

# HARRISON HIGH SCHOOL BASKETBALL CHEERLEADING 2019

Join Remind - TEXT @h8432hd to 81010

August 7<sup>th</sup>

MEETING for all those interested in trying out for  
Basketball Cheer - 3:45pm in 9110

August 17<sup>th</sup>:

FA Cafe

- All paperwork, including physical, is due at this time. No paperwork, no tryout.
- Cheer Material Clinic 8:30am - 10:00am
- Try-Outs 10:00am - 11:00am
- Remind text with the teams will be sent out.

August 19<sup>th</sup>:

- If you made a team, apparel fittings right after school 9110

August 21<sup>st</sup>:

- Parent Meeting - FA café at 6:30pm
- Apparel payment will be due in full at this meeting

## Tryout Material

Try-Out Material

Please learn the following 3 chants before tryouts

BOUNCE - Bounce, bounce to the hoop, Hoyas shoot 2

[https://youtu.be/W6H\\_WKszjG4?t=12](https://youtu.be/W6H_WKszjG4?t=12)

TAKE THAT BALL - Take that ball down the court, Hoyas Let's Score

[https://youtu.be/W6H\\_WKszjG4?t=31](https://youtu.be/W6H_WKszjG4?t=31)

D-R-I-B-B-L-E, Dribble to the basket, Shoot a 2 or 3

<https://youtu.be/IIUsHX3ppK0?t=19>



## TRYOUT APPAREL:

Candidates should come dressed:

- navy OR green shorts
- a **PLAIN** white t-shirt
- athletic/cheer shoes.
- There should be **NO CHEERLEADING designations on ANY of tryout candidate's apparel.**
- Each candidate's hair should be up in an athletic pony-tail with a plain white bow.
- No Jewelry!

# HARRISON HIGH SCHOOL BASKETBALL CHEERLEADING CONSTITUTION 2019-2020

## I. GENERAL OBJECTIVES

The purpose of the Harrison High School cheerleading program is to promote and uphold school/community spirit, serve as role models at Harrison and in the community, develop a sense of good sportsmanship among students, and to strive for better relationships between schools during athletic events.

Harrison Cheerleaders are student-athletes who are expected to uphold the highest standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, *genuinely* enthusiastic, and willing to devote time to their squads while continuously striving to improve their skills. Disrespect of any kind does not reflect the image we encourage and will not be tolerated. Cheerleaders are **leaders** at Harrison and must conduct themselves as such both on and off campus; both in and out of the classroom. Cheerleading at Harrison High School is a privilege, **NOT** a right.

## II. ELIGIBILITY

In order to be eligible to participate in the Harrison High School Cheerleading Program, cheerleaders **MUST...**

- A. Pass **AT LEAST** three out of their four courses each semester.
- B. Be on track academically towards graduation at the end of the year. "On track" refers to the guidelines set forth based on your grade level and the GA DOE specifications for each grade level (i.e. credit and core completions).
- C. Maintain knowledge and performance expectations as set forth by the coach
  - This relates directly to cheerleading duties – including *but not limited to* performance and knowledge of cheers/chants on a sideline, knowledge and consistent performance of routine on a competition squad and maintenance of tumbling and stunting skills regardless of squad.

If a cheerleader quits a squad or is removed from the program by the coaching staff or administration, she will not be allowed to tryout the next year. If a cheerleader quits or is removed from any squad, she will be removed from the program as a whole (including any other squads she has previously committed to). Upon dismissal, uniforms must be cleaned and returned to the program, no monetary reimbursements will be made upon dismissal.



### III. SQUAD SELECTIONS

#### Spirit-Only Cheerleader

Each cheerleader candidate will be scored based on the criteria detailed below:

1. Cheer/Chant: Motion Technique, sharpness, memory of material taught at tryouts
2. Jumps: Toe touch and jump of choice

### IV. SQUADS & CAPTAINS

Cheerleaders will report directly to the coach of their squad for all matters. Cheerleaders are “on the job” all year long. Cheerleaders are often asked to assist in school functions, community service, and activities other than that of the seasonal sport and are expected to do so with a positive attitude. The captains of the different squads will be chosen by the coach of the squad. Each captain must display maturity and behavior above reproach. **The coach reserves the right to change captains throughout the season.**

### V. SCHOOL ATTENDANCE

Student attendance is fundamental to educational success. The **primary goal of a high school student is to obtain an education.** The Harrison Cheerleading Program is also committed to this goal. In this regard, our student athletes are expected to attend their classes every day and perform in those classes to the best of their ability. Attendance, whether it be in the classroom or on the sideline, is essential to being successful. Regular class attendance also sends a message to the faculty that the student-athlete is taking their high school career (both academic and athletic) seriously. As a peer role model, it is imperative and expected that each cheerleader not only attend all class sessions but also arrive to class on time and remain for the entire length of the class.

- A. In order to participate in any cheerleading activities (practice, pep rally, game, competition, etc.), a cheerleader must attend at least three-fourths of their scheduled school day.
  - a. Competition or Saturday game eligibility (with respect to attendance) is determined based on the cheerleader’s attendance on the last school day prior to the date of the event (i.e. if a cheerleader was not in attendance at school on Friday for three-fourths of the school day, she would be ineligible to participate in a Saturday competition or game).
  - b. If a cheerleader attends any portion of the school day or is absent from school, but NOT contagious, she must come to the cheerleading event and sit with the coach for the duration of the event
- B. Excessive absences and/or tardiness from school/classes may result in the cheerleader’s inability to participate in events (games, pep rallies, competitions) or dismissal from the program (See Section IX. Demerit Policy).

### VI. PARTICIPANT APPAREL/ACCESSORIES (NFHS Spirit Rules Book)

Art. 1... A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to the NFHS rules.

Art. 2... **Jewelry must not be worn** except for religious medals, which shall be taped to the body (without a chain) under the uniform.

*(This includes all piercings. It is NOT acceptable to use a plastic plug to prevent holes from closing up. Since jewelry is not allowed piercings should be done in the off-season. Any cheerleader who fails to comply with this rule will be told to sit out from practice and that practice will count as an UNEXCUSED absence.)*

Art. 3... Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a [sport] length appropriate to minimize risk for the participants. *(Only clear polish can be worn at games.)*

Art. 4... Hair must be worn in a manner to minimize risk for the participant *(ex. off the shoulders)*. Hair devices, if worn, must be secure and appropriate for the activity.

Art. 6... Glitter ...*on one’s* ...hair, face, uniform, costume or body is illegal.

Art. 8... Participants are not permitted to chew gum or have candy in their mouths during practice or performance.



## VII. BEHAVIOR AND DISCIPLINE

As a member of the Harrison High School Cheerleading Program, cheerleaders are expected to maintain behavior above reproach, exemplifying the cheerleader's role as a leader at the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules set forth in this constitution (See Section VIII. Demerit Policy), rules and regulation set forth by the administration at Harrison High School as well as the Cobb County Public School Athletic and Academic Policies. Keep in mind the following:

- A. Any behavior, which is deemed by the coach or the Administration as reflecting poorly on the intended image of the school/program, is subject to dismissal from the program at the discretion of the coaching staff and the Administration.
- B. Insubordination and/or disrespect to the coaches and/or squad will NOT be tolerated and may be grounds for dismissal from the program at the discretion of the coaching staff and the Administration.
- C. Smoking, drinking, use of drugs or profanity will NOT be allowed and is subject to dismissal from the program at the discretion of the coaching staff and the Administration. Offences which fall under Cobb County Public School Athletic and Academic Policies will be dealt with accordingly.
- D. Skipping school is subject to probation, suspension or removal from the squad as deemed necessary by the coach or the Administration.
- E. In or out of school suspension for ANY reason is subject to dismissal from the program.
- F. Cheerleaders who receive ISS will not be allowed to participate in any Cheerleading activity during the assigned ISS period and will not participate in the next event.
  1. This will be considered an unexcused absence and depending on the duration and demerit total, may result in the cheerleader's removal from the program. (See Section IX Demerit Policy)
- G. All discipline cases will be handled individually by the coach and/or administration.

## VIII. CHEERLEADING EVENT ATTENDANCE

- A. Cheerleaders **MUST** arrange work schedules around all cheerleading activities.
  - a. Work is NOT an excuse to miss or be late for any cheer event, plan accordingly.

**\*Note:** Some cheerleading duties are often scheduled with little advance notice.
- B. All appointments such as doctor's, orthodontists, etc. **MUST** be scheduled around all cheerleading activities. Absences, early release from or late arrival to any cheerleading events is unacceptable and may result in demerit(s) being issued.
- C. Cheerleaders **MUST** be present at all practices, performances, fundraisers, pep rallies, sign painting sessions, community service events, camp, and any other activities designated by the coach. Absences, early release from or late arrival to any cheerleading events is unacceptable and may result in demerit(s) being issued.
  - a. If a cheerleader is not performing to the coach's expectations AT ANY TIME, she must sit as deemed necessary by the coach. Demerits may be assigned.
- D. The **ONLY** absences that will be deemed "excused" are:
  - a. Death in the family
  - b. Signed doctor's excuse that indicates contagiousness, time and date of the sickness
    - i. All doctor's notes **MUST** be the original (no copies or faxes, unless approved by the coach in ADVANCE).
    - ii. If a cheerleader does not have a doctor's note, she **MUST** attend the event.
    - iii. Unless a cheerleader is contagious or confined to home by doctor's orders, then she **MUST** be at the event.
    - iv. If, at any time, a doctor's note is submitted prohibiting a cheerleader from cheering, in order for the cheerleader to resume cheering, the doctor must **FULLY CLEAR** the cheerleader IN WRITING before ANY participation can occur.
  - c. School-related field trips
    - i. These events **MUST** be approved by the coach **prior** to the missed event.
- E. If a cheerleader is seen by a doctor for an injury or illness that may affect his/her ability to cheer, a doctor's note must be submitted to the coach and the coach may request the cheerleader to remain at home.
  - a. A separate doctor's note must then be submitted clearing the cheerleader to resume cheerleading activities.



## IX. Demerit System

In order to maintain consistency throughout the program and discourage repetitive behaviors that reflect negatively on the cheerleading program, the following demerit policy will be enforced during the 2019-2020 Cheerleading Season.

Cheerleaders on multiple squads in one season will have a demerit total that will be kept separate, one for each squad. As a courtesy, an email may be sent to the parent/guardian of the cheerleader as a courtesy, however, **the ownership and responsibility of the demerits remains with the cheerleader.**

A. Each cheerleader will begin the season with 100 points. A cheerleader will be removed from the squad if her point total falls below 60 points.

1. Basketball Cheer

Ways to lose points will be the following:

Practice

- -1 point for every minute late to practice
- -5 points no shoes
- -5 points wrong shirt
- -5 points wrong shorts
- -5 points for each incidence of wearing jewelry

Game

- -2 points for every minute late to a game or other team event
- -2 points for every minute late returning from 1/2 Time
- -10 points for not wearing hair as instructed to game.
- -10 points for not coming dressed & ready to go for the game (including hair); with an additional -2 points for every minute it takes you to get ready
- -5 points for each incidence of wearing jewelry
- -10 points for missing practice (unexcused)
- -15 points for missing a game (unexcused)
  - This point value may change during playoffs
- -5 points wearing wrong color bloomers
- -10 points wearing wrong cheer shoes
- -5 points for each incidence of redirection on the sidelines
- -25 wearing wrong uniform

General Behavior

- -20 email from teacher regarding improper behavior



# X. CCSD INTERSCHOLASTIC/EXTRACURRICULAR ACTIVITIES CODE OF CONDUCT

Below, you the Cobb County School District Interscholastic/Extracurricular Activities Code of Conduct which ALL Harrison Cheerleaders will be held to. The Policy can be downloaded at the following address:  
[http://www.cobbk12.org/centraloffice/adminrules/j\\_rules/Rule\\_JCDD.pdf](http://www.cobbk12.org/centraloffice/adminrules/j_rules/Rule_JCDD.pdf) (revised 4/14/10)



## BOARD ADMINISTRATIVE RULE Return to "B" Section

Student Conduct: Interscholastic/Extracurricular Activities	JICDD	4/14/10
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### RATIONALE/OBJECTIVE:

Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders. They are role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these high standards, the District may withdraw the privilege to participate in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior.

### RULE:

#### A. PROCEDURES:

##### 1. Time in Effect:

Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds.

2. Parents/guardians and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest or behavior will result in the student's consequences for the behavior in question being doubled and possible additional consequences for failure to report the behavior.

##### 3. Sponsors:

a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.

b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.

c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.

d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.

##### 4. Notification:

##### a. Elementary/Middle Schools:

In addition to providing students with copies of Administrative Rule JCDD-6

All felony DUI offenses will be dealt with according to this section.

##### 2. Durations:

- a. The student shall remain suspended from extracurricular activities until:
  - (1) The charges are completely dismissed;
  - (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section B, below, or Section B, for alcohol offenses;
  - (3) The student is found not guilty; or
  - (4) The student serves his consequences as outlined below.

b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.

c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

#### B. MISDEMEANORS:

1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section F(7) below.

##### • 1st and Subsequent Offenses:

Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.

##### 2. Drug/Alcohol/DUI:

Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.

3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

(Student Code of Conduct [Elementary]) or JCDD-6 (Student Code of Conduct [Middle School]), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule.

##### b. High Schools:

In addition to providing students with copies of Administrative Rule JCDD-6 (Student Code of Conduct [High School]), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

#### B. ALCOHOL/ILLEGAL DRUGS/INHALANTS:

The District believes very strongly that using/possessing over the counter drugs or products to get high; using/possessing alcohol; using/possessing illegal drugs; or using/possessing prescription drugs in an unauthorized manner at any time is a serious offense. Such use or possession by extracurricular participants is banned. All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.

##### • 1st Offense:

- o Suspension from extracurricular activities, including practice and regular season, a minimum twenty-five (25) calendar days; plus
- o Suspension from a minimum of 10% of the regular season contests/performance; plus
- o Enrollment in the Sailing Results in Intervention and Prevention Program (SRIP) or comparable alcohol/other drug education program.
- o The first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated.
- o If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.

##### • 2nd Offense:

Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice.

##### • 3rd Offense:

Permanent suspension from extracurricular activities, including preseason activities and practices.

#### C. TOBACCO (IN-SEASON USE):

##### • 1st Offense:

Suspension from all extracurricular activities for two (2) school days.

##### • 2nd Offense:

Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performance/competitions.

##### • 3rd Offense:

Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performance/competitions.

##### • 4th Offense:

Suspension from all extracurricular activities for ninety (90) calendar days.

#### D. FELONY:

##### 1. Guidelines:

- a. A student who is arrested for, or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;
- c. DUI:

#### F. OTHER OFFENSES:

A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:

##### 1. Hazing:

- o School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative Rule JJ [Student Activities: School Clubs/Organizations and Student Organizations]);
- o Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
- o Tardancy and/or skipping classes;
- o Acting in an unsportsmanlike manner when representing the school;
- o Violating curfew as established by the coach;
- o Any act at school or away from school, which results in any discipline by school administration; or
- o Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.



## XI. TRANSPORTATION

All cheerleaders will be transported according to the team's Game Travel Information Sheet, which will be made available at the post tryout meeting. Methods of transport, other than what is determined by the coach will not be allowed. (Parents should not drive their cheerleader separately if the coach has arranged for carpool to the event. However, they are permitted to have their cheerleader ride home with them.) Students are not to ride with other students.

## XII. UNIFORM RENTAL

- Uniforms for all Harrison squads will be **rented** to cheerleaders by Harrison High School for \$150. The **rental fee is nonrefundable**. The fee is used to help with the upkeep and maintenance of the uniforms.
- Alterations.
  - If a uniform does not fit, please speak with Coach Dickmann to discuss possible alterations and to gain approval to make alterations.
  - Alterations made without prior approval, will result in the cheerleader keeping that uniform and paying for a replacement.
  - Approved alterations, will be altered at the cheerleader's expense.
  - **The alterations must NOT be permanent and must be REMOVED prior to returning the uniform.**
- Uniforms must be returned to the squad's coach on the designated return date
- Returning cheerleaders are NOT guaranteed the same uniform in consecutive seasons.
- Uniform pieces that are lost or damages with become the financial responsibility of the cheerleader to whom they were issued.
- **All uniform pieces must be cleaned at the end of the season (or upon a cheerleader's dismissal/removal from a squad) and returned to the coach ON THE DAY DESIGNATED BY THE COACH for the squad the uniform was assigned.**
- A \$30 fee will be assessed for any uniform NOT cleaned or dried before returning to the coach.
- **DO NOT DRY CLEAN THESE UNIFORMS.**

## XIII. CCSD PHYSICAL EXAMINATION REQUIREMENTS

- The Georgia High School Association (GHSA) states that all athletes must have a current physical on file at the school in order to participate in all athletics.
- A physical is valid for one calendar year.
- ONCE YOU HAVE MADE A TEAM
  - All physicals must be uploaded to Parent Vue.
    - If you do not have access, contact your cheerleader's school to obtain required password.
  - See [www.hoyacheer.com](http://www.hoyacheer.com) for directions to help you upload
  - Candidate will NOT be allowed to participate in season if the physical has not been uploaded.



## IV. FINANCIAL RESPONSIBILITIES

### A. Fundraising

- Attempts will be made to cut down on the personal cost to the cheerleader. Certain fundraisers are **mandatory**.
- All mandatory fundraisers belong to the cheer program or booster club, not to individual student-athlete.
- Fundraising is not all about the money. It is about the hard work you put in for something you believe in.
- Not only does fundraising help us do the things we otherwise would not have money for, but it helps the girls go out into the community to promote the HHS Cheerleading Program.
- There are 3 categories of fundraisers: Mandatory for HS Program, Mandatory for Booster Club, and Optional Fundraisers.

#### **Mandatory Booster Club Fundraisers\***

##### Poinsettia Plant Sales

- Each cheerleader is required to sell a certain amount (TBA) of poinsettias.

##### Sponsorship

- Each cheerleader is required to obtain a corporate sponsorship of \$50

### **FINANCIAL OBLIGATIONS**

Please be aware that all apparel costs below are **estimates** and that each cheerleader's order may vary slightly depending on what squad(s) she is selected for as well as what apparel or accessories she may have from a previous year (i.e. bloomers, cheer bag).

### **Estimated financial obligations:**

#### **VARSITY OR JV BASKETBALL:**

- If you cheered Football, your estimated Total is **\$260**
- If you did not cheer Football but are returning from last season and have some of the required apparel items, your estimated Total is **\$480**
- If you are new to Harrison High School Cheerleading, your estimated Total is **\$909**

**Additional Purchases:** *EACH cheerleader will be required to purchase the following additional items, on their own:*

- **NO SHOW WHITE** socks (multiple pairs)
- Navy Racer-back undergarment
- Navy, Kelly Green and White Softe shorts – purchase at/online Academy Sports, Dick's or Kohls

#### **Miscellaneous Fees & Information Regarding Fees:**

- Prices are subject to change based on the number of cheerleaders selected for the program.
- Final price information will be available at the Post Tryout Parent Meeting.
- Items that may be optional depending on what a cheerleader has already purchased from previous years.





**IMPORTANT DATES!**

<b><i>Required Event</i></b>	<b><i>Date</i></b>	<b><i>Time</i></b>	<b><i>Location</i></b>
<i>Apparel Fitting Session</i> Parent attendance not required	August 19	Right after school; pick up @ 4pm	Room 9110 FA
<i>Post Try-out Parent Meeting = ALL APPAREL FEES ARE DUE @ MTG.</i>	August 21	6:30pm	FA Cafe
Practice	Week of October 21	3:45-5:00pm	TBA
Games	Week of November 4	TBA	TBA





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# HARRISON HIGH SCHOOL CHEERLEADING CONSTITUTION

## 2019-2020 AGREEMENT FORM: BASKETBALL CHEER

My child \_\_\_\_\_ has my permission to try out to be a cheerleader at Harrison High School. And, if she is selected, we understand that she must abide by the rules and regulations set forth by the coaches of Harrison High School and must be present for all events, practices and games. We have read the Cheerleading Constitution/Regulations and understand that the violation of any of these may lead to temporary or permanent suspension from the squad.

We understand that the following forms must be completed and **returned to Coach Dickmann at Tryouts on August 17** or my child will not be allowed to try out.

1. Harrison High School Cheerleading Constitution 2019-2020 Agreement Form (this form)
2. 2019-2020 Participation & Important Dates Acknowledgement Form
3. Explanation of Inherent Risks for Cheerleading form
4. CCSD Physical, included in this packet, if not already entered in the portal through Parent Vue

***Regarding tryouts and if my daughter is selected, we understand the following.***

1. The tryout being held on Saturday, August 17, is for basketball cheerleading.
2. As a parent/guardian, I will need to arrange for my cheerleader, if selected, to be at the uniform/clothes fitting on Tuesday, August 20, right after school in 9110. Pick up at 4:15pm.
3. As a parent/guardian, I must attend a mandatory post try-out meeting on Wednesday, August 21, in the FA Cafe at 6:30pm
  - a. Payment for all apparel will be due at this meeting. Orders will not be placed without prior payment.
  - b. The amount due for payment will be sent home with cheerleader on Monday, August 20, after the apparel fitting.
4. We agree to the selection process and that my daughter will be evaluated by qualified people and we agree to abide by the decision of the judges.
5. We understand and agree to all costs and deadlines involved as stated in the Constitution.
6. By signing below, we have read and understand the contents of the tryout packet and the 2019-2020 Harrison High School Cheerleading Constitution, including all sections.
7. By signing below, we agree that we will abide by this constitution and understand what is expected of our family and commit ourselves to following these rules, taking ownership of culpability and consequences inherent in not abiding by the program rules.
8. We also understand that if my child is chosen as part of a HHS cheerleading squad and quits or is dismissed from the program for any reason, I will receive no financial restitution.
9. If chosen, to participate as a member of (a) Harrison High School cheerleading squad(s) for the upcoming year, we will participate in all required fundraisers during the 2019-2020 cheerleading season.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date



# HARRISON HIGH SCHOOL CHEERLEADING PROGRAM

## EXPLANATION OF INHERENT RISKS FOR CHEERLEADING

### 2019-2020

Cheer Candidate's Full Name: \_\_\_\_\_

Grade Level ~ 2019-2020 School Year

(circle one below)

9<sup>th</sup>      10<sup>th</sup>      11<sup>th</sup>      12<sup>th</sup>

Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

***We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.***

Date: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_



ALL PORTIONS OF FORMS MUST BE FILLED OUT COMPLETELY.  
DUE AUGUST 17



Cobb County School District

2019-2020 School Year

**ATHLETIC PARTICIPATION, WAIVER, INSURANCE, AND CONSENT FORM**

*\*Parent/Guardian(s) and Student signature required at bottom of form & initials required as indicated below*

PLEASE PRINT

Student Name \_\_\_\_\_  
(Last) (First) (Middle) (Grade Level 2019-20)

Address \_\_\_\_\_  
(Street) (City) (Zip)

\_\_\_\_\_  
(Parent Cell Phone #) (Parent Alternate Phone #) (Year Entered 9<sup>th</sup> Grade) (Date of Birth)

**PARENT/GUARDIAN CONSENT FOR ATHLETIC PARTICIPATION**

*\*Parent/Guardian and Student must both initial in blanks before each bold section below*

**ACKNOWLEDGEMENT OF RISK:** I understand and acknowledge that participation in inter-scholastic sports teams/clubs and events is voluntary and by its very nature possesses an actual or potential risk of emotional and physical injury/illness, which may range in severity from minor to long term catastrophic injury, up to permanent paralysis or death. While it is not possible to eliminate this risk, Students have the responsibility to help reduce the chance of injury. Students must obey all safety rules, report all physical problems to their coaches or supervisors follow a proper conditioning program and inspect equipment daily. Parents/Guardians or Students who do not wish to accept this risk should not sign this form.

**INSURANCE COVERAGE:** I am aware there is no District insurance coverage for medical treatment of personal injuries or property damage which may arise out of Student's participation in inter-scholastic athletics, sports clubs and events. I understand my Student must have insurance coverage in order to participate.

*Please CHECK one of the following statements regarding insurance coverage for Student for the current school year:*

\_\_\_\_ Student is adequately and currently covered by accident insurance that will cover injuries sustained while participating in inter-scholastic athletics, sports teams/clubs and events.

Insurance Company: \_\_\_\_\_ Company Phone Number: \_\_\_\_\_  
Name of Insured: \_\_\_\_\_ Policy Number: \_\_\_\_\_

I wish to purchase the Benefit Plan provided by the Cobb County School System. (A copy of this Benefit Plan should be attached)

**PHYSICAL EVALUATION AND MEDICAL TREATMENT:** Per Georgia High School Association (GHSA) a **Pre-participation Physical Evaluation** must be performed by a physician (MD/DO), nurse practitioner or physician assistant to medically screen each student who participates in District athletic programs. I understand that this medical evaluation is general in nature and only performed for purpose of determining fitness for athletics. In case of an emergency or accident on/off school grounds during any school activity or athletic event, which in the opinion of school authorities requires immediate medical or surgical attention, I hereby grant permission to physicians, consulting physicians, certified athletic trainers, emergency medical technicians, and other healthcare providers selected by school authorities to provide medical care and treatment (including hospitalization if deemed appropriate) unless I am present and request otherwise or until I later request otherwise.

**REVIEW OF ATHLETIC HANDBOOK (including Board Policy IDF-R Athletic Code of Conduct):** I acknowledge that I have reviewed and consent to the guidelines of the Student/Parent Athletic Handbook, which can be found on the Athletics page of the Cobb County School District website (cobbk12.org), the local high school website, or by request of a hardcopy to the local high school. I understand that both Student and Parent/Guardian are subject to the rules outlined in this handbook and that violations may result in school discipline and consequences up to Student's loss of the privilege of athletic participation and/or loss of Parent(s)/Guardian(s)' privilege of attending athletic events. **I have read and understand the consequences of certain behavior(s) as outlined in the Code of Conduct.**

**TRANSPORTATION AND TRAVEL:** I acknowledge my understanding of the travel-related guidelines as outlined within the Student/Parent Athletic Handbook, including the responsibility of parent/guardian to arrange transportation when not District-provided. I consent for my Student to participate in school-sponsored athletic trips.

DUE AUGUST 17

\_\_\_\_\_

Parent/Guardian

\_\_\_\_\_

Student

**WAIVER:** I assume all liability and responsibility for any and all potential or real risks, injuries or even death which may result from Student's participation in inter-scholastic athletics, sports teams/clubs and events. I represent and warrant that I know of no mental or physical condition that would make it unsafe for Student to participate in inter-scholastic athletics, sports teams/clubs and events. I understand, acknowledge, and agree that the Cobb County School District (CCSD) shall not be liable for any injury/illness suffered by the Student which arises out of and/or is associated with preparing for and/or participating in inter-scholastic athletics, sports teams/clubs and events.

I hereby release, discharge, indemnify, and agree to hold harmless the CCSD District, Members of the CCSD Board of Education, its past, present and future officers, attorneys, agents, employees, predecessors and successors in interest, and assigns, hereinafter "CCSD releasees", from any and all liability arising out of or in connection with Student's participation in inter-scholastic athletics, sports teams/clubs and events. For purpose of this Release, liability means all claims, demands, losses, causes of action, suits, or judgments of any kind that Student or Student's parents, guardians, heirs, executors, administrators, and assigns have or may have against the CCSD releasees because of Student's personal, physical, or emotional injury, accident, illness or death, or because of any loss of or damage to property that occurs to Student or his or her property during Student's participation in inter-scholastic athletics, sports teams/clubs and events due to acts of passive or active negligence by CCSD releases other than actions involving fraud or actual malice.

By signing below, you acknowledge that you have carefully read this voluntary Waiver and understand the potential dangers incident to engaging in inter-scholastic athletics, sports teams/clubs and events, and are fully aware of the legal consequences of this agreement.

**SIGNATURE:**

By signing below, Parent/Guardian and Student hereby agree to/give consent for participation in inter-scholastic athletics, sports teams/clubs and events for Cobb County School District of the below-indicated Student. You acknowledge that you have carefully reviewed and agree to all terms of athletic participation, including the voluntary waiver, verify that all information contained herein is accurate, and understand that any false information may result in Student's ineligibility for athletic participation.

_____ Signature(s) of Parent(s)/Guardian(s)	_____ Printed Name of Parent(s)/Guardian(s)	_____ Date
_____ Signature of Student	_____ Printed Name of Student	_____ Date

Due August 17

**■ PREPARTICIPATION PHYSICAL EVALUATION**

**PHYSICAL EXAMINATION FORM**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

**PHYSICIAN REMINDERS**

1. Consider additional questions on more-sensitive issues.
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
2. Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION			
Height:	Weight:		
BP: / ( / )	Pulse:	Vision: R 20/	L 20/
		Corrected:	<input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL		NORMAL	ABNORMAL FINDINGS
Appearance		<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)</li> </ul>			
Eyes, ears, nose, and throat		<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Pupils equal</li> <li>• Hearing</li> </ul>			
Lymph nodes		<input type="checkbox"/>	
Heart*		<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)</li> </ul>			
Lungs		<input type="checkbox"/>	
Abdomen		<input type="checkbox"/>	
Skin		<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis</li> </ul>			
Neurological		<input type="checkbox"/>	
MUSCULOSKELETAL		NORMAL	ABNORMAL FINDINGS
Neck		<input type="checkbox"/>	
Back		<input type="checkbox"/>	
Shoulder and arm		<input type="checkbox"/>	
Elbow and forearm		<input type="checkbox"/>	
Wrist, hand, and fingers		<input type="checkbox"/>	
Hip and thigh		<input type="checkbox"/>	
Knee		<input type="checkbox"/>	
Leg and ankle		<input type="checkbox"/>	
Foot and toes		<input type="checkbox"/>	
Functional		<input type="checkbox"/>	
<ul style="list-style-type: none"> <li>• Double-leg squat test, single-leg squat test, and box drop or step drop test</li> </ul>			

\* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

Due August 17

**■ PREPARTICIPATION PHYSICAL EVALUATION**

**MEDICAL ELIGIBILITY FORM**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

- Medically eligible for all sports without restriction
- Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

\_\_\_\_\_  
\_\_\_\_\_

- Medically eligible for certain sports

\_\_\_\_\_  
\_\_\_\_\_

- Not medically eligible pending further evaluation

- Not medically eligible for any sports

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

**SHARED EMERGENCY INFORMATION**

Allergies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency contacts: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_