

SPJS CHEER CLUB CHECKLIST FOR 2019-2020

(Please return this sheet with your packet)

STUDENTS NAME _____

GRADE LEVEL FOR 2019-20 _____

PLEASE COMPLETE PACKET AND RETURN PACKET ON:

Austin Middle School

MARCH 18TH FROM 4:30-6:30 p.m. (or)

MARCH 20TH FROM 6:00-8:00 p.m.

We will have SPSCC Board Members present to collect and check the packets.

****NO TRY OUTS WILL BE PERMITTED WITHOUT COMPLETED PACKET**

- € Pre- Participation Physical Eval Form-****Physicals must be current.**
Valid Physical. (Example: 04/15/16-04/15/17-ONE YEAR).
- € COPY OF PROOF OF RESIDENCY (Utility Bill, Mortgage Statement or Rental Agreement are the only valid documents) ***ALL PARTICIPANTS MUST LIVE IN THE SOUTH PAULDING HIGH SCHOOL DISTRICT or HAVE A PARENT THAT IS CURRENTLY EMPLOYED BY THE PAULDING COUNTY BOARD OF EDUCATION. (Must provide copy of Employee ID Badge)**
- € Information Sheet (Page 1)
- € SPSCC Inc. Junior Spartans Liability Waiver (Page 2)
- € SPJS Parent Permission and Consent Form (Page 3)
- € Statement of Permission and Agreement (Page 4)
- € Proof of Current Grades (either a current report card/progress report, or “Parent Portal” print out.
- € Please go to our Facebook Page and “Like” our page- South Paulding Spartans Cheer Club or our website at www.southpauldingleerclub.com

RECEIVED BY _____

2019 SOUTH PAULDING JUNIOR SPARTANS CHEERLEADING

Thank you for your interest in trying out for cheerleading at South Paulding. Our program has been voted one of the best cheerleading feeder organizations in Northwest Georgia. In this packet, you will find everything that you will need to participate in try outs.

****Please read and understand all the enclosed information before tryouts.**

CHEERLEADING TRYOUTS:

- **ALL** paperwork must be completed and turned in before your child can enter/participate in try-outs and Physical **MUST** be current.
- Try-out location: Austin Middle School Gym
- Drop off will be at the back of Austin (gym doors) and pick up will be at the front of the school.
- Try-out Dates: Monday, March 25, 2019 – Thursday, March 28, 2019.
Monday – Wednesday will be 4:30 p.m. – 6:30 p.m.
Thursday cheerleaders will be assigned tryout times, we will start @ 5:00 p.m.
- **Please note: judges for try outs are NOT SPJS coaches, they are outside judges.**
- Try out results will be posted no later than Saturday following try outs on our SPSCC Website and Facebook page. Everyone trying out will be given a number and results will be posted by that number. SPJS Coaches will not respond to questions regarding try outs after results are posted. Please direct any questions, to South Paulding Spartans Cheer Club, Inc.
- Tumbling and stunting will take place on a blue tumbling mat. Participants should not attempt any skill they are not confident executing without anyone spotting them. Participants should also not attempt skills they have not been adequately trained for. This will be enforced to ensure all participants safety.

No paperwork will be accepted the day of tryouts

Eligibility:

- All participants must live in South Paulding High School District and enrolled in the Paulding County School System.
- Provide proof of residency within South Paulding High School District (utility bill, bus route map, lease agreement, no cell phone or bank statements accepted.)
- PCSD Employees must provide proof of employment (ID Badge).
- Student must be currently passing 5 of 6 classes for rising 7th and 8th graders.
- Rising 6th grade students will need to have primarily 2's, 3's and 4's.
- Have a current physical on file.

Selection of the cheerleaders will be based on the following:

- Execution of a cheer, chant and dance, which will be taught during the tryout clinic.
- Jumps
- Cheers
- Stunting
- Athleticism and physical fitness.
- Conduct, attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coach-ability.

What do you wear to tryouts?

- During clinic days and on official tryout days, you will need to wear black cheer shorts and a solid white t-shirt. Dress as you would dress for cheerleading practice including athletic cheer shoes. A sports bra is suggested.
- Hair must be pulled up in a ponytail, hair bow is suggested.
- No basketball shorts or pajamas, No NIKE PRO's, No denim shorts, No jewelry, or artificial or painted nails.
- **Please do not wear any team specific cheerleading or dance attire during tryout week, including previous all-star or South Paulding cheer attire.**

Financial Responsibility:

- The **ESTIMATED** cost per cheerleader is \$1000 for NEW Cheerleader and \$650 for Returning. **The first payment is due 04/09/2019.** (“You Made It” meeting)
- It is our goal to be transparent, as well as responsible, when it comes to the finances of the cheer organization. Please understand that neither the Cheer Club nor other parents will be funding your fee commitment.
Monthly Financial Reports are disbursed and discussed at each SPSCC Booster Meeting. Meeting time and dates can be found on the South Paulding Cheer Club website.
- **100% of your fees MUST be paid before July 19, 2019.**
- **Coaches do not accept any form of payment.**
- A personal check for \$200.00 will be required for a uniform deposit. The check will be returned at the end of the season when uniform is returned in good condition with no holes, tears or stains.
- You can pay your cheer fees online @ southpauldingcheerclub.com, cash, or check.
- **All cheerleaders will be part of the Program Ad Fundraiser Program** (details at “You Made It”

2019-2020 Rules for Cheerleading

Purpose

The South Paulding Spartans Cheer Club, Inc. strives to empower our athletes to be leaders for the students, care about their fellow students, other athletes, and fans. Our athletes promote and assert spirit, support athletic teams, promote community service, develop a respectable character, and foster personal growth by teaching responsibility, dependability, cooperation, discipline, and maintaining high standards and excellence in both academics and physical fitness. Our goal is to provide the best athletic experience possible while mentoring our cheerleaders to set goals for personal, academic, and athletic growth in an environment that fosters values, integrity, excellence, and respect. Our cheerleading program promotes kindness and commUNITY.

Motto

Stay humble, Work hard, & Be Kind!

Practice/Games/Events

The **PROPOSED** football cheer schedule is as follows:

(See attachment/calendar)

All practices, events, and games are mandatory!

We understand sickness or family emergencies occur, all other absences are unexcused. (this includes, but is not limited to, absences due to other sports). We do not discourage cheerleaders from having other activities, but our practices/games/events are important. It is unfair to other squad members who are always present and others who may not have made the team. Unexcused absences result in demerits, which could result in dismissal from the squad.

Those involved in clubs at school may be able to attend morning meetings. If this is not possible, please discuss this with the Coach prior to the scheduled meetings.

Cheerleaders/parents must notify their Coach in the event of an emergency or illness that prevents the cheerleader from attending practices/games/events. It is not the responsibility of other cheerleaders to advise the Coach of an absence. Only the Coach can excuse a cheerleader from an event due to illness or an emergency.

Cheerleaders must arrive on time to all events and may not leave early for any reason other than an illness or an emergency. Missing any part of an event will result in demerits.

No outside spectators will be allowed at cheer practices!

Appearance

NO jewelry will be worn at practices or when performing. This includes camps, practices, and games. This is a GHSA rule and is not negotiable.

Hair should be in designated style when performing. For practice, hair should always be pulled back in ponytail.

No colored nails. Keep nails trimmed, this includes acrylic.

Uniforms should always be properly cared for and clean. Do not alter uniforms in any way.
Undergarments should not be visible at anytime!
Failure to be in complete and proper uniform will result in demerits.

Expected Behavior

Always use your best judgement, in and out of school.
Promote a positive behavior for the school community.
Consequences will be issued for inappropriate behavior or poor conduct.

Cheerleaders must not:

- Show unsportsmanlike conduct
- Use profanity
- Show displays of affection
- Be academically dishonest
- Post inappropriate things on social media. This includes the “Finsta” and spam accounts. In appropriate posts include, but are not limited to; cursing, alcohol, tobacco, bashing a team or teammate (or anyone for that matter) inappropriate gestures, etc.

Other cheerleader rules/expectations:

- Attend all games/events/practices
- Have a positive attitude and ability to work with different personalities
- Advise Coach’s where you are during all practices/events/games. Consequences will be issued if failure to follow the Coaches direction or to stay in assigned areas of events.
- Coaches will communicate primarily with the cheerleaders. It is expected cheerleaders convey information to their parents.
- All cheerleaders and their parents will be expected to sign a code of conduct and demerit sheet at the “You made it” meeting.
- Cheerleaders cannot loan cheerleading uniforms/outfits to ANY non-cheerleaders. This includes: uniforms, camp wear, Spartan Nation shirts and cheer warm-ups.
- All official cheerleading decisions and activities will be made by the Coaching Staff and approved by the Director, when necessary. All Coaches and Captains are to be given respect and cooperation by cheerleaders and parents at all times! Lack of respect will not be tolerated and can be grounds for dismissal.
- Coaches may not be approached during a practice or game with an issue, unless it is a medical emergency.

INFORMATION SHEET

Please complete the following information. Please write LEGIBLY.

Student Name: _____ Name Called: _____

Grade Level for 19-20 School year: ____ School Attending for 19-20 School Year: _____

Home Address _____

City _____ Zip Code _____

Home Phone: _____ Athlete Cell _____

Email address: _____ Birthday: _____

Parent/Guardian Name: _____

Home address (if different from above): _____

City _____ Zip Code _____

Parent/Guardian Phone (If different from above): _____

Mother's Work Phone: _____ Mother's Cell Phone: _____

Mother's Email: _____

Father's Work Phone: _____ Father's Cell Phone: _____

Father's Email: _____

Emergency Contact Name: _____ Relationship to You: _____

Emergency Phone: _____ Emergency Cell Phone: _____

Allergies/Health Problems/ Medications (Please describe in detail): _____

Were you involved in any behavior infractions (ISS or OSS) during the 2018-19 school year? _____

If yes, please explain on a separate sheet of paper.

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SOUTH PAULDING SPARTANS CHEER CLUB, INC.

JUNIOR SPARTANS LIABILITY WAIVER

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY
AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")**

CONSIDERATION of _____ 's (hereinafter "the Child") participating in any way in the **South Paulding Spartans Cheer Club, Inc.** ("SPSCC") programs, I attest and affirm that I am the legal guardian or parent of the above-named minor child, and I, for myself, my personal representatives, assigns, heirs, and next of

1. ACKNOWLEDGE, agree, and represent that I and the Child understand the nature of cheerleading activities and that she/he is qualified (in age and residence), in good health, and in proper physical condition to participate in such activities. I further agree and warrant that if at any time I or the Child believes that her/his personal safety may be compromised, she/ he will immediately discontinue further participation.
2. FULLY UNDERSTAND that: (a) CHEERLEADING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by the Child's own actions or inactions, the actions or inactions of others participating in the activities. the condition in which the activities take place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ANY AND ALL SUCH RISKS AND RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES the Child or may incur as a result of his participation in the activities.

HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE South Paulding Spartans Cheer Club, Inc., their respective administrators, clients, directors, agents, officers, members, coaches, volunteers, employees, as well as other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activities take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY OR MY CHILD'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I, ON BEHALF OF MYSELF AND MY CHILD, FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf,

makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney's fees, loss, liability, damages, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE REMAINING PROVISIONS SHALL CONTINUE IN FULL FORCE AND EFFECT.

I FURTHER CERTIFY THAT THE CHILD'S REGISTRATION INFORMATION IS CORRECT. I, ON BEHALF OF MY CHILD, HAVE SUBMITTED A CURRENT CERTIFICATE OF PHYSICAL EXAMINATION WITH THE SPSCC, Inc. PROGRAM PRIOR TO PARTICIPATING THAT INDICATES THE CHILD IS PHYSICALLY APPROVED FOR PARTICIPATION. I GIVE MY CHILD'S SCHOOL PERMISSION TO RELEASE INFORMATION REGARDING AGE, RESIDENCE, ADDRESS, AND RECOGNIZED PARENT OR LEGAL GUARDIANSHIP TO A SPSCC, Inc. BOARD MEMBER OR COACH.

Printed Name of Parent/Guardian: _____

Printed Name of Participant: _____ GRADE: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

SPJS PARENT PERMISSION AND CONSENT FORM

Name: _____ Male: ____ Female: ____
(Last) (First) (Middle)

(Printed Name of Parent/Parents/Guardian): _____

Date of Birth: _____ 2019-20 Grade level: _____

Telephone (home): _____ (Cell): _____

WARNING: Although participation in supervised inter-scholastic athletics and intra-scholastic athletic clubs may be one of the least hazardous in which students will engage in or out of school, by its nature, participation in interscholastic athletics includes a risk or injury which may range in severity from minor to long term catastrophic, including permanent paralysis from the neck down or death. Although serious injuries are not common in supervised athletic programs or athletic clubs, it is possible only to minimize, not eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their equipment daily.

I, as parent/guardian of the above mentioned cheerleading candidate, have read and fully understand the rules and regulations, which will govern my child during participation in tryouts, and if chosen to represent the South Paulding Jr Spartans as a cheerleader, during the upcoming seasons/school year. I also understand that this is an extra-curricular activity and that attendance at ALL PRACTICES, GAMES, PERFORMANCES, CAMPS, and FUNDRAISERS are requirements of the elected cheerleaders. I also understand that if my child is chosen as a part of a South Paulding Jr. Spartans cheerleading squad and is later dismissed from the squad for any reason, I will receive no financial restitution.

I give permission to display photos/videos taken throughout the season on the SPSCC, Inc., school website, and any other display of which the coaches approve.

I hereby give my consent to the above mentioned student to participate in cheerleading tryouts, and if chosen, to participate as a member of a South Paulding Jr. Spartans cheerleading squad for the 2019 cheerleading season.

By signing this permission form, you acknowledge that you have read and understand this warning.

PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I (We) _____ hereby give consent for to: _____
(print parent(s) name) (print student-athlete name)

(1) participate in Cheerleading as part of the Jr Spartans Cheerleading Program with the South Paulding Spartans Cheer Club, Inc.

(2) and, I (We) hereby verify that the information on this form is correct and understand that any false information may result in my son/daughter being declared ineligible.

This acknowledgement of risk and consent to allow participation shall remain in effect until revoked in writing.

SIGNATURE OF PARENT OR GUARDIAN: _____

DATE: _____

SIGNATURE OF STUDENT-ATHLETE: _____

DATE: _____

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to South Paulding Junior Spartans, your coaches, your teammates, and yourself for the **complete season (full year)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SPJS, you must **maintain proper behavior at all times**. You must follow the cheerleading guidelines set forth in the Cheerleading Constitution. Students who break the rules will be disciplined as outlined by the Demerit System. By making this commitment to the SPJS Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned respect and maintains a winning reputation.

Student Agreement

I, _____, have read and understand the Cheerleading
(print name)

Constitution and Demerit System. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature: _____ Date: _____

Parent/Guardian Agreement

I (We), _____, the parent or legal guardian of, _____

(print name) (print student-athlete name)
have read and understand the Cheerleading Constitution and Demerit System. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent Signature: _____ Date: _____