



Welcome to the Pomperaug Warrior Cheer and Dance Family!

It's great to have both returning and new members with us this season. We have an exciting journey ahead, and to ensure a smooth start, please make sure to complete the necessary forms by June 30, 2026, for your child to participate in the first practice.

Here's a quick reminder of the forms required:

- 1. Birth Certificates: Please bring a copy of your birth certificate and your original (Returning and new athletes please). You do not need to leave the original with us; we are required by AYC to look at both the copy and the original to make sure they match before we take the copy for our cheer books.*
- 2. Medical Clearance: Must be signed and stamped by a physician; our conference requires both.*
- 3. Anti-Bullying Form*
- 4. Code of Conduct Form*
- 5. Competition Nationally Track Agreement (Not required for Sideline or Exhibition teams)*
- 6. AYC Image Release*
- 7. PYFC Image & Video Release*
- 8. Waiver and Release of Liability*
- 9. Emergency Medical Treatment, Consent, and Information Form*
- 10. Official Participation Tracking and ID Card/Proof of Age Form*
- 11. Concussion Statement*

Please ensure that all paperwork is printed single-sided, as double-sided forms will NOT be accepted by AYC. If you have any questions, feel free to reach out. Looking forward to a fantastic season together!

Paperwork Collection dates/locations TBD; this info will be communicated soon!

Danielle Deming

Pomperaug Warriors Cheer Registrar

pompreqistrarcheer@gmail.com



AMERICAN YOUTH FOOTBALL

Medical Clearance Form



ASSOCIATION NAME - Pomperaug Youth Cheer

Medical Clearance Form - *Must be dated after January 1st of the Current Season*

I, as evidenced by my name and signature below, do certify that I am a State Licensed Medical Examiner in the state of _____ and am qualified in determining that:

(Childs Name): _____ is physically fit and I have found no medical or observable conditions which would contra-indicate his/her from participating in youth flag football, tackle football, cheer, dance, step or athletic activities.

I am therefore clearing this individual for athletic participation.

Please Print - or - Use Office Stamp here:

<p>Signature: _____</p> <p>Date: / /</p> <p><i>(Must be dated after January 1st of the current season)</i></p> <p>_____</p>	<p>Print Name Clearly: _____</p> <p>Office Address: _____</p>
--	---

PLEASE NOTE: If this Medical Clearance is voided by injury, accident, or illness, it will be the responsibility of the Parent/Legal Guardian to notify the participants Coach and League Officials. It will also be the responsibility of the Parent / Legal Guardian to obtain WRITTEN permission from his/her State Licensed Medical Examiner to resume participation. A "Doctors Resume Participation Medical Clearance Form" is available from the league or you may have the doctor supply his/her own WRITTEN Clearance as long as it is on the doctor's official stationery and includes the following statement: "(Participants Name) is physically fit and I have found no medical or observable conditions which would contra-indicate him/her from participating in youth flag football, tackle football, cheer, dance, step or athletic activities. I am therefore clearing this individual for athletic participation.

This statement must be supplied by the physician attending to the injury, accident, or illness.

This form can be modified or substituted ONLY to comply with local and/or state laws or due to medical practitioner regulations.

NOTE: This form as with any and all forms used by your Association should be reviewed by your local counsel for compliance with any state or local statutes. This form should be kept on file for a minimum of 7 years, longer in the event of an injury. Please confer with your local attorney for advice as to the appropriate maintenance and storage term for this and all such forms.



**Pomperaug Youth Football & Cheer
Anti-Bullying Contract**

Bullying is an unwanted, aggressive behavior that involves a real or perceived power imbalance between individuals with the intent to cause harm. In situations involving children, both those who are bullied and who bully others, many suffer serious, lasting problems.

Verbal bullying is saying or writing mean things. Examples include teasing, name calling, taunting, and threatening to cause harm. Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Examples include leaving someone out of the activity on purpose, telling others not to be friends with someone, spreading rumors about someone, embarrassing someone in public, posting embarrassing pictures, videos, rumors sent by email, text or social media sites.

Physical bullying involves hurting a person's body or possessions. Examples include hitting, kicking, pinching, spitting, tripping, pushing, taking or breaking someone's things, making mean or rude hand gestures.

Athletes, Parents, Coaches and Board members agree to the following:

- *I will NOT Bully teammates, parents, coaches, board members, or game officials.*
- *I will stand up for myself, walk away, or ask a teammate, parent, coach, or board member for help if a teammate, parent, coach or board member bothers me.*
- *Report bullying to a coach, a parent, or Pomperaug Youth Football & Cheer board*
- *Work together and treat others with respect so bullying does not happen.*
- *Report any cyberbullying to your parents, coach, or Pomperaug Youth Football & Cheer board member immediately when you see it.*

Policy & Consequences:

(Applies to athletes, parents, coaches, and board members)

The Pomperaug Youth Football & Cheer board of directors will review all issues and make findings.

- 1) *Every attempt will be made to adequately investigate and fairly assess the severity of an alleged bullying incident. All parties involved will be kept informed and required to cooperate fully with Pomperaug Youth Football & Cheer board to remedy the situation.*
- 2) *Disciplinary actions for those individuals found to have violated the Anti-Bullying Contract*
 - *First offense verbal and written warning (athletes, parents, coaches, and board members)*
 - *Second offense game and practice suspension for 1 week*
 - *Third offense Banned from participating in Pomperaug Youth Football & Cheer program*

Athlete Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

(2026) - AYF & AYC Code of Conduct Form

Pomperaug Warriors Youth Cheer and Football will not tolerate verbal abuse of its volunteer coaches from any Fan, Parent or Spectator.

This is American Youth Football, not the pros. Fans, as well as the players and coaches, are expected to abide by a code of conduct at all American Youth Football Events. While 99% of the adults in the program will abide by this code without being told, this code is being published to protect the children and volunteers (which includes all coaches and board members) from the 1%.

FANS' CODE OF CONDUCT

Fans will abide by a Code of Conduct which includes the provisions which follow. If any of these rules are broken, Pomperaug Warriors Youth Cheer and Football shall have the authority to impose a penalty.

Fans shall:

1. Not criticize the players/cheerleaders or coaches in front of the other spectators in the stands, but reserve constructive criticism for later, in private.
2. Accept decisions of the game officials (including referees and coaches) on the field as being fair and called to the best ability of said officials.
3. Not criticize an opposing team, its players, coaches, or fans by word of mouth or by gesture.
4. Refrain from using physical or verbal abuse or profane language at any time at the game, practice field, or other AYF functions.
5. Abstain from being under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
6. Not be allowed on the sidelines during a game.
7. Not interfere/interrupt the coaching staff before, during or after games or at practice.
8. Not express complaints about coaches in stands or to coaches in front of or around the children (i.e. right after a game or practice).

VIOLATION

Any parent or fan who violates the code of conduct risks the further participation of the child in the program. The procedure is as follows:

1. Any fan who violates the code of conduct or becomes a nuisance will be asked to leave by the head coach and can be suspended from all team activities.
2. If the fan fails to leave upon request, the child may be suspended from further participation in team activities by the head coach.
3. The head coach along with the executive board will decide if the duration of the suspension is to be longer than one to four weeks or if the child will be dropped from the program. That decision will depend on the attitude of the parents.
4. Any parent or fan who violates the code of conduct risks the future participation of his/her children in the program. Depending on the severity of the incident the board of directors may decide to ban future participation in the program for up to three years.

CONDUCT OF ALL PLAYERS - PARENTS

All players are guaranteed 6 plays in each Jamboree, Regular Season or Playoff game. Everything beyond that must be earned in the opinion of the coaching staff whose decisions are final.

Athletes' Code

I will: emphasize the ideals of sportsmanship, ethical conduct and fair play. Show courtesy to my opponents and officials. Recognize athletic contests are serious educational endeavors. Give complete allegiance to my coaches who are the instructional authority for my team. Discourage fans, fellow players and parents from undercutting my coach's authority.

I will not: Use profanity or talk "trash" before, during or after any game. Use drugs, alcohol, or tobacco. Criticize my teammates. Act in any way that may incite spectators.

Parent's Code

I will: Support my child's team/squad and teach the value of commitment to the team/squad - emphasis the ideals of sportsmanship, ethical conduct and fair play. Help my child and American Youth Football make athletic contests a positive educational experience. Show courtesy to opponents and officials. Direct constructive criticism of my child's athletic program to the athletic director or association officials and work toward a positive result for all concerned.

I will not: Criticize officials, direct abuse or profane language toward them, or otherwise subvert their authority. Undermine, in work or deed, the authority of the coach or administration. Intrude onto the field, stand on the sideline, or yell from the bleachers at or to the coaches, referees or administration.

I have read the **FAN'S CODE OF CONDUCT** and understand what is expected.

Child's Name (PRINT)

Team Name

Date

Parents Name (PRINT)

Parents Signature



Dear Cheer Parents/Guardians:

As part of the American Youth Football & Cheer (AYC/AYF), Shoreline League & the New England Region, Pomperaug Warriors Youth Football & Cheer (PWYFC) must be mindful of, and adhere to, the rules set forth in the local and regional by-laws as well as the national rule books for the 2026 season. This document is intended to inform you of the rules regarding advancement at each level of the competition and to obtain your commitment to adhere to these rules on behalf of your child.

The executive board and head coaches feel it is important for you to be aware that there is no option to stop competing once your child's team advances per the guidelines below. In other words, if your child is on a competitive team, based on their placement, they **MUST** advance to the next level of competition.

Competitive Teams may compete at 4 competitions and are required to attend dress rehearsal for each season. PLEASE READ CAREFULLY as some things have changed from previous seasons:

- **Shoreline League Locals** (October 10, 2026) Location: TBD
- **CT States** (Saturday, October 24, 2026) – Location: TBD
 - *States is the qualifier for Regionals. 1st, 2nd, and 3rd place for all teams MUST advance.*
- **Regionals** (Sat November 14, 2026 & Sun November 15, 2026) Location: University of Rhode Island
 - *Regionals is the qualifier for Nationals. 1st, 2nd and 3rd place for all teams MUST advance.*
- **AYC Nationals** (December 1 – 5th, 2026) Location: TBD
 - *More info to be announced*

Please remember, cheerleading is unlike any other sport in that there is no second-string, no replacements. If your child is not at practice/competition the entire team is affected negatively. The children rely on one another, not just for stunting, but for timing and placement on the mat among other things. The team cannot have an effective practice or successful competition without every team member present.

If a team competes at Regionals and places first, second or third and does not arrive for Nationals at Competition in Florida the league is fined and can be suspended both on the football and cheer side from competing the following year.

By signing below, you are confirming your awareness & understanding of the rules above and are guaranteeing that- should your child's team advance-he/she will be present at each required competition barring extraordinary circumstances where his/her health is at risk.

If you have specific concerns with signing this contract, please discuss them with your child's head coach immediately as your agreement will affect your child's placement in the competition routine.

Parent/Guardian Signature

Date

Parent/Guardian Name (Print)

Child's Name & Team (Print)



AMERICAN YOUTH FOOTBALL

Image Release - Minor

ASSOCIATION NAME - Pomperaug Youth Cheer



READ BEFORE SIGNING

In consideration of (insert child's name) _____, my minor child/ward being allowed to participate in any way, in the American Youth Football, Inc. ("AYF") (dba American Youth Football and American Youth Cheer,) national championships and any other official AYF events and activities, the undersigned agrees that American Youth Football Inc., is hereby granted the unrestricted right and permission, free from approval or review, to copyright and/or use my child's/ward's likeness in all media now or hereafter known, including but not limited to, pictures and videos of my child which he/she may be included intact or in part for promotion or other commercial use.

Print Name of Parent/Guardian:

Parent/Guardian Signature:

Date:



2026 Photo and Video Release Waiver

I hereby grant Pomperaug Youth Football and Cheer (PYFC), its officers, board members, volunteers, and affiliated organizations the right to take photographs, video recordings, and digital images of my child(ren) during practices, games, events, and other official activities.

I authorize PYFC to use these images for the following purposes:

- Team communications (email, private team groups)
- Promotional materials, including flyers, posters, and brochures
- Social media (e.g., Facebook, Instagram)
- Website content and updates
- Newsletters and event recaps
- Fundraising and sponsorship outreach

I understand that these images may be used without further notification, compensation, or approval. I also understand that no names or personal identifying information will be used without additional permission.

I acknowledge that participation is voluntary and that I will not receive financial compensation of any type for the use of these images. I release and discharge PYFC from any and all claims, demands, and liabilities arising out of or in connection with the use of photos and videos as described above.

Child(ren)'s Name(s): _____

Parent/Guardian Name (Printed): _____

Parent/Guardian Signature: _____

Date: _____

I DO NOT consent to photo or video use of my child(ren) as described above. *(If checked, PYFC will make every effort to exclude your child from public-facing images.)*



AMERICAN YOUTH FOOTBALL
 Waiver and Release of Liability - Minor
 ASSOCIATION NAME - Pomperaug Youth Cheer



READ BEFORE SIGNING

IN CONSIDERATION OF _____, my child/ward, being allowed to participate in the American Youth Football American Youth Cheer Regional/National Championships, and or the football and or cheer programs of _____, the Local Organization, which is a legally distinct and organization not operated or controlled by American Youth Football, despite its membership with American Youth Football, Inc. the undersigned acknowledges and agrees that:

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and,

1. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,
2. willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention of the nearest official immediately; and,
3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS American Youth Football, Inc.; its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
4. I, for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.
5. I, the parent/guardian, assert that have explained to my child/ward: the risks of the activity, his/her responsibilities for adhering to the rules and regulations, and that my child/ward understands this agreement.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Print Name of Parent/Guardian: _____

Parent/Guardian Signature: _____ Date Signed: _____

UNDERSTANDING OF RISK

understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

Print Name of Participant: _____

Participant's Signature: _____ Date Signed: _____

NOTE: This form as with any and all forms used by your Association should be reviewed by your local counsel for compliance with any state or local statutes. This form should be kept on file for a minimum of 7 years, longer in the event of an injury. Please confer with your local attorney for advice as to the appropriate maintenance and storage term for this and all such forms.



AMERICAN YOUTH FOOTBALL

Participation, Tracking and ID Card - All-American Division



ASSOCIATION NAME - Pomperaug Youth Cheer

A S S O C I A T I O N	ASSOCIATION NAME	PLACE PHOTO / DMV / MILITARY ID CARD HERE
	DIVISION OF PLAY - TEAM NAME	
	Participant's Name	
	<div style="display: flex; justify-content: space-around;"> JERSEY s Grade AGE (7/31) </div>	
N	PARTICIPANT PARENT/GUARDIAN NAME	

I, Hereby, With My Signature, Do Certify That The Information Below Has Been Collected And Verified By The Means, As A Minimum, As Instructed In The AYF National Rulebook And/Or Operations Manual, Current Version.

OFFICIAL PLAYER CERTIFICATION
LEAGUE USE ONLY

Conference Verification Signature/STAMP

Association Verification Signature/STAMP

DATE OF BIRTH:	Age As of	GRADE/ AGE	PARTICIPANT	MEDICAL	WAIVER/	EMERGENCY	SCHOLASTICS
Month / Day / Year	Age	CERTIFICATION	CONTRACT	CLEARANCE	RELEASE	MEDICAL / CONSENT	

R E G I S T E R E D I T I O N		(GAME DATE)	PLAYER CHECK	CODE		(GAME DATE)	PLAYER CHECK	CODE	P O S T S E A S O N	
	JAMBOREE				Week 11					
						Week 12				
	Week 1									
	Week 2					Week 13				
	Week 3					Week 14				
	Week 4					Week 15				
	Week 5					Week 16				
	Week 6					Week 17				
	Week 7					Week 18				
	Week 8					Week 19				
	Week 9					Week 20				
	Week 10					Week 21				

INSTRUCTIONS: PLAYER CHECK Will Enter Date, Verify The Identity, Of Each Participant, Initial Each Participant Card,
 CODE: OK = Everything Verified, I = Sick/Injured, A = Absent / Dropped
 ALL MUST BE CHECKED IN / VERIFIED PLAYING OR NOT / ENTER DETAIL UNDER 'CODE

Participation Contract, Tracking and ID Card - Page 2

Last Name		First Name		Initial	Preferred (nick) Name		
<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>		<input style="width: 50%;" type="text"/>	<input style="width: 100%;" type="text"/>		
Street Address			City / Town	State	Zip Code	Home Phone	
<input style="width: 100%;" type="text"/>			<input style="width: 100%;" type="text"/>	<input style="width: 50%;" type="text"/>	<input style="width: 50%;" type="text"/>	<input style="width: 100%;" type="text"/>	
Date Of Birth (M/D/YR)		Age as of 7/31		Parent/Guardian First Name		Parent/Guardian Last Name	
<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>	
Grade in Fall	School in Fall		School Phone	Home Email Address			
<input style="width: 50%;" type="text"/>	<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>	<input style="width: 100%;" type="text"/>			
Medical Insurance (circle one)		Name Of Insurance Carrier			Policy #		
<input style="width: 100%;" type="text"/>		<input style="width: 100%;" type="text"/>			<input style="width: 100%;" type="text"/>		
Football:	Cheer:	--cuECK ONE--		Registration Fee: \$	Check#	Cash:	<input style="width: 50%;" type="text"/>

GRAY AREAS FOR OFFICIAL USE ONLY!!

<i>Association:</i> _____	<i>Division:</i> _____	<i>Team:</i> _____
<i>Jersey Number Assigned:</i> _____	<i>Equipment / Uniform Issued</i>	<i>Returned</i>

PERMISSION TO PARTICIPATE acknowledge that am fully aware of the potential dangers of participation in any sport and I fully understand that participation in football, cheerleading, dance and/or step may result in **SERIOUS INJURIES, PARALYSIS, PERMANANET DISABILITY AND/OR DEATH.** Furthermore, I fully acknowledge and understand that protective equipment does not prevent all participant injuries. I, the parent/guardian of the above-named participant, do hereby give my approval for my child/ward to participate, and further assert that I have verified with my child/wards physician, and in my opinion, my child/ward is physically fit and can participate without limitation in any and all Local, Regional, National, League/Conference, Association and team/squad activities, including transportation to and from the activities by a licensed driver.

SCHOLASTIC FITNess Initial: _____
 I am of the opinion that my son/daughter/ward is scholastically fit and would benefit by participation in this program. I agree to submit a copy of my son/daughter/ ward's last completed grade, end of year/last complete report card or a written statement of scholastic fitness from the school administration.

HELMET WAIVER (for football participants) Initial: _____
 We acknowledge, AND WE understand the risks involved in my CHILD/WARD, my playing FOOTBALL, which is a collision sport; the NOCSAE committee has adopted the following warning to be read by, and signed by, both the parent/guardian and participant. **DO NOT USE THIS HELMET TO BUTT, RAM OR SPEAR AN OPPOSING PLAYER, THIS IS IN VIOLATION OF FOOTBALL RULES AND CAN RESULT IN SEVERE HEAD, BRAIN OR NECK INJURY, PARALYSIS OR DEATH AND POSSIBLE INJURY TO YOUR OPPONENT, THERE IS A RISK THAT THESE INJURIES MAY ALSO OCCUR AS A RESULT OF AN ACCIDENTAL CONTACT WITHOUT INTENT TO BUTT, RAM OR SPEAR, NO HELMET CAN PREVENT ALL SUCH INJURIES.**

EQUIPMENT UNIFORM RESPONSIBIL» Parent/Guardian Initial: _____ Player Initial: _____
 I assume full responsibility for any and all equipment/uniforms loaned to my child/ward and I agree to promptly return, upon request, the uniform and other equipment in as good condition as when received except for normal wear and tear. If I fail to adhere to this policy, I will be responsible for and promptly pay the replacement cost of such equipment.

CODE OF CONoucr Initial: _____
 The Ideology Of Youth Sports Including This Program Is To Promote Good Understanding And Fundamental Knowledge Of The Sport. It Is Also Critical That Good Sportsmanship Including The Ability To Always Conduct Oneself In An Appropriate Manner Of Positive Accord Both On And Off The Field. It Is Understood That Any Incident Considered Detrimental To The Pursuit Of This Ideology Will Not Be Tolerated. It Will Be Addressed In Accordance With The Statutes Of The Association, Conference, Current National Affiliation, State and Local Laws, And May Result In Dismissal From The Program And The Inability To Participate In Any Future Related Activities Of The Association. This Code Of Conduct Applies To All Involved With The Program Including But Not Limited To, The Football Players, Cheerleaders, Spirit Participants, Parents And Guardians.

PRINT Parents/Guardian Name: _____ Parents/Guardian Signature: _____ Date Signed: _____

NOTE: This form as with any and all forms used by your Association should be reviewed by your local counsel for compliance with any state or local statutes. This form should be kept on file for a minimum of 7 years.



AMERICAN YOUTH FOOTBALL

Mild Traumatic Brain Injury (MTBI) / Concussion Statement and Acknowledgement Form



I, _____ (athlete), have chosen to participate in an a sport where injuries may occur and I do understand that it is my responsibility to report all of my injuries and illnesses or suspected injuries and illnesses to the organization’s staff, including but not limited to: coaches, team physicians, and athletic training staff. I further understand and recognize that my health and safety is the most important thing and without disclosing all injuries and or illnesses, it can not be properly determined if you are in the physical condition necessary to participate. I understand that I must provide a full and accurate medical history including any symptoms, health complaints and any prior injuries and/or disabilities I have experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My organization has provided me with specific educational materials including the CDC Concussion fact sheet (<http://www.cdc.gov/concussion>) on what a concussion is and has given me an opportunity to ask questions.
- I ACKNOWLEDGE THAT I HAVE READ THE FACT SHEET on the CDC website for Parents and Players.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician, athletic trainer, coach, parent volunteer, or official.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified healthcare professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC football and cheer, among other sports, have been identified as high risk for concussion.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and agree to be bound by this document.

Student Athlete’s Name:

Student Athlete’s Signature:	Date:
-------------------------------------	--------------

Parent/Legal Guardian Name:

Parent/Legal Guardian Signature:	Date:
---	--------------