

Cheerleader Information Form

Cheerleader Information

Full Name: _____

Date of Birth: _____

Address: _____

City, State, ZIP Code: _____

Phone Number: _____

School: _____

Grade: _____

Medical History

Allergies: _____

Current Medications: _____

Past Injuries (Please include dates):

Any known medical conditions:

Are there any restrictions on physical activity? (If yes, please specify):

Parent/Guardian Information

Parent/Guardian 1 Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Address (if different from cheerleader's):

Parent/Guardian 2 Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Address (if different from cheerleader's):

Emergency Contact Information (Other than Parent/Guardian)

Emergency Contact Full Name: _____

Relationship to Cheerleader: _____

Phone Number: _____

Email Address: _____

Physician Contact Information

Physician's Full Name: _____

Physician's Phone Number: _____

Physician's Address: _____

Consent and Agreement

I hereby give permission for my child to participate in the youth football cheer program. I understand that cheerleading is a physical sport and there are inherent risks involved. I have provided accurate and complete information regarding my child's medical history.

Parent/Guardian Signature: _____

Date: _____

Sports Liability Waiver (Informed Consent)

Liability Waiver and Informed Consent

Participant's Name: _____

Parent/Guardian's Name: _____

Address: _____

City, State, ZIP: _____

Phone: _____

Email: _____

Acknowledgment of Risk and Consent to Participate

I, the undersigned, as the parent/guardian of the above-named participant, acknowledge and understand that participation in cheerleading involves the risk of injury, including but not limited to, concussions and other injuries. I acknowledge that:

1. Cheerleading is a physical activity that inherently involves a risk of injury.
2. Injuries, including concussions, can occur despite proper equipment, safe techniques, and coaching.
3. Concussions are serious and can have long-term health consequences if not properly managed.

Assumption of Risk

I voluntarily agree to allow my child to participate in youth cheerleading and assume all risks, known and unknown, associated with the activity. I understand that while efforts will be made to ensure the safety and well-being of all participants, injuries can and do occur.

Consent for Medical Treatment

In the event of an injury, I consent to my child receiving appropriate medical treatment. I understand that it is my responsibility to inform the coach and medical personnel of any pre-existing medical conditions or concerns.

Concussion Awareness

Cheerleading involves physical activity that may result in head injuries, including concussions. The Mighty Knights Cheer Program takes concussion awareness and prevention seriously. I have received and read the Concussion Education Materials provided by the team. I understand:

1. The nature and risks of concussions.

2. The symptoms of concussions and the importance of recognizing them.
3. The procedures for responding to suspected concussions, including the action plan of removing the athlete from play and seeking medical attention.
4. The necessity of obtaining written clearance from a licensed physician before my child can return to play after a suspected concussion.

Liability Waiver

In consideration of allowing my child to participate in youth cheerleading, I, on behalf of myself and my child, hereby release, waive, and discharge the team, its coaches, volunteers, and affiliated organizations from any and all liability for injuries, including concussions, that may occur during participation in practices, performances, or other activities associated with the team.

Agreement to Follow Protocols

I agree to follow all team protocols and procedures related to injury prevention, recognition, and management, including those specifically related to concussions. I understand that failure to comply with these protocols may result in my child being removed from participation for their safety.

Confirmation of Informed Consent

By signing below, I confirm that I have read and understand this waiver and the Concussion Education Materials. I acknowledge the risks involved in youth football and agree to the terms outlined above. I confirm that I have informed my child of these risks and the importance of following safety protocols.

Parent/Guardian Signature: _____

I have received a copy of the Concussion Education Materials for Mighty Knights Youth Football Team.

Parent/Guardian Initials: _____

Date: _____

Participant's Signature (if 12 years or older): _____

Date: _____

Coach's Signature: _____

Date: _____

This waiver is intended to be legally binding. If any part of this document is found to be invalid, the remaining provisions shall remain in effect.

Concussion Education Materials for Cheerleading

Introduction

Concussions are a serious concern in youth cheerleading. As participants, parents, and coaches, it is essential to understand the risks, prevention methods, symptoms, and recovery process associated with concussions. This guide aims to provide comprehensive information to ensure the safety and well-being of our cheerleaders.

1. Understanding Concussions

A concussion is a type of traumatic brain injury (TBI) caused by a blow to the head or body, a fall, or another incident that jars or shakes the brain inside the skull. Concussions can have serious, long-term consequences if not properly managed.

Potential Consequences:

- Memory problems
- Difficulty concentrating
- Mood changes
- Headaches
- Dizziness
- Long-term cognitive impairment

2. Prevention and Preparedness

While it is impossible to eliminate the risk of concussions entirely, the following steps can help minimize the risk:

a. Proper Equipment:

- Use proper mats, safety gear, and spotters during stunts and tumbling.
- Ensure all equipment is in good condition and set up safely.

b. Safe Techniques:

- Teach proper tumbling, stunting, and dismount techniques.
- Prohibit dangerous stunts or techniques that exceed the team's skill level.
- Always use trained spotters for stunts.

c. Educate and Train:

- Educate cheerleaders, parents, and coaches about the risks of concussions.
- Train coaches to recognize and respond to concussion symptoms.

d. Environment:

- Ensure practice and performance surfaces are appropriate, level, and well-maintained.
- Monitor weather conditions to avoid heat-related stress or icy surfaces.

3. Recognizing Concussion Symptoms

Symptoms of a concussion may not appear immediately and can vary. Prompt recognition and response are crucial.

Common Symptoms:

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy
- Confusion or memory problems
- Feeling "off" or unusually emotional

4. How to Respond to a Suspected Concussion

If a concussion is suspected, follow this action plan:

a. Remove the Cheerleader from Activity:

- Immediately stop participation in stunts, tumbling, or other physical activities.
- Do not allow the cheerleader to return to practice or performance the same day.

b. Seek Medical Attention:

- Have the cheerleader evaluated by a healthcare professional experienced in treating concussions.
- Follow all medical advice and instructions.

c. Obtain Written Clearance:

- Require written clearance from a licensed physician before the cheerleader can return to activity.

d. Inform and Educate:

- Inform the cheerleader's parents/guardians about the injury.
- Provide resources on concussion symptoms and recovery steps.

e. Monitor Symptoms:

- Observe the cheerleader for ongoing symptoms over the next several days.

- Avoid physical and cognitive activities that could worsen symptoms.

5. Steps for Returning to Activity

Returning to cheerleading after a concussion should follow a gradual, physician-approved protocol:

a. Rest and Recovery:

- Full rest from physical and mental activities until symptoms resolve.

b. Gradual Return-to-Play Protocol:

1. Symptom-Limited Activity: Light physical activities, such as walking.
2. Light Aerobic Exercise: Moderate intensity activities that do not provoke symptoms.
3. Non-Stunting Activity: Begin basic cheer movements (no stunts or tumbling).
4. Stunt Practice with Spotters: Gradual introduction of stunting and tumbling with safety measures.
5. Full Practice: Resume regular practice and activities.
6. Return to Performance: Participate fully in performances and competitions.

c. Monitoring and Assessment:

- Continuously monitor symptoms during each step.
- Ensure a healthcare professional evaluates the cheerleader before full return.

Conclusion

Understanding and managing the risk of concussions is crucial in youth cheerleading. By focusing on prevention, recognizing symptoms, responding appropriately, and following a structured return-to-activity protocol, we can help keep our cheerleaders safe and healthy.

For More Information:

- CDC Heads Up: Concussion in Youth Sports
- USA Cheer: Concussion Awareness and Education
- National Federation of State High School Associations (NFHS): Concussion Resources

By staying informed and proactive, we can minimize the risk of concussions and promote a safer environment for all participants in our cheerleading program.

Attendance Policy

Purpose:

To ensure consistent attendance at practices and games, promoting team cohesion, skill development, and a strong work ethic among cheerleaders.

1. Policy Overview

This policy outlines the expectations for cheerleader attendance at practices and games, as well as the consequences for unexcused absences.

2. Attendance Expectations

Practices: Cheerleaders are expected to attend all scheduled practices. Regular attendance is crucial for the development of individual skills and team dynamics.

Games: Cheerleaders are required to attend all scheduled games. Missing games disrupts team performance and affects overall team morale.

3. Reporting Absences

Excused Absences: Parents or guardians must notify the coach at least 24 hours in advance if a cheerleader will be absent due to illness, family emergencies, or other valid reasons.

Unexcused Absences: Failure to notify the coach in advance will result in the absence being considered unexcused.

4. Consequences for Unexcused Absences

First Offense: The cheerleader will receive a verbal warning and a reminder of the attendance policy.

Second Offense: The cheerleader will be benched for the next game.

Third Offense: The cheerleader will be suspended from participating in two consecutive games.

Fourth Offense: A meeting will be held with the cheerleader, parents, and coaching staff to discuss further disciplinary actions, which may include suspension for the remainder of the season.

5. Tardiness

Cheerleaders are expected to arrive on time for practices and games. Repeated tardiness will be addressed as follows:

First Offense: Verbal warning.

Second Offense: Additional conditioning or practice drills.

Third Offense: No activity for part of the next game.

6. Communication and Documentation

All absences and tardiness will be documented by the coaching staff.

Parents and cheerleaders will be informed of their attendance status and any resulting consequences in a timely manner.

7. Special Circumstances

Special circumstances that may affect attendance will be considered on a case-by-case basis. The coaching staff will work with families to find reasonable solutions.

8. Review and Acknowledgment

This policy will be reviewed with all cheerleaders and parents at the beginning of each season.

Cheerleaders and parents must sign an acknowledgment form indicating they understand and agree to the attendance policy and its consequences.

Acknowledgment:

I have read and understand the East Feliciana Mighty Knights Attendance Policy. I agree to adhere to the attendance requirements and understand the consequences for unexcused absences and repeated tardiness.

Participant Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

Code of Conduct

As a participant in the Mighty Knights Cheer Program, I agree to uphold the following standards of conduct:

1. **Respect:** I will show respect towards coaches, teammates, opponents, officials, and spectators at all times. I will use positive language and behavior, fostering a supportive environment.
2. **Sportsmanship:** I will demonstrate good sportsmanship and refrain from any form of bullying, taunting, or negative behavior. I will cheer positively and encourage my teammates, both during practices and performances.
3. **Commitment:** I will attend all practices, performances, and events on time, fully prepared and dressed appropriately for participation. I will strive to meet the expectations of my team and coaches.
4. **Integrity:** I will perform fairly, follow all rules, and represent the Mighty Knights Cheer Program with honor, both on and off the field.
5. **Responsibility:** I will take care of my uniform, equipment, and personal items. I will treat the practice facilities, performance venues, and other team environments with respect.
6. **Communication:** I will communicate respectfully with my coaches, teammates, and parents. I will address any concerns or issues appropriately through the proper channels, maintaining a positive and constructive attitude.

I understand that failure to adhere to this Code of Conduct may result in disciplinary actions, including suspension or dismissal from the team.

Participant's Name: _____

Participant's Signature: _____

Date: _____

Parent/Guardian Signature: _____

Mighty Knights Media Release Form

I, the undersigned, hereby grant the Mighty Knights organization permission to use my child's name, likeness, image, voice, and/or appearance as may be embodied in any photos, videos, or audio recordings taken during Mighty Knights events or activities. This includes, but is not limited to, promotional materials, social media posts, newsletters, and website publications.

I understand and agree that:

- These materials may be used for a variety of purposes including promotional efforts and event documentation.
- I will not receive any compensation for the use of these materials.
- My child's participation and name may be revealed in descriptive text or commentary.

I further release and hold harmless the Mighty Knights organization, its representatives, and volunteers from any claims, demands, or causes of action arising out of the use of these materials.

This consent is granted indefinitely unless revoked in writing.

Participant's Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____

Contact Information: Phone: _____

Email: _____

☐ I do not consent to the use of my child's image or likeness in any media materials produced by the Mighty Knights organization.

Practice Conduct & Post-Practice Procedures

To ensure a safe and organized environment for all participants, the following rules must be followed during and after practice:

Post-Practice Dismissal

- After practice, all players and cheerleaders must gather their personal belongings and equipment and head directly home or to their guardian.
- No lingering, horseplay, or loitering in the practice area, parking lot, or surrounding areas.
- Coaches and staff are not responsible for supervising children after practice ends.

No Horseplay Policy

- Horseplay is strictly prohibited at all times, including during water breaks.
- Players and cheerleaders should take water breaks seriously, hydrate, and return to practice promptly.
- Water bottles must be kept in designated areas and should not be left scattered around the practice field.

Late Pickup Policy

- Parents/guardians must pick up their child on time after practice.
- If a parent leaves and returns, they must arrive by the scheduled dismissal time.
- Late Pickup Fees:
 - First offense: Verbal warning
 - Second offense: \$10 late fee
 - Third offense: \$20 late fee and suspension from practice and games until the fee is paid

Tardy Policy

- Players and cheerleaders are expected to arrive on time for practice.
- After three tardies, the player or cheerleader will face disciplinary action as determined by the coaching staff.

Cell Phone Policy

- **No cell phones are allowed during practice or water breaks.**
- If a player or cheerleader brings a cell phone to practice, it must remain stored away and not used during practice.
- If a phone is used during practice, it will be collected by the coach and returned after practice.

By signing, parents and participants acknowledge these rules and agree to adhere to them.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____

Guest Entry Policy

Purpose:

To ensure the safety and well-being of all players, coaches, families, and spectators, the Mighty Knights Youth Football & Cheer program enforces the following guest entry policy at all team events, including practices, games, and fundraisers.

1. Restricted Entry & Removal

- a. Any individual with a valid restraining order or legal restriction against them in relation to a player, coach, or team member will not be allowed entry to team events.
- b. Individuals who have been involved in prior disruptions, altercations, or have been notified by team leadership that they are no longer welcome may also be denied entry.
- c. Any guest refusing to leave when asked will result in law enforcement being contacted immediately.

2. Enforcement Process

- a. Parents or guardians who have obtained a restraining order must provide a copy to team leadership before the event.
- b. Team leadership will coordinate with the venue staff, security personnel, or local law enforcement to enforce the order as needed.
- c. Gate attendants and volunteers will be given clear instructions on who is restricted from entry and how to escalate concerns.

3. General Conduct & Safety

- a. All attendees must conduct themselves respectfully.
- b. Any behavior deemed threatening, aggressive, or disruptive will result in removal from the premises.
- c. Law enforcement may be called at the discretion of team leadership for any situation that poses a safety risk.

4. Compliance with Venue Policies

- a. As we utilize facilities such as Slaughter Community Charter School, all attendees must comply with school policies in addition to team policies.
- b. The team reserves the right to modify or enforce additional entry restrictions in coordination with venue administrators.

5. Final Authority

Decisions regarding entry and removal are at the sole discretion of the Mighty Knights Board of Directors and coaching staff in accordance with legal guidelines.

Participant Name: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____