



Saint Mary's College High School Cheer

Parents,

Your daughter/son has indicated that she would like to try out for Saint Mary's College High School Cheer.

TRYOUTS

When: September 10, 2014

Time: 4-6pm

Where: Auditorium

To be eligible for tryouts, all paperwork must be completed and turned into the Coach Korba/Mrs. Balding by

Wednesday September 10TH, 3:45pm including:

- Tryout packet forms (Ms. Korba)
- Current Physical on file (Mrs. Balding)
- Meet academic eligibility

Requirements for the 2014-2015 squads:

- *Practices*: A minimum of 1-3 times per week throughout the year. We will start practicing in the fall Mondays 4-6pm and Wednesdays 6-8pm and continue until basketball season is done in late February early March.
- *Competitions*: We **may** compete at 1-2 competition this year depending on how the year goes.
- *Uniforms*: Uniform costs may vary per team and student-athlete. There are **NO REFUNDS** on special custom-made items. The uniform will typically take a month or two to get to you. For the football games in the mean time you will be temporarily wearing practice clothes until your uniform comes in.

Approximate Cost for Cheer Program

For a new cheerleader

Cheer Apparel and accessories total \$511

Includes the following:

Cheer Uniform: \$240

(Includes: skirt, shell, liner, briefs and pom poms)

Cheer Shoes: \$60 Nike Stamina

Cheer Sweats: \$116

Cheer Bag: \$35

Practice Clothes: \$50

Bows: \$10

For a returning cheerleader

Cheer Apparel and accessories total \$335

Includes the following:

Cheer Uniform: \$240

(Includes: skirt, shell, liner, briefs and pom poms)

Cheer Bag: \$35

Practice Clothes: \$50

Bows: \$10

(The bag, uniform and sweats will be used for the next few years and cheerleaders will not have to buy them again the following year.)

All checks need to be made out to Saint Mary's College High School

Other arrangements may be made with athletic director and coach's approval.

Fundraising is available and in the works.

If you have any further questions, please contact the Coach Korba @ Mkorba@stmchs.org.

CHEER REGISTRATION FORM

DUE: Wednesday September 10th, 2014, 3:45pm

Registration Checklist:

- _____ Current Physical Form
- _____ Academically Eligible
- _____ Emergency Notification Form
- _____ Signed Program Information & Acknowledgement Sheet
- _____ Signed Student-Parent Agreement
- _____ Signed Concussion Information Sheet

SPORT (Cheer)

STUDENT INFORMATION - Please Print Clearly

Name _____ **2014-2015 School Year Grade** _____
Legal First Name Legal Last Name

Student Email _____ **Student's Cell** _____

Home address:

_____ Street City Zip

PARENT/GUARDIAN INFORMATION

1. Name _____
First Last Relationship

Phone: Home _____ Work _____ Cell _____

Email _____

2. Name _____
First Last Relationship

Phone: Home _____ Work _____ Cell _____

Email _____

Please sign here indicating: 1) that student agrees to obey all the regulations and rules of Saint Mary's College High School, and the California Interscholastic Federation and 2) **as acknowledgement that we are aware that there are inherent risks involved with any athletic participation.**

STUDENT SIGNATURE **DATE**

PARENT SIGNATURE **DATE**

EMERGENCY NOTIFICATION INFORMATION

STUDENT NAME _____ **STUDENT I.D. #** _____

Date _____ **Grade** _____ **Date of Birth** _____

SMCHS Cheer Program Information & Acknowledgment Sheet

To be part of this year-round program takes a TREMENDOUS commitment from the student and his/her parents! Know what's expected BEFORE try-outs.

Practices & Games

Conditioning and practices will begin in July for Cheer and continue throughout the summer. At the beginning of the school year, both JV and Varsity teams begin mandatory practices at the coaches' discretion- *one to three times a week*. Check with your coach for practice times.

All practices should be considered mandatory. The team has a strict absence policy that will be discussed in detail at the Informational Parent Meetings.

In the fall, the cheerleaders cheer for Football. *For varsity, this may include Thanksgiving weekend and a possible State Game in December.* In the Winter, the cheerleaders cheer for both girls and boys Basketball. All of this averages out to one to two games per week. A girl who has tardies and unexcused absences from practices, games, will be subject to disciplinary action, possibly exclusion or removal from the team. This is also true of behavior infractions.

Summer Camp

Cheer camp is critical for learning safe skill techniques and how to work together as a team. We depend upon parent volunteers to drive girls to and from camp.

Parental Involvement

Parent car pools are needed for "away" football games. Volunteer requirements must be completed before any parent may volunteer with the team.

Fun Stuff!

We plan parties, sleepovers and picnics and we strongly encourage all girls to attend. These events are not only fun, but also build bonds of trust and confidence. Our teams are always grateful for parents willing to host and organize such events.

And finally...

Take the time to read your SMCHS handbook so you won't have any surprises later. Sign below, indicating you understand the expectations and requirements of the Saint Mary's College High School Cheer Program.

Student signature/date

Parent signature/date

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PARENT/STUDENT CHEER TEAM AGREEMENT

TEAM RULES AND REGULATIONS

Cheer Team members are representatives of Saint Mary's College High School, and shall conduct themselves with courtesy, common sense, and respect at all times. Rules and regulations of Saint Mary's College High School regarding student behavior shall be in effect at, and while en route to or from, all Cheer practices, contests, or activities. Any behavior in violation of these rules and regulations, or which tends to bring discredit to their team, or which may reflect unfavorably on Saint Mary's College High School will be brought to the attention of the administration for disciplinary action.

To participate in any Cheer activities at Saint Mary's College High School, the undersigned student agrees to obey the regulations and training rules established by the Saint Mary's College High School Cheer Department, and/or the North Coast Section of the California Interscholastic Federation. A Cheerleader who fails to abide by these regulations and training rules will be subject to disciplinary action by the Coach and/or Director of Athletics.

Because any individual's behavior reflects on the entire team and Saint Mary's College High School, Cheer Team members are advised that they are to avoid any situation, which may tend to reflect unfavorably on their personal integrity or the good reputation of the Team and Saint Mary's College High School. If a Cheerleader is aware of questionable behavior on the part of any team member, she should privately bring the behavior in question to the attention of the Coach at the first opportunity.

• Disciplinary:

1. Detentions shall be served at the discretion of the administration, and may be served during practice times.
2. Disciplinary action may prohibit Cheerleader from participating in any activity, including try-outs, at the discretion of the administration.
3. Students must be in "Good Standing" in order to try out or participate in any sport.

• Medical:

1. Cheerleader must provide proof of physical examination or physician's clearance *on the school provided form* before she may try out.
2. A physical is considered current only one year from the date of the physical examination. If insurance only covers a physical every two years, then a physician's clearance must be obtained.
3. In the event of any injury which prevents a Cheerleader/Dancer's participation at practices or contests, a medical release must be obtained from her physician and filed with her Coach before the cheerleader/dance will be allowed to return.

FINANCIAL:

1. Parents are responsible for making required payments in a timely manner.
2. Final payment due date must be adhered to or the athlete may be removed from further participation with the team.

(PARENT/STUDENT CHEER TEAM AGREEMENT CONT'D)

TEAM COMMITMENTS:

1. Cheerleaders are committed to the team for the entire season once rosters are finalized.
 - a. Cheerleaders must complete the current season of sport prior to trying out or conditioning for the next season of sport.
 - b. Cheerleaders will be dropped from his/her team as the result of disciplinary action for any use of tobacco products, alcohol or other illicit drugs, will not be reinstated for the rest of the year and may be ineligible to try-out for the following year.
 - c. If a Cheerleader quits the team, she may not be allowed to participate following year. A cheerleader who drops with the coach's consent will be eligible for the next season of sport; Cheerleaders who are dropped because of lack of commitment and compliance with team rules (coach's decision) will be ineligible for the next season of sport.
 - d. A Cheerleader will not be allowed to drop cheer for the sole purpose of joining another school activity.
 - e. Cheerleaders are allowed to miss practice or games only with the prior approval of the Coach. Excessive absences/tardies may result in dismissal from the team.
 - f. A Cheerleader who is suspended from her team as the result of disciplinary action for anything other than the use of tobacco products, alcohol, or other illicit drugs may regain eligibility at the discretion of the administration. Final decision to readmit a Cheerleader to participation rests with the coach.
 - g. All Cheer Team members are expected to attend practices unless at home ill. If a Cheerleader/Dancer is injured but is able to attend school, she will attend practices and games.
2. A Cheerleader will NOT be allowed to miss a practice to attend a voluntary school activity without the coach's permission.
3. Cheerleaders must attend the entire contest unless other arrangements have been made with the Coach. Cheerleader shall notify her Coach in writing of any absences from school, practice, contests or games.

BEHAVIOR/ATTITUDE:

1. Cheerleader agrees to keep herself in good health and physical condition by getting proper rest and diet, and by avoiding the use of tobacco products, alcohol, and other drugs.
2. Cheerleader shall demonstrate the highest standards of sportsmanship at all Cheer competitions, either as a participant or a spectator, extending courtesy and respect to Cheer Team members, Coaches, officials, and spectators.
3. Knowledge of any behavior by team members at any contest which involves alcoholic beverages, illicit drugs, or vandalism

must be brought to the attention of the coach.

- Cheerleader shall direct any questions or concerns to the Principal through proper channels of communication: first to her Coach, then the Athletic Director, the Assistant Principal and finally the Principal.

I understand the above Parent/Student Cheer/Dancer Agreement as well as the rules and regulations of Saint Mary's College High School regarding student behavior as contained in the Saint Mary's College High School Student Handbook, and agree to be bound by them. I understand that there are inherent risks involved with any Cheer participation.

Student Signature-Date

Parent/Guardian Signature-Date

Parent/Guardian Signature-Date

If this document is signed by only one parent or guardian, such parent or guardian represents that he/she, if parent, is either a single parent or is authorized to give this permission on behalf of both parents, or, if guardian, is the appointed guardian of the above-named student.

Saint Mary's College High School

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays unusual lack of coordination• Answers questions slowly• Slurred speech• Shows behavior or personality changes• Can't recall events prior to hit• Can't recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness

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What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion...

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-Athlete Name Printed Student-Athlete Signature Date

Parent or Legal Guardian Name Parent or Legal Guardian Signature Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
Document created 5/20/2010

Saint Mary’s College High School