**2020-2021**



**East Paulding High School**

**Cheer Tryout Packet**

**Tryout Information:**

**Tryout Schedule**:

**Tryout Cheer Clinic – Mon- Tues., March 30th- April 1st - 4:00-6:30 pm**

**Try outs – Thursday and Friday April 2nd and 3rd – 4:00 pm-?**

**White T Shirt, Black Cheer shorts, Plain Bow, Cheer shoes. NO DESIGNS OR LOGOS.**

Dear Cheerleading Candidate & Parent/Guardian,

Thank you for your interest in trying out for the 2020-2021 East Paulding High School Cheerleading Squad. Cheerleading is a reward and exciting sport that teaches teamwork, dedication, sportsmanship, leadership, and school spirit. Being chosen to represent East Paulding High School as a cheerleader is both an honor and a privilege. As an EPHS cheerleader, you will be in the forefront as a representative of our school and will be expected to follow a strict code of conduct, with honor at all times. Keeping this in mind, both you and your parent/guardian should read the following information to ensure you fully understand both the responsibility and commitment expected of you as an East Paulding High School cheerleader.

While deciding whether or not to be a part of our cheerleading program, please remember and consider the time, expense, and commitment this sport will require from both the student and parent(s). Your commitment will require active participation in after school practice (at least 1 time per week), pep rallies, summer camp, fundraisers, local community events, team bonding activities, parades, weekly games (football and basketball), and competitions etc. Due to the fact that cheerleading is a team sport, one person’s inability to follow through on their commitment affects the entire squad. Any squad made at tryouts is considered part of the 2020-2021 season. Cheerleaders making multiple squads are responsible for all commitments for each squad they are on. If you make a squad or multiple squads, you are on the squad. Any cheerleader that quits a squad will be ineligible for all other squads and not be allowed to try out for ONE FULL YEAR starting on the quit date. There are no refunds if you quit a squad, and you must still pay for any ordered items.

This packet should contain all of the information you need during the tryout process. If you have any questions, please feel free to contact a member of the coaching staff. We are looking forward to an exciting tryout and successful season!

Mandy Mincy: mmincy@paulding.k12.ga.us

**Join the tryout remind : Text: 81010 message: @ephstry**

East Paulding High School Cheerleading Checklist

**Tryouts**:

- Tryout conflicts will be handled on a case-by-case basis. Please notify the corresponding coach if tryout accommodations need to be made.

**- Attire during the week**: Cheerleading shorts, t-shirt, cheer shoes, hair up in neat ponytail (bangs out of face, NO jewelry, and **NO fake nails**) You should wear your assigned tryout number on the left leg of your shorts.

**- ATTIRE on Thursday/Friday**: Black shorts, white t-shirt, cheerleading shoes, hair up in a neat ponytail, NO Jewelry, NO fake nails!

**Forms**:  **on Cheer website** [www.eastpauldingcheer.weebly.com](http://www.eastpaulddingcheer.weebly.com)

 **\_\_\_\_\_** Completed Rank One Documents (ONLINE) **9th, 10th, 11th graders only**

 \_\_\_\_\_\_ Tryout/Team Choice Sheet **EVERYONE**

 \_\_\_\_\_\_ Completed Physical **EVERYONE**

 \_\_\_\_\_\_ 4 Completed Core Teacher Recommendation Forms /1 Coach form **EVERYONE**

\_\_\_\_\_\_ Signed Concussion Form (once test has been completed) **EVERYONE**

\_\_\_\_\_\_ Inherent Risk and Release Form with a copy of Insurance Card **EVERYONE**

* **All forms should be completed and turned in by Wednesday March 25th. Please turn forms Attention to Coach Mandy Mincy at EPHS, the front office at East Paulding High School, NO LATE FORMS WILL BE ACCEPTED.**

**Release and Inherent Risk Agreement**

**Read carefully before signing:**

I am the parent (or guardian) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a student at East Paulding High School. My child desires to participate in the cheerleading program.

\* I hereby acknowledge that participation in the cheer program carries with it potential hazards. My child could fall, be knocked down, run into, or bumped receiving bruises, broken bones, concussion, and serious injury as a result of some of the gymnastic and stunts practice or performed as part of the program.

\* I understand that the program coach, parent and/or faculty representative may not be close enough to prevent an injury from occurring.

\* I hereby attest and verify that my child is physically fit to participate in the strenuous exercise necessary as a part of the program.

In consideration for my child having the opportunity to participate in the school Cheerleading program, I hereby release the Board of Education, the school, the principal, the coaches, and the faculty and/or parent volunteers, of any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns of from any liability, resulting from injury or death as a result of my child’s participation in cheerleading or related events.

In further consideration of the acceptance of my child in the cheer program at the school:

\* I hereby agree to comply with all the rules and regulations applicable to the cheer program and to encourage my child to comply, and to assist the cheerleading coach, the faculty, and parent volunteers in all participants to comply.

I hereby waive and release any and all claims that I may have against the Board of Education, the school, the principal, the coach, the faculty or parent volunteers or any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns (the “Releases”) of and from any liability including any and all claims for damage caused of any of them resulting from or arising out of my child’s participation in cheerleading activities and related events.

I further hereby agree to indemnity and hold harmless the releases and each of them against any such claim for injury, damage or costs, including attorney’s fees, arising from, Related to, or otherwise occurring as result of the negligence of any of them, in connection with my child’s participation in cheerleading activities and related events.

And, I further hereby consent to allowing my child to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness resulting from or arising out of my child’s participation in cheerleading activities or related events.

**Disclaimer:** I understand that by the very nature of the activity, cheerleading poses a risk for physical injury. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also can include catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand that no matter what precautions are taken by the coaches, nor the amount of training received by the athlete, can eliminate these risks. I understand these risks and will not hold EPHS or any of its personnel responsible in the case of accident or injury at any time.

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

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

Signature of Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Attach a copy of your current insurance card below:**

Attach a copy of the back of your insurance card here.

Attach a copy of the front of your insurance card here.

2020 Cheerleading Tryout Sheet

East Paulding High School Raider Cheer

|  |
| --- |
| Additional Comments/Information: |

**Contact Information**

 **Assigned Tryout Number:\_\_\_\_\_\_**

Cheerleader’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What grade are you entering in the **Fall**?

\_\_\_\_9th \_\_\_\_10th \_\_\_\_11th  \_\_\_\_12th

If you are entering the 9th grade, which middle school did you attend? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State and Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents’ Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent E-mail Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please place an X next to the team(s) that you would like to be considered for:**

**\_\_\_\_\_ JV Football \_\_\_\_\_Varsity Basketball \_\_\_\_\_\_\_Varsity Football \_\_\_\_\_\_\_Varsity Competition**

**Stunting (competition only)**

\*\*I am trying out as a:

[ ] Back Spot [ ] Base [ ] Fly

\*\*As a fly, I can tryout with a:

 [ ] Single Down [ ] Lib [ ] Scorpion [ ] Full-Up [ ] Arabesque [ ] Bow and Arrow [ ] Scale [ ] Heel Stretch [ ] Switch-Up [ ] Basket Full [ ] Basket Kick Full

**Tumbling (competition only) \*Back spots will not be allowed during tryouts. Do not check a box below if you are not willing to throw this skill at every practice or competition.**

Standing:

 [ ] Back Handspring [ ] Back Handspring Back [ ] Tuck [ ] Cartwheel Tuck [ ] Back Handspring (x2) Layout [ ] Full [ ] Back Handspring (x2) Full

Running:

 [ ] Back Handspring Series [ ] Round-off Tuck [ ] Back Handspring Back Tuck

 [ ] Layout [ ] Full

[ ] Trick Pass or most difficult pass if not listed above \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing below, I understand, respect and accept that the decisions of the coaches are final.

Cheerleader’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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