



## Oak Ridge Cheer Application

Name	Grade
Address	Phone Number
Applicant's email	Parent's email
Father's Name	Mother's Name
Father's mobile	Mother's Mobile
Doctor Address	Insurance Co.
Phone Number	Group number
	Phone number

## Tryout Checklist

Every page with a ★ at the top right-hand corner must be returned.

- ✓ Picture of the candidate attached to the inside folder (no cheer pictures and the picture should be at least 4x6. Pictures will not be returned.)
  - ✓ Copy of Current Grades – 6 week progress
  - ✓ Cheerleader Responsibilities
  - ✓ Parent Responsibilities
  - ✓ Cheerleader Behavioral Contract
  - ✓ Parent Behavioral Contract
  - ✓ Cheerleading Commitment Statement
  - ✓ CISD Medical Release
  - ✓ Cheerleader/Mascot Application
  - ✓ Acknowledgement Form
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## Cheerleader Responsibilities



Cheerleading requires a SIGNIFICANT amount of time, commitment and dedication on the part of the cheerleaders. Academics should always be a priority; cheerleading should be next with all other activities to follow. Responsibilities include, but are not limited to the following:

1. The cheerleader will maintain academic eligibility
2. The cheerleader will represent ORHS in a positive manner in action, dress and overall conduct, and will always exhibit acceptable standards of citizenship (e.g. in the halls, in the classroom, at events, in the community etc.)
3. The cheerleader will refrain from gossiping or any form of verbal or physical confrontation. This includes all electronic communication/usage (I.E. twitter, Facebook, Snapchat, Tumbler, YouTube, Instagram, etc.)
4. The cheerleader will enhance school spirit.
5. The cheerleader will wear appropriate uniforms or outfits on specific days at scheduled events.
6. The cheerleader will follow through with all commitments. The cheerleader will attend all games, practices and functions. They will also be on time to each one. Further, she/he will plan family outings, appointments, and other activities with the cheerleading schedule in mind first and foremost. She/he will take responsibility for reminding their parent of contacting a coach about an absence.
7. The cheerleader will communicate in a positive manner with teammates, coaches and staff.
8. The cheerleader will maintain a positive attitude toward school and cheerleading.
9. The cheerleader will continue to be coachable.
10. The cheerleader is expected to maintain and improve all skills.
11. The cheerleader will be able to take directions and criticism positively.
12. The cheerleader will be cooperative.
13. The cheerleader will silence his/her cell phone at practice/games.
14. The cheerleader will have all his/her gear with him/her at all times in the cheer bag.
15. The cheerleader will refrain from celebrating the misfortune or defeat of another person, team or program.
16. The cheerleader will accept placements and awards with dignity and class.

Please sign and date the following to acknowledge that you have read and understand the cheerleader responsibilities:

Cheerleader signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

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## Parent Responsibilities



Cheerleading requires a significant amount of time, commitment and dedication on the part of the parents. Before tryouts, read and consider all of the information before allowing your daughter/son to try out. If your daughter/son is selected please:

- Encourage her/him to abide by the rules set forth by coaches and administrators
- Attend booster club meetings
- Pay bills on time
- Refrain from using cheerleading as a punishment. This does not punish one cheerleader, but an entire squad since there is no one to substitute for your cheerleader.
- Agree to notify the coach if your cheerleader is ill
- Provide punctual transportation if needed (particularly if your daughter/son does not have a driver's license.)
- Direct concerns about your cheerleader on an individual basis directly to the coach first
- Parents/Guardians will check emails weekly and read them in their entirety for all updates. We also have a cheer Remind that distributes information. There is no excuse for being uninformed.
- Parents/Guardians expected to follow all forms of proper communication when speaking with a coach.
- Understand that coaches are responsible for practices, enforcing the rules and providing consequences and making team decisions. Coaches will not be influenced by negative comments or complaints.

**Please recognize that unforeseen circumstances do occur; interim changes to anything in this document may be made at the discretion of the coaches and administration. All decisions made by the coaches and/or administration are final.**

Please sign and date the following to acknowledge that you have read and understand the parent responsibilities:

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

## Cheerleader Behavioral Contract



The expectations for each member of the team is to support the balance between team supporter and the competitor. Being a member of the program, all girls/boys are expected to act appropriately and responsibly. As athletes, they are now going to be the lead examples of Oak Ridge High School. Signing this contract is acknowledgement that you have read the following, understand and choose to obey each part of the contract. **Please initial next to each statement and sign the contract below.** Coaches will use this contract in addition to the established demerit system to ensure compliance.

- \_\_\_\_ 1. Practices are considered a mandatory event. Any practices missed will result in demerits and benching at the next scheduled event determined by the coach.
- \_\_\_\_ 2. Games are considered mandatory. Missing a game will result in demerits and benching at the next scheduled event determined by the coach.
- \_\_\_\_ 3. If an athlete is tardy to the game, without getting prior approval from a coach, demerits will be given.
- \_\_\_\_ 4. In compliance with USA Cheer and *Conroe ISD Recommended Cheerleading Guidelines and Procedures*, no jewelry, chewing gum, fake nails/nails longer than fingertips, or hair in face during games, competitions and practices.
- \_\_\_\_ 5. If athletes are in their uniform (except during halftime), they are to be sitting as a team in the bleachers or on the field with their team. If they wish to act as a spectator for another game or other sport, then she/he must be out of uniform and in their own clothes.
- \_\_\_\_ 6. Uniforms must be worn properly. This includes no bra straps showing. Only cheer shoes are acceptable to wear at cheer functions. This means that before they walk into a game, practice, pep rally or competition, cheer shoes need to be on their feet. Nothing else is acceptable.
- \_\_\_\_ 7. While cheering at games, cheerleaders will not be allowed to socialize except at halftime.
- \_\_\_\_ 8. Any Cheerleader who is involved in any other activities **MUST** give all dates, calendars, schedules, events, conflicts etc. to your coach as soon as you receive the information. Telling your coach the night before will not be acceptable.
- \_\_\_\_ 9. Cheerleaders will not taunt any member of an opposing team nor the referees.
- \_\_\_\_ 10. Athletes will act respectfully to the captains and coaches at all times. Discretions or concerns will be discussed directly with the coach to find a solution to the problem.
- \_\_\_\_ 11. Athletes will not smoke, drink alcohol, or use any illegal substances while participating in the cheer program. Any athlete that participates in illegal activity will face immediate consequences given by the coach, which could result in immediate removal from the team.
- \_\_\_\_ 12. When athletes engage in text messaging or internet social networking sites, they will only use appropriate language and display appropriate pictures. Any athlete, under coaches' and administration discretion that has disrespected the name of ORHS, or the cheer program will face direct consequences, which may include removal from the team. Inappropriate language includes swearing and talking negatively about anyone. Inappropriate pictures include pictures of illegal substances, sexually explicit acts with boy/girlfriend, clothes and poses.

Athlete's printed name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian printed name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Parent Behavioral Contract



Below are the expectations for the parents of cheerleaders in the cheer program. It's essential that parents support the balance between the team and the competitor. Being a parent member of the program, there is an expectation to act appropriately and responsibly. As parents, you are now going to be the lead example of Oak Ridge High School supporters as well as set an example for your child. Signing this contract is acknowledgement that you have read the following, understand and choose to obey each part of the contract. **Please initial next to each statement and sign the contract below.**

- \_\_\_\_1. Practices are considered a mandatory event. **Please do not make appointments or call your child out of practice. Appointments need to be made around cheer.**
- \_\_\_\_2. Games are mandatory. Please make sure your child is always on time and ready to cheer.
- \_\_\_\_3. If an athlete is tardy to the game, without notifying a coach, they will receive the consequence. *Parents running late* is NOT an excuse.
- \_\_\_\_4. Parents are not allowed to come onto the track or take the cheerleader anywhere if they are with the team for an event.
- \_\_\_\_5. Parents will act respectfully to coaches at ALL times. Discretions or concerns will be discussed directly to the coach to find a solution to the problem. Proper communication is expected. (The hierarchy is as follows: your child's coach-Head Coach-Assistant Principal over Cheer-Dr. Phipps)
- \_\_\_\_6. Parents will pay bills on time.
- \_\_\_\_7. Please refrain from texting or calling your child while they are in practice. If it is an emergency, please contact the coach, who will relay the message.
- \_\_\_\_8. Parents need to refrain from gossiping/talking/venting about issues regarding cheerleaders, coaches or situations with the program. Coaches are very approachable and willing to hear your concerns.
- \_\_\_\_9. Parents will not approach coaches before or after games or events with a concern. All parental concerns should solely involve your cheerleader. A conference must be scheduled.

I understand that as a parent of the Oak Ridge High Cheer program, I am to support my athlete, the coaches, the booster club and the program as a whole.

Parent/Guardian printed name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Cheerleading Commitment Statement



**Cheer Candidate:** I have read the cheerleading packet, handbook and understand the tryout procedures and the operating principles of the cheerleading team and agree to abide by them; furthermore, if selected, I agree to accept the position and to follow all cheer team rules/guidelines. I will give my 100% in order to make our team the best possible in all events, during football, volleyball, basketball, and competition season. I am eagerly looking forward to becoming an active member of the ORHS Cheer team.

**Candidate signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent:** I have read the cheerleading packet given to my daughter/son, understand the tryout procedures and the operating principles of the cheerleading team and agree to abide by them. If selected, my daughter/son has my permission to become an active member of the cheer team. I am aware that cheerleading requires a significant amount of time commitment and lots of dedication from both parents and cheerleaders. I will positively support the program and my athlete.

**Parent/Guardian signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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**OAK RIDGE HIGH SCHOOL**  
**Acknowledgement Form**  
**2024 - 2025**



I have received, read, and understand the cheerleader guidelines and procedures. My signature below indicates my agreement to adhere to all the guidelines and procedures outlined. I also understand that the guidelines are not all inclusive and that the cheerleading coach and/or administration may impose additional guidelines and procedures. Each cheerleader will receive addendums to the guidelines and procedures as they are made. I am also aware that in the event of a safety issue, the cheer coach may impose a guideline and procedure so the cheerleaders are safe.

I am aware of the expenses involved in cheerleading. I further understand that all expenses must be paid by the due dates set by coaches.

I understand that summer camp and all practices are mandatory.

I understand the make-up of squads and the UIL squad.

My child has my permission to be a cheerleader at Oak Ridge High School. I understand that my daughter/son will be evaluated by qualified judges and evaluated by coaches; we agree to abide by the decision of the judges and coaches. I understand that by the very nature of the activity, cheerleading carries risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what type of landing surface is used, this risk cannot be eliminated. I understand these risks and will not hold Oak Ridge High School/CISD or any CISD personnel responsible in the case of accident or injury.

Note: A cheerleader will not be allowed to participate in cheerleader activities until the acknowledgement form is on file with the coach.

\_\_\_\_\_  
Candidate's Name (printed)

\_\_\_\_\_  
Candidate's signature

\_\_\_\_\_  
Parent's Name (printed)

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date

# Conroe Independent School District

# Medical Release for Try-Outs

(For cheerleading and drill team use only)

Student's name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Student ID Number: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Student's address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Father's Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Mother's Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Office Number: \_\_\_\_\_

## Emergency contact in case parent/guardian cannot be reached:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

## Medical History

Does your child have a previous history of: Yes No

Bone/joint Injury or disease? ☐ Yes ☐ No

Neck Injury? ☐ Yes ☐ No

Being unconscious/knocked out? ☐ Yes ☐ No

Seizures/convulsions? ☐ Yes ☐ No

Frequent headaches? ☐ Yes ☐ No

Bleeding/blood disorders? ☐ Yes ☐ No

Heat illness? ☐ Yes ☐ No

Allergies (seasonal, insects)? ☐ Yes ☐ No

Allergies (medication)? ☐ Yes ☐ No

Heart disease? ☐ Yes ☐ No

High blood pressure? ☐ Yes ☐ No

Heart murmur? ☐ Yes ☐ No

Viral infection (mono)? ☐ Yes ☐ No

Eye/vision problems? ☐ Yes ☐ No

Missing/non-functioning limb? ☐ Yes ☐ No

Asthma? ☐ Yes ☐ No

Emotional disturbances? ☐ Yes ☐ No

Take medication? ☐ Yes ☐ No

Had surgery in the past year? ☐ Yes ☐ No

Currently under physicians care? ☐ Yes ☐ No

Wearing contacts/glasses? ☐ Yes ☐ No

## Insurance Information

Insured's Name: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Group #: \_\_\_\_\_

Policy #: \_\_\_\_\_

PPO or HMO: \_\_\_\_\_

## Explain all yes answers:

\_\_\_\_\_

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\_\_\_\_\_

I hereby understand that this form is for tryout use only and once tryouts are over I must have a complete physical on file in the training room to participate with the squad.

If in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to the said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

**Note:** You will not be covered by the Conroe ISD insurance plan during tryouts. Any injury that occurs will be the responsibility of the parent/guardian.

Student's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's/Guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_