

2020 Tryout Checklist

Updated

Checklist of what needs to be submitted at Tryouts on July 13th :

- _____ Parental Consent Form (page 2)
- _____ Explanation of Inherent Risks for Cheerleading (page 2)
- _____ Mandatory Cheer Practice Form (page 3)
- _____ Attendance Policy Form (page 3)
- _____ Document Sign Off Form (page 4)
- _____ Tryout Fee: \$50 Check (made out to HJCBC) or cash
- _____ Submit Jr Hoya Cheer Tryout Survey (electronic), found on website

All forms must be completed/signed and turned in by your cheerleader on July 13th.

Cheer Candidate Name: _____



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PARENTAL CONSENT

Cheerleader Candidate's Full Name: _____

I, as the parent/guardian of the above-mentioned cheerleading candidate, give consent for my child to participate in the Harrison Junior Hoya Cheerleading tryouts, sponsored by the Harrison Junior Booster Club, conducted by the Junior Hoya Cheer Director. I also understand that if my child is selected as a cheerleader and is later dismissed from the squad for any reason, there will be no financial restitution for payments made to the Junior Hoya Booster Club. I confirm that my child lives in the Harrison High School district or is eligible to attend HHS based on the county Attendance Policy. I also understand that if chosen to represent the Junior Hoya Cheerleaders attendance is required at ALL practices, games (including playoffs), camps, competitions, and activities.

Parent Signature: _____

Date: _____

EXPLANATION OF INHERENT RISKS FOR CHEERLEADING

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. 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. We legally release HHS, HJCBC, HJCBC Board Members, HHS and HJCBC Coaches and any alleviated organization of all obligations and responsibilities should this activity result in personal injury to my child.

The cheerleader candidate named below is in appropriate physical condition to participate in cheerleading tryouts.

Please indicate any known medical conditions: _____.

Name of Candidate: _____ Signature of Candidate: _____

Name of Parent/Guardian: _____ Signature of Parent/Guardian: _____

Date: _____



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MANDATORY CHEER PRACTICE

Sideline Squads:

During the 2020 cheer season, sideline squads will practice once a week. ~~There will be multiple practices throughout the summer (at BHBC) in addition to two camps.~~ **It is important that your cheerleader attends EVERY mandatory practice.** Summer practices are intended to maintain knowledge of halftime choreography learned at the Sideline Camp and learn new skills needed to start the 2020 Football season. These practices will also include fun team bonding experiences.

- ~~Summer practices:~~ Tuesdays from 9:00 to 10:30am at Burnt Hickory Baptist Church. ~~*This is in addition to the mandatory Sideline Camp and Stunt Camp.~~
- **Season practices (*starting August 4th):** Tuesdays from 4:45 to 6:30 at Lost Mountain Middle School

*Practice start date is TBA depending on CCSD's guidelines to opening schools

Competition Squad:

- ~~Summer practices:~~ every Monday and Thursday at the Stingray Allstar Gym from 4:30 – 6:00pm. ~~*This is in addition to the mandatory Choreography Camp~~
- **Season practices:** every Monday and Thursday at the Stingray Allstar Gym from 5:00 – 6:30pm. Practices will begin in May.

PRACTICE IS REQUIRED Please review the Attendance Policy, Important Dates Calendar, and the Rules and Regulations of the Harrison Junior Cheerleading Program.

I understand that my cheerleader is required to attend mandatory practices.

Signature of Athlete: _____ Date: _____

Signature of Parent/Guardian: _____

ATTENDANCE POLICY

As a member of the Harrison Junior Cheerleading Program, you are required to contribute your part. When one person is absent the whole squad suffers and causes ineffective practice time. As a result, the following attendance rules are necessary and will be enforced.

- All appointments such as doctor's, orthodontist, etc. **MUST** be scheduled around all cheerleading activities. Early release from or late arrival to practices and/or performances is unacceptable with exception to required school functions such as orchestra, band or chorus concerts or board approved athletic events.
- Cheerleaders **MUST** be present at all practices, games, playoff games & events, performances, camp and any other activities designated by the coach or Board of Directors.
- If a cheerleader is ill, first notify your Team Mom. A written note is required the next time the team is together (practice or game). An email to the Team Mom will meet the requirement of written notification of illness.

*Important: Notifying the team mom, coach, or director of cheer of missed events/tardiness ahead of time does NOT excuse the cheerleader. Please refer to the Discipline Policy for what is considered an EXCUSED absence.

Additional information is provided in the Rules and Regulations Document and the Discipline Policy. I have read and understand the contents of these documents. My cheerleader and I will follow the Attendance Policy.

Signature of Athlete: _____ Date: _____

Signature of Parent/Guardian: _____



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DOCUMENT SIGN OFF

Documents are available to view on the website www.hoyajrcheer.webstarts.com. Once cheerleaders are selected, more specific information will be available to those at the Booster Club Meeting (date TBA), where official forms will be signed.

Discipline Policy

I have read and agree to the terms set forth in the HJC Discipline Policy, found on the website.

(Cheerleader Signature)

(Date)

(Parent Signature)

(Date)

Code of Conduct

I have read and agree to the terms set forth in the HJC Code of Conduct, found on the website.

(Cheerleader Signature)

(Date)

(Parent Signature)

(Date)

Financial Commitment

I understand the financial commitment and agree to pay all costs.

(Cheerleader Signature)

(Date)

(Parent Signature)

(Date)

By Laws and Rules & Regulations

I have read the HJC By Laws and the Rules & Regulations and agree to abide by the contents written therein.

(Cheerleader Signature)

(Date)

(Parent Signature)

(Date)

Questions: Email Laura James at hhshoyacheer@gmail.com

