**Inherent Risk of Cheerleading**

Cheerleading is a sport and as with any sport, there is risk of injury. Cheerleading is an anaerobic/aerobic activity which includes: Jumping, Stunting, Motions, Dance and Tumbling. All physicals and this document must be filed before the athlete can participate in the sport, practices or games. Coaches should be informed of any injuries, chronic conditions or any medicines taken, prescribed or over the counter. Injuries that can occur in cheerleading include but are not limited to the following:

**BLISTERS, MUSCLE STRAINS, LIGAMENT SPRAINS, ABRASIONS LOSS of TEETH JOINT & MUSCLE SORENESS CONTUSIONS CONCUSSION/TBI STRESS FRACTURES, BROKEN BONES, SPINAL CORD INJURIES INVOLVING PARALYSIS AND SOMETIMES DEATH.**

However if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.

2. Always practice in the presence of a qualified coach.

3. Always warm up appropriately before cheering by stretching.

4. Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach. Follow proper stunt progression.

5. Always use attentive spotters when stunting. Back spot must have eyes on the flyer.

6. Always use mats when stunting or tumbling during practice.

7. Always cheer in an area free from obstruction.

8. Do not stunt on uneven ground, wet surfaces and concrete.

9. Never talk, laugh, or clown around when performing a stunt or while learning a stunt.

10. Report all injuries, no matter how small, immediately to the coach.

11. Follow all trainer and doctor recommendations.

12. Lift weights to increase strength and guard against injuries.

13. Always wear shoes and clothing appropriate for cheerleading.

14. Never wear jewelry of any kind. Ex. earrings, belly button rings unless you have a clear retainer.

15. Never chew gum while cheering.

16. Hair should be pulled away from the face and off of the shoulders.

17. Eat nutritious meals and get plenty of rest. Bring Water to each practice.

18. Do not stunt or tumble when a game is in play.

19. If unsure, ask for advice or assistance from peers and coach.

20. Take all cheer activities seriously.

**I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and am voluntarily participating in the activity of cheerleading.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cheerleader                                                                                              Date**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian                                                                                      Date**

**Murrowettes Cheer Team**

My child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, has my permission to be on the cheerleading team at Edward R. Murrow H.S. I understand that he/she must abide by the rules and regulations set forth for all sports and activities at YOUR SCHOOL/GYM and also by the rules stated in the Cheerleader Contract.

I understand that there will expenses for being selected for the cheerleading squad. \*

These expenses (approximate) include but are not limited to the following:

Student Activity Fee – $\_\_\_\_\_\_\_

Sports Physical – $\_\_\_\_\_\_\_

Uniform – $ 50

Shoes/Socks – $ 18

Bloomers – $19

Other & Warm-Ups – $48

Poms – $16

\* There are fundraiser/help available if the expenses involved in participating would cause a family hardship. Please do not let these costs stand in the way of trying out for the cheer/stunt team. Contact the coach if you need assistance. I understand by the very nature of the activity, cheerleading and stunting carry a risk of physical injury. No matter how careful the participant and coach are, or what landing surface is used, the risk cannot be totally eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Edward R. Murrow H.S. or any of its personnel responsible in the case of accident or injury at any time.\*

Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am interested in being on the cheerleading team at Edward R. Murrow H.S. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the coach and the administration of Edward R. Murrow H.S. I promise to cooperate and follow the instructions of the coach and abide by the rules and regulations in the Cheerleading Contract.

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

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

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

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

This form must be completed and returned ASAP !

**Cheerleading Squad Rules**

I. Practice Rules

a. To practice you must be wearing practice clothes. This means shorts, sweats, t-shirts and tennis shoes (no jeans, sandals, or anything you are unable to move in). Three non dresses will be one tardy.

b. Everyone should be at all practices and on time. If you can't make it, you must tell the coach by a phone call or personally tell her/him. Two unexcused practices will be one unexcused game. If you are late, you will receive a tardy. Three tardies is one unexcused game.

c. There will be no chewing gum, no jewelry and no lose hair.

d. You should be dressed and ready to practice at the designated practice time.

II. Game Rules

a. You are expected to cheer at all the games we are cheering at. If you are going to miss a game, please let the coach know by a phone call or by personally talking to her/him. Three unexcused games and you will be kicked off the squad.

b. You must wear your uniform to school on a game day and to the game. This means your whole uniform. If you don't, you will not be able to present and will sit out as an excused game.

c. There will be no chewing gum or wearing jewelry.

d. If you are late to the game, you will receive a tardy.

e. If we are going to perform at halftime, you must be at the practice before the game or else you will not be able to perform.

III. Rally Rules

a. You must be at the practice before a rally if you are performing. If you are not there, you will be unable to perform.

b. You must wear your uniform to school on the day of a rally.

c. On Spirit Day, as a squad we will vote and decide whether as a squad we will wear our uniform or the specific spirit item.

IV. Parents

a. After practice if the cheerleader leaves the room and floor we are no longer responsible for their actions. Please pick your cheerleader up from school after practice unless they leave alone.

3 non dresses = 1 tardy

3 tardies = 1 unexcused game

3 unexcused games = kicked off squad

I carefully read the above cheerleading rules and I understand them. I agree to the rules and regulations.

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

Cheerleader Signature                                           Date

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

Parent/Guardian Signature                                     Date

1. Cheer at all events scheduled by the advisor.

2. Lead and help the advisor organize and plan pep rallies.

3. Promote School spirit and sportsmanship.

4. Cheerleaders are not to leave practice to talk to someone outside and are not to bring friends to practice.

5. No electronics are allowed.

6. Nojewelry is allowed.

7. No gum, candy, or soda will be allowed.

8. Cheerleaders may not have long nails.

9. No loose glitter or an excessive amount of makeup may be worn. Please keep yourself looking natural.

10. Cheerleaders should look their best at all times, especially while in uniform.

11. Warming up and stretching is very important to keep your body safe.

12. Cheerleaders are required to warm up in order to practice or cheer.

13. All hair is to be pulled out of your face (all up in a ponytail for practice – at least ½ up for games). No claw clips allowed – safety reasons.

14.  Please dress appropriately for practice. No jean material or anything too loose.

15.  (All cheerleaders must wear approved uniform, including shoes, hairstyle and accessories or they will not be allowed to participate in a practice or game.)

16.  There is to be absolutely no stunting or tumbling without a coach present. Stunts may only be performed after receiving approval from a coach. Mats must be used for all stunts higher than knee level.

17.  Cheerleaders must stay together on the field/court until a coach dismisses them.

18.  Punctual attendance is mandatory at all practices and games, as well as all activities, fundraisers, and special events. All tardies and absences (excused or unexcused) will be recorded.

19.  Cheerleaders who must come late or must miss an event are required to give a coach 24-hour notice by phone or written correspondence. Any one who does not give proper notification will be given an unexcused absence or tardy.

20.  Consideration will be given to those who are ill and not in school or who have a family emergency (death in the family). These issues will need to be followed up with verbal or written correspondence that day the cheerleader returns to practice.

21.  All unexcused tardies and absences will result in extra conditioning no matter whose fault it is.

22.  Excessive excused or unexcused absences or tardies will be looked at and can result in removal from the squad. Missing practice, even if it is excused, may result in not being included in the next game’s stunt or dance. Coaches’ discretion will be used.

23.  Cheerleaders who accumulate 2 unexcused tardies will be given an unexcused absence.

24.  Cheerleaders who accumulate 2 unexcused absences will be benched (the cheerleader will sit with the coaches in uniform) for the up coming game. If the cheerleader misses their benched game, it will result in 2 benched games. After 2 they will be removed from the squad.

25.  Tardies to a game will result in being benched for the 1st half of the game.

26.  Cheerleaders who miss any events or games without proper approval will be benched for the up coming game. If the cheerleader misses their benched game, they will be removed from the squad.

27.   The coaches reserve the right to bench a cheerleader for disciplinary reasons. Are occurring negative/uncooperative attitude will result in the benching or dismissal of a cheerleader.

**Cheerleading Rules and Regulations Form**

~ If your son/daughter has been chosen to cheer for the ERM Cheerleading Squad, they must follow **ALL** rules and regulations outlined in this packet in order to make our season successful. Therefore, you both must sign and return this form before accepting a position on the squad.

~ I have read and understand the cheerleading information contained within this packet. I promise to carry out my responsibilities. I understand that I must always do my best to represent the Edward R. Murrow High School Cheerleading Program.

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

Cheerleader’s Signature                                                       Date

~ I have read and understand the cheerleading information contained within this packet and realize the importance of my sons/daughters compliance with these rules. I will help my child abide by all guidelines and rules to help him/her be a successful athlete and student.

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

Parent/Guardian’s Signature                                           Date

***This form must be signed and returned***

Thank you. We look forward to your involvement with your child’s success in school and athletics

 **Cheerleading Team Tryout Score**

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

**INDIVIDUAL/GROUP CHEER**

Cheer Motions - *Sharp, strong, well-executed*.....................................................1 2 3 4 5 6 7 8 9

Voice Projection - *Loud, clear, enthusiastic*.........................................................1 2 3 4 5 6 7 8 9

Timing - *Smooth, precise, unified with group*......................................................1 2 3 4 5 6 7 8 9

**DANCE**

Rhythm - *Balanced, flowing, smooth, natural*.....................................................1 2 3 4 5 6 7 8 9

Movement - *Confident, sharp*..............................................................................1 2 3 4 5 6 7 8 9

Timing - *Smooth, precise, unified with group*......................................................1 2 3 4 5 6 7 8 9

JUMPS - *Height, form, finish*...............................................................................1 2 3 4 5 6 7 8 9

**EXTRAS**

Splits....................................................................................................................1 2 3 4 5 6 7 8 9

**OVERALL**

Ability and Technique - *Sharp technique, athletic ability*...................................1 2 3 4 5 6 7 8 9

Personality - *Good eye contact, smile, sincerity, rapport to audience*................1 2 3 4 5 6 7 8 9

Spirit - *Enthusiastic, motivating, energetic*..........................................................1 2 3 4 5 6 7 8 9

Appearance - *Neat, well-groomed*.......................................................................1 2 3 4 5 6 7 8 9

**ATTITUDE/PERSONALITY**

General Attitude toward Cheerleading................................................................1 2 3 4 5 6 7 8 9

Listening/Following Instructions.........................................................................1 2 3 4 5 6 7 8 9

Willingness to Try................................................................................................1 2 3 4 5 6 7 8 9

Works Well with Others.......................................................................................1 2 3 4 5 6 7 8 9

Leadership Quality...............................................................................................1 2 3 4 5 6 7 8 9

**ABILITY**

Body Awareness/Coordination.............................................................................1 2 3 4 5 6 7 8 9

Strength/Athleticism............................................................................................1 2 3 4 5 6 7 8 9

Rythym/Timing....................................................................................................1 2 3 4 5 6 7 8 9

***TOTAL SCORE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

**Cheerleading Team Interview**

QUESTIONS:

1. Why do you want to be on the cheerleading team?

2. What assets do you think you will bring to the team?

3. What do you think of the school spirit at our school? How do you think the cheerleading team can build it?

4. What would you do if a member of your squad had a very bad attitude problem?

5. What characteristics do you feel are most important for cheerleaders to possess?

6. Do you feel cheerleaders are an important part of the athletic program? Why?

7. How can you get teachers and parents involved with school spirit?

8. Why should a cheerleader be responsible for maintaining good grades?

9. If you had a conflict with another team member how would you handle it?

\*\O/\*

**Murrowettes Cheer Squad**

Murrowettes mission is to provide school spirit. Girls and Boys who attend Edward R. Murrow will meet and come together to make a difference in their school. Murrowettes will be positive role models who will create trust, discipline, perseverance and confidence. They will be able to accomplish what they want with what they have as a squad and as a whole. The team will use their goals as a guide to enrich their learning abilities. Murrowettes will develop young men and women with active and creative minds for life that’s soon to come.

Day to Day

·         Discuss any new ideas or past ones that we can work on to grow as a squad.

·         Practice our new routines to make them better

·         Discuss what makes positive role models and how we can help each other to become one.

·         Discuss things that are happening around us and how we can bring spirit into those things to make them better.

·         Speak about different ways we can bring spirit to the people who need it.

Short Term

·         Have a cheer every Wednesday morning. Every week with a different topic.

·         Cheer for people trying to get on student council, this can result in more votes for that person.

·         Meet with other clubs to collaborate for events.

·         Assist at school events to provide school spirit.

·         Sell lollipops.

·         Raise funds.

Long Term

·         Meet with other cheerleaders from other public schools to learn from each other.

·         Meet with Cheer New York (a non-profit org.) to learn how to take cheerleading as a career and how it can help us in our adult life that is soon to come.

 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_ SCS \_\_\_\_\_\_ Osis\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Home Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Optas \_\_\_\_\_\_\_\_\_\_ Days free after school\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bra Size\_\_\_\_\_\_ Waist\_\_\_\_\_\_\_\_ Pants\_\_\_\_\_\_\_ Shoes\_\_\_\_\_\_\_ Embroidery \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Size                                                                                          Bust     Waist**

|  |  |  |  |
| --- | --- | --- | --- |
| YXS (Youth Extra Small) | 24" | 22" | Uniform is in dark green with GreenLettering “ERM”. White shorts andUnderarmer. You will have one greenpom and one white pom. A bag, bowssocks and shoes. Our Warm ups aregoing to be in black and white which isa jacket and pants. |
| YS (Youth Small) | 26" | 24" |
| YM (Youth Medium) | 29" | 27" |
| YL (Youth Large) | 32" | 30" |
| XS (Adult Extra Small) | 31" | 28" |
| S (Adult Small) | 33" | 30" |
| M (Adult Medium) | 35" | 32" |
| L (Adult Large) | 37" | 34" |
| XL (Adult Extra Large) | 39" | 36" |
| XXL (Adult Extra Extra Large) | 43" | 40" |
| Chest: Measure around fullest part of the chest.Waist: Measure around the waist (don't measure over clothes). |

 Have you ever taken any dance related classes outside of school? Where? (Ex: Ballet, Brighton Ballet School)

When was the first time you heard about the club? Why were you interested?

What position do you want to hold? Circle 2 or 3 only. Why?  **Base, Flyer, Spotter, Co-Captain, Manager**.

Is there anything else you would want to tell us? We are open to anything and we certainly do not judge. Everything is 100% confidential. =]

**Rules for Uniform Care**

·         If uniform is bought you keep it or can donate it to the school.

·         All uniforms have to be kept clean and tidy.

·         If uniform is returned with marks or dirt, a fine will have to be paid.

·         Shell and Skirt will be returned together in a bag with your name.

**Rules for Collaborating with other clubs**

·         All cheerleaders must remember that each person needs their own space and everyone has different opinions. Be open-minded!

·         Must thank and be grateful to have helped the other club with the event.

**Rules for Routines**

·         You must stretch before and after for at least 10 minuets.

·         You must have hair pulled back from face.

·         All nails cannot be long. Must be kept short and clean.

·         Pajama pants, boats and jewelry are never to be permitted or used.

·         You must listen for directions and start on the activity immediately.

**Rules for Wednesday Cheer**

·         You must be in full uniform and ready to participate.

·         You must only have poms in hand. All other stuff must be droped off in locker.

·         You must not stop in the middle of a cheer to speak with someone you know.

·         After each cheer announce the next try-out date and out next performance and the topic.

·         After cheer is over report to your next period class and change on your opta. Make sure your full uniform is completely off and clean.

**Rules for Birthday Fever**

·         All cheerleaders must be in full uniform.

·         They must only have poms in hand; everything else must be left in locker.

·         Make sure you are not disrupting other people. If so please report to the 285 Suite and do the dance there.

·         Report to your next period class and change during your next opta.

·         Make sure the money was given in before doing the dance.

**Procedure for lollipops**

·         All lollipops include a note where you can write a message, the name of the person that will receive the lollipop and 3 of there classes. Also the name of the sender(optional)

·         All lollipops are $1 with the note attached.

·         No refunds! All lollipops would be given out!

·         Lollypops would be distributed on the whole week of Valentines Day

·         After the money is given in you cannot turn back. Either the lollipop would be sent to the receiver, would be given back to the sender or would be kept if nothing is agreed upon.

·         Flavor of lollipop is random but can choose 2 that they prefer.

·         If there are any allergies please make them known and advise us.

·         To buy the lollipops come to the 340 suite when a cheerleader is present and purchase them.

**Minute Cheers**

**L-C**

*(Call: Ready? Set!)*

L-C: stand proud!

We are the Lightning!

L-C fans let's hear it: yell Blue, come on Blue! L-C fans let's hear it: yell White, come on White! All together, shout it loud: Blue and White, Blue and White!

**Blue, Gold, and White**

Let's hear it for the Lightning: Blue, Gold, and White! Striving for a victory: we’ll win it all tonight! Go! Fight! Win! Lightning: go! Fight! Win!

**Attention Fans**

*(Call: 5, 6, 7)*

Attention fans: the time is here! Get on your feet and cheer! On 3, yell Blue; 1, 2, 3, Blue! On 3, yell White; 1, 2, 3, White! Blue; White; let's fight!

**Let's Hear You Yell, Blue, Gold, and White**

Lehman fans let's hear you yell: Blue, come on, Blue! Lehman fans let's hear you yell: Gold, come on, Gold! Lehman fans let's hear you yell: White, come on, White! All together, let's hear you yell: Blue, Gold, White *(3X)!*

**Until You Reach the Top**

Hello fans let's hear it! Yell: go, Lehman, go! Go, Lehman, go! Come on crowd, shout it loud! Yell: win, Lehman, win!

Win, Lehman, Win! Lehman: don't stop, until you reach the top!

**Can’t Be Beat**

We are the Lightning: the Blue, Gold and White! We're here to win, and we're ready, to fight! So come on fans, let's hear it: get on your feet,

The Lehman Lightning can't be beat!

**Let Me Hear You Yell**

Lehman! Come on; let me hear you yell: Go! Go! Lightning! Come on; let me hear you yell: Fight! Fight!

Lehman! Come on; let me hear you yell: Win! Win!

Lightning! Come on; let me hear you yell: Go, Fight, Win!

GO, FIGHT, WIN (3x)!

**We're the One**

The Blue, Gold and White, will show you how it's done!

We're back again, we're ready to win

You'll see that we're the (x) one!