

Cheerleading Parent Information

Please take this home for your parents' approval. It contains important information for you and your parents to review if you are considering trying out to be a cheerleader for Logan Elm High School.

IMPORTANT DATES:

It is important for the student to be available on these dates. I have worked very hard to try to avoid any conflict with spring sports and the following dates are the only dates available to do tryouts. Cheerleading is the one sport that we aren't able to wait until the beginning of the season to choose the squad as most of you are aware, with this being stated: **TRYOUT DATES: MARCH 20TH-22ND 5:00-7:30 PM**

IMPORTANT INFORMATION

The cost of Cheerleading IS NOT cheap. At the Varsity level the cheerleader purchases their own uniform at a cost of \$100-\$150. Uniform accessories (spunks, body liner, socks) could range from \$50-\$100, Shoes can run around \$75, Warmup \$100, and Camp (MANDATORY) \$80 (home camp) OR \$350 (if we are able to attend a University Camp) Please keep in mind these are estimates

TRYOUT INFORMATION – Student *MUST have a current physical on file or get one prior to tryout dates

I have read all rules and regulations that govern the Logan Elm Cheerleaders. I understand that as a representative of Logan Elm High School, I agree to abide by the rules IF I am selected to be cheerleader for the 2019-2020 school year.

Name _____ Grade (2019/2020) _____

Interest in Football Cheerleader _____ Basketball Cheerleader _____ Both _____

Parental Release

(Student name) _____ has my permission to try out for Logan Elm High School Cheerleader. WE have read the rules and regulations set forth by the Coach and Principal/Athletic Director of Logan Elm Schools and understand that ALL forms must be completed and returned **March 20, 2019** or **before** or my child will NOT be allowed to tryout. I understand that my child **HAS TO** attend all practices or will not be considered for a cheerleading position. I understand that my daughter/son will be evaluated by the coaches and agree to abide by the decision made, and the cost involved to this sport, as well as the commitment. I further understand the very nature of the sport of cheerleading carries a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation/broken bones. The risk also could include catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Logan Elm High School or any of its personnel responsible in the case of accident/injury at any time.

Signature of Parent/Guardian _____

Date _____ Phone # _____

GUIDELINES AND EXPECTATIONS OF LOGAN ELM HIGH SCHOOL CHEERLEADER

DO WHAT IS RIGHT!

ALL RULES WILL BE FOLLOWED AS STATED IN THE ATHLETIC HANDBOOK AS WELL AS THE OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

PRACTICE ATTENDANCE

- Attendance at practice is **MANDATORY**
- Excused absences or approval to leave a practice early **MUST** be discussed with the coach by the Cheerleader in **ADVANCE**
- On Time and ready to practice
- School attendance as stated in the Athletic handbook will be followed

ATTITUDE/TEAM COMMITMENT

- Academics first – GRADES
- No cursing at all
- **RESPECT** each other and come with a desire to work hard together
- **RESPECT** anyone in an authority/leadership position. **DO NOT** argue authority.
- Cheerleaders have a responsibility to follow the rules set by the Logan Elm Athletics as stated in the Athletic Handbook
- Anything of questionable nature by the coaching staff regarding a cheerleader's Facebook, Twitter, Instagram/Social media will be dealt with at the coach's discretion.
- **CELL PHONES** – off during practice/games. Under **NO** circumstances are phones to be plugged in outlets – **PERIOD!**

APPEARANCE

- **NO BELLY** showing at any time
- **WHITE** no show socks
- **NO** jewelry, exception **SMALL** stud earrings
- Uniforms and shoes are to be clean at all times
- Travel Uniforms will be worn to **ALL** away games – not part/**ALL** (no boots, slippers – shoes)
- Appropriate uniform attire at all times (bows, socks, spunks)
- Hair in ponytail (unless otherwise discussed) off face
- Clear nail polish or French manicure **ONLY**
- No unusual hair color

Any violation of these rules could result in one or more of the following:

Conference with coaches – Suspension from cheering – Removal from the team

This is the highlights of the rules, full rules and regulations will be handed out to the squad upon making the squad.

Signature of Cheerleader

Parent

Date _____