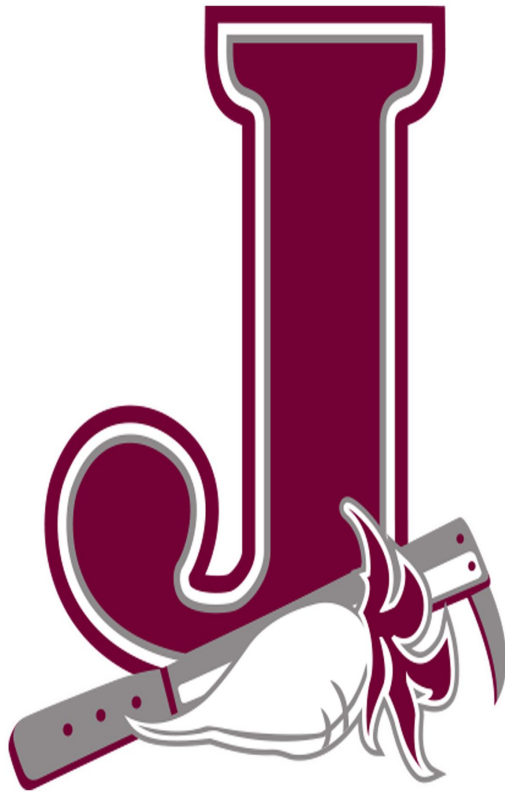


**Jordan High School**  
**2024-2025**  
**Cheer Team Tryouts**



Dear Prospective Cheerleader and Parents/Guardians,

Thank you for your interest in the JHS Cheer Program. I find it necessary to inform you of the responsibilities of a JHS Cheerleader because it is a **major** commitment. There will be several expectations of you if chosen for the team. Cheerleading is a sport; so, it must be treated like one and given priority, next to academics. You will find this to be a time-consuming sport. You will be required to be at all practices, games, and other team functions, which will include community service and fundraising projects. Because you will be representing JHS if chosen, you will be expected to conduct yourselves properly, on and off school grounds. You must follow the rules and regulations for the school as well as those designated for the team. Academics is an important factor in my decision for choosing the team and allowing cheerleaders to stay on the team.

Dates for tryouts have been set for March 27-March 29. All tryout material will be taught March 27-March 28 from 6-9pm in the Aux gym. Friday, March 29, will be the actual tryout beginning at 5pm in the Aux Gym.

Attached you will find all forms needed for tryouts, including the physical form. All prospective cheerleaders must get a new physical to cover the entire season. Tryouts will be **CLOSED**. We will not allow **ANY** spectators! By the first day of tryouts, March 27, you **MUST HAVE ALL REQUIRED DOCUMENTS in the following order\***:

1. Application with a recent photo
2. Copy of 3<sup>rd</sup> quarter grades, showing a GPA of 2.0 or higher/2.0 Cumulative GPA
3. Parental/Cheerleader Agreement, signed
4. Parent Checklist: Financial Commitment, signed
5. Cheerleading Constitution, signature page ONLY
6. Physical Form stating clearance to participate with required signatures (this also needs to be uploaded to Register My Athlete)
7. Eligibility Form with required signatures

***\*These forms must be turned in on Day 1 of tryouts in the above order. If you are missing any of the above listed forms, you will NOT be permitted to tryout.***

To be comfortable and flexible for movement, you should wear:

1. Athletic/cheer shoes
2. Athletic attire in ALL BLACK (NO logos)
3. Hair up and pulled away from the face
4. No jewelry (we will not be responsible for holding these items)
5. Acrylic/long nails and gum are not permitted
6. **BRING A GOOD ATTITUDE AND LOTS OF SPIRIT!**

We are excited about our upcoming tryouts and to work with your athlete. I hope you and your athlete understand that I am basing my decisions for a limited number of spots and on several requirements. The results of my decision will be posted Monday, April 1st by 10am. I thank you for your cooperation and the support you have for your athlete's decision to try out!

Best of luck to you,

Nicole Calloway

[nbukercalloway@gmail.com](mailto:nbukercalloway@gmail.com)

# Dates, Dates, Dates!!!

Date	Time	What	Where	What to Bring
Monday, March 11	6-7pm	Mandatory Tryout Meeting	Tech Atrium	Any questions you have Pen/Pencil 1 parent per athlete
Monday, March 11	7-9pm	Open Gym	Aux Gym	Wear athletic attire and shoes Water
Monday, March 18	6-9pm	Open Gym	Aux Gym	Wear athletic attire and shoes Water
Wednesday, March 27	Check-in 5:30pm  Clinic 6-9pm	Tryout Clinic #1	Aux Gym	Entire tryout packet with required documents Wear athletic attire in ALL BLACK Water NO jewelry NO nails
Thursday, March 28	Check-in 5:45pm  Clinic 6-9pm	Tryout Clinic #2	Aux Gym	Wear athletic attire in ALL BLACK Water NO jewelry NO nails
Friday, March 29	Check-in 4:30pm	<b>TRYOUTS!</b> Tryouts will begin promptly at 5pm. You should arrive early to warm-up and stretch	Aux Gym	Wear athletic attire in ALL BLACK Recommended: shorts and form fitting shirt with no words or logos. Cheer shoes or athletic shoes Ponytail (with bow preferred) Water/snacks NO jewelry NO nails

## Time Commitment (Approximate)

### March-June

- Tryouts
- Orientation meeting (Monday, April 8 @ 6pm)
- First team practice (Monday, April 8 from 7-9pm)
- Uniform fitting (Monday, April 15 @ 6pm)
- Fundraiser for uniform costs TBD
- MANDATORY safety clinic (TBD)
- Practices
- Opening team social
- Camps
- Competition team tryouts
- Cheer moratorium (June 24 – June 28)

### July

- Cheer moratorium (July 1 – July 26)
- Practices

### August-October

- Car wash fundraiser
- Team photos
- Competition team choreography
- Morning practices
- Class practices
- Cheer at football games (1/week)
- Cheer at volleyball games (2-3/week)
- Fall service project
- Mini cheer fundraiser (football)

### November-January

- Class practices
- Team fundraiser
- Cheer at basketball games (2-3/week)
- Competitions (if on competition team)

### February-May:

- Class practices
- Nationals (if on competition team)
- Cheer at volleyball games (2-3/week)
- Assist with promotion of tryouts
- Cheer showcase
- End of year banquet
- Spring service project

## Selection Process

1. Prior to Tryouts: all applicants and their parent/guardian will be required to attend an informational meeting prior to tryouts. Cheer candidates who do not attend this meeting with a representative from their family (must be over 21 years of age) may not be permitted to try out. Conflicts will be handled on a case-by-case basis.
2. Candidates are responsible for completing, signing, and returning all required documents. These forms must be turned in by the first day of the tryout process. Parents need to read all information carefully and sign forms indicating their understanding of the expectations set forth.
3. Tryout Clinics: Clinics will be held to teach tryout material. Clinics will be held March 27, 6-9pm and March 28, 6-9pm. Candidates will receive a score based on clinic attendance and participation.
4. Application: each applicant must submit an application and photo in order to tryout. Please attach photo to application.
5. Teacher Recommendations: each applicant must be evaluated by 3 current teachers (seminary is not included and one must be your English teacher). This gives the coach insight into the character of the applicant. Recommendations are electronic and must be completed by March 25th at 11:59pm to receive points.
6. Tryouts: Tryouts will be held March 29 at 5pm. Tryouts will be based on the following skills and attributes: motions, jumps, dance, ability, enthusiasm, kicks, tumbling, stunting, overall appearance, attitude, teamwork, work ethic, dedication level, etc.
7. Judging: Judges will be selected by the head coach. Each candidate will be given a numerical score based on their application, teacher evaluations, GPA, and tryout material. **The score sheets are the property of Jordan High School and are not made public. All judges' decisions are FINAL.**
8. Previous team members: making a team one season does not guarantee making the team again or moving up from JV to Varsity. Behavior and dedication the previous season will be considered.

## Description of Teams

### **Varsity Team**

- 8-12 Members
- Team will primarily consist of Juniors and Seniors; however, sophomores and freshman will be considered if their skill set surpasses that of the juniors and seniors trying out.
- All members must have minimum tumbling of a standing back handspring and/or back tuck. This will be dependent on the skillset of those at tryouts.

### **Junior Varsity Team**

- 8-15 Members
- Team will primarily consist of Freshman, Sophomores and Juniors; however seniors will also be considered.

**\*\*\*The coach reserves the right to move cheerleaders up from the JV team or down from the Varsity team during the year at her discretion. Decisions will be made in the best interest of the team as a whole. All cheerleaders must finish the season in good standing to tryout the following year.\*\*\***

**\*\*\*Please also note that depending on the number of students we have trying out we may end up only having one Sideline Team.\*\*\***

**Jordan High School**  
**Cheerleader Tryout Application**

**Tryout Number**

**Current Grade**

Attach a recent photo of yourself here.

(This will not returned)

**Candidate Information:**

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

Current School: \_\_\_\_\_ Overall GPA: \_\_\_\_\_

Full Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent/Guardian 1 -Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian 2 -Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Please put a \* by the parent/guardian most likely to handle spirit business.*

Team trying out for (check all that apply):       Varsity                       JV

Do you have any experience in cheerleading or dance (circle one): Yes      No

If yes, how many years?                                      Which programs?

Please circle the tumbling skills you can perform proficiently; meaning you are capable of doing the skill on a competition mat BY YOURSELF. If you circle it, you will be asked to demonstrate the skill. If you make the team, you will be required to perform this tumbling at practices, games, and competitions.

Standing Tumbling:      Back Handspring      Back Tuck      Other (please specify):

Running Tumbling:      RO Back Handspring      RO Back Tuck      Other (please specify):

What is your primary stunting position (flyer, secondary base, main base, backspot? If you don't have experience with stunting please put N/A.

What stunts have you performed in that position?

Please list 3 qualities that you believe make a great teammate.

Do you play any sports, work after school, or engage in any other activities which take up more than ten hours of your week? If so, please list them and include how many hours a week you participate in them.

How would you describe the role of a Jordan High School Cheerleader?

Why did you decide to tryout for cheer and/or why do you want to be a cheerleader?

Have you ever competed in cheer and/or dance before? Explain.

Cheer is a year-round sport. How will you stay disciplined and motivated throughout the year?



## Jordan High School Cheerleader Eligibility Form

Name of Applicant: \_\_\_\_\_

Current Grade in School: \_\_\_\_\_ School Attending: \_\_\_\_\_

### **Administrator/Counselor:**

I hereby declare that the above-named applicant is eligible to try out for the Jordan High School Cheerleading Team. He/she has a 2.0 GPA from 3rd quarter, or a cumulative GPA of 2.0.

\_\_\_\_\_  
Signature of Administrator/Counselor

\_\_\_\_\_  
Date

### **Applicant:**

I am currently enrolled and/or registered as a student at Jordan High School for the 2024-2025 year.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

### **Parent/Guardian:**

I acknowledge that all the information above is accurate and legitimate.

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

\_\_\_\_\_  
Date

### **Parent/Guardian Medical Release:**

I hereby consent to the above-named student to participate in tryouts for Jordan High School Cheerleading. I am aware of the physical rigor and recognize the risk of possible injury inherent in all sports participation. The above-named student is physically fit to participate in tryouts and agrees to hold Jordan High School harmless for any liability that may be incurred as a result of participating in tryouts.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

## Parent Checklist: Financial Commitment

All prices listed are an **estimate** and may change when actual items are ordered. Costs for participation in cheerleading will not exceed district limits. All payments must be made before the start of the school year. **Parents, please initial each item showing your approval and support.**

I agree to the following:

\_\_\_\_\_ Participation fee will be \$130

\_\_\_\_\_ Uniform/Other Clothing costs will total \$950 (est.)

\_\_\_\_\_ Summer Training costs will total \$400 (est.)

\_\_\_\_\_ Cheer Camp/Clinic costs will total \$400 (est.)

\_\_\_\_\_ Team/Group meals costs will total \$160 (est.)

\_\_\_\_\_ Miscellaneous costs will be \$100

\_\_\_\_\_ Competition fees will total \$600 (est.) – only applies if you make the competition team

\_\_\_\_\_ Nationals travel costs will total \$1,500 (est.) – only applies if you make the competition team

\_\_\_\_\_ Socials are not part of fees and may or may not incur a cost

\_\_\_\_\_ Participation fee of **\$130** must be paid by **April 22<sup>nd</sup>** - this will secure your spot on the team

\_\_\_\_\_ First payment of **\$350** must be paid by **May 13<sup>th</sup>**

\_\_\_\_\_ Second payment of **\$300** must be paid by **May 28<sup>th</sup>**

\_\_\_\_\_ Third payment of **\$300** must be paid by **June 10<sup>th</sup>**

\_\_\_\_\_ Fourth payment of **\$300** must be paid by **June 24<sup>th</sup>**

\_\_\_\_\_ Fifth payment of **\$300** must be paid by **July 15<sup>th</sup>**

\_\_\_\_\_ Sixth payment of **\$300** must be paid by **July 29<sup>th</sup>**

\_\_\_\_\_ I understand that competition will have its own costs, especially if there is travel involved. I agree to cover the remaining cost not covered by fundraisers.

\_\_\_\_\_ I understand that this payment schedule will ensure that my student will receive camp clothes, attend camp, and receive his/her full uniform and that NOTHING will be distributed unless fees are paid/current.

\_\_\_\_\_ I understand that small miscellaneous expenses come up from time to time. If these are not covered by fundraisers, we will be responsible for these items as well.

\_\_\_\_\_ I understand that if my student is on fee waiver all expenses will be covered by the school.

I give permission for my son/daughter to try out for the Jordan High School Cheer Team and in doing so recognize the obligation of time and expenses involved. I also understand that the selection is final and there will be no changes to the team once the list is posted. I am willing to SUPPORT this decision even if my son/daughter does not make the 2024-2025 Team.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Parental/Cheerleader Agreement

**Applicant Name:** \_\_\_\_\_

- ✓ We have read, understand, and agree to uphold the Jordan High School Cheer Constitution.
- ✓ We have read, understand, and agree to meet the financial and time requirements. We also understand that the time commitment listed is approximate and the actual commitment may differ from what is listed.
- ✓ We understand and agree to meet all the commitments set forth should I/my child make the team.
- ✓ We certify that the applicant listed above is not participating with any other competitive cheer teams and is not planning on being involved with any other major time commitment activities.
- ✓ We understand that even one cheerleader missing a practice or performance requires the team to spend extra time in rearranging routines, and will schedule all family vacations, social events, and appointments around cheer schedules.
- ✓ We have included a current physical that certifies the applicant is in good physical condition and will not need to be restricted in any way from normal cheerleading activities, including but not limited to: jumping, tumbling, running, stunting, conditioning, etc.
- ✓ We have included a copy of my student's grades which shows at least a 2.0 GPA from the previous quarter. We understand the future grade requirement.
- ✓ We understand that if not all documents are submitted by March 27, the applicant will not be able to try out.
- ✓ We understand that the applicant will be judged by qualified judges and agree to stand by their decision. We understand that the applicant may not be chosen for the cheerleading team for a variety of reasons which may include but are not limited to: attitude, grades, lack of dedication, past poor performance, lack of abilities, poor teacher recommendations, etc.

**Applicant Signature:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

I \_\_\_\_\_ promise to work hard, be respectful to my teammates and coaches, and be a positive influence on my team. I promise to do my best and to follow the rules of the team.

I \_\_\_\_\_ as parent of guardian of \_\_\_\_\_ promise to meet all parent obligations and team parent obligations that are associated with being a member of the JHS Cheer Team. I understand that my attitude and actions will influence the attitude and actions of my cheerleader and the other members of the cheer team and will therefore strive to provide a unifying presence to the cheer program and to be a positive role model of respectful and courteous conduct. I will make arrangements to meet with the coaches at an appropriate place and time if I have questions or concerns. If I fail to follow these terms, my cheerleader may be dismissed from the team.

**Applicant Signature:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

# JORDAN HIGH SCHOOL CHEER TEAM CONSTITUTION

## ARTICLE I - NAME AND PURPOSE

### Section I: Name

The group shall be known as the Jordan High School Cheer Team.

### Section II: Mission

The mission of the Jordan High School Cheer Team is to help show support and spirit for ALL Jordan High teams, clubs, and athletics. We will aim to enhance the game-day atmosphere, motivate fan support, entertain the crowds, and promote a positive image of Jordan High School. Our athletes will display good behavior and positive sportsmanship, while building new friendships with their fellow teammates, students, and peers.

All members placed on the team understand that the manner they conduct themselves, in and out of uniform, will be a direct reflection of the program, school, and community. As such, athletes will be pushed and must commit to the highest levels of athleticism, self-discipline, and honor. All members of the Jordan High Cheer Team will avoid anything that could embarrass or bring disrespect to their team, school, families, or themselves.

## ARTICLE II - MEMBERSHIP

### Section I: Eligibility

The program will consist of approximately 20-30 members who have satisfactorily passed all requirements and who continue to maintain eligibility.

- A. A cheerleader candidate must attend the pre-tryout meeting March 11<sup>th</sup>.
- B. A cheerleader candidate must attend both tryout clinics March 27<sup>th</sup> and March 28<sup>th</sup> as well as tryouts on March 29<sup>th</sup>.
- C. A cheerleader candidate must turn in all required tryout paperwork.

The following paperwork must be turned in the first day of tryout clinic in the following order:

- Cheerleader application (including recent photo – this will not be returned)
  - Copy of 3<sup>rd</sup> quarter grades, showing a GPA of 2.0 or higher or cumulative 2.0 GPA
  - Parental/Cheerleader Agreement, signed
  - Parent Checklist: Financial Commitment, signed
  - Constitution agreement, signature page ONLY
  - Physical Form stating clearance to participate with required signatures
  - Eligibility Form with required signatures
- D. A cheerleader candidate must have 3 Teacher Recommendations (Seminary not included, 1 must be an English Teacher). Recommendations are electronic only.
  - E. A cheerleader candidate must have a 2.0 GPA 3<sup>rd</sup> quarter or 2.0 cumulative GPA upon entrance. A 2.0 GPA must be maintained during the terms of service.
  - F. A cheerleader candidate will be ineligible to tryout if more than one "F" is received the quarter prior to tryouts.
  - G. Level 1 probation will result for any quarter GPA that falls below a 2.0.
  - H. Level 2 probation will result for any quarter GPA that falls below a 1.5.
  - I. A cheerleader candidate must support the Jordan Beetdiggers above all other teams.

- J. A candidate must be neatly presented and medically fit. Cheerleading is a physically demanding sport and requires individuals to be in good health and top physical condition.
- K. Once selected as a Jordan High Cheerleader, it is assumed that cheerleaders selected will fulfill the duties and commitments for the entire year.

## **Section II: Tryouts**

Tryouts to select the team for the following year shall be conducted during the 3<sup>rd</sup> quarter as designated by the coach. This will take place after a meeting has been held for prospective members to explain the requirements for membership.

- A. Tryouts are closed and shall be conducted by the coach.
- B. The format of the tryouts will be decided by the coach and will be held in a fair manner allowing each candidate to show their best abilities and potential.
- C. The coach shall select the judges for the tryouts.
- D. Former members desiring another year of participation must tryout. Please keep in mind that members who were on the team during a previous year are not guaranteed a spot the next school year.
- E. Tryouts will consist of teacher recommendations, application, clinics, and tryouts.
- F. The team will be selected by the coach based off the scores of the judges.

## **Section III: Teams**

The JHS cheerleaders will be split into 2 teams: Junior Varsity (JV) and Varsity.

- A. The JV team will consist of freshman, sophomores, and juniors only. Seniors will only be considered if necessary.
- B. The Varsity team will consist mainly of juniors and seniors; however, sophomores and freshman will be considered if their skill set surpasses that of the juniors and seniors trying out.
- C. Please note that depending on the number of candidates interested in trying out each year can reflect on whether or not the team is split. If we are small in numbers, we will have just one team.

## **Section IV: Attendance Requirement**

Participation in cheerleading requires a vast amount of time and commitment from members. It is crucial for individuals to attend all practices and events to learn new material, and work as a team to perfect and get ready to perform. One person being absent from a practice, game, or another event affects the entire team. It is important not to waste scheduled practice time due to your absence.

- A. Cheerleaders will be expected to attend the following:
  - Spring/Summer practices
  - Mandatory Safety clinic
  - Summer camps
  - Cheer class
  - Team socials
  - Team fundraisers
  - Team service projects
  - Competition practices and local competitions
  - Games
  - Performances

- B. Cheerleaders must be in class to make grades. Attendance and grades will be checked on a weekly basis. Anyone with an unexcused absence or "F" will not be able to perform for the next game.
- C. All classes must be attended on game days. If classes are missed, cheerleaders will be benched for the game that day. This includes being checked in more than 15 minutes late for a class and being checked out for any reason on a game day.
- D. If a cheerleader must miss a class on a game day, it must be excused in advance by the administration/coach.
- E. Any absence from cheer class will result in missed points. Cheerleaders missing a game prep day (class period directly before a game) will be pulled from the routine.
- F. All cheerleaders and coaches are required to attend camp as a team.
- G. Team activities other than games such as social activities, service projects, etc. will be required attendance. There are a reasonable proportion of these duties throughout the year.
- H. If any other activities or opportunities are chosen by the coaches, the coaches shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.
- I. Team members may be asked to make posters for school activities, provide team treats, plan assemblies, assist in fundraising events, etc.
- J. Work is not an excuse for missing or being late to a practice, game, or performance.
- K. Attendance at a game without proper shoes, uniform, bow, socks, etc. will be considered an absence and the athlete will be benched for that game.

### **Section V: Tumbling Requirement**

Tumbling is a major component of cheerleading. All cheerleaders must be willing to tumble.

- A. Cheerleaders are required to maintain whatever tumbling they showcase at tryouts. We will have tumbling checkoffs to ensure skills are being maintained.
- B. Cheerleaders are required to continue to improve their tumbling skills.
- C. Tumbling will be worked on during practices, however additional training and privates are strongly encouraged.
- D. Varsity Team Cheerleaders are required to maintain their standing and round off back handspring throughout the year. This is dependent on the skill set of candidates at tryouts.

### **Section VI: Dedication**

Cheerleaders will not be allowed to participate on another competitive cheer team during the cheer season. This includes All-Star cheer. There will be an exception for competitive dance teams, as long as the JHS cheer team comes first. If a conflict arises you will be expected to miss your other team's practice, event, etc. In addition, cheerleaders should be aware that there will be no exceptions made for missing events, including work, vacations, social events, etc. If you are going to be a member of this team, we ask you to be prepared to make the commitments and sacrifices that are expected from any other team.

## ARTICLE III - RULES AND REGULATIONS

### Section I: Grading Policy

Cheerleading is part of the school curriculum. Credit and grades are given accordingly. Cheerleaders will earn grades based on their attendance, participation, and attitude in the following areas: class time, poster sessions, games, performances, and other activities as specified by the advisor/coach. The grading policy will be as follows:

#### Points Earned

- Class time: 50 pts/day
- Games: 100 pts/game
- Performances: 100 pts/performance
- Appearances/service projects: 100 pts each
- Summer practices: 50 pts/day (will go on 1<sup>st</sup> quarter grade)

#### Reasons for Loss of Points

- Being unprepared (hair, gum, jewelry, uniform, shoes, poms, bows, etc): 10 pts EACH
- Poor attitude/lack of respect: 25-100 pts; depending on severity
- Breaking any rule or expectation set forth in constitution: 25-100 pts; depending on severity
- Tardiness: 10 pts
- Game benching: you will receive 75 pts for showing up ready and on time
- Unexcused absences will receive 0 pts

### Section II: Absences

- A. Any cheerleader, who is unable to attend a designated practice, game, or event, must notify the coach in advance (unless it is an emergency). The absence may or may not be excused. If a cheerleader is sick or injured, they will still be required to attend practice and/or games but not participate. This will depend on the severity of both the sickness and injury. If you are contagious, PLEASE STAY HOME. We do not want to pass the sickness on to other team members. Severe injuries that require long-term healing must be accompanied by a doctor's note (3 days or longer). Every practice is mandatory. It is the coach's discretion if an absence will be excused. The coach may excuse the cheerleader for the following:
  - a. Personal illness
  - b. Death or funeral of friend or family member
  - c. Wedding of an IMMEDIATE family member
  - d. Family vacation with advanced notice
  - e. School excused activity
- B. If a member is absent from practice the week of a performance or game, he/she may be dropped from performance, regardless of whether the absence was excused. This decision will be made by the coach on an individual basis. If he/she is dropped, they will still be required to cheer at the game.
- C. All cheerleaders are required to attend all football, volleyball, and basketball games. Additional games for other sports teams may be required with notice. If a cheerleader is not in attendance, he/she will receive an unexcused absence.

- D. In extreme cases, an unexcused absence may also be given for not wearing appropriate practice attire or not being prepared for practices, games, or performances. In which case, the cheerleader will not be able to participate.
- E. You are not considered excused unless the coach says, "you are excused." A typical response will include, "thanks for letting me know." That does not mean you are excused, that is simply to acknowledge that the message was received, and we appreciate the respect.

### **Section III: Tardies**

Punctuality shows respect for your teammates and coaches.

- A. All cheerleaders must be willing to practice at designated times and in designated areas.
- B. A cheerleader being late for practices, performances, and games will receive a tardy. Being tardy will have consequences such as running extra laps, conditioning, cleaning, etc. in addition to missing points. Sleeping through an alarm, parents making you late, etc. ARE NOT ACCEPTED EXCUSES! There is no reason to be late.
- C. Cheerleaders not present within 30 minutes of designated starting times for practices, performances, and games will receive an unexcused absence.

### **Section V: Probation**

There are 2 stages of probation.

- Level 1: Limits cheerleaders to participate in only half of all cheerleading activities. Cheerleaders will only be allowed to cheer 2 quarters of the game, and only participate in those assemblies and school activities as decided by administration and coaching staff. Cheerleaders will still be expected to be dressed for all practices, games, and school activities and be expected to participate in class.
- Level 2: Cheerleaders will not be allowed to participate in any cheerleading activities and will have to sit out for all games and school activities while on probation period. Cheerleaders will still be expected to attend all scheduled practices, games, and activities. Failure to do so will result in dismissal.

Probation will be given accordingly but not limited to the following actions. The level and time period of probation given will be decided by the coaching staff and administration.

Level 1:

- Failure to maintain 2.0 GPA
- Frequent unexcused absences
- Unmanageable behavior
- Failing to follow constitution

Level 2:

- GPA drops below 1.5
- Suspension from school
- Failing to follow constitution
- Failing to adhere to cheer safety regulations as outlined by the UHSAA and AACCA

### **Section VI: Dismissal**

Cheerleaders that have been dismissed, or who resigns from the JHS Cheer Team will not be able to return to the team that year or be permitted to participate in the following year's tryout process. A member may be dismissed under any of the following circumstances:

- A. Use or possession of drugs or alcohol
- B. Any indecent exposure on the internet (including, Twitter, YouTube, Facebook, Instagram, Snap Chat etc.)



- C. Any inappropriate use of social media – absolutely NO cyberbullying
- D. Any part of probation or the probation contract is broken
- E. If a team member is on probation for more than 2 quarters and isn't making progress (grades, behavior etc.)
- F. Participation on another cheerleading competition team
- G. Any other reason deemed necessary by the cheer coaches/administration that are in violation of school rules and/or district policies.

If a cheerleader is removed or resigns from the JHS Cheer Team, they will lose all privileges of the cheerleading program.

- A. All school-issued equipment and uniforms must be returned immediately for the remainder of the year.
- B. Students may no longer wear any part of the cheerleading uniform.
- C. The student will be held financially responsible for any balances due. No refunds of any kind will be made.

### **Section VII: Rules of Conduct (Applicable at ALL times)**

- A. All standards of the Jordan High School policies must be upheld.
- B. No drinking, smoking, vaping, attending parties or clubs where alcohol or drugs are used, sluffing, dishonesty, disregard of any regulation in the constitution, or immoral or unlawful conduct is allowed.
- C. Cultivate modesty in dress and language.
- D. If there is a disagreement, it will be settled by the group in private and not in the eyes of the public or other students.
- E. Commendable conduct in the halls, classroom, and outside of the school will be exhibited at all times.
- F. Unhealthy dieting, use of laxatives or improper behavior with the respect to nutrition and weight loss is strictly prohibited. If you or you are aware of a teammate struggling with this, please let a coach, advisor, administrator, or counselor know so that we can get them help.
- G. Any violation of one or more rules of conduct is cause for probation and/or immediate dismissal.

### **Section VIII: Team Rules**

- A. Put the team first
- B. Athletes are expected to show all coaching staff, school staff, teammates, officials, peers, and fellow students respect at all times
- C. Communicate truthfully and openly
- D. DO NOT GOSSIP
- E. Accept responsibility for your actions
- F. Be mentally, physically, and emotionally ready to handle ALL responsibilities
- G. Proper appearance is required at all times. This includes, but not limited to, full uniform at games/events/school functions and the correct practice attire for scheduled practices. Absolutely NO jewelry will be allowed at practices, games, and/or competitions. This is a UHSAA and AACCAA rule!
- H. Please be aware of how public and social media sites such as Facebook, Instagram, Twitter, YouTube, Snapchat, etc. can affect the appearance of yourself and our team. Posting of provocative and/or inappropriate pictures or language is not permitted. There is also ZERO tolerance for any type of cyberbullying.

- I. Athletes will display proper behavior in class, including but not limited to; being on time, completing all assigned homework and tests, and showing respect to all teachers and fellow students. Any form of cheating is unacceptable and will not be tolerated.
- J. Do not use practice/games/assemblies/competitions as an excuse for missing homework. Please make sure you take care of any work you are going to miss and plan your time wisely.
- K. Be a part of the solution, not a part of the problem
- L. Motivate each other, leave the coaching to the coaches
- M. Please do not allow anyone who is not currently on the team to wear or borrow any of your cheer clothes, uniforms, and/or gear. Athletes will be responsible for any lost or damaged gear/equipment.

## **ARTICLE IV - PRACTICES, CHEERING, AND PERFORMING**

### **Section I: Practices**

- A. Practices to prepare for camp and the upcoming school year will be set by the coach.
- B. All practices are closed to parents, siblings, and friends.
- C. Athletes are to arrive at LEAST 5 minutes before practice with hair up, shoes on, and ready to start promptly at scheduled time. Failure to do so will result in athlete being marked tardy, lowering of grade, and extra conditioning for the whole team.
- D. During the school year, practices will be held on cheer class days. All cheerleaders must be on time and in attendance at all practices unless excused by the coach.
- E. An evening practice will be held once a week.
- F. Additional practices may be needed for upcoming performances. Advanced notice of at least one week will be given.
- G. Cheerleaders are not to miss cheer practices for doctor's appointments, test make-ups, etc. These must be done at another time.
- H. During all practices, members are to wear the appropriate practice outfit that is assigned.
- I. Cheer shoes must be worn at all times.
- J. For safety reasons, NO acrylic nails, or accessories, such as jewelry or watches, shall be worn.
- K. Hair must be pulled back and out of face.
- L. When learning routines or cheers, the person in charge will be respected.
- M. Cheerleaders will not talk, chew gum, or do other distracting things during practice.
- N. Cell phone use during practices is prohibited without receiving the coaches' permission first.
- O. Safety is our first priority. Absolutely no horseplay/messing around while any stunt/tumbling/skills are being performed.
- P. It is against UHSAA and AACCA rules for athletes to stunt/tumble without a certified coach present.

### **Section II: Cheering and Performing**

The following rules shall govern cheering and performances:

- A. All cheerleaders are required to attend all games and performances unless previously excused by the coach.
- B. Cheerleaders should be at the appointed place at the appointed time designated by the coach, or they will receive a tardy.

- C. Cheerleaders shall be dressed in proper cheer attire and hair done as decided by the group.
- D. Uniforms must be kept clean at all times.
- E. Makeup should be natural and not excessive.
- F. Nail polish is not allowed for ANY performances.
- G. For safety reasons, NO accessories, such as jewelry or watches, shall be worn while cheering or performing. This also applies to acrylic nails.
- H. Cheerleaders will not talk, chew gum, or do other distracting things during games or performances.
- I. Cell phone use during games/performances is prohibited without receiving the coaches' permission first. If it becomes an issue, phones will be collected at the start of the event and returned once it is over.
- J. There will be one person in charge. Strict attention will be given to that person.

### **Section III: Travel**

For an away game or event, cheerleaders will travel by bus to the event. The following rules govern travel for cheerleaders:

- A. ALL cheerleaders will be required to ride the bus to and from the event.
- B. Conduct on the bus should be that of a representative of Jordan High School.
- C. Clean up your seat before exiting the bus.
- D. If a cheerleader misses the bus, they will receive an unexcused absence and will not be allowed to participate in cheering or performing.
- E. If circumstances prevent a cheerleader from riding the bus provided, the only approved transportation is with that cheerleader's parent or legal guardian. Under no circumstances may a cheerleader ride with another student, other parents, or drive in private cars. The appropriate form needs to be given to the coach as well.
- F. If a cheerleader is on the competition team, they are required to travel with and stay with the team the entire trip.

### **Section IV: Competition**

In addition to providing school spirit at Jordan High, team members will be given the opportunity to participate on the Jordan High competition cheer team. The commitment standards are much higher than the school related teams.

- A. Trying out for the competition team is optional.
- B. The competition team will be made up of approximately 8-20 cheerleaders.
- C. There are additional fees and members of the competition team are required to pay the fees by the deadline they are due.
- D. If selected to be on the competition team, cheerleaders may have different positions than their school team positions.
- E. Competition is not school team related. Coaches pick positions, participants, and the routine outlines.
- F. Competition practices will be held on class days beginning at 6am. Additional practices will be held as needed, with advance notice.
- G. Competition team members are required to attend all practices, performances, and competitions. Other obligations will be scheduled around these dates.
- H. If a competition cheerleader is late to a competition practice more than twice during the year, they will be put on probation from the competition team. Unless excused previously by the coach.

- I. If a competition cheerleader misses competition practice more than three times during the year, they will be removed from the competition team. Unless excused previously by the coach.
- J. If a competition member is put on probation, they will be removed from the team until the probation period is over.
- K. The competition team will compete nationally which may require competing on a Sunday.
- L. When attending Nationals, competition team members are required to travel with and stay with the team the entire trip. This is not a family vacation.

## ARTICLE V - ORGANIZATION

### Section I: Leadership

Leaders will assist in various responsibilities during the season. These assignments may include running warm-ups at practices and games, calling cheers, designating game plan, planning team parties, and other functions as deemed by the coach.

- A. If a cheerleader would like to apply for a leadership position, please see the head coach for an application.
- B. Selection of leadership will take place prior to summer practices and will consist of an application, interview, and team voting.
- C. The elected officers for Varsity may include some, if not all of the following:
  - 1. Captain
  - 2. Co-Captain
  - 3. Unity Captain
- D. The elected officers for Junior Varsity may include:
  - 1. Captain
  - 2. Co-Captain
- E. Failure to fulfill duties as an officer, failure to comply with the team rules and participation in behavior unbecoming of an officer can result in termination of that individual's service. In such a situation, there will be an election by the entire team to fill the vacancy of the officer.

## ARTICLE VI - FINANCIAL COMMITMENT

Members are responsible for the following approximate costs for the 2024-2025 school year. Fundraising opportunities will be available to help bring down the financial costs.

- A. Financial obligations:
 

Participation	\$130
Uniform/Other Clothing	\$950
Summer Training	\$400
Camp/Clinic	\$400
Team/Group Meals	\$160
Miscellaneous	\$100
Competition Fee	\$600 – only applies to the competition team
Nationals Travel	\$1,500 – only applies to the competition team
- B. All payments are to be made to the **JHS Main Office – cheer account**. The payment schedule is as follows:

- April 22: \$130
- May 13: \$350
- May 28: \$300
- June 10: \$300
- June 24: \$300
- July 15: \$300
- July 29: \$300

- C. The competition team payments will not start until the fall after all the initial school team payments have been made. A separate payment schedule for these fees will be determined and given to the competition team once the team has been selected.

Cheerleaders will not receive their uniform if they are deficient in payments. Items will only be distributed if payments are current. There will be **NO REFUND** if a cheerleader quits or is dismissed from the team.

#### **ARTICLE VII - PARENT INVOLVEMENT**

Parents are encouraged to be involved and assist in activities, games, etc. There will be a sign-up sheet indicating what we will need help with. We will be looking for 1-2 team moms to work closely with the coach to help manage and coordinate volunteer assignments within the other parents. Parents helping with and ordering decorations, gifts, refreshments etc. for the team need will be financially responsible for cost.

---

## JHS Cheer Team Contract

Cheerleader's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

- ✓ *We have read, understand, and agree to uphold the JHS Cheer Team Constitution*
- ✓ *We have read, understand, and agree to meet the financial and time requirements. We also understand that the time commitment listed is approximate and the actual commitment may differ from what is listed.*
- ✓ *We understand and agree to meet all the commitments set forth.*
- ✓ *We certify that the cheerleader listed above is not participating with any other competitive cheer team and is not planning on being involved with any other major commitment activities.*
- ✓ *We understand and agree to uphold the grade requirement.*
- ✓ *We agree to the expectations of the coaches and will support them in any and all decisions. If a concern arises, I will address the issue with the coach in an appropriate manner.*
- ✓ *We understand that even one cheerleader missing a practice or performance requires the team to spend extra time in rearranging routines and will schedule all family vacations and appointments around cheer schedules. We also understand that my son/daughter may be pulled from games and performances because of attendance.*
- ✓ *We understand that if my son/daughter makes the cheer team he or she will not be allowed to attend or participate in tryouts for either dance company or drill. We agree to abide by this rule.*
- ✓ *We accept the privilege of being a Jordan High School Cheerleader for the 2024-2025 school year.*

Cheerleader's Signature: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

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



## **PRE-PARTICIPATION EXAMINATION FORM**

### Instructions for completing pre-participation (athletic) Health Examination and Consent Form

#### **COMPLETING THIS FORM:**

1. PLEASE TYPE OR PRINT LEGIBLY
2. Parent/Guardian along with the student are to complete the Health History on page 3 and the Disclosure and Consent Document on page 2. Please note student and parent are to sign both forms. The Health History is to be taken to the physical examination for the physician/provider to review.
3. Physician/Provider is to complete and sign the Physical Examination form on page 4.
4. Entire completed form is to be returned to school administration.

#### **SUBMITTING THIS FORM:**

1. School personnel should review form to assure it is completed properly.
2. ORIGINAL copy is to be retained in school files.

#### **QUALIFICATION OF PROVIDERS:**

A health examination must be performed annually and the Pre-participation Physical Evaluation Form must be completed before any student may participate in athletic activities sponsored by this Association. A Pre-participation Physical Evaluation Form along with the Disclosure and Consent Document must be on file at the school before any participation in athletic activities.

The health examination must be completed and the form signed by any Medical Doctor (MD), Doctor of Osteopathy (DO), Physician's Assistant (PAC), Registered Nurse Practitioner (RNP), or Doctor of Chiropractics (DC), functioning within the legal scope of their practice.

As part of our quality assurance efforts in best practices and maintenance of credentialing, and acknowledging the need to allow time for certification efforts, the BOT approved that all medical personnel that perform the pre-participation physical exam for student athletes will be required to be "Board Certified"\* by their respective disciplines by March 10, 2025.

In addition to maintaining the continuing medical education (CME) required by each medical discipline for state licensure, the BOT approved that NPs, PAs, DCs, DOs and MDs have successfully completed postgraduate education and Board Certifications. As examples: NPs would successfully complete and maintain FNP-BC or FNP-C certifications; PAs would successfully complete NCCPA certification and maintain PANRE or PANRE-LA certifications; DCs would successfully complete and maintain a postgraduate Diplomate program (i.e. Internal Medicine & Family, Sports Medicine, Orthopedics, Pediatrics, etc.); DOs and MDs would successfully complete a postgraduate residency/fellowship program and maintain board certification in one of the 24 Member Boards of ABMS.

\*Note: The American Board of Medical Specialties differentiates medical licensure from board certification.

THE UTAH HIGH SCHOOL ACTIVITIES ASSOCIATION DOES NOT PROVIDE PRINTED COPIES OF THIS FORM. PLEASE MAKE ALL NECESSARY COPIES.



# Participant & Parental Disclosure and Consent Document

PLEASE NOTE: It is the responsibility of the parent/guardian to notify the school if there are any unique individual problems that are not listed on the Pre-participation Physical Evaluation Form.

**\*\*This Pre-Participation Evaluation DOES NOT replace the Child Wellness Evaluation by you family medical provider.**

\_\_\_\_\_  
*Name of Student*

\_\_\_\_\_  
*School*

Is the student covered by health/accident insurance?  Yes  No

\_\_\_\_\_  
*Name of health insurance provider*

If no insurance provider, explain \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CONSENT FORM

### **Parent or Guardian Statement of Permission, Approval, and Acknowledgement:**

By signing below, I the parent or legal guardian of the above named student do:

- Hereby consent to the above named student participating in the interscholastic athletic program at the school listed above. This consent includes travel to and from athletic contests and practice sessions.
- Further consent to treatment deemed necessary by health care providers designated by school authorities for any illness or injury resulting from his/her athletic participation.
- Recognize that a risk of possible injury is inherent in all sports participation. I further realize that potential injuries may be severe in nature including such conditions as: fractures, brain injuries, paralysis or even death.
- Acknowledge and give consent that a copy of this form will remain in the student's school. I agree that if my student's health changes and would alter this evaluation, I will notify the school as soon as possible but within no longer than 10 days.
- Hereby acknowledge having received education including receiving written information regarding the signs, symptoms, and risks of sport related concussion. I also acknowledge that I have read, understand and agree to abide by the UHSAA Concussion Management Policy and/or the policy of the school listed above. <http://www.uhsaa.org/SportsMed/ConcussionManagementPlan.pdf>

\_\_\_\_\_  
*Parent or Guardian Name*

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

\_\_\_\_\_  
*Date*

### **Student Statement**

By signing below I acknowledge:

- This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulations of the Utah High School Activities Association.
- My responsibility to report to my coaches and parent(s)/guardian(s) illness or injury I experience.
- Having received education including receiving written information regarding signs, symptoms, and risks of sport related concussion. I also acknowledge my responsibility to report to my coaches and parent(s)/guardian(s) any signs or symptoms of a concussion.

\_\_\_\_\_  
*Signature of Student*

\_\_\_\_\_  
*Date*

THIS FORM MUST BE ON FILE AT THE MEMBER HIGH SCHOOL PRIOR TO PARTICIPATION.





# ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY

Must be completed every school year, **NOT prior to March 10th of the previous year**, by the athlete and parent prior to any tryout, practice, or athletic contest

## ATHLETE INFORMATION

Athlete Name: \_\_\_\_\_ Date of Exam: \_\_\_\_\_  
 Sport(s): \_\_\_\_\_  
 Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Grade in school \_\_\_\_\_ Gender: \_\_\_\_\_ School year: \_\_\_\_\_  
 Athlete Cell Phone No. ( \_\_\_\_\_ ) \_\_\_\_\_ Athlete Address: \_\_\_\_\_

EXAMINATION: TO BE FILLED OUT BY PHYSICIAN ONLY					
Height: _____ Weight: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female			Pulse: _____ BP: _____/_____ % Body Fat (opt) _____		
Vision: Left _____/_____ Right _____/_____		Corrected: <input type="checkbox"/> Yes <input type="checkbox"/> No		Pupils: <input type="checkbox"/> Equal <input type="checkbox"/> Unequal	
Immunizations: Tetanus _____ MMR _____ Hep B _____ Chickenpox _____					
GENERAL MEDICAL (please initial)			MUSCULOSKELETAL (please initial)		
	Normal	Abnormal Findings		Normal	Abnormal Findings
Appearance (Marfan stigmata)			Neck		
Eyes/Ears/Nose/Throat (Pupils Equal, Hearing)			Back		
Lymph Nodes			Shoulder/ Arm		
Heart (murmurs)			Elbow/ Forearm		
Pulses (Simultaneous femoral and radial pulses)			Wrist/ Hand/ Fingers		
Lungs			Hip/ Thigh		
Abdomen			Knee		
Skin (HSV, MRSA, tinea corporis)			Leg/ Ankle		
Neurological			Foot/ Toes		
Genitourinary (males only)			Functional (Duck walk, single leg hop)		

## ATHLETIC PARTICIPATION RECOMMENDATIONS *(Physician MUST select one item listed below)*

\_\_\_\_\_ **FULL & UNLIMITED PARTICIPATION**  
 \_\_\_\_\_ **LIMITED PARTICIPATION**—May NOT participate in the following \_\_\_\_\_  
 \_\_\_\_\_ **CLEARED PENDING**—Documented follow up of: \_\_\_\_\_  
 \_\_\_\_\_ **NOT CLEARED FOR ATHLETIC PARTICIPATION**

Physician's Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

By signing this form, I acknowledge that I am board certified in a medical specialty, and in addition, I am current in my maintenance of certification.

Medical Provider: \_\_\_\_\_

MD  DO  NP  PA

(Please print)

Medical Signature: \_\_\_\_\_ Date: \_\_\_\_\_

DC: The above named athlete is not currently prescribed medication.

Providers Address: \_\_\_\_\_

DC: Student is taking medication and I have consulted with the prescribing Physician

Providers Phone #: \_\_\_\_\_

**IF THIS FORM IS NOT FULLY COMPLETED INCLUDING DOCTOR ADDRESS AND NUMBER, IT WILL NOT BE ACCEPTED**



# ATHLETIC PRE-PARTICIPATION EXAM AND MEDICAL HISTORY

*Must be completed every school year, NOT prior to March 10th of the previous year, by the athlete and parent prior to any tryout, practice, or athletic contest*

**Athlete Name:** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

## MEDICAL HISTORY

**Medicines:** Please list all of the prescription and over-the-counter medicine and supplements (herbal and nutritional) that you are currently taking \_\_\_\_\_

**Allergies:** Do you have any allergies?  Yes  No If yes, please identify specific allergy. \_\_\_\_\_

Medicines \_\_\_\_\_  Pollens \_\_\_\_\_  Food \_\_\_\_\_  Stinging Insects \_\_\_\_\_

**ANY "YES" RESPONSES MUST BE EXPLAINED IN FULL AFTER EACH QUESTION IN THE SPACE**

GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	No
Has a doctor ever denied or restricted your participation in sports for any reason?			Do you cough, wheeze or have difficulty breathing during or after exercise?		
Do you have any ongoing medical conditions? If so please identify below: <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections <input type="checkbox"/> Other: _____			<b>Have you ever used an inhaler or taken asthma medication?</b>		
Have you ever spent the night in the hospital?			Is there anyone in your family who has asthma?		
Have you ever had surgery?			Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
<b>HEART HEALTH QUESTIONS ABOUT YOU</b>	Yes	No	Do you have groin pain or a painful bulge or hernia in the groin area?		
<b>Have you ever passed out or nearly passed out DURING or AFTER exercise?</b>			Have you had infectious mononucleosis (mono) within the last month?		
<b>Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?</b>			Do you have any rashes, pressure sores, or other skin problems?		
<b>Does your heart ever race or skip beats (irregular beats) during exercise?</b>			Have you had a herpes or MRSA skin infection?		
<b>Has a doctor ever told you that you have any heart problems? If so check all that Apply:</b> <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> High Cholesterol <input type="checkbox"/> Kawasaki Disease <input type="checkbox"/> A heart murmur <input type="checkbox"/> A heart infection <input type="checkbox"/> Other: _____			Do you have a history of seizure disorder?		
Has a doctor ever ordered a test for your heart? (e.g. ECG/EKG, Echocardiogram)?			Have you had any problems with your eyes or vision?		
Do you get light headed or feel more short of breath than expected during exercise?			Have you had any eye injuries?		
Have you ever had an unexplained seizure?			Do you wear glasses or contact lenses?		
Do you get more tired or short of breath more quickly than your friends during exercise?			Do you wear protective eye wear such as goggles, or a face shield?		
<b>HEART HEALTH QUESTIONS ABOUT YOUR FAMILY</b>	Yes	No	Do you worry about your weight?		
<b>Has any family member or relative died of a heart problem or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)?</b>			Are you trying to or has anyone recommended that you gain or lose weight?		
Does anyone in your family have hypertrophic cardiomyopathy, Long QT syndrome, Short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia?			Are you on a special diet or do you avoid certain types of foods?		
Does anyone in your family have a heart problem, pacemaker, or implanted Defibrillator?			Have you ever had an eating disorder?		
Has anyone in your family had unexplained fainting, unexplained seizures, or near drowning?			<b>HEAT ILLNESS QUESTIONS</b>	Yes	No
<b>BONE AND JOINT QUESTIONS</b>	Yes	No	<b>Have you ever become ill while exercising in the heat?</b>		
Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game?			Do you get frequent muscle cramps when exercising?		
Have you ever had any broken, fractured or dislocated bones?			<b>Do you or someone in your family have sickle cell trait or disease?</b>		
Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast or crutches?			<b>HEAD AND NECK HEALTH QUESTIONS</b>	Yes	No
Have you ever had a stress fracture?			Do you have headaches with exercise?		
Have you ever been told that you have or have you had an x-ray for a neck instability or atlantoaxial instability (down syndrome or dwarfism)?			<b>Have you ever had a head injury or concussion?</b>		
Do you regularly use a brace, orthotics, or other assistive devices?			<b>Have you ever had a hit or blow to the head that caused confusion, prolonged headache or memory problems?</b>		
Do you have a bone, muscle, or joint injury that bothers you?			Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
Do any of your joints become painful, swollen, feel warm or look red?			Have you ever been unable to move your arms or legs after being hit or falling?		
Do you have any history of juvenile arthritis, or connective tissue disease?			<b>FEMALES ONLY</b>		
Have you had any problems with pain, swelling, fracture, sprain, strain, or dislocation in any joint? <i>Specify below if yes</i>			When was your first menstrual period (age when started)?		
If yes, check the appropriate box and explain below:			When was your most recent menstrual period?		
<input type="checkbox"/> Head _____ <input type="checkbox"/> Neck _____			How much time do you usually have from the start of one period to the start of another?		
<input type="checkbox"/> Back _____ <input type="checkbox"/> Shoulder _____			How many periods have you had in the last year?		
<input type="checkbox"/> Arm _____ <input type="checkbox"/> Elbow _____			What was the longest time between periods in the last year?		
<input type="checkbox"/> Finger _____ <input type="checkbox"/> Wrist _____					
<input type="checkbox"/> Hand _____ <input type="checkbox"/> Shin/Calf _____					
<input type="checkbox"/> Thigh _____ <input type="checkbox"/> Knee _____					
<input type="checkbox"/> Hip _____ <input type="checkbox"/> Ankle _____					
<input type="checkbox"/> Foot _____					

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_