

# Davidson High School Cheerleading Tryouts

## 2019-2020

### Dates and Times to Remember

Friday, March 22<sup>nd</sup>

- All packets due to Davidson High School no later than 12 noon
- \$20 fee should be enclosed (NON REFUNDABLE)
- Turn packets and fee into Ms. Fields in Guidance

Monday, April 1<sup>st</sup>

- Tryout Clinic (Clinic is CLOSED; NO PARENTS, FRIENDS, ETC. ALLOWED)
- Davidson High School Gym 3-5 PM
- Optional Parent Meeting after Clinic from 5-5:30 PM

Tuesday, April 2<sup>nd</sup> and April 3<sup>rd</sup>

- Tryout Clinic (Clinic is CLOSED; NO PARENTS, FRIENDS, ETC. ALLOWED)
- Davidson High School Gym 3-5 PM

Wednesday, April 3<sup>rd</sup>

- Tryout Clinic (Clinic is CLOSED; NO PARENTS, FRIENDS, ETC. ALLOWED)
- Davidson High School

Thursday, April 4<sup>th</sup>

- Cheerleading Tryouts (Tryouts are CLOSED; NO PARENTS, FRIENDS, ETC. ALLOWED)
- 3:30 PM Until
- All candidates need to arrive to the gym between 2:45-3:00

Tuesday, April 30<sup>th</sup>

- Mandatory Parent Meeting @ Davidson High School Lecture Room (JV and Varsity Squads)
- \$500 installment due for all 2019-2020 squad members

# Davidson High School Cheerleading Tryouts 2019-2020

March 22 <sup>nd</sup>	All applications must be completed and received by 12:00noon
April 1st	Tryout Clinic (3:30—5:00)
April 2 <sup>nd</sup>	Tryout Clinic (3:30—5:00)
April 3rd	Tryout Clinic (3:30- 5:00)
April 4th	Tryouts 3:30 PM Results posted on DHS Website @ 10:00 pm

## **Eligibility Requirements**

Current High School Students: 2.5 cumulative GPA and a discipline clearance

Middle School Students: 85% average and a discipline clearance

## **Cheerleading Packet Requirements**

- **Complete**—Physical Form, Acknowledgement of Rules & Financial Obligations, Emergency Information/Permission/Medical Consent Form, Concussion Form, Discipline Clearance Form, Demerit List (TBD), Payment Envelope (to be provided at parent meeting)
- **Provide**—Copy of a Valid Insurance Card, Copy of 1st Semester Report Card (1st and 2nd Quarter grades)
- **Cost**— \$20.00 (NON REFUNDABLE)

# Tryout and Clinic Information

## Tryout Clinic:

Monday April 1<sup>st</sup>, Tuesday April 2<sup>nd</sup> & Wednesday April 3<sup>rd</sup>  
3:30– 5:00 pm @ DHS Gym

The gym will be open at 3:00 pm. At 3:30 pm instruction will begin. This means that the girls must be stretched and ready to jump/cheer/dance at 3:30 pm. No spectators or filming will be allowed at clinic (this includes siblings of applicants).

### **What to Wear:**

Athletic shorts or pants, tee shirt, athletic shoes

NO JEWELRY, hair up and away from face. You will not be allowed to participate in clinic if you are not properly dressed—please do not wear just a sports bra. No spaghetti straps or tank tops.

## Tryouts

Friday April 4<sup>th</sup> 3:30 pm until @ DHS Gym

The gym will be open at 3:00 pm. At 3:30 pm tryouts will begin. This means that each girl must be stretched and ready to Tryout promptly @ 3:30 pm. No spectators or filming will be allowed at tryouts (this includes siblings of applicants). You must be present at school the day of tryouts in order to maintain eligibility. **NO LATE ENTRY ALLOWED.**

### **What to Wear:**

Black athletic shorts, white t-shirt (we suggest a sports bra underneath), athletic shoes or cheer shoes that are 100% white, hair up in a ponytail with a ribbon (no writing on ribbon), NO JEWELRY.

**Squads will be posted on the website by 10:00 pm**

## Tryout Scoring

The following are the categories that Cheerleaders will be scored on the day of tryouts

1. Appearance—neat, clean, hair up appropriately, outfit appropriately fits	10 points
2. Chant Execution—voice, motions, sharpness, knowledge	15 points
3. Cheer—voice, motions, sharpness, jumps, knowledge	20 points
4. Dance—motions, jumps, naturalness, crowd appeal, knowledge	15 points
5. Cadence—arm motions, sharpness, knowledge (Varsity only)	10 points
6. Jumps—form, pointed toes, height, extension**	25 points
7. Tumbling—successful tumbling, strength, JV***, Varsity**** (OPTIONAL)	10 points
8. Sharpness—overall sharpness of motions	10 points
9. Spirit/Enthusiasm—smile, expression, overall enthusiasm	10 points

**\*\*Varsity Jumps:** One side herkie (5 pts), one double whip (10 pts), one toe touch/pike power jump (10 points)

**\*\*JV Jumps:** One side herkie (5 points), one toe touch (10 points), one hurdler (10 points)

**\*\*\*JV Tumbling:** one standing back handspring (20 points EXTRA, but optional)

**\*\*\*\*Varsity Tumbling:** standing back handspring and or tuck (20 points EXTRA for each, but, optional)

Tryout Notes:

- Tumbling Mats/Springboards will not be provided—any tumbling will have to be performed on the gym floor.
- We attempt to bring in Judges who have no relationship to any of the tryout participants, if your cheerleader knows one of the judges she has a responsibility to notify us immediately of the relationship.
- Spirit Passes will be allowed as the girls enter the gym, but should NOT be performed between jumps/tumbling/cheer/chant/dance
- Applicants will draw numbers on Tuesday to determine tryout order/grouping
- Basic tryout schedule: Varsity Cheerleaders, JV Cheerleaders

## Mascot Tryout Scoring

The following are the categories that Mascots will be scored on the day of mascot tryouts

1. Time (minimum of 1 minute and maximum of 2 minutes)	20
2. Creativity/Originality (original choreography, skit, props, and music)	20
3. Appropriateness (appropriate to the level/interest of DHS students)	20
4. Crowd appeal (appeals to all age groups, energetic, enjoyable)	20
5. Organization and professionalism (well-structured, easy to understand)	20

### Tryout Notes:

- Your skit should be an original production that *could* be used in a pep rally. The subject matter/ setting/characters/action should all be original and created by you.
- You may have ONE other person involved in your skit. This person may not be trying out for cheerleading or mascot for the 2018 squad or be in any other way involved with this year's try- outs.
- **You must bring a CD with any music and a working script to Ms. Fields by Monday, April 1<sup>st</sup> @ 3:00 pm.** This CD will be used during tryouts. It may not be returned to you.
- **Mascot tryouts will be held Friday, April 4<sup>th</sup> immediately following cheer tryouts.**
- A Senior Varsity Cheerleader will be responsible for starting your music. Any music stops and starts must be noted in your tryout script.
- Your music may NOT contain any inappropriate/vulgar language.
- You may use props during your tryout. All props must be carried in and out by the mascot. There should not be any skit set up time during your tryout.
- Tumbling Mats/Springboards will not be provided – any tumbling/jumping will have to be performed on the floor.
- Applicants will draw numbers to determine tryout order/grouping



# W.P. Davidson High School Cheerleading Tryout Checklist of Required Materials

Student Name: \_\_\_\_\_

- \_\_\_\_\_ Physical Form
- \_\_\_\_\_ Acknowledgement of Rules (notarized)
- \_\_\_\_\_ Emergency Information (notarized)
- \_\_\_\_\_ Copy of Insurance Card
- \_\_\_\_\_ Concussion Form
- \_\_\_\_\_ "Yes To The Test" Drug Form
- \_\_\_\_\_ Discipline Clearance
- \_\_\_\_\_ Signed Demerit List
- \_\_\_\_\_ Payment Envelope  
(provided at the parent meeting)
- \_\_\_\_\_ Report Cards  
(1st Semester)



# Complete & Return This Packet

## MOBILE COUNTY PUBLIC SCHOOL SYSTEM EMERGENCY INFORMATION FORM

(page 1 of 3)

Please print.

Athlete's name \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address (include zip code) \_\_\_\_\_

Phone (home) \_\_\_\_\_

Athlete's cell phone \_\_\_\_\_

Parent/Guardian Email (**main contact**) \_\_\_\_\_

Mother/Guardian Name \_\_\_\_\_ (cell phone) \_\_\_\_\_

Mother/Guardian Employer \_\_\_\_\_ (work phone) \_\_\_\_\_

Father/Guardian Name \_\_\_\_\_ (cell phone) \_\_\_\_\_

Father/Guardian Employer \_\_\_\_\_ (work phone) \_\_\_\_\_

Next of Kin to be contacted in the event you are unable to be contacted:

Name \_\_\_\_\_ Relation \_\_\_\_\_

Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Family Doctor \_\_\_\_\_ (office phone) \_\_\_\_\_

Known Allergies \_\_\_\_\_

Known Physical Problems \_\_\_\_\_

Present Medications Taken \_\_\_\_\_

Please list the name and phone number of one individual who will be called should we be unable to contact you or the above listed next of kin.

Emergency Contact \_\_\_\_\_ (phone) \_\_\_\_\_

If we are unable to reach your family doctor, may we use any available physician? (please circle)

YES NO

Please be assured that every effort will be made to contact you and/or your family doctor before any major decisions are made concerning the treatment of your child.

I, \_\_\_\_\_, do hereby authorize the cheerleading coach or designee to act on my behalf in case of emergency or injury in regard to hospitalization and medical treatment.

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

\_\_\_\_\_  
Date

**Mobile County Public School System**  
**Athletic Permission Form**  
**WP Davidson High School**  
(page 2 of 3)

We, the undersigned, agree that we have been given the following information and understand it fully:

I. Davidson High School Agrees to Provide:

- A. Supervision
- B. Instruction
- C. Proper Equipment (excluding uniforms or equipment provided by the participant)
- D. Promote Safety

II. To abide by all written rules regarding behavior and safety.

III. That participating in any sport may cause serious injury or death.

IV. Davidson High School does not carry insurance on any athlete and will not be responsible for any expenses.

V. Davidson High School does offer each athlete a supplemental, scheduled payment accidental insurance plan.

The premium for this insurance coverage is \$68.00. Any difference in the basic coverage, deductibles, or other related expenses will be paid by the parent or guardian.

*I hereby give permission for my son/daughter \_  
to participate in (sport/activity) \_  
during the 2018-2019 year. I will assume the responsibility for any medical treatment that the student  
might need if an injury occurs while participating for or participating in games/meets/matches/events for  
the above named sport/activity or on trips and events related to the above named activity. Furthermore, I  
herewith release the Mobile County Board of Education, its servants and agents and WP Davidson High  
School, its servants and agents, from all responsibility for any injury resulting from such activities. My  
family has the following medical coverage:*

*Insurance Provider: \_*

*Policy Number: \_*

*Group Number: \_*

**\*\*Proof of insurance must be attached to this form\*\***

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

\_\_\_\_\_  
Date



**Emergency Medical Consent:** (page 3 of3)

The student-athlete and parent/guardian hereby grant permission to the Davidson High School team physician and/or consulting physician to render to the student-athlete any treatment or medical care that they deem reasonably necessary to the health and well-being of the student-athlete.

The student-athlete and parent/guardian also hereby authorize the athletic trainers at Davidson High School who are under the direction and guidance of the Davidson High School team physician, to render any preventative, first aid, rehabilitation or emergency treatment that they deem reasonably necessary to the health and well-being of the aforementioned student-athlete.

Also, when necessary for executing such case, the student-athlete and parent/guardian grant permission for hospitalization at an accredited hospital. I understand this authorization will be enforced when I cannot personally be contacted for immediate treatment.

**Preferred Physician:** \_\_\_\_\_

**Preferred Hospital:** \_\_\_\_\_

(In the case of serious injury while attending/participating in an out of town venue the student-athlete will be transported to the nearest accredited treatment facility/hospital.)

**Sign (Parent/Guardian):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Over the Counter Medicine (please mark Y for Yes or N for No beside all OTC medications):**

<i>Advil/Ibuprofen:</i>	Y	N	<i>Aleve:</i>	Y	N	<i>Tylenol:</i>	Y	N
<i>Pepto Bismal:</i>	Y	N	<i>Cold Medicines:</i>	Y	N			

The parent/guardian of the student-athlete is responsible for providing current medical information and alerting the coaches/trainers/physicians of any change in or additional information pertinent to the health or well-being of the student-athlete.

This Emergency Information, Athletic Permission Form & Medical Consent Form will be made available when necessary to insure proper medical treatment by physicians and/or hospital in the event of a serious injury.

\_\_\_\_\_  
Notary Public

\_\_\_\_\_  
Commission Expiration Date

(SEAL)

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION  
**Concussion Information Form**  
*(Required by AHSAA Annually.)*  
2017-18 School Year

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 cannot 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.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• "Pressure in head"</li> <li>• Nausea or vomiting</li> <li>• Neck pain</li> <li>• Balance problems or dizziness</li> <li>• Blurred, double, or fuzzy vision</li> <li>• Sensitivity to light or noise</li> <li>• Feeling sluggish or slowed down</li> <li>• Feeling foggy or groggy</li> <li>• Drowsiness</li> <li>• Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Amnesia</li> <li>• "Don't feel right"</li> <li>• Fatigue or low energy</li> <li>• Sadness</li> <li>• Nervousness or anxiety</li> <li>• Irritability</li> <li>• More emotional</li> <li>• Confusion</li> <li>• Concentration or memory problems (forgetting game plays)</li> <li>• Repeating the same question/comment</li> </ul>
<b>Signs observed by teammates, parents and coaches include:</b>	
<ul style="list-style-type: none"> <li>• Appears dazed</li> <li>• Vacant facial expression</li> <li>• Confused about assignment</li> <li>• Forgets plays</li> <li>• Is unsure of game, score, or opponent</li> <li>• Moves clumsily or displays incoordination</li> <li>• Answers questions slowly</li> <li>• Slurred speech</li> <li>• Shows behavior or personality changes</li> <li>• Can't recall events prior to hit</li> <li>• Can't recall events after hit</li> <li>• Seizures or convulsions</li> <li>• Any change in typical behavior or personality</li> <li>• Loses consciousness</li> </ul>	

**(Continued on Page 2)**

AHSAA Concussion Information Form (Page 2)

**What can happen if my child keeps on playing with a concussion or returns too 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 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 athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to a student-athlete's safety.

**AHSAA Concussion Policy:** Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return that day. Following the day the concussive symptoms occur, the student-athlete may return to practice or play only after a medical release has been issued by a medical doctor.

Any health care professional or AHSAA certified coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a medical doctor can clear an athlete to return to play. Any school in violation of the AHSAA policy application of the National Federation rule will be subject to sanctions.

**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 on the same day he/she sustained an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. The athlete may return the following day or anytime thereafter with written clearance from a medical doctor. Close observation of the athlete should continue for several hours. 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.

This form is required by Alabama Law established in June 2011. The form was revised in April 2012, coinciding with the current AHSAA Concussion Policy.

**I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.**

_____	_____	_____
Student-Athlete Name Printed	Student-Athlete Signature	Date
_____	_____	_____
Parent Name Printed	Parent Signature	Date



Drug Free Schools Program  
Consent and Release Form

**YES  
to the  
TEST**  
**parents for  
drug-free  
schools**

I, \_\_\_\_\_ (PRINT student's name), have read the Drug Free Schools information provided and agree to abide by the Mobile County Public School System's Drug Free Schools Program rules and regulations. I understand that no Activity, Parking or Volunteer student testing positive, refusing to test, refusing to cooperate with testing or being in violation of this program will be penalized academically.

\_\_\_\_\_ I agree to submit to drug and/or alcohol tests in accordance with the rules and regulations of the  
(Student initials) program as a condition of my initial or continued participation in extra-curricular activities or to have the privilege of driving or parking on campus.

\_\_\_\_\_ I agree to voluntarily submit to drug and/or alcohol tests at any time.  
(Student initials)

I do hereby give my consent to the Mobile County Public School System to collect a specimen from me, and I further give my consent to the Mobile County Public School System to forward the sample(s) to the testing laboratory for its performance of appropriate tests thereon to identify the presence of drugs and then to transmit the results to the Mobile County Public School System's Medical Review Officer (MRO).

I authorize the testing laboratory or MRO to release test results to the Mobile County School System Drug Free Program Liaison.

I also expressly authorize the Mobile County Public School System or its MRO to release any test-related information, including positive results as directed by my specific, written consent authorizing release of the information to an identified person.

I understand that the refusal to submit to testing or a positive or adulterated test result will affect my initial or continued participation in extra-curricular programs or driving or parking on the campus of any Mobile County Public School and result in interventions and consequences as described in the Mobile County Public School System's Drug Free Schools Program's rules and regulations.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
School/grade level

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

# REGULATION AND DEMERIT LIST

Davidson High School Cheerleaders and Mascots are role models for the student body and are representatives of DHS in the community. All cheerleaders and mascots are expected to conduct themselves in a manner that exemplifies a model DHS student both on and off campus.

## **Purpose:**

- To promote and uphold school spirit
- Develop and exhibit good sportsmanship
- Promote unification of spectator cheering
- Build better relationships between schools

\*\*\* Breaking any of the following regulations may result in demerits, probation, or dismissal from the team.

## ACADEMIC AND SCHOOL REQUIREMENTS

In order to try out for the Varsity team, the student must be a rising Sophomore, Junior or Senior. In order to try out for the Junior Varsity team, the student must be a rising Freshman or Sophomore.

In order to try out, students in grade 9—11 must be currently enrolled and attending classes at Davidson High School. Students in grade 8, rising freshmen must have an intent to enroll and attend Davidson in the upcoming school year.

In order to try out, students must have a **cumulative** 2.5 GPA or at least an 85% average (calculated from the athlete's 5 best class grades) for middle school students. No student can have an E or a NC as a semester grade in any subject prior to tryouts, even if their cumulative average remains above a 2.5 or an 85%. The season begins the day the team is posted and ends the first day of tryouts for the following year (or at the time of expulsion from the team). However, Seniors are required to continue their duties through tryouts until the new team is posted.

In order to try out, we must receive a discipline clearance from the administration at any school the participant has attended this school year. Administrations may not clear participants for any of the following reasons:

- Suspension, for any reason this school year
- Retract, or in-school suspension more than once this school year
- Discipline referrals to the office for serious or numerous offenses

Team members must remain in good standing with the school. All school violations are subject to receive demerits based on the punishment given by the school and the severity of the situation.

All elected cheerleaders/mascots will be placed in Varsity Athletics (5<sup>th</sup> block) for the Fall semester and the coach will assign a grade based on participation merits that will be outlined in the course syllabus given at the beginning of the new school year. Since Varsity Athletics is a credit toward graduation, any cheerleader/mascot who is dismissed from the team will be placed in a regular PE class or given an E for the semester. Any cheerleader who quits the squad will be placed in a study hall and given an E for the semester and gives up the right to try out for the squad again.

Academic Probation for Quarter/Non Terminal Grades: Progress Reports will be reviewed at the end of each quarter by the coach. Any cheerleader with a D or an E in ANY class will be put on academic probation. This probation will last for a three week period. Each Friday, the cheerleader will be responsible for completing a DHS Friday Progress Report with the teacher. If the teacher verifies improvement the cheerleader will be cleared to participate. If the teacher does NOT indicate any improvement or if the cheerleader fails to provide the report to the coach before 2:40 pm on Friday, then she will not be allowed to cheer. The purpose of this probation is NOT to punish the cheerleader/mascot but to provide them the time to focus on their academic responsibilities.

Academic Probation for Terminal/Final Grades: Progress Reports will be reviewed at the end of the semester by the coach. Any cheerleader with a final/terminal grade with a D or an E in ANY class will be subject to the academic demerits (see list). A Final/Terminal grade indicates that all credits for the class in question have been given and the cheerleader is not currently enrolled in this class.

## CONDUCT AND RESPONSIBILITY

### Financial Responsibilities:

Cheerleaders/mascots are expected to pay for all expenses pertaining to cheerleading including but not inclusive of camp, uniforms, clinics, gifts, supplies, etc. Fundraising will help with expenses and cheerleaders are required to participate.

Cheerleaders with balances at the time of camp will not receive any uniforms, camp apparel, or cheer supplies until the balance is paid. Cheerleaders will not be allowed to participate in any pep rallies, games or other activities until the balance is paid in full.

All Varsity Cheerleaders are required to join the DHS Touchdown Club (includes a parking pass for home games and pays for regular season transportation to away games).

Parents are not admitted into any games without the purchase of a ticket for that game. All parents pay for parking, even if you have a cheerleader in the car. Parents must have a parking pass for free parking.

All 2019 home games will be played at Ladd Stadium.

#### Time Responsibilities:

Cheerleading comes before other activities. Cheerleaders should not have any kind of employment during football or basketball season (including post-season/playoff games).

Cheerleaders/mascots will be expected to not only attend games and practices but also make signs and banners, decorating the gym and school, planning and participating in pep rallies, providing drinks for visiting teams, loading and unloading equipment, etc. as directed by the coach. This includes staying after school or coming early to complete these duties.

Cheerleaders/mascots should meet all deadlines set by the coach.

Cheerleaders should not be parents. Parenting is a major responsibility and it is the belief of the coaches and administrators that the responsibilities as a parent far outweigh the time demands of cheerleaders. Athletes with children will not be granted any extra time privileges or absences requested for caring for children; children or siblings of an athlete will not be permitted on the field or the bus during games. Davidson offers many extracurricular activities and sports that are flexible and do not require a year-long commitment of time, but cheerleading is not one of those sports.

#### Conduct Responsibilities:

The use of profanity, tobacco, alcohol, or any illegal drug is strictly prohibited and punishable whether the offense is in private or public, team/school related or not, in uniform or not.

Cheerleaders/mascots are expected to maintain a pleasant working relationship with their team members, the coach, the school, and the community. Any actions that inhibit this positive relationship will be punished.

### UNIFORMS AND APPEARANCE

It is the individual cheerleader's/mascot's responsibility to purchase and maintain all uniform apparel as directed by the coach. Cheerleaders/mascots must meet all purchasing deadlines set by the coach. All fees and payments should be made by cash, check, or money order and made payable to Davidson High School. The coach will write receipts for received money and receipts should be kept by the cheerleaders/mascots for personal payment records.

Uniforms are to be worn on game days for all football games and on game days for basketball games.

Uniforms are only to be worn in conjunction with cheerleading activities as instructed by the coach.

No part of a cheerleader/mascot's uniform should be worn by anyone except a member of the team without the coach's approval (this includes sweatshirts, jackets, shoes, etc.).

Sweat pants may not be worn under a uniform skirt at any time, regardless of the weather. Non-uniform sweatshirts or jackets may not be worn with a uniform (sweatshirts from other DHS teams are not part of the cheerleading uniform). Sweatshirts and jackets should not be tied around the waist while in uniform.

All uniforms whether purchased new or used, must properly fit the cheerleaders/mascots and be altered at the cheerleader's/mascot's expense. The uniform companies do not guarantee a custom fit and therefore it is up to the cheerleaders/mascots to make sure they fit appropriately.

Cheerleaders/mascots should arrive for an event fully dressed in uniform (including hair up and ribbon) and remain in uniform until the event is over. If a cheerleader/mascot has a commitment after an event and must remain in uniform, the whole uniform must be worn intact or the cheerleader/mascot should change completely.

No facial piercings or excessive ear piercings; **all** jewelry must be removed on game days. Jewelry of any kind in cheerleading is not allowed at camp or by the National Federation of State High School Association. The Davidson uniform policy also prohibits facial piercings. Tattoos must be covered by the cheer uniform. If the tattoo shows from under the uniform it will have to be covered with tattoo makeup. Gold crowns any other dental accessories are not allowed and must be removed for games.

Hair should be off the face in a ponytail. The team hair ribbon(s) should be worn with each uniform. **No unusual or non-natural hair dyes or colors will be permitted.**

Make-up should be minimal and should complement the cheerleader/mascot uniform. Nail color should be neutral/natural to complement the cheer uniform.

## ABSENCES AND TARDIES

For absences other than personal illness, permission to have an excused absence must be requisitioned by the cheerleader/mascot in writing 24 hours in advance and approved by the coach. In the case of personal illness, the coach should be notified as soon as possible.

For all absences, including those with prior notice and personal illness, be prepared to submit a doctor's excuse. Without a doctor's excuse the absence may not be excused.

Only the coach or administrator can excuse an absence.

Cheerleaders/mascots should be ready to cheer at all times, even during quarter and semester exams.

Cheerleaders/mascots must be present at school at least ½ day and must attend the last practice before the game or event (this includes 5<sup>th</sup> block Varsity Athletics) in order to participate in the activity. School related functions that the coach has approved are the exception. Please remember that an early dismissal before 11:00 a.m. or a late check-in after 11:00 a.m. constitutes a school absence and the cheerleader/mascot will not be allowed to participate in the event of that day.

Cheerleaders should be present at school on the day following a game/event. No dates on out- or in-town trips or cheering functions are allowed.

Cheerleaders/mascots must personally check with the coach before leaving school on an early dismissal on game or practice days (except in emergency situations). An early dismissal does not automatically excuse a cheerleader/mascot from missing 5<sup>th</sup> block or scheduled after school practice. Failure to notify the coach beforehand will automatically result in an unexcused absence for practice demerit.

A cheerleader/mascot who is too ill to attend practice or participate in fitness exercises will not be able to attend any other event occurring at the same time.

A cheerleader/mascot who is injured and cannot practice or participate in fitness exercises will not be able to cheer until a doctor's release is obtained and she is able to do all cheer activities, including: running, jumping, sitting for long periods, arm movements, or exercises. An injured cheerleader/ mascot may be required to attend practice, even if the injury prevents participation. An injured cheerleader/mascot will sit with the coach, in uniform, during cheerleading games/activities in which they cannot participate.

Varsity cheerleaders/mascots will ride the bus to the football games and back to school from the games. No exceptions. During basketball season, if a bus is provided, Varsity cheerleaders/mascots must ride to and from games on the bus.

On any occasion where a bus is not provided (camp, JV games, practices, and basketball games), parents of the cheerleaders/mascots are responsible for their daughter's transportation to and from the activity site.

Parents are expected to pick up their daughters within 15 minutes of an event ending or the return of school from the event.

No friends or family can ride the bus with a cheerleader/mascot.

Each parent (and cheerleader/mascot, if driving) must provide evidence of insurance before transporting any cheerleader/mascot to and from a cheerleading event. Each parent must provide a notarized statement giving his/her daughter permission to ride in another car, either coach, cheerleader/ mascot, or parent.

Attendance at all practices, camps, and working days (even in the summer or during other school holidays) is required.

Tardies or unexcused absences from games/practice/fundraising/appearances will result in demerits.

No excused absences will be granted for the week before camp in the summer or the week of camp except in extreme personal emergencies (e.g. hospitalization or extreme illness).

Summer vacations should not be taken during scheduled practice times. Extenuating circumstances should be discussed with and approved by the coach in advance.

During a game a cheerleader/mascot should appear peppy, well groomed, and in command of any situation that should arise.

Eating on the field, court, or stands is not allowed except during designated breaks and should be inconspicuous. A cheerleader/mascot should always be prepared with a drink during games and practices.

Cheerleaders/mascots should not lean on the fences and talk to others during football games or go in to the stands during basketball breaks. The team should remain together and cheerleaders/mascots should not leave the team until the end of the game. Each cheerleader/mascot should focus her attention on the game and understand what is happening.

## CAPTAIN AND CO-CAPTAIN

- The coaches choose Varsity and JV captain and co-captains for the teams. The captain must be able to accept responsibility and be an exceptional leader. She must be able to work with the coach and support the coach's decisions concerning the team. She must know the rules for the team and set an example for other cheerleaders/mascots to follow. Should the captain be unable to complete her duties, the co-captain will step in and assume the responsibilities.
- A cheerleader/mascot must cooperate with the captain and co-captain. The captain is in full charge of the team and is responsible to the coach for her actions.
- All decisions made by the captain are to be abided by without dispute if these decisions are within the captain's authority.
- It is the responsibility of the captain and co-captain to inform the coach of any and all infractions of the rules by any member of the squad. Demerits, if warranted, will be given. Failure on the part of the captain and co-captain to abide by this requirement will result in demerits and/or removal from the position.
- The captain is responsible for the agenda at practices and should run/lead practice with full authority and cooperation from the team.
- The captain of Varsity will be responsible for pep rally schedules being submitted to the coach and approved before the Tuesday of each pep rally week.
- The captain of Varsity is responsible for assigning pep rally, game, and hall and fence sign responsibilities.
- The captain will be the leader of the team and should be allowed to lead with authority. She is responsible to the coach for her actions and is given the right to lead the team by the coach. The team should fully cooperate with her.

## SOCIAL MEDIA

- Twitter, Instagram, Facebook and other forms of social media should be monitored by parents. Explicit language and pictures that compromise a cheerleader's character or the school's reputation could result in the dismissal of the cheerleader. This includes but is not limited to the following: illegal substances, alcohol, vulgar gestures, gang signs, and revealing or lack of clothing. Text messages should also be monitored for inappropriate pictures and language. Bullying and bad mouthing another student or cheerleader on a media network will not be tolerated.

## PROBATION AND DISMISSAL

- If a cheerleader/mascot is on probation, she will still be responsible for any required duties for that period of time. She will not be allowed to cheer at games or pep rallies. She will not wear her uniform to school or the games during probation and must sit with the coach during games.
- Every accumulation of 5 demerits results in probation of one game. Therefore 10 would result in two games, 15 would be three.
- Accumulation of 15 demerits results not only in probation for every 5 demerits, but also in a review by the coach and administrator to determine whether the cheerleader will be eligible to try out the following tryouts.
- Accumulation of 20 demerits results in immediate dismissal from the team.
- Suspension from school or being arrested results in an automatic 20 demerits and therefore dismissal from the team.
- If medical problems that would hinder a cheerleader/mascot's athletic ability or put her in physical danger during cheering activities arise during the course of a season and a doctor's release is not given, the cheerleader/mascot will be dismissed from the team (this includes but is not limited to pregnancy, hospitalization for a chronic illness, etc.).
- Because of time commitment, students who are parents of their own should strongly consider other sports that require less time; cheerleading is not one of those sports.
- If a cheerleader is dismissed from the team, or voluntarily resigns her position, she forfeits her right to tryout as a Varsity or JV Cheerleader for Davidson High School the following year.



# Complete & Return This Page

## ACKNOWLEDGEMENT OF RULES AND FINANCIAL OBLIGATIONS

My daughter/son and I have received, read, and understand the rules, regulations, and demerit system governing her/his role as a Davidson High School cheerleader/mascot. As a parent/guardian, I understand that it is my responsibility to see that these are followed. If such rules are broken and a total of 20 demerits are received while a member of the team, she/he will be removed. The accrual of 15 demerits will result in a conference between the parent, coach, administrator and the cheerleader/mascot to decide on further eligibility and eligibility to try out for the next year. Eligibility to try out will not automatically be granted if 15 demerits are earned during the school year prior to tryouts.

I agree to pay all money owed for cheerleading/mascot in a timely manner and according to designated deadlines. No personal checks will be accepted. Please make all payments in the form of cash or money order. These deadlines apply to all cheerleaders and mascots, with the exception of mascots who do not attend summer camp. The coach reserves the right to alter the number of monthly payments according to yearly costs (the figures below are an estimate and may be altered) and for returning cheerleaders when appropriate.

First Payment (Due April 30th)	\$500.00	(Camp paid in full)
May 24th	\$550.00	
June 28 <sup>th</sup> (Or prior to camp)	\$550.00	

**Entire balance must be paid prior to camp**

I also understand that should my daughter/son quit or be removed from the squad that I will pay the balance owed on her/his account at that time, and I will forfeit all deposits made payable to the squad in my daughter's/son's account.

I agree that it may be necessary for a cheerleading coach or designee to transport my daughter/son to and from cheerleading functions. In the event of an accident, I will not hold the cheerleading coach or designee, Davidson High School, or the Mobile County Public School System responsible.

\_\_\_\_\_  
Parent/Guardian Name (Print)

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

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

\_\_\_\_\_  
City/State

\_\_\_\_\_  
Zip Code

\_\_\_\_\_  
Phone Number (home)

State of \_\_\_\_\_

County of \_\_\_\_\_

On \_\_\_\_\_, 2018, \_\_\_\_\_ personally appeared before me,

\_\_\_\_\_ to be the signer of the above instrument, and he/she acknowledged that he/she signed it.

\_\_\_\_\_  
Notary Public

16

(SEAL)

\_\_\_\_\_  
Commission Expiration Date

**Demerit List**

# Complete & Return This Page

No Cheerleader/mascot is permitted more than a total of 20 demerits in one season. 20 demerits will cause the cheerleader/mascot to be dismissed from the team. The accumulation begins the day the new team is posted and does not end until the first day of tryout clinic the following year. Demerits will be only be cleared once the season ends.

1.	Using profane, vulgar, or obscene language	5
2.	Unnecessary conversation or "fooling around" during practice, game or scheduled event	2
3.	Not fully dressed for game, practice or scheduled event	2
4.	Uniforms, including shoes, worn outside of cheerleading duties.	3
5.	Unexcused absence from practice or scheduled event (without prior approval by Coach)	5
6.	Unexcused absence from a game	10
7.	Tardy for practice, game or scheduled event	2
8.	Suspension for any reason	20
9.	School Retract (assigned per day)	5
10.	Improper appearance - when in cheerleading uniform, untidy/incorrect uniform, jewelry, Incorrect/no ribbon, incorrect/no socks, unsuitable hair, fingernail polish etc.	2
11.	Receive a discipline referral (not in conjunction with school punishment)	2
12.	Receive an unsatisfactory or other negative conduct comment on a report card	3
13.	Bad remarks from faculty	3
14.	Receive a Final or Terminal Grade of "D"	5
15.	Public display of affection at games or at school (in or out of uniform)	5
16.	Cheating on a major grade that does not result in a school suspension	10
17.	Possession of use of drugs, alcohol, tobacco or other illegal substance	20
18.	Irresponsibility/ Neglect of cheerleading duties	2
19.	Insufficient knowledge of cheers and routines	3
20.	Insubordination	5
21.	Inappropriate behavior at clinic, camp, competition or other out of town game/event	5
22.	Inappropriate behavior while in uniform on or off campus (subject to coach's discretion)	5
23.	Failure to be picked up within 15 minutes of an event ending	3
24.	Constant Lack of pep, smile, loudness, spirit or showing poor sportsmanship	3
25.	Chewing Gum or eating while cheering, during practice or at a pep rally	2
26.	Publication, by any person, of a cheerleader/mascot participating in illegal or immoral behavior on a public forum	20
27.	Allowing a non cheerleader to wear any part of your uniform (including outerwear)	5
28.	Sending/posting illicit photographs of a cheerleader via text messages, social media or email	20

Student Signature

Date

Parent Signature

Date

This list is subject to change at any time. These changes must be provided to the student and the parent in writing BEFORE the change takes effect.

- See Section of the Davidson High School Regulation and Demerit List for further information about probation and dismissal upon the accumulation of demerits or punishment at school.
- The coach and school administration reserve the right to suspend a cheerleader from a game or event.
- The coach and school administration reserve the right to dismiss a cheerleader for repetitive inappropriate behavior.

Merits Awarded

Merits Awarded	Achievements
1	"A" average on a quarter or semester report card
1	Gaining a new skill (tumbling or jump)
1	Noteworthy teamwork / Positive attitude / Positive Comments
1	Good Conduct comment on report card
1	Community Service / Extra events as requested by the coach

# Fill Out the Top of this Form & Give it to an Administrator

W.P. Davidson High School  
Cheerleading & Mascot  
Discipline Clearance Form

**To be filled out by applicant:**

Student Name \_\_\_\_\_ Grade \_\_\_\_\_

Student Current School \_\_\_\_\_

**To be filled out by the administrator.**

In order to try out, a student must receive a discipline clearance from the administration at any school the participant has attended this school year. Administrations may not clear participants for any of the following reasons:

- Suspension, for any reason this school year
- Retract, or in-school suspension **more than once** this school year
- Discipline referrals to the office for serious or numerous offenses

By signing this form, I verify that the above student has a clear discipline record and is to the best of my knowledge eligible to try out for cheerleading at Davidson High School.

\_\_\_\_\_  
Administrator Signature

\_\_\_\_\_  
Date

**OR**

According to our records, the above student does NOT have a clear discipline record and to the best of my knowledge is NOT eligible to try out for cheerleading at Davidson High School

\_\_\_\_\_  
Administrator Signature

\_\_\_\_\_  
Date

Once completed, please seal the envelope and sign across the seal. The form can be sent either via interschool mail or the U.S. Mail to Julie Wilkinson at Davidson High School. Thank you for your help in this matter.

**ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION**

**Preparticipation Physical Evaluation Form**

**History**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_ Date of birth \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_ Phone \_\_\_\_\_  
 Sport \_\_\_\_\_

Explain "Yes" answers below:	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized or spent a night in a hospital? Have ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you presently taking any medications or pills (prescription or over-the-counter)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain or discomfort in your chest during or after exercise? Do you tire more quickly than your friends during exercise? Have you ever had high blood pressure? Have you ever been told that you have a heart murmur, high cholesterol, or heart infection? Have you ever had racing of your heart or skipped heartbeats? Has anyone in your family died of heart problems or a sudden death before age 50? Does anyone in your family have a heart condition? Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had a head injury or concussion? Have you ever been knocked out or unconscious? Have you ever had a seizure? Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever had heat or muscle cramps? Have you ever been dizzy or passed out in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have trouble breathing or do you cough during or after activity? Do you take any medications for asthma (for instance, inhalers)?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you had any problems with your eyes or vision? Do you wear glasses or contacts or protective eye wear?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you had a medical problem or injury since your last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever been told you have sickle cell trait? Has anyone in your family had sickle cell disease or sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? <input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Shoulder <input type="checkbox"/> Forearm <input type="checkbox"/> Hand <input type="checkbox"/> Hip <input type="checkbox"/> Knee <input type="checkbox"/> Ankle <input type="checkbox"/> Neck <input type="checkbox"/> Chest <input type="checkbox"/> Elbow <input type="checkbox"/> Wrist <input type="checkbox"/> Finger <input type="checkbox"/> Thigh <input type="checkbox"/> Shin <input type="checkbox"/> Foot	<input type="checkbox"/>	<input type="checkbox"/>
17. When was your first menstrual period? _____ When was your last menstrual period? _____ What was the longest time between your periods last year? _____		
Explain "Yes" answers: _____ _____ _____		

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Signature of athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

**DUPLICATE AS NEEDED**

# Preparticipation Physical Evaluation

**Rule 1, Sec. 14** — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grade s 7-12). The AHSAA Physicians Certificate (Form 5) must be used. **A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2015, will satisfy the requirement through May 31, 2016.**

## Physical Examination

COMPLETE	LIMITED	Height_____Weight_BP_____ / _____Pulse__ Vision R 20 / _____L 20 / _____Corrected: Y N			
		Normal	Abnormal Findings		
		Cardiovascular			
		Pulses			
		Heart			
		Lungs			
		Skin			
	COMPLETE	LIMITED	E.N.T.		
			Abdominal		
			Genitalia (males)		
			Musculoskeletal		
			Neck		
			Shoulder		
			Elbow		
			Wrist		
			Hand		
			Back		
			Knee		
			Ankle		
			Foot		
Other					

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

C. Not cleared for:  Collision  Contact  Noncontact \_\_\_\_\_Strenuous \_\_\_\_\_Moderately strenuous \_\_\_\_\_Nonstrenuous

Due to: \_\_\_\_\_

Recommendation: \_\_\_\_\_

Name of physician \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, M.D. or D.O.