



# LASSITER HIGH SCHOOL CHEERLEADING 2021 / 2022 TRYOUT PACKET



**TRYOUT CLINIC DATES:**

Tuesday, March 23rd (OPTIONAL)	4:00 pm to 5:30 pm	LHS Gym
Monday, March 29 <sup>th</sup>	4:00 pm to 6:00 pm	LHS Gym
Tuesday, March 30 <sup>th</sup>	4:00 pm to 6:00 pm	LHS Gym
Wednesday, March 31 <sup>st</sup>	4:00 pm to 6:00 pm	LHS Gym

★ **FINAL TRYOUT DATES:** ★

10 <sup>th</sup> GRADE	Thursday, April 1 <sup>st</sup>	4:00 pm
9 <sup>th</sup> GRADE	Thursday, April 1 <sup>st</sup>	5:00 pm
11 <sup>th</sup> GRADE	Thursday, April 1 <sup>st</sup>	6:30 pm
12 <sup>th</sup> GRADE	Thursday, April 1 <sup>st</sup>	7:30 pm

Squads will be posted by 5:00 PM on Friday, April 2<sup>nd</sup> @  
<http://lassitercheerleading.org/>

The following forms must be fully filled out, stapled together (in this order), and turned in on the first day you attend the clinic.

- \_\_\_\_\_ Cheerleading Policies Agreement Form (pg. 9)
- \_\_\_\_\_ Explanation of Inherent Risk (pg. 10)
- \_\_\_\_\_ Cheerleader Candidate Information Form (pg. 11)
- \_\_\_\_\_ Permission to Photograph (pg. 12)
- \_\_\_\_\_ Authorization to Give Medication (pg. 13)
- \_\_\_\_\_ Overnight Fieldtrip Permission Form (pg. 14)
- \_\_\_\_\_ Stingray Participation Form (pg. 15)
- \_\_\_\_\_ Stingray Agreement Form (pg. 16)
- \_\_\_\_\_ Big Sister/Litter Sister Information Form (pg. 17)
- \_\_\_\_\_ Cheer Squad Preference Form (pg. 18)

A current physical must be on file for all returning athletes, and **a doctor's clearance must be turned in for all new athletes or rising 9<sup>th</sup> graders** to participate in tryouts. All athletes that are placed on a squad will need to obtain a NEW physical dated **AFTER April 1<sup>st</sup>** on the 2021-2022 Cobb County Physical Form AND upload it to Synergy ParentVue before they are permitted to participate in any events, conditioning, etc. This is COBB COUNTY policy.

## Tryout Process and Team Selection

Tryouts are **MANDATORY**. The only exception is for those students that are involved in a spring sport at Lassiter. Rising freshman should **NOT** check out of school early to attend tryouts.

The selection process will be a weeklong evaluation and will include a timed mile run.

### Clinic Attire:

- **Athletic Shorts and T shirt or Tank Top**
- **Cheerleading Shoes**
- **DO NOT WEAR JEWELRY TO CLINIC OR TRYOUT**
- **HAIR MUST BE WORN UP, NAILS MUST BE TRIMMED and NO GUM.**

### Tryout Attire:

- **Black Shorts (No Nike Pro/Spandex Shorts) and Plain White T Shirt- Must be Tucked in**
- **Cheerleading Shoes**
- **HAIR MUST BE WORN UP, NO JEWELRY, NO LONG NAILS, NAIL COLOR MUST BE LIGHT IN COLOR, NO GUM**

### Each cheerleader candidate will be scored based on the criteria detailed below:

- Cheer: Motion technique and sharpness
- Dance: Timing, rhythm and motion technique
- Jumps: Toe touch and a learned jump sequence
- Standing Tumbling
- Running Tumbling
- Stunting Ability
- Crowd Appeal: Showmanship and genuine spirit
- Sportsmanship: Attitude and participation during tryouts
- Overall Technique
- Appearance: Correct clothing and hair pulled back – off the shoulders (in a ponytail)

While the coaches are looking for candidates with a great deal of ability, we are also looking for candidates who have the potential to form a squad.

In the event a candidate is injured at the time of tryouts, coaches' discretion will be used in considering him/her for selection as a cheerleader.

State rules concerning school attendance will be followed. You must be at school for four periods to participate in tryouts that day. This is applied to minimum-day students as well.

Those selected for a squad are expected to maintain skills. Athletes should be able to perform not only during tryouts but also in practices, games, and as a part of a routine. **Failure to do so will lead to probation and possible dismissal from the team.**

### The cheerleading coaches will make the final decision for membership on a squad.

- **FRESHMAN Football/Basketball Squad:** Freshman are eligible to cheer on this squad. They will cheer at Freshman football and **Freshman/JV** basketball games. They are also required to attend Varsity football games to sell programs (Pending due to Covid). Tumbling is not required, but athletes are expected to be working on tumbling.

- **JUNIOR VARSITY(JV) Football/Varsity Basketball Squad:** Sophomores and Juniors are eligible to cheer on this squad. They will cheer all JV football and **Varsity** basketball games, tournaments, and post-season play\*. Tumbling is not required, but athletes are expected to be working on tumbling.
- **JUNIOR VARSITY(JV) Competition Squad:** Freshman, Sophomores, and Juniors are eligible to cheer on this squad. They will compete in four competitions in addition to cheering with their respective football squads (Pending due to numbers). Tumbling is required; athletes must have or be working on a standing back handspring or roundoff back handspring.
- **VARSIY Competition/Varsity Football:** All grades are eligible to cheer on the Varsity Competition Squad. This squad will cheer all football games during the regular season and post-season\* play. The Competition Squad will compete during the entire competition season, Region Competition, and State Competition\*\*. Tumbling is required, athletes must have or be working on Standing Tuck and Roundoff Backhandspring Tuck/ Roundoff Tuck. Region and State are **November 6<sup>th</sup>** and **November 12<sup>th</sup>-13<sup>th</sup>**, respectively. **Region and State competitions take place during the regular football cheering season. Competition practices and events take priority over sideline cheering. GHSA, not coaches, mandate when these events occur.**
- **VARSIY Football/VARSIY Basketball Squad:** Juniors and Seniors are eligible to cheer on the Varsity Football/Basketball Squad. This squad will represent Lassiter by cheering all Varsity football and basketball games, tournaments, and post-season play\*. Tumbling is required. Athletes must have a standing back handspring on the dead floor and on the track.
- **VARSIY Competition:** All grades are eligible to cheer Varsity Competition only. This squad will compete during the entire competition season, Region and State (same as above)\*\*. If you choose to tryout for competition only, you cannot change your mind and be added to FB or BB. Tumbling is required, athletes must have or be working on Standing Tuck and Roundoff Backhandspring Tuck/ Roundoff Tuck.
- **VARSIY BASKETBALL ONLY-** Open to all 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders. This squad will represent Lassiter by cheering all HOME Varsity basketball games, tournaments, and post-season play\*. No tumbling is required.

# LASSITER HIGH SCHOOL – CHEERLEADING POLICIES

## PURPOSE

The purpose of the Lassiter High School Cheerleading Program is to promote and uphold school spirit, develop a sense of good sportsmanship among students, and strive for better relationships between schools during athletic events.

## GENERAL OBJECTIVES

Cheerleaders are student athletes and must strive to achieve the highest standards both academically and physically. Cheering at Lassiter High School is a privilege, NOT a right.

## SQUADS

Cheerleaders will report directly to their coach for all matters. Cheerleaders are “on the job” all year long. Cheerleaders are often asked to assist in school functions and activities other than the seasonal sport. These functions are mandatory.

## UNIFORMS

Uniforms are provided to cheerleaders by Lassiter High School and are property of the school. If a uniform does not fit, it may be altered **– BUT NOT CUT –** at the cheerleader’s expense. **The alternations must NOT be permanent to the uniform, and the uniform could be returned to its pre-altered state prior to returning the uniform.** If the uniform is returned in an unusable condition, the cheerleader will pay to have the uniform replaced. (Estimated cost \$350)

**Note:** Returning cheerleaders are NOT guaranteed the same uniform in consecutive seasons.

## BEHAVIOR AND DISCIPLINE

As a member of the Lassiter Cheerleading Program, you are expected to maintain behavior above reproach because you are a student athlete and a leader in the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules of Lassiter High School, the Georgia High School Association (GHSA), and Cobb County policy. Please keep in mind the following:

- **Any behavior** which is deemed by the coach as reflecting poorly on the intended image of the program- **no matter where the incident takes place**- is subject to dismissal from the program at the coach’s discretion. This includes, but is not limited to, pictures on Social Media, wearing uniform in public without coach’s permission, inappropriate behavior in public (even if not in a Lassiter High School uniform or practice clothes).
- **Cheerleaders who receive ISS** will not be allowed to participate in any cheerleading activity during the suspension period.
- **Cheerleaders who receive OSS** will not be allowed to participate in any cheerleading activity during the suspension period and **will be subject to dismissal from the program at the coaches’ discretion.**

## TRANSPORTATION

Cheerleaders will travel to and from football games and competitions by bus when the school provides a bus. Some exceptions may be made for competitions.

## ELIGIBILITY

All cheerleaders MUST...

- Pass five out of six classes each semester and be on track academically towards graduation at the end of the year
- If a cheerleader quits or is terminated, he/she will not be allowed to tryout the next year or attend the end of the year banquet. Exceptions to this may be granted at the coaches' discretion.

## VARSITY LETTERS

To be eligible for a varsity letter, a cheerleader must be on a **Varsity Squad** (Football, Basketball, or Competition) and meet the following requirement:

- The athlete must complete the entire season. Those dismissed from the program for any reason will not receive a letter.
- In ADDITION, the coach must recommend the cheerleader for their letter. This means that the cheerleader must demonstrate a positive attitude, work well with their teammates, be respectful, and give 100% all the time. **ALL coaches' decisions are final.**

## ATTENDANCE POLICIES

As members of the Lassiter Cheerleading Program, you are required to contribute your part. When one person is absent, the whole squad suffers and causes ineffective practice time. As a result, the following attendance rules are necessary and will be enforced:

- Cheerleaders must schedule appointments and work schedules around all cheerleading activities. Note: duties are often scheduled with little advance notice. Early release from or late arrival to practices and performances is unacceptable.
- Cheerleaders must be present at all practices, performances, fundraisers, pep rallies, sign painting sessions, camps, competitions, and any other activities designated by the coach.
- Excused absences are:
  - o Death in the family
  - o Signed doctor's excuse that indicates time and date of sickness or injury
  - o School-related trips or performances
  - o Any other excused absences are at the discretion of the coach and will be addressed on an individual basis. **All absences MUST be approved by the coach at least 24 hours prior to the missed practice, game, competition, or event.**
  - o If a cheerleader is seen by a doctor for an injury that affects his/her ability to cheer, a signed doctor's note must be submitted to the coach and will also be required for the cheerleader to participate once healthy.
  - o As a high school athlete, **it is the responsibility of the CHEERLEADER to communicate directly with the coaching staff** regarding any attendance issues.

Practices (more than 15 minutes late to practice or leaving more than 5 minutes early)	Games	Competition/Events
1 <sup>st</sup> Offense: 5 stadiums	1-30 mins: sit out 2 FULL QUARTERS	ANY UNEXCUSED ABSENCE FROM A COMPETITION OR EVENT IS SUBJECT TO IMMEDIATE DISMISSAL AT THE COACHES' DISCRETION.
2 <sup>nd</sup> Offense: 10 stadiums and sit out 2 FULL QUARTERS of the next game	30+ minutes: sit out the entire game	
3 <sup>rd</sup> Offense: 10 stadiums and benched for ENTIRE next game, competition, or event. Possible dismissal from the squad.	ANY unexcused ABSENCE: sit out the entire game	

### COMMUNITY SERVICE

Cheerleaders are expected to participate in community service that directly impacts the Lassiter High School Community. This includes, but is not limited to, canned food drives, 5k runs, and other service opportunities. \*\* Pending due to COVID\*\*

### PARTICIPANT APPAREL/ACCESSORIES (National Federation High School Spirit Rules Book)

These are rules by which all schools in the state are required to abide.

Art. 1... A coach must not permit a team member to participate if, in the judgment of the coach, the participant does not conform to the NFHS rules.

Art. 2... Jewelry must not be worn except for religious medals, which shall be taped to the body (without a chain) under the uniform.

**(This includes ALL piercings. It is acceptable to use a plastic plug to prevent holes from closing up. New piercings are vulnerable at practices when we are stunting. Since jewelry is not allowed, piercings should be done in the off-season. Covering an earring with a bandage is NOT acceptable.)**

Art. 3... Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a length appropriate to minimize risk for the participants. (In addition, only clear or light color polish can be worn at games/competitions/events.)

Art. 4... The hair must be worn in a manner to minimize risk for the participant. (Ex. Off the shoulders)

Art. 6... Glitter ...on one's ...hair, face, uniform, costume or body is illegal.

Art. 8... Participants are not permitted to chew gum or have candy in their mouths during practice or performance.

### VOLUNTEERING

Our program depends 100% on volunteers. Parent/ guardians are required to select a volunteer activity/ position for both Camp Lassiter and the Competition held by Lassiter in the Fall. In addition, the program requires a parent/ guardian of each cheerleader to participate in 1 volunteer committee activity per season (football/ basketball/comp). Please bring a check for \$200 (for any two-season athlete) or \$100 (for basketball or comp only) payable to Trojan Cheer Booster Club to the Post Tryout Meeting. This check will not be cashed unless the volunteer requirements are not met by the end of the cheer season in March 2022.

## FINANCIAL RESPONSIBILITIES

Every attempt will be made to cut down on the personal costs to the cheerleaders. Every cheerleader is REQUIRED to participate in fundraising events. **All fees are non-refundable.** If a cheerleader quits or is removed for any reason, a refund cannot be issued. Scheduled fundraisers include but are not limited to Camp Lassiter Cheer Camp, Corporate Sponsorships, Percentage Nights, Snap! Raise, and Lassiter Cheerleading Competition.

All cheerleaders are expected to participate in the Snap! Raise crowdfunding fundraiser by creating a profile and adding 20 email addresses prior to the Post Tryout Meeting. More information will be sent about this after tryout, prior to the Post Tryout Meeting. Our goal is that each cheerleader will raise \$500. This money will be used to cover our costs to attend a UCA/ NCA camp this summer and program expenses. If you choose not to participate in this fundraiser, you will have to cover your camp costs (\$250) in addition to the payment schedule fees. For cheerleaders who meet the \$500 fundraising goal, \$100 will be credited to their individual program costs. Cheerleaders who raise \$1,000 or more will have \$300 credited towards their individual program costs.

All items below are mandatory- if you cheered for LHS last year and already have the items on the list, you do not need to order them again. Please note that all prices are approximate and do not include tax, etc.

### Estimated Clothing Costs

Bows	\$ 18
Game Day Tshirt- football only	\$ 15
Rain Jacket (black)	\$ 55
Zip-up Jacket (white)	\$ 60
Leggings	\$ 65
Duffle Bag	\$ 40
Pom Poms	\$ 45
Sideline shoes*	\$ 100
Competition Bows (new each year)- comp only	\$ 20
Competition shoes- comp only	\$ 100
Competition backpack- comp only	\$ 90
Megaphone (new varisty FB cheerleader)	\$ 40

\* Any white cheer shoes in good condition can be used for sidelines

### Payment Schedule

	Payment due				Total
	April 13th	July 15th	August 15th	October 15th	
Football/ basketball	\$350	\$325			\$675
Basketball only	\$150			\$150	\$300
Football/comp	\$600	\$500	\$400		\$1,500
Comp only	\$500	\$400	\$300		\$1,200
seniors payment	\$100		\$75		\$175

\*Costs can be paid by check, credit card (3.1% fee added), or via ACH (1% fee added)

## Costs include

### Football

Meals when required before games  
 Snacks during games  
 Uniform (must be returned)  
 Coaching fees  
 Spirit camp  
 Homecoming floats and activities  
 Football banners  
 Themed game accessories  
 Kiddie camp/ practice tanks  
 Squad bonding  
 Varsity yard sign (new varsity cheerleaders)  
 Administrative costs to run program  
 Mailbox cutouts  
 Pictures for games- professional pics  
 Banquet (athlete and one adult)

### Basketball

Dinner/ snacks during games  
 Basketball Game Day Tshirt  
 Basketball Game Day Sweatshirt  
 Uniform (must be returned)  
 Kiddie camp/ practice tanks  
 Coaching fees  
 Spirit camp  
 Squad bonding  
 Administrative costs to run program  
 Mailbox cutouts  
 Pictures for games- professional pics  
 Banquet (athlete and one adult)

### Competition Team

Comp camp/routine  
 Music  
 Kiddie camp/ practice tanks  
 Squad bonding  
 Competition banner  
 Practice gym fees  
 Themed comp accessories  
 Travel/ Hotel/ Meals for Year End Competitions  
 Competition fees  
 Uniform (must be returned)  
 Banquet (athlete and one parent)  
 Competition photos

### Seniors

Individual senior banner  
 Senior sash and bow  
 senior week activities  
 Senior video flash drive (one per senior to keep)  
 Senior gift  
 Additional parent at the banquet

## IMPORTANT DATES

We Commit to...	Dates	Time
Post Tryout Meeting	April 13 <sup>th</sup>	Freshman/JV 6 – 7 PM Varsity 7 – 8 PM @ Highland Pointe Clubhouse (3750 Club House Ct, Marietta, GA )
Fitting for Uniform/Campwear	April 13 <sup>th</sup>	Same as above
GHS A DEAD WEEK	May 30 <sup>th</sup> – June 6 <sup>th</sup>	NO CHEER ACTIVITIES
UCA/NCA Camp	June 7 <sup>th</sup> – 9 <sup>th</sup>	Monday 11:30 AM – 6 PM @LHS Tuesday 9 AM – 4 PM @LHS Wednesday 9 AM – 4 PM @LHS
Practice for Camp Lassiter Cheer Camp	June 10 <sup>th</sup>	Thursday 9 AM – 2 PM @LHS
Camp Lassiter Cheer Camp	June 21 <sup>st</sup> – 24 <sup>th</sup>	M, T, W, TH 9 AM – 1 PM @ LHS M, T, W 12 PM – 4 PM & TH 9 AM – 1 PM @ LHS
Football Cheer Conditioning	June 14 <sup>th</sup> – July 21 <sup>st</sup>	Monday & Wednesdays 8:30 AM – 10:30 AM @ LHS
Varsity Competition Conditioning	June 15 <sup>th</sup> – July 22 <sup>nd</sup>	Tuesdays & Thursdays 8:30 AM – 10:30 AM @ LHS
GHS A DEAD WEEK	June 27 <sup>th</sup> – July 4 <sup>th</sup>	NO CHEER ACTIVITIES
Varsity Comp Choreography Camp	TBD	
Regular Season Football Cheerleading Practices (Varsity, JV, Freshman)	August 3 <sup>rd</sup>	Tuesdays 3:45 – 5:30 PM @ LHS GYM
Regular Season Competition Practices (Varsity)	August 1 <sup>st</sup>	Monday & Thursday @ LHS 3:45 – 5:45 PM Wednesdays @ Stingrays 4:00 – 6:00 PM
Regular Season Basketball Practices (Varsity & Freshman)	October 19 <sup>th</sup> – December 7 <sup>th</sup>	Tuesdays 3:45 – 5:15 PM @ LHS Gym
Lassiter HS Cheerleading Competition	October 23 <sup>rd</sup>	ALL DAY @ LHS
GHS A Region Competition	November 6 <sup>th</sup>	ALL DAY @ TBD
GHS A State Competition	November 12 <sup>th</sup> – 13 <sup>th</sup>	ALL DAY @ Columbus Civic Center





# LASSITER HIGH SCHOOL CHEERLEADING POLICIES AGREEMENT FORM 2021 – 2022



I, as parent/guardian of the cheerleader candidate below, have read and fully understand the rules and regulations, which will govern my child if chosen to represent Lassiter High School as a cheerleader, including the financial responsibilities, payment deadlines, and mandatory dates listed below. I also understand that this is an extracurricular activity and that attendance at ALL practices, games, performances, camps, and fundraisers are requirements of the elected cheerleaders. I understand that due to the nature of the activity, there is a risk of physical injury. I also understand that if my child is chosen as part of an LHS cheerleading squad and is later dismissed from the program for any reason, I will receive no financial restitution. I hereby give my consent to the student mentioned below to participate in cheerleading tryouts and, if chosen, to participate as a member of a Lassiter High School cheerleading squad for the upcoming year. My child will participate in all required fundraisers during the upcoming cheerleading season.

**A PARENT/GUARDIAN MUST INITIAL EACH SECTION BELOW**

\_\_\_\_\_ **Financial Responsibilities – fees, fundraising, payment schedule (See pg. 7 of policies for more details)**

\_\_\_\_\_ **Important Mandatory Dates (See pg. 8 of policies for more details)**

**Printed Name of Athlete** \_\_\_\_\_ **Upcoming Grade** \_\_\_\_\_

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

**Printed Name of Parent/Guardian** \_\_\_\_\_

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



**LASSITER HIGH SCHOOL  
EXPLANATION OF INHERENT RISKS FOR CHEERLEADING**



**Cheerleader Candidate's Full Name:**

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Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living. In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

**We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.**

**Signature of Athlete:** \_\_\_\_\_

**Name of Parent/Guardian:** \_\_\_\_\_

**Signature of Parent/Guardian :** \_\_\_\_\_

**Date:** \_\_\_\_\_



# CHEERLEADING CANDIDATE INFORMATION FORM



Student Name: \_\_\_\_\_ Grade 2021-22: \_\_\_\_\_

Preferred Name (if different than above): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Neighborhood \_\_\_\_\_

Birthday: \_\_\_\_\_ Monogram : \_\_\_\_\_

Student Cell Number: \_\_\_\_\_ Text Messages: YES or NO

Student Email Address: \_\_\_\_\_

T-Shirt: \_\_\_\_\_ Hoodie Size: \_\_\_\_\_ Sweatpants Size: \_\_\_\_\_

Short Size: \_\_\_\_\_ Shoe Size: \_\_\_\_\_

Parent/Guardian #1 Name: \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Text Messages: YES or NO

Parent/Guardian #2 Name: \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Text Messages: YES or NO

Current Physical on file at Lassiter High School: YES or NO

If yes, name of sport:





### AUTHORIZATION TO GIVE MEDICATION

If medication can be given at home, before or after school hours, please do so. If medication must be given during school hours, this Form must be completed and filed with the School Clinic.

STUDENT'S NAME: \_\_\_\_\_

TEACHER: Any Cheerleading Coach GRADE: \_\_\_\_\_

I authorize the Cobb County School District to assist my child in taking this medication. I understand that:

- Medications must be in the original labeled container. Pharmacists may provide two labeled bottles for this purpose. Medications sent in an unlabeled container will not be given. If your child takes daily medication, please send an extra bottle to be used for field trips and After School Program.
- Written permission of the parent/guardian is required for the administration of all medications.
- The parent/guardian must inform the school of any medication changes. New medication or new doses will not be given unless a new form is completed.
- Medications must be brought to the office/clinic by the parent/guardian.
- Unused medication will be disposed of unless picked up within one week after medication is discontinued. If medication is given throughout the school year, medication will be disposed of according to the medication Rule Section IX.

NAME OF MEDICATION: Ibuprofen, Acetaminophen, Midol

DOSE On Bottle ROUTE\* Oral TIME(S) to be given As needed

DATE TO DISCONTINUE MEDICATION: June 1, 2022

CONDITION/ILLNESS REQUIRING MEDICATION: \_\_\_\_\_

POSSIBLE SIDE EFFECTS, IF ANY: Various

Licensed Health Care Provider \_\_\_\_\_

Licensed Health Care Provider's Phone: \_\_\_\_\_

I hereby release and discharge and further agree to indemnify, hold harmless, or reimburse the Cobb County Board of Education, the Cobb County School District, its employees, agents, representatives, and all other officials, from any and all claims, actions, suits, losses, costs, expenses and liability in case of accident or any other mishap because of negligence in administering such medication or because of side effects, illness or any other injury which might occur to my child through administering such medication. And, I hereby release said aforementioned board, district, employees and officials from any liability, suit or claims of whatever nature and kind, which might arise as a result of administering the medication in accord with this request.

_____ Parent/Guardian Signature		_____ Date
Home Phone: _____	Work Phone: _____	Pager/ Cell Phone: _____

\*Route: The method that medication is administered, such as by mouth, injection, inhaler, rectum, etc.

**PERMISSION TO PARTICIPATE IN OVERNIGHT FIELD TRIP**

This permission form has been signed only after understanding and considering the following:

1. Trip Planned: State
2. Purpose(s) of Trip: To participate in the GHSA State Tournament
3. Supervision: Cheerleading Coaches
4. Transportation: Charter Bus Transportation
5. Requirements: N/a
6. Expectation and Instructions: N/a

**Student Information**

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
In case of emergency, notify: \_\_\_\_\_ Phone: \_\_\_\_\_

**Insurance Information**

Company Providing Insurance: \_\_\_\_\_ Policy Number: \_\_\_\_\_  
Name of Insured: \_\_\_\_\_ Group Number: \_\_\_\_\_

**Medical Information**

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Immunizations: \_\_\_\_\_

Does the student need to take medication?  Yes  No If so, what medication? \_\_\_\_\_

Previous operations or serious illnesses: \_\_\_\_\_

Special medical conditions: \_\_\_\_\_

Allergies?  Yes  No If yes, please identify allergy:  Medication  Food  Stinging Insects  Other

Please identify: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

**Release**

I understand the above expectations/special instructions and acknowledge that my child is expected to comply with them. Further, I have instructed my child to comply with them as well as other directions given by trip supervisors.

The District does have an indemnity plan pursuant to O.C.G.A. § 20-2-1090 that may or may not apply relative to the trip. Even if the plan covers some or all of the trip, the coverage amounts may not cover all injuries. I understand that as a parent I have the option of, and am encouraged to, purchase student insurance coverage either through the student accident insurance offered by the District or through my own insurance carrier.

I (Parent/Guardian Name-PLEASE PRINT): \_\_\_\_\_ acknowledge that participation in the field trip described above is not mandatory and that a quality alternative instructional experience will be provided to those students choosing not to participate.

If any emergency medical procedures or treatment are required during the trip, I consent to the trip supervisor(s) taking, arranging for or consenting to the procedures or treatment in his/her or their discretion.

I agree to release, indemnify, and hold harmless or reimburse the Cobb County School District (District), its Board of Education, and its members, employees, agents, representatives, successors or assignees, as well as its approved adult trip supervisors ("District Indemnitees") from and forever promise not to sue them on any and all claims, demands, rights, causes of action, liabilities, losses, damages, costs and expenses (including reasonable attorneys' fees), whether known or unknown, that I, any other parent or guardian of the above-named student, the student or any other successor or assignee may have or may allege to have against the District Indemnitees or which may be brought against the District Indemnitees arising out of or in any manner relating to the student's participation in the field trips, including but not limited any losses, damages or injuries or to the rendering of emergency medical procedures or treatment.

**NOTE:** This form must be signed by student if the student is 18 years of age or older.

\_\_\_\_\_  
Name of Parent/Guardian (PLEASE PRINT)

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

\_\_\_\_\_  
Date

## PARTICIPANT INFORMATION

Stingray Sport Center  
4880 Morton Road  
Johns Creek, Ga. 30022  
770-552-0700

Stingray Cheer Company  
1431 Cobb Pkwy N  
Marietta, Ga. 30062  
678-581-9218

Stingray Brands  
199 Hickory Lane  
Cartersville, Ga. 30120  
770-607-0750

### Mother/Guardian

First: \_\_\_\_\_ Last: \_\_\_\_\_

### Father/Guardian

First: \_\_\_\_\_ Last: \_\_\_\_\_

### Phone Number

Mother/Guardian Cell: \_\_\_\_\_ Father/Guardian Cell: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Billing Address

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Email Address

Mother/Guardian: \_\_\_\_\_ Father/Guardian: \_\_\_\_\_

### Participant Information

First: \_\_\_\_\_ Last: \_\_\_\_\_

Birthday: \_\_\_\_\_

### Medical and Insurance Information

Medical Insurance Provider: \_\_\_\_\_ Policy No./Group No.: \_\_\_\_\_

Provider Address/City/State/Zip: \_\_\_\_\_

Provider Number: \_\_\_\_\_

Is the Participant currently being treated for any type of medical condition? YES or NO (circle one)

If "YES", please explain: \_\_\_\_\_

Is the Participant allergic to any known medications or suffer from any allergies? YES or NO (circle one)

If "YES", please explain: \_\_\_\_\_

Is the Participant currently taking ANY medications? YES or NO (circle one)

If "YES", please explain: \_\_\_\_\_

Are there any other known medical issues or conditions that we should be made aware of?

YES or NO (circle one)

If "YES", please explain: \_\_\_\_\_

Day: \_\_\_\_\_  
Time: \_\_\_\_\_  
Coach: \_\_\_\_\_

Please carefully read this entire form. This form must be completed in full, signed, and returned before your child may participate in any Activities (as defines below).

### PARTICIPANT AGREEMENT

As parent or legal guardian of \_\_\_\_\_, a minor ("Minor"), and in consideration for Minor's participation in the cheerleading, dance and other activities and services, including, without limitation, travel to and from such activities, competitions, conferences, meetings, and other events that may require travel (collectively, the "Activities"), conducted and provided by STINGRAY CHEER COMPANY, INC., a Georgia corporation; STINGRAY SPORT CENTER, LLC, a Georgia limited liability company; STINGRAY BRANDS, LLC, a Georgia limited liability company, and their respective affiliated entities, owners, agents, officers, employees, representatives, and all other persons or entities acting in any capacity on their behalf (collectively, "SA"), I AGREE AS FOLLOWS:

**I. Liability Release.** ON BEHALF OF MYSELF AND MY HEIRS, ASSIGNS, EXECUTORS, AND ADMINISTRATORS, I RELEASE AND FOREVER DISCHARGE SA FROM ALL CLAIMS, JUDGEMENTS, LOSSES, LIABILITIES, DAMAGES, COSTS, AND EXPENSES (COLLECTIVELY, THE "CLAIMS") OF ANY NATURE ARISING OUT OF OR IN ANYWAY RELATED TO THE MINOR'S PARTICIPATION IN THE ACTIVITIES WHETHER OCCURRING ON THE PREMISES OF ANY SA LOCATION OR ANY OTHER LOCATION; I FURTHER AGREE TO DEFEND, INDEMNIFY, AND HOLD HARMLESS SA FROM AND AGAINST ANY AND ALL SUCH CLAIMS, INCLUDING, WITHOUT LIMITATION, ATTORNEYS' AND OTHER PROFESSIONALS' FEES AND COSTS. I understand that this release and discharge of Claims includes, without limitation, any Claims based on the negligence, action, or inaction of SA and covers personal and bodily injury (including death) and property damage, whether suffered by Minor before, during, or after participation in any Activities, and includes all Claims arising from the publication of use of any photograph, videotape, or narrative in any media. I acknowledge that SA makes no representations or warranties, either express or implied, regarding the condition or suitability of SA's or any other locations or equipment for the Activities. The laws of the State of Georgia shall govern this release and indemnity agreement.

**II. Medical Release.** I acknowledge and agree that Minor's participation in the Activities subjects Minor to the possibility of physical illness or serious injury (including death). I further acknowledge and agree that Minor is assuming the risk of such physical illness or serious injury (including death) by participating in the Activities. In the event of such physical illness or injury, I authorize SA to obtain necessary medical treatment for Minor and I release, hold harmless, and forever discharge SA from any Claims arising from or related to any physical illness or serious injury (including death) and to the exercise of this authority. I further acknowledge and agree that I will be responsible for any and all medical and related costs and expenses incurred by and on behalf of Minor for any such physical illness or injury.

**III. Appearance Agreement.** I understand that SA may from time to time produce promotional and other audio or visual materials and media relating to the Activities (the "Promotional Material"). I understand that, as a participant in or spectator of such Activities, Minor may be included in video recordings, audio recordings, photographs, and images taken during Activities for use in Promotional Material. THEREFORE, I HEREBY ASSIGN, TRANSFER, AND GRANT TO SA, WITHOUT RESERVATION OR LIMITATION, THE ROYALTY-FREE, EXCLUSIVE RIGHT TO USE SUCH VIDEO RECORDINGS, AUDIO RECORDINGS, PHOTOGRAPHS, AND IMAGES OF MINOR, AS WELL AS MINOR'S NAME, LIKENESS, PERSONAL AND DEMOGRAPHIC INFORMATION, VOICE AND APPEARANCE AS PART OF ANY PROMOTIONAL MATERIAL. IN GRANTING THIS LICENSE, I HEREBY WAIVE ANY RIGHT TO INSPECT OR APPROVE ANY SUCH PROMOTIONAL MATERIAL PRIOR TO PUBLICATION. I FURTHER AGREE THAT, UPON THE REQUEST OF SA, I SHALL IMMEDIATELY REMOVE OR TAKE DOWN ANY PROMOTIONAL MATERIALS THAT MINOR OR I HAVE UPLOADED OR POSTED TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM AND YOUTUBE), OR IN ANY OTHER PUBLIC FORUM.

**IV. Confidentiality.** I acknowledge and agree that SA develops and creates unique and valuable proprietary dance routines, cheerleading routines, training techniques, and other intellectual property that are unique and valuable to SA and that may be used to prepare for and participate in competitive events (collectively, the "Intellectual Property"); I further acknowledge and agree that maintaining the confidential and proprietary nature of the Intellectual Property is of the utmost importance to SA and its competitive success. I understand that I may video-record, audio-record, photograph, or take other images of the Intellectual Property solely for my, Minor's, or Minor's immediate family's personal, non-commercial use; PROVIDED ALWAYS, HOWEVER, THAT MINOR AND I SHALL NOT POST OR UPLOAD ANY SUCH RECORDINGS OR IMAGES TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM, AND YOUTUBE), OR IN ANY PUBLIC FORUM WITHOUT THE PRIOR WRITTEN CONSENT OF SA.

**V. Breach.** I ACKNOWLEDGE AND AGREE THAT ANY BREACH OR THREATENED BREACH OF SECTION IV OF THIS AGREEMENT WILL CAUSE SA IRREPARABLE INJURY FOR WHICH NO ADEQUATE REMEDY AT LAW IS AVAILABLE AND I CONSENT TO THE ISSUANCE OF AN INJUNCTION PROHIBITING ANY CONDUCT VIOLATING THE TERMS OF SECTION IV. I ACKNOWLEDGE THAT ANY VIOLATION OF THIS AGREEMENT BY MINOR OR BY ME MAY RESULT IN MINOR BEING SUSPENDED FROM OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES AND MY SUSPENSION FROM ATTENDING AND SPECTATING SOME OR ALL ACTIVITIES. I ACKNOWLEDGE THAT IN ANY CASE WHERE MINOR IS SUSPENDED OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES, I WILL NOT BE ENTITLED TO ANY REFUND OF ANY AMOUNTS PAID FOR PARTICIPATION IN ANY CURRENT OR FUTURE ACTIVITIES.

I have had sufficient time and opportunity to read this agreement. I have read this document in its entirety and understand it. Therefore, by affixing my signature below, I agree to be bound by the terms of this agreement.

PARENT/GUARDIAN: |

MINOR:

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
NAME (PRINT)

\_\_\_\_\_  
NAME (PRINT)

\_\_\_\_\_  
DATE

\_\_\_\_\_  
DATE





# BIG SISTER/LITTLE SISTER CHEERLEADER INFORMATION SHEET



Cheerleader Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Cell Number: \_\_\_\_\_ Birthday: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

What is your Monogram (First, Last, Middle Initial): \_\_\_\_\_

What is your room theme/color: \_\_\_\_\_

What do you like from :

McDonalds: \_\_\_\_\_

Chick Fil A: \_\_\_\_\_

Starbucks: \_\_\_\_\_

Smoothie King or Tropical Smoothie: \_\_\_\_\_

What is your favorite:

Candy: \_\_\_\_\_

Color: \_\_\_\_\_

Pattern: \_\_\_\_\_

Snack (non-candy): \_\_\_\_\_

Sports Team: \_\_\_\_\_

Store: \_\_\_\_\_

List 4 Random things/items that make you smile:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_



# LASSITER HIGH SCHOOL CHEERLEADING SQUAD PREFERENCE FORM



Athlete Name \_\_\_\_\_ Grade Next School Year \_\_\_\_\_

When making your selections, please consider the time commitments and monetary commitments to each squad. Your overall score and preference (in that order) determine the final results of tryouts.

**Please circle ALL squads you want to be considered for.**

Rising 9 <sup>th</sup> Grade	Rising 10 <sup>th</sup> Grade	Rising 11 <sup>th</sup> Grade	Rising 12 <sup>th</sup> Grade
Varsity Football/ Varsity Competition	Varsity Football/ Varsity Competition	Varsity Football/ Varsity Competition	Varsity Football/ Varsity Competition
Freshman Football/ Varsity Competition	JV Football/ Varsity Competition	Varsity Football/ Varsity Basketball	Varsity Football/ Varsity Basketball
Freshman Football/ JV Competition	JV Football/ JV Competition	JV Football/ JV Competition	Varsity Basketball Only
Freshman Football/ Freshman Basketball	JV Football/ Varsity Basketball	JV Football/ Varsity Basketball	Varsity Competition Only
Freshman Basketball Only	Varsity Basketball Only	Varsity Basketball Only	
Varsity Competition Only	Varsity Competition Only	Varsity Competition Only	

**Please keep in mind that you will only be considered for the squads you circle. Therefore, if you do not make any of the squads you circled, you will not cheer this season.**

**Athlete's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_