

2018-2019 FORMS

Cheerleader: _____

FRESHMAN JV VARSITY

- Social Media Contract
- Constitution Acknowledgement
- Year-long Commitment Acknowledgement
- NCA Camp Waiver
- NCA Camp Special Dietary Needs *optional*
- ASR Registration Form
- Captain Consent *optional*
- Check for Camp - \$500 made to FMBC

Please bring forms to the New Squad Meeting (April 3)



<i>Cheerleader's Name</i>

Social Media Guidelines and Contract

The Friendswood High School Cheer Program recognizes and supports the cheerleaders' rights to freedom of speech, expression, and association, including the use of social media. However, remember that being an FHS Cheerleader is a privilege. As a Cheerleader, you represent FHS and FISD and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times. Below are the social media guidelines which provide the following direction for social media usage:

- Everything you post is public information – any text, photo or video placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future! Many college admissions officers, athletic recruiters and employers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, and comments).
- Similar to comments made in person, the FHS Cheer Program will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm teammates or coaches; other FHS student athletes, teachers or coaches; and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
 - Incriminating photos or statements depicting violence, hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behavior (including the use of profanity).

Social media outlets will be used as communication device. They will also be used to encourage involvement with family, friends, fans, colleges and recruiting outlets. For this reason all cheerleaders and parents need to comply with the following:

- Sign up for group emails/texts when info is provided.
- Never involve yourself with alcohol or any controlled substance. Posting pictures, retweeting or “liking” a post where this behavior is going on also indicates your approval.
- If you are asked to remove a post, you must do so immediately! This is for the protection of your reputation and that of FHS Cheer.

Failure to follow this contract may result in disciplinary actions as stated in the Constitution and/or Mustang Code of Conduct.

In short, do not have a false sense of security about your rights to freedom of speech Social Media sites are NOT a place where you can say and do whatever you want without repercussions. The information you post is considered public information. Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

By signing this social media contract, you are stating that you will follow the rules indicated above and you understand that disciplinary actions may be imposed for failure to comply with those rules.

Cheerleader

Date

Parent

Date



<i>Cheerleader's Name</i>

**FHS CHEERLEADER/MASCOT CONSTITUTION
ACKNOWLEDGEMENT & AGREEMENT**

By signing below, we acknowledge that we have read and understand the Friendswood High School Cheerleader/Mascot Constitution and agree to comply with stated policies.

I acknowledge the constitution may be revised and that I will be notified of any changes.

I also understand that my role as an FHS Cheerleader is one of privilege and responsibility, and that I am to uphold the standards outlined in the Constitution.

Cheerleader Signature

Date

Parent Signature

Date

The FHS Cheerleader/Mascot Constitution can be downloaded and printed from www.friendswoodcheerleading.com under the Documents tab.



<i>Cheerleader's Name</i>

YEAR-LONG COMMITMENT

I understand that my role as an FHS Cheerleader is a year-long commitment. I understand that it is mandatory for all cheerleaders to attend mandatory practices, camps, community service events, the cheer clinic and other events deemed mandatory by coaches and sponsors. Senior cheerleaders are required to work tryout week. Failure to attend either event may result in receiving a failing semester grade.

Cheerleader Signature

Date

Parent Signature

Date



NCA and NDA SUMMER CAMP PARTICIPANT RELEASE AND WAIVER



Type: PWI

Every Participant must have a completed and signed release form to turn in at registration on the first day of camp to participate. **ALL areas must be completed. Please photocopy and distribute to each person attending. Coach must retain a copy of each form to keep them with the team throughout the event.**

_____ Minor's Name	_____ Name of Parent / Legal Guardian (_____)	_____ Camp Dates June 15-17, 2018	_____ Graduation Year
_____ Address	_____ Parent/Legal Guardian Cell Phone Number	_____ JW Marriott Houston Galleria - Houston, TX	
_____ City, State & Zip (_____)	_____ Parent/Legal Guardian Email Address	_____ Location where you will attend camp, City, State Friendswood HS Cheerleaders	
_____ Phone Number	_____ Parent/Legal Guardian Home Phone Number	_____ School/Group Name 702 Greenbriar, Friendswood, TX 77546	
_____ Participant Email Address		_____ School/Group Address, City, State, Zip	
<input type="checkbox"/> Yes, you have my permission to send me updates/newsletters from Varsity!		Participant Type: <input checked="" type="checkbox"/> Cheer <input type="checkbox"/> Dance	

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as a parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above camp to be conducted by Varsity Spirit LLC ("Varsity Spirit") d/b/a National Cheerleaders Association ("NCA") and/or National Dance Alliance ("NDA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, Varsity Spirit's Corporate Sponsors (hereinafter "Sponsors"), the Hosting Site, (university, hotel, convention center, high school) on whose premises the Camp will occur (hereinafter the "Location") the affiliates of Varsity Spirit, the Location, and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit, Sponsors, the Location and their respective affiliates (hereinafter collectively "Releasees") from any and all liability, whether caused by the negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that Minor may incur or sustain during the Camp, all activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss of costs Releasees may have to pay as a result of any such action, claim, or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

X Signature of Parent or Legal Guardian: _____ Date: _____

Medical Release. I, in my own behalf and on behalf of minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the camp. In the event of such illness or injury, I authorize Varsity Spirit to obtain necessary medical treatment of the minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

Appearance Agreement. I understand that Varsity Spirit d/b/a NCA and/or NDA from time to time produces promotional material relating to its programs. I understand that as a participant and/or a spectator at the Camp, Minor may be included in videotapes, photographs, DVDs, podcasts, and videocasts taken during the Camp. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit d/b/a NCA and/or NDA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face, likeness, voice and appearance as part of the Camp, in advertising and promoting the Camp or in advertising and promoting similar future events. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, in my own behalf and on behalf of Minor, waive any right to inspect or approve any materials related thereto.

Camp Rules. I further acknowledge and understand that Varsity Spirit has established rules and regulations pertaining to conduct, behavior and activities of all Camp participants by which Minor and I agree to abide during the Camp, and that Minor and I will be responsible for his/her/my failure to abide by those rules and regulations. Minor and I have received, read and understand the Camp rules. Minor and I understand that violation of the rules can result in dismissal from Camp with no refund. Minor and I understand that Sponsors may distribute samples of their products at camp.

Insurance and Payment. We offer an accident policy to all students for a \$5.00 premium. The policy has no deductible and pays up to \$1,000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have insurance must purchase the Camp Accident Policy. This policy or other proof of insurance, is usually required to obtain medical treatment as we strictly adhere to this insurance requirement. Please check one of the following:

- YES, I want the Camper's Accident Insurance Policy, and I will bring \$5.00 premium to registration at Camp. **(Not available at Home Camps)**
- NO, I elect not to purchase the Camper's Accident Policy, and my insurance company, in the event of an accident, is listed below. If "NO" is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

Insurance Company: _____ Insurance Company Address: _____
 Medical Insurance Policy/Group Number - REQUIRED: _____ Insurance Company Phone #: _____ - _____ - _____

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the Camp and that he/she shall consume the prescribed dosage for such medications. **Varsity Spirit will not administer or supply any type of medication at camp.**

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

Family Doctor: _____ Phone Number: () _____ Minor Birthdate: ____/____/____

Emergency Information: Name to contact: _____ Em Contact Address: _____
 City, State, Zip: _____ Cell Phone Number: (____) _____
 Daytime Telephone: (____) _____ Evening Telephone: (____) _____

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

X Signature of Parent or Legal Guardian: _____ Date: _____ Relationship to Minor: _____

X Signature of Minor: _____ Date: _____
 I, identified above as Minor, acknowledge that I have read this Release and Waiver form.

Witness Signature: _____ Address: _____ Date: _____



***** Leave blank if you do not have Special Dietary Needs *****

SPECIAL DIETARY NEEDS REQUEST

Camp location name:

Camp dates:

School Name:

Squad Type:

Participant Name:

Responsible adult name:

Responsible adult number:

Responsible adult email:

List detailed dietary needs:

ALL-STAR REVOLUTION, LLC. REGISTRATION FORM

Athlete's Name: _____ DOB: _____

Address: _____ City: _____ Zip Code: _____

Home Phone: _____ Athlete's Cell: _____

Athlete's Email: _____

Parent: _____ Work: _____ Cell: _____

Parent: _____ Work: _____ Cell: _____

Parent: _____ Work: _____ Cell: _____

Primary Email (parent portal username): _____

Emergency Contact: _____ Phone: _____

Any Known Allergies/Medical Conditions: _____

Medical Release and Policy Acknowledgment

I, the parent or legal guardian of the above named student hereafter referred to as "athlete", do hereby permit the "athlete" to participate in gymnastics, tumbling, cheerleading or any other physical activities while an "athlete" at All-Star Revolution, LLC hereafter referred to as "ASR". By granting permission for "athlete" to participate in programs at "ASR", I assume full responsibility for "athlete's" personal safety and release "ASR", its supervisors and employees from any and all liabilities that may arise due to any injury including death to "athlete" by reason of "athlete's" participation in any activity at "ASR" or in which "ASR" is participating elsewhere. This includes any injuries that occur while an "ASR" employee is spotting or stretching an athlete. I understand there is personal risk in any activity that involves motion, height or rotation and that these activities can result in serious injury, disability or death.

I authorize "ASR" to use photographs, video, and/or other likenesses of my child for use in its promotional materials or sales and waive any rights of compensation or ownership thereto.

I have read and understand ALL pages of the All-Star Revolution Packet(s) and agree to abide by the contents. I have kept a copy of the packet(s) for my records and understand that it is my responsibility to keep up with any additions or changes that are made to the policies each season.

I have read, understand and execute this release form and policy acknowledgement hereafter.

Parent Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

CHEER CAPTAIN CONSENT & ACKNOWLEDGEMENT

Cheer captains will be chosen based on the following criteria:

- 25% Teacher Scores | 25% Judges Scores | 25% Squad Vote | 25% Interview
- A. Captains will be the candidates with the highest number of cumulative points.
 - B. Varsity Captains must have been a member of the Varsity squad the previous year. In a situation where none of the captain candidates meet this criteria, the coaches will decide who is eligible.

Special duties of Varsity Captains:

- Attend all summer meetings called special or mandatory.
- Meet continually with other captains.
- Lead squad in all its organized activities.
- Make final decisions as to what cheers are to be performed at games and what uniforms will be worn.
- Take charge of practices, games activities, and pep rallies.
- Keep members who are not at practice updated on cheers and chants.
- Call a meeting of the cheerleaders if something needs to be talked over, contact all that are involved, conduct a majority vote to solve problems and report the result to sponsor.
- Inform the sponsor of all planned activities.
- Inform absentees about projects and decisions.
- Initiate new activities (movies, dinner before games, etc.)
- Cooperate and coordinate with captains of other squads if needed.
- Supervise the mascots and include in all athletic events.
- Be expected to uphold her or his office and will be issued demerits when failing to do so.
- Must establish and maintain discipline, order, and a level of performance, will act as mediator.
- Must be imaginative, energetic, flexible and demonstrate great initiative and creativity.
- Organize yard signs.
- Must maintain an organized Captain Binder.

Special Duties of JV and Freshman Captains:

- Should work closely with the Varsity captains and sponsors to seek guidance regarding all duties.
- Responsible for designating and organizing cheerleading activities and responsibilities.
- Assigning duties to other members of the squad and communicating to all members to inform them of any changes in schedules or practices.
- Must maintain an organized Captain Binder.

By signing this document, we understand that being a Captain requires a big time commitment from both the cheerleader and parents. We agree to the policies related to Cheerleader Captain and state my interest in interviewing for the position. I have discussed this with my parents/guardians and they support me in this decision.

Cheerleader Name (Printed)

Interview date/time
 Varsity JV Freshman

Cheerleader Signature

Date

Parent Signature

Date