



Tryout Application

Middle School/Riverbend Cheerleading

COACHES USE ONLY Tryout # _____ Team: Middle School
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Please print the following information clearly in blue or black ink.

Personal Information

Name	Parent/Guardian name(s):
Applicant's Cell Phone # please specify if you do not receive text message.	Parent's Cell Phone # please specify if you do not receive text message.
Applicant Email:	Parent Email
Overall GPA	Date of Birth

Please list any prior cheerleading/gymnastic experience you may have:

Are you currently a member of any club, organization, or team requiring extra practice time? _____

If so, please list: _____

Please list any other obligations that may interfere with summer practices:

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

Were you involved in any behavior infractions (ISS or OSS) during the 2019-2020 school year? Yes or No

If yes, please explain.



Parent Expectation and Responsibility Contract

Cheerleading requires a GREAT deal of time, commitment, and dedication on the part of the parent. These are expectations for the parents of the program. Being a parent member of the program, there is an expectation to act appropriately and responsibly. Coaches have the ability to deliver consequences if any of the below are not followed. Before tryouts, read and consider all of the information before allowing your daughter/son to tryout. **Please initial next to each statement and sign the contract below.**

___ 1. Practices are considered a mandatory event. Please do not make appointments or call your child out of practice.

___ 2. Games are mandatory. Please make sure your child is always on time and ready to cheer.

___ 3. Parents will not be late to pick-up athlete. If you know you will be late, you must make other arrangements for your child.

___ 4. Parents are not allowed to sit in on practice. If you have a question for the coach, please wait until the end of practice.

___ 5. Parents will act respectfully to coaches at ALL times. Discretions or concerns will be discussed directly with the coach to find a solution to the problem. The steps of communication must be met, or you and your cheerleader will be asked to leave the program if something cannot be done.

___ 6. Please refrain from texting or calling your child while they are in practice. Please contact the coaches for emergencies and/or arrangements for rides, etc.

___ 7. Parents need to refrain from gossiping/talking/venting about issues regarding them, cheerleader, coaches or situations with the program. Coaches are very approachable and are very willing to hear your concerns.

___ 8. Refrain from using cheerleading as a punishment. This does not punish one cheerleader but an entire squad since there is no one to substitute for your cheerleader.

___ 9. Parent must notify the coach if your cheerleader is ill. Please text or email.

___ 10. Parents need to oversee the time management of your cheerleader (i.e. practice and game schedules, homework completion, etc.)

___ 11. Direct concerns about your cheerleader on an individual basis directly to the coach first.

___ 12. Parent/Guardians will follow all forms of proper communication when speaking with the coach.

___ 13. Understand that coaches are the ones who run practices, make rules, enforce consequences, and make team decisions. Coaches will not be influenced by negative comments or complaints.

I hereby understand that as a parent of the Pacific cheer program, I am here to support my athlete, the coach, and the program as a whole. If I represent the program poorly or break the above contract, the coach has the right to dismiss myself and my cheerleader from participation. This is to be a positive experience for the student athletes, coaches and parents involved, and I will respect all decisions made by the coaches.

Parent/Guardian printed name: _____

Signature: _____ Date: _____



Cheerleading Behavior and Responsibility Contract

Cheerleading requires a GREAT deal of time, commitment, and dedication on the part of the cheerleaders. Academics should always be priority; cheerleading should be next and all other activities to follow. Being a member of the program, all girls/boys are expected to act appropriately and responsibly. As athletes, you are now going to be the lead examples of your school. Signing this contract is acknowledgment that you have read the following, understand, and choose to obey each part of the contract. **Please initial next to each statement and sign the contract below.**

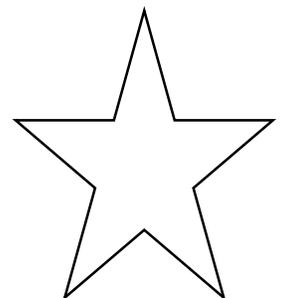
- ___ 1. The cheerleader will represent their school in a positive manner in action, dress, and overall conduct, and will exhibit acceptable standards of citizenship at **all times**
- ___ 2. The cheerleader will not have more than 1 F. If the cheerleader has more than 1 F during grade checks, he/she will be placed on academic probation until the grade is brought up.
- ___ 3. The cheerleader will refrain from gossiping or any form of verbal or physical confrontation.
- ___ 4. The cheerleader will wear appropriate uniforms or outfits on specific days and scheduled events
- ___ 5. The cheerleader will follow through with all commitments. The cheerleader will attend all games, practices, and functions. They will also be on time to each one. Further, she/he will plan family outings, appointments, and other activities with the cheerleading schedule in mind first and foremost.
- ___ 6. The cheerleader will communicate in a positive manner with teammates, coaches, and staff.
- ___ 7. The cheerleader will maintain a positive attitude toward school and cheerleading
- ___ 8. The cheerleader will continue to be coachable
- ___ 9. The cheerleader will be able to take directions and criticism positively.
- ___ 10. The cheerleader will not bring a cell phone with them to practice, and will silence it during games or events.
- ___ 11. The cheerleader will act responsibly during games and events
- ___ 12. The cheerleader will wear their uniform properly. This includes no bra straps showing, correct socks, and bow.
- ___ 13. The cheerleader will not socialize with the crowd unless at halftime.
- ___ 14. The cheerleader will act respectfully to the captains and coaches at all times. Discretions or concerns will be discussed directly with the coach to find a solution to the problem.
- ___ 15. The cheerleader will not smoke, drink, or use any illegal substances while being a member of the cheerleading program. Any athlete that participates in illegal activity will face immediate consequences given by the coach, which could result in immediate removal from the team.
- ___ 16. The cheerleader will only use appropriate language and display only appropriate pictures on social media or text messaging. Any athlete, under coaches' discretion, that has disrespected the name of PHS or the program will face direct consequences. Inappropriate language includes curse words and talking negatively about anyone. Inappropriate pictures include pictures of illegal substances, sexually explicit acts with boy/girlfriend, clothes and poses.
- ___ 17. Cheerleader will maintain a normal hair color. (No bright or crazy colors)
- ___ 18. Cheerleader will remove all piercings and jewelry for practice, games, and other events.

Athletes Printed name: _____

Signature: _____ Date: _____

Parent/Guardian printed name: _____

Signature: _____ Date: _____



Constitution Agreement and Parental Release

Please sign each section and return this page

Cheerleading requires a GREAT deal of time, commitment, and dedication on the part of the cheerleaders. As athletes, you are now going to be the lead examples of your school. Signing this constitution is acknowledgment that you have read the above, understand, and choose to obey each part of the constitution.

Athletes Printed name: _____

Signature: _____ Date: _____

I hereby give consent to my son/daughter to try out for cheerleader for the Pacific Cheerleading Organization and recognize his/her responsibilities and requirements. I understand that, if chosen, my son/daughter will be required to pay for cheerleading camp, uniforms, and accessories. I hereby understand that as a parent of Pacific cheer program, I am here to support my athlete, the coach, and the program as a whole. If I represent the program poorly or break the above constitution, the coach has the right to dismiss myself and my cheerleader from participation. This is to be a positive experience for the student athletes, coaches and parents involved, and I will respect all decisions made by the coaches.

Parent/Guardian printed name: _____

Signature: _____ Date: _____

JUDGES AND FINAL SCORE AGREEMENT

I, _____, and my child _____, understand that he/she will be judged by a panel of qualified judges, and will be scored on the categories listed on the sample score sheet provided in this packet. We understand at no time will my child's score nor any other cheerleader's score be discussed or provided to me as the parent, my child, or any other individual outside of school officials.

Student Signature _____ Date _____

Parent Signature _____ Date _____

I understand the very nature of the activity; cheerleading (including stunting) and gymnastics carry a risk of personal injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, and head. I understand these risks and will not hold Pacific High School or any of its personal responsible in the case of accident or injury at any time. Further, we understand personal insurance must cover our son/daughter. We give our permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

Parent/Guardian printed name: _____

Signature: _____ Date: _____

