the season. Cheerleading shoes are to be worn at all times.**
- C) Cheerleaders will be dismissed at 4:00, and must be dressed and in the practice area by 4:10.
- D) Stretching is a must before every practice. A thorough stretch before cheering will prevent injuries.
- E) Stunting, jumping, and tumbling (anything where feet are off of the ground) without a coach present are **ABSOLUTELY PROHIBITED.**
- F) **Electronic devices and food are to be completely inaccessible during practices to promote full focus and eliminate possible distractions.**
- G) **ONLY WATER is allowed at practice.**
- H) Members are to be picked up PROMPTLY from all practices and games. Pick-up times will be determined, in advance, by the coach. *Cheerleaders who are consistently late being picked up from events will be subject to consequences that may result in removal from the squad.*

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VII) Games and Other Performances

- A) On home game days, cheerleaders may be released from class at 3:45 (3:15 or later for away games). They will have ten minutes to dress and board the bus or ready themselves for pre-game practice.
- B) Members must attend all football games, and be dressed appropriately, (i.e. uniform, briefs, shoes, hair).
- C) We will be traveling to away games. Cheerleaders will ride the bus to the games and will go home with their parents upon the game's end. If a parent is unable to pick up from the away game, the cheerleader will be allowed to ride the bus back to school. Please know that this will make for a longer evening, as the bus will have to wait until the football team has changed and reloaded their equipment.
- D) Members must stay in their designated area during the duration of the game.
- E) Members must focus on cheering for the game and avoid any socializing.
- F) Members will stand facing the field with hands behind back during down time.
- G) ***There must be ABSOLUTELY NO ARGUING OR DISCUSSIONS ABOUT ANYTHING during games. Cheerleaders will focus on the game at hand and maintain professionalism.***
- H) During game time, the only time a cheerleader is permitted to eat is during half-time and before the game. Water is to be consumed at all times (pre- and post-game as well) to promote proper hydration. It will be HOT!
- I) **Members are not to use or be in possession of his/her cell phone or other electronic devices OR FOOD at any time during a game.** Parents may contact the coach via phone if necessary to relay messages.
- J) Members must be in the designated area two minutes prior to the start of a game and one minute prior to the end of half-time.
- K) Sportsmanlike conduct is to be demonstrated at ALL times. "Cheer Wars" with opposing teams are prohibited.
- L) Cheerleaders are not to speak to family and/or friends during the game unless there is an emergency. Parents may send messages/drinks to their cheerleader(s) through the coach if necessary.

VIII) Safety

- A) Concord Middle School and Cabarrus County Schools has adopted the National Federation of State High School Associations Spirit Rules. This rule book lists all steps that must be taken to ensure safe practices and performances. Safety is our main goal, but the stunts and tumbling we do are difficult and accidents may occur, causing injuries.
- B) The coaches are certified by AACCA in safety as well as tested on the NFSHSA Spirit Guidelines.
- C) Although mats are used to develop and perfect tumbling/stunting techniques, the NFSHSA Spirit Rules do not require the use of mats during routines on the field. If the coach does not believe a stunt or tumbling pass can be safely executed without a mat, said stunt or tumbling pass will not be performed. **This is up to the discretion of the coach.** Stunts on the track will be performed on mats at all times.
- D) Questions regarding the rules should be directed to the Coach.
- E) In order to prevent accidents and injuries, we will incorporate strength training (conditioning) into daily practices. These exercises will increase both strength and stamina of all squad members.
- F) The rules and regulations set forth in the Concord Middle School Cheerleading Spirit Guidelines must be followed at all times to ensure each member's safety.

IX) Consequences and Coach's Decisions

- A) While the goal of cheerleading is to have fun, we know that certain rules must be followed for the season to be safe and successful. We believe that the above rules, expectations, and responsibilities are reasonable and fair. To ensure that our goals are met and safety is secured, disciplinary procedures will be implemented at the coach's discretion.

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B) ABSENCES AND TARDIES

- If, at any time, a cheerleader must be absent from or tardy to an event or activity, he/she or his/her parent must contact the coach via verbal notification, written note, telephone message, or email one day PRIOR to the event. This is to allow plenty of time for the coach to adjust their plans accordingly as well as account for the whereabouts of cheerleaders.
- Cheerleaders are to attend 100% of every event. Any last-minute and/or extenuating circumstances must be brought to the attention of the coach immediately and at least by the 12:00 noon on the day of the event itself. This will give the coach time to make last-minute adjustments prior to the event.
- If a cheerleader is absent from the practice before a game, he/she is ineligible to be in the half-time routine for the next game.
- If a cheerleader is absent from an event/activity without properly notifying the coach, he/she is subject to disciplinary action that may result in removal from the squad.
- Frequent tardies to school are unacceptable for a CMS cheerleader.
 - (a) Every four (4) tardies recorded by the front office will be counted as one absence.
- Chronic absences and/or tardies will not be tolerated and may result in removal from the squad.
- ***Any cheerleader who is more than fifteen (15) minutes late being picked up three (3) times will be subject to removal from the team. Parents will be notified after each instance, with the third notification requiring a mandatory conference with the coach, athletic director, parent, and administrator.***
- **Cheerleading is a serious commitment and must not be entered into lightly. When one teammate does not do his/her part, the entire team suffers tremendously. One hundred percent dedication is mandatory to produce a successful team.**

C) ATTITUDE AND BEHAVIOR

- Cheerleaders are expected to be on their best behavior at all times. This includes their interactions with fellow cheerleaders and their coach. Disrespectful attitudes and behavior toward fellow cheerleaders and/or coach, as well as classroom teachers and classmates will not be tolerated. Offenses of this nature will be subject to disciplinary action that may result in removal from the team.
- ***During stunting, there is to be absolutely NO TALKING OR LAUGHING. Stunting can be very dangerous, and distractions of this nature can lead to serious, life-threatening injuries. If a cheerleader cannot abide by this rule, he/she risks being prohibited from stunting.***

D) **All disciplinary actions will be taken at the discretion of the coach.** Each instance will be dealt with individually. The coach will do what is best for the team as a whole.

E) ACADEMICS

- Although a D is passing according to the county policy, such grades are unacceptable for a CMS cheerleader.
- Any cheerleader receiving a grade less than a C (70) will immediately be placed on probation.
 - (a) The student will still be expected to attend all practices and events. However, the student will not be allowed to participate. He/she will be in a study hall throughout the duration of the practice or event until the grade has improved to a C (70) or above.
 - (b) The coach will be in constant communication with the teachers and parent(s)/guardian(s) of the cheerleader at academic risk.
- **According to county policy, failure to maintain eligibility will result in removal from the team.**

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- F) Teachers and the coach will be in constant communication, monitoring student-athlete behavior both in and out of the classroom. ***Any disciplinary issue brought to the coach by a cheerleader's teacher will be addressed immediately.*** The consequences of such are as follows:
- 1st Minor Referral: Verbal Warning, Coach/Cheerleader conference, Parent/Guardian notification
 - 2nd Minor Referral: Cheerleader will be benched from the next game, but required to attend all practices and the game itself while sitting on the sidelines.
 - 3rd Minor Referral: Immediate suspension; this results in a Major Referral and ISS/OSS rules apply.
 - 1st Major Referral: Immediate suspension from all practices and events, which may result in removal from the squad, pending consideration and investigation by the coach, and the consequences assigned by administration.
 - ***2nd Major Referral: Removal from the team, regardless of consequence assigned.***
- G) Any cheerleader assigned to serve time in ISS (In School Suspension) as a disciplinary consequence will be prohibited from participating in and attending any practice or event scheduled for the day(s) student was physically in ISS.
- H) In accordance with Cabarrus County policy, any athlete receiving ANY number of days of OSS (out of school suspension) will immediately be removed from the team.
- D) If, at any time, a cheerleader is suspended from activity for reasons other than ISS or OSS, or is injured but physically able to attend, he/she is still required to attend all events in uniform, and sit on the sidelines with the rest of team.
- J) SOCIAL MEDIA
- Cheerleaders are NOT to engage in social media platforms as a CMS cheerleader. Personal accounts should be regulated and monitored by parents, but you are not to use CMS cheerleading as the face of your personal accounts.
 - Cheerleaders will be held accountable for their behavior on social media if that behavior results in a disruption of the cheerleading team or in school. ***Rule of thumb: If you wouldn't want your parents or coach to see it, DON'T POST IT!***
 - According to CCS Code of Conduct, "Cyberbullying is the use of communication such as email, text or social media to intentionally harm others. Cyberbullying can occur in person, or through social networking sites, texting, blogging, and the internet." ***Cyberbullying will NOT be tolerated.***
 - Cheerleaders are NOT to engage in drama on social media, and are required to report issues of this nature to the coaches IMMEDIATELY. This includes group texts.
 - ***CHEER BUSINESS IS CHEER BUSINESS! Cheerleaders are NOT to gossip about each other to others, to include performances on the field or in personal situations. We are a TEAM and will behave as such.***
 - ***Cheerleaders using social media to insult, gossip, bad-mouth, argue back and forth, etc. will be removed from the team IMMEDIATELY.***

*****Please be advised that CMS Cheerleading operates as a team. When just ONE member of that team is missing for ANY reason, the ENTIRE team is negatively affected. All CMS cheerleaders are advised to consider this carefully before misbehaving, allowing grades to fall below par, or inappropriately using social media outlets.**

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Prospective cheerleaders and their parent(s)/guardian(s) are required to read and understand the expectations set forth by these guidelines PRIOR to cheerleading tryouts. Please read the agreement below and sign. **By signing this agreement, you are accepting the expectations and consequences as outlined.**

This signed agreement must be returned to the coach on or before the first day of tryouts, August 1st, 2022. **Please keep the Cheerleading Guidelines for your records.**

As a POTENTIAL CHEERLEADER, I have read the Concord Middle School Cheerleading Guidelines. I agree to abide by all rules and regulations set forth in the Guidelines if I make the team. I understand that consequences, leading to removal from the team will result if I do not follow the expectations.

As a POTENTIAL cheerleader, I agree to be part of the cheerleading team, if I make it, based on the Concord Middle School Cheerleading Guidelines. I will do everything I can to make the year a positive and successful experience.

Cheerleader Signature: _____ **Date:** _____

As a PARENT, I will support the rules and regulations set forth in the Concord Middle School Cheerleading Spirit Guidelines if my child makes the team, and I will help my child to abide by these rules and regulations. I will set a financial plan with the Coach and follow that plan as set. I will set an example for my child by being positive about being a part of the Concord Middle School Cheerleading team. I will complete the required paperwork on time, and ensure my child has a current physical at all times. I agree to my child's commitment to this team and all that his/her membership entails.

I understand that I am responsible for picking up my child from cheerleading events, including tryouts, ON TIME, and my child could be removed from the team for my failure to do so.

Parent Signature: _____ **Date:** _____

RETURN THIS PAGE