

Denton Magnet School Cheerleading Tryout Packet 2024-2025

Dear Parents and Prospective Cheerleader:

We are excited that you have shown interest in becoming a member of the Denton Magnet School Cheerleading Squad for 2024-2025. This information packet should answer most of your questions that you may have regarding this. You will find a schedule of clinic dates and tryouts below. If selected, there are certain personal and financial responsibilities and obligations, which your child must assume in order to qualify and remain a member of the squad. There is an estimated \$1,200 **minimum** payment for camp and uniform packages. The price may vary based on the extras that you buy and for returning cheerleaders.

Eligibility Requirements:

- You must have a 70 or above grades in all classes (including electives)
- No discipline referrals for the 2023-2024 school year
- Good attendance
- Must be registered in DragonFly Max with all paperwork uploaded and approved.
- Tryout fee of \$25

All documentation is due by 3 pm on Friday, March 8th, 2024. Packets will not be accepted after this time.

When you have completed Dragonfly and all required paperwork, please place paperwork in a sealed envelope with your name and grade on the outside of the envelope with your \$25 tryout fee.

Paperwork and tryout fee can be submitted to Mrs. Grimes in room C118.

You should return the following:

- Financial Obligations Acknowledgement
- Denton Magnet School Cheerleader Constitution
- Parental Permission to Be a Cheerleader
- Middle School Cheerleading Stunting Agreement
- Cheerleading Medical Release and Waiver
- Cheerleading Tryout Application
- Demerit System Acknowledgement
- Copy of first semester report card (print from Schoology)
- Copy of Physical (should also be uploaded to Dragonfly Max)
- Tryout fee: \$25 (nonrefundable)

Schedule

Cheer clinic will be held each afternoon in the gym until 4:30 P.M. Each participant should be dressed properly in shorts, shirt, and tennis shoes with hair pulled back. Each participant needs to be dressed and ready in the gym by 2:45 each day. Each candidate must be at each day of clinic to be eligible to tryout. **The only exception is pre-approval of another school-related athletic game.**

Cheerleading Try-Out Clinic

When:

Monday, Tuesday, Wednesday March 11th - March 13th (2:45-4:30)

Where:

DMST Gymnasium

What to wear:

Appropriate length shorts and t-shirt
Socks and tennis shoes (no cheer shoes)
Hair pulled back into a bun
NO JEWELRY

What else:

Nonrefundable \$25 Try-out fee and all forms due Friday, March 8th @ 3 pm

Cheerleading Try-Outs

When:

Thursday, March 14th (3:00-until)

Where:

DMST Gymnasium

What to Wear:

Black Shorts
Solid Black T-Shirt (Tucked in) White Socks
Tennis Shoes (NO cheer shoes)
Hair pulled back in a bun
NO JEWELRY

What else:

CLOSED TO PUBLIC!!!

The cheerleading program at Denton Magnet is extremely fun, but also a lot of hard work. I expect these girls to work very hard in practice and at home. I require extreme commitment to the sport and to academics. There is a healthy balance that we can maintain; it just requires effort on everyone's part.

*****Tumbling practice will be a requirement for the squad as a whole. Each cheerleader will require their own transportation to and from the gym. We will be practicing with Adrian Roberts at the High Velocity gym. The location of the gym is 2513 Leroy Stevens Rd, Mobile, AL 36695. Tumbling is not included in your fees. You will be required to pay this at the start of each month. The fee each month is \$40. He takes cash or check.**

Break down for payments and turning in money is as follows:

1st payment- March 29th / \$300

2nd payment- April 19th / \$300

3rd payment- May 10th / \$300

4th payment- TBA- Final balances will be cleared up no later than May 15th.

Financial Obligations Acknowledgement

Parent Signature

Date

Student Signature

Date

DENTON MAGNET SCHOOL CHEERLEADER CONSTITUTION

Denton Magnet School cheerleaders and mascot are role models for the student body. All cheerleaders are expected to conduct themselves in a manner, which exemplifies a model Denton Magnet School student both on and off campus.

PURPOSE

1. The cheerleaders shall promote and uphold school spirit.
2. They shall develop a sense of good sportsmanship.
3. They shall promote unification of the crowd's involvement.
4. They shall strive to build better relationships between schools.
5. They shall strive to uphold the highest personal, as well as cheerleading, standards.

MOTTO

A cheerleader is not a privileged person because she is a cheerleader. Instead, being a Denton Magnet School cheerleader is a PRIVILEGE.

VALUES OF A CHEERLEADER

1. Leadership qualities
2. Physical fitness and coordination
3. Courtesy, tolerance, and self- control
4. Good sportsmanship
5. Responsibility, patience, and respect
6. Sports appreciation
7. Communication skills
8. Self-confidence and personal expression
9. Moral development

TRYOUT REQUIREMENTS

1. Membership on the squad is open to 7th and 8th grades.
2. A candidate must be enrolled and/or accepted into Denton Magnet School one week prior to tryouts.
3. The sponsor and principal will determine the total number of squad members.
4. The squad shall cheer for football, basketball, and any other teams that need our service. This will include school functions that may or may not relate to athletics.
5. Cheerleaders must have a "C" average with no grade less than a 70% in all courses. A cheerleader may not have an "E" on any report card for the 2023-2024 school year.
6. An applicant is ineligible to tryout if there has been more than one office referral or a suspension during the 2023-2024 school year. An applicant will also be ineligible if she has been assigned retract more than one time for the 2023-2024 school year.
7. Students must not have any outstanding balances in any sport at DMST.
8. Students must submit the following documents by the deadline set by the coach:
 - a. Denton Magnet School Cheerleading Constitution
 - b. Parental Permission Form
 - c. Waiver of Liability Form
 - d. Physical Form
 - e. Clinic/Try-out Information
 - f. Projected Cost Analysis Agreement
 - g. Any other form(s) deemed necessary by the sponsor or principal
9. Students **must** participate in all days of the tryout clinic to be held prior to tryouts.
***The only exception is pre-approval of another school-related athletic game.**

CLINIC

1. All students competing for cheerleader are expected to attend the clinic prior to tryouts.
2. **Any student that misses one day of clinic will be ineligible to tryout.***
3. Each student will receive a schedule for clinic in her tryout packet.
4. The sponsor will supervise each practice.
5. Denton Magnet School's outgoing cheerleaders will teach all tryout material.
6. Participants should come to clinic in shorts, t-shirt, and tennis shoes.

TRYOUTS

1. Tryouts will be conducted at the end of the clinic.
2. Tryouts will be judged by a panel of impartial, qualified individuals, who will use a score sheet to evaluate the contestants.
3. The principal and the sponsor will determine the number of cheerleaders.
4. After the scores have been tallied, candidates will be allowed to view the new cheerleader roster that will be posted on the school website under the cheerleaders' page.
5. Participants should come to tryouts in black shorts, a solid black short sleeve t-shirt, with white socks and tennis shoes.
6. No one is allowed to view any portion of tryouts (Parents/Guardians, friends, etc.). Tryouts are closed to all spectators.

Below is the list of requirements for tryouts as well as their point value. Tryouts are based on a 40-point scale and with an optional 5 points for tumbling.

Cheerleader:

Intro/Spirit	___/5
Appearance	___/5
Toe Touch	___/5
Optional Jump	___/5
Cheer	___/5
Chant	___/5
Dance	___/5
Backbend/Backbend walkover	___/5

Additional Skills: Tumbling (OPTIONAL) ___/5

*Tumbling includes backhand spring, back tuck, etc.

EVALUATIONS

1. Form and technique
 - a. Arm levels
 - b. Sharp motions
 - c. Timing
 - d. Coordination
 - e. Rhythm
 - f. Jumps
 - g. Backbend/Backbend Walkover
2. Communication
 - a. Voice - loudness and clarity
 - b. Facial expressions
3. Personality
 - a. Smile
 - b. Spirit
 - c. Appearance
 - d. Confidence

CAPTAIN AND CO-CAPTAIN

1. The Captain will be an eighth-grade cheerleader who will be selected by the sponsor. This person must be able to accept responsibility and excel in the quality of leadership.
2. Co-captain will be selected prior to summer camp. Co-captain will be a 7th grade cheerleader. The sponsor will determine if there will be one or two co-captains for the school year.
3. Decisions are to be abided by without dispute if the decisions are within the captain's authority.
4. It is always the responsibility of the captain and co-captain to inform the sponsor of any infractions of the rules by any member of the squad. The sponsor, if warranted, will assign demerits.

CONDUCT AND RESPONSIBILITY

A cheerleader may be dismissed, suspended, or given demerits for failure to abide by the following rules:

1. A cheerleader must cooperate with the captain, co-captain, sponsor, administration, game officials, and her fellow squad members.
2. It is the responsibility of the cheerleader to promote good sportsmanship and spirit for all athletes, students, and spectators regardless of sport, race, or gender.
3. During a game a cheerleader should be peppy, well groomed, and in command of any situation that may arise.
4. A cheerleader may not eat, drink (except for water or Gatorade), or chew gum at practice, on the field or floor, or at a game. *
5. A cheerleader shall not leave her squad until dismissed by the sponsor at the end of the game. (Injury does not apply here.)
6. The sponsor or principal shall have the power to suspend or immediately remove any cheerleader for the following reasons:
 - a. Possession or use of tobacco, alcohol, or drugs
 - b. Undesirable behavior
 - c. Failure to attend scheduled practices or events without an excuse
 - d. Failure to maintain grades
 - e. Discipline referral, suspension, detention, etc.
 - f. Failure to abide by the code of conduct for cheerleaders

**Note: Because of the schedule of basketball games, the sponsor may give the squad permission to have a light snack between games.*

7. Cheerleaders should be prepared to pay for expenses and participate in fundraising activities to off-set the expenses.
8. **Parents and cheerleaders should remember that cheerleading comes before any other extracurricular activity (i.e. dance, clubs, basketball, gymnastics, volleyball, etc.)**
9. Cheerleaders should realize the responsibilities that go along with being selected, including

summer camp, summer workouts, summer classes, pep rallies, making signs for each game, hanging signs before the games, taking down signs after games and any and all responsibilities assigned by the sponsor/administrator.

10. Cheerleaders should meet all deadlines set by the sponsor (i.e. turning in money.)
11. Probation of a game means a cheerleader will not be able to participate in the scheduled squad activities (pep rallies, game, etc.), but is required to attend all practices and is responsible for all duties. She will not be permitted to dress in uniform. She must sit by the sponsor at the scheduled activity.
12. Because of the time and the strenuous activity involved, a cheerleader will be dropped from the squad if she becomes pregnant.

UNIFORM AND APPEARANCE

1. Each cheerleader will be responsible for the purchase and care of all uniform items and accessories (shell, skirt, bloomers, shoes, socks, bodysuit, practice uniforms, wind-suits, ribbons, bags, pom poms, etc.).
2. Each cheerleader is responsible for the care of her uniform.
3. The sponsor with the approval of the principal will determine the length of the skirt.
4. Uniforms shall be worn on game days and any other activity approved by the sponsor.
5. Uniforms are only to be worn in conjunction with school activities.
6. Hair should be neat, clean, and out of the face. Long hair must be in a ponytail and short hair should be pulled up in the front.
7. Make-up should be minimal.
8. Only clear fingernail polish may be worn at any function in which the cheerleader attends in uniform. No acrylic nails.
9. Fingernail length should not exceed above the fingertips.
10. No jewelry may be worn by a cheerleader during practices, functions or while in uniform. (Exception: the captain may wear a watch during practice.)
11. If a cheer member is dismissed from the squad, articles of clothing with DMST Cheer logos (i.e., cheer jacket, etc.) may not be worn to school as accepted school uniform pieces. Only squad members in good standing for the current school year will be given permission to wear this clothing as uniform pieces.

GAMES

1. A cheerleader shall not miss more than one game during the football season or one game during the basketball season, personal illness being the only excuse for absences. If any more games are missed, a doctor's note must be furnished. A cheerleader must have prior permission from the sponsor to miss any game due to extenuating circumstances. Otherwise, they will be unexcused, resulting in demerits or dismissal from the squad.
2. Each cheerleader should be ready to cheer at all times, including exam weeks.
3. If a cheerleader is to be tardy or miss an event, she must notify the sponsor in advance.
4. Each cheerleader must be present at school at **least ½ day on game day** and present the last practice before a game or event to participate.
5. A cheerleader must check with the sponsor before leaving school with an early dismissal (except in case of emergency.)
6. A cheerleader, who is too ill to attend practice or school, is too ill to cheer at the game or event.

TRANSPORTATION

1. The parents **must** provide transportation to sporting events and fundraisers.
2. Cheerleaders must be picked up from the games or practice within **30 minutes** of scheduled ending, or demerits will be given.

PRACTICE

1. All practices are required.
2. If the cheerleader is tardy or misses a practice, she must notify the sponsor at least 24 hours in advance before practice is to begin.

3. A cheerleader cannot be absent for more than 2 unexcused practices, this includes summer practices. **Upon the 2nd unexcused absence, the cheerleader will be dismissed from the squad.**
A doctor's note must be provided for more than one absence due to illness.
4. Each cheerleader is to attend the last practice before the game to cheer at the game.
5. 3 tardies to practice or games will equal 1 absence.

CAMP

1. **CAMP IS MANDATORY!**
2. The sponsor will be responsible for the cheerleader during camp.
3. Parents are only allowed to attend the events held during the morning the girls are picked up and the night before.
4. The cheerleaders must stay with the squad at all times. Parents will not be able to visit with their child during camp.
5. Parents are responsible for transportation to and from camp.
6. Account balances must be paid in full before we leave for camp. If not, students will not go to camp, which would result in the cheerleader being dismissed from the squad without any refunds.
7. Cell phones are allowed to be taken to camp, but only for use to call parents at night once the squad is situated in their rooms. The sponsor will assume responsibility for the cell phones at all other times.

Denton Magnet School Cheerleader Constitution Acknowledgement

I have read and understand all expectations. By signing this, I understand that this contract is non-negotiable.

Parent Signature

Date

Student Signature

Date

Denton Magnet School Parental Permission Form Cheer Candidate Pledge

Parental Permission to Be a Cheerleader

I, the undersigned, have read and fully understand the rules and regulations, which will govern my daughter if she is chosen to represent Denton Magnet School as a cheerleader. I further understand that this is an extra-curricular activity and that attendance at all games, practices, fund raisers, special events, and summer camp is a requirement of the elected cheerleaders.

I hereby give consent to my daughter, _____, to try out for cheerleader at Denton Magnet School and recognize her responsibilities and requirements as a leader of her school.

I have read the Denton Magnet School Cheerleading Constitutions, and my child is bound by all the rules and regulations within it.

I understand that if chosen, my daughter will be required to pay for summer cheerleading camp, uniform pieces, and additional items (pom poms, etc.) A reasonable estimate of these expenditures is \$1200. A payment schedule is within the 2024-2025 cheer packet. *For those selected as cheerleader, the first payment will be due no later than MARCH 29th.* Cheerleaders, and sometimes parents, will be required to be at all fundraisers sponsored by the cheerleading squad.

I understand that my signature on this form means that I will abide by and support the rules and regulations as they are stated above and those stated in the cheerleading constitution.

Parent Signature

Date

I, the undersigned, have read and fully understand the rules and regulations, which will govern me if I am chosen to represent Denton Magnet School as a cheerleader. I have read the Denton Magnet School Cheerleading Constitutions and bound by all the rules and regulations within it. I further understand that this is an extra-curricular activity and that attendance at all games, practices, fundraisers, special events, and summer camp is a requirement of a cheerleader/mascot. I do recognize the importance of my parents' responsibilities if I am chosen as a squad member. I understand that I am responsible for my part of raising or earning the money needed to be a member in good standing. Above all else, I am willing to uphold this cheer constitution and privileges and responsibilities that come with being a cheerleader/mascot at Denton Magnet School.

Student Signature

Date

STUNT GUIDELINES AND RULES

1. All Denton Magnet Cheerleaders will be required to stunt. Denton is currently stunting at level 1, which is limited to shoulder height stunts.
2. All team members, regardless of prior experience, will be required to follow stunt progression to ensure consistent proper execution of a skill or stunt before moving on to the next skill or stunt.
3. No cheerleader may stunt if he/she are not wearing proper attire.
4. Clothing should be fitted. Absolutely no jewelry of any kind is permitted. Medical alert bracelets must be taped and may be visible. Nails must be kept short, near the end of the fingers, no artificial nails. Hair must be pulled up and away from face and shoulders. Hair devices must be secure (no claw clamps, no jewelry hair barrettes, or bobby pins). Cheer shoes must be worn to stunt.
5. The coach will determine who participates in specific stunt groups.
6. Every team member must learn the basic "how to" of stunting and will be placed in several positions for maximum learning and growth potential.
7. **Stunting may only be practice or performed under the supervision and instruction of a certified coach.**
8. Whenever stunting is being practiced or performed, only those cheerleaders assigned to student by a coach may do so.
9. Only coaches may assign or change stunting positions or groups amongst team members.
10. There is no unnecessary talking allowed during stunting. Back spots will call out counts for execution.
11. A base must not hold objects in hand that is supporting a top person.
12. No gum or candy may be chewed in mouth during practice or performance.

Mobile County Public Schools Middle School Cheerleading Stunting Agreement

I, _____, the parent of

_____, understand that Denton Magnet School of Technology is implementing Phase I stunting. I understand the risk that comes along with stunting. I understand that my child must participate and follow all MCPSS protocols & rules associated with stunting. I give my permission to allow my child to fully participate with her team in Phase I of stunting of the 2024-2025 school year.

Parent Signature

Date

Student Signature

Date

**Denton Magnet School of Technology Athletic Department
Cheerleading Release and Waiver**

Dear Parents,

The Alabama High School Athletic Association regulations require that each participant in school athletic programs be covered by adequate insurance and have a current physical on file at school. The physical is good for one calendar year.

If you wish for your child to participate in the sports program at Denton Magnet School of Technology, please fill in all of the blanks below, sign, date, and return the following statements to the school.

I hereby give my permission for my child _____ to participate in any area of the sports program at Denton Magnet School of Technology.

Please check the appropriate blanks below:

My signature below relieves Denton Magnet School of Technology of all medical responsibilities as:

_____ **I have adequate coverage with:**

Insurance Company

Policy Number

(Company Name and policy number are required on this form.)

_____ **I have enrolled my child in the K & K student accident insurance program. A copy of my enrollment confirmation is attached.**

(Please see following directions.)

Enrollment in the K & K student accident insurance program can be done via the internet at www.mcpss.com
(Parent Resources-Student Insurance)

In the event of an emergency, I give Denton Magnet School of Technology Athletic Department permission to seek medical/dental attention for my son or daughter.

Signature of Parent/Legal Guardian

Date

Student Signature

Date

***RETURN THIS COPY TO MRS. GRIMES**

Denton Magnet School of Technology Cheerleaders Demerit System

The cheerleaders of Denton Magnet School of Technology use a standardized code of conduct. Whenever a rule is not observed, your child is given a fixed number of demerits, or negative points. Likewise, merits, or positive points, will be given for superior conduct or performance. Upon the accumulation of 12 demerits, she will be removed from the squad. **Please read and understand these rules.**

Demerits will be assigned as soon as the new squad is selected.

Demerits Given	Offense
1	Late for a game, function, or practice. Chewing gum, eating, or drinking while cheering or practicing. Not fully dressed for game, practice, or an event. Appearance: untidy uniform, jewelry, incorrect uniform/practice outfit, ribbon, socks, unsuitable hairstyle (Falling down, not in ponytail), fingernail polish. Unnecessary conversation during practice or games with other squad, crowd, or team. Public displays of affection on campus, at school functions, or in uniform (as you are representing DMST). Failing to perform a required stunt at practice, game, or an event. Cell phone use during practice, game, or an event. Unexcused absence from practice, a game, or an event.
2	Profanity, vulgar gestures, bad attitude. Using inappropriate language during games (taunting, name calling) Failing to meet deadlines-paperwork, financial, etc. Leaving practice, a game, or an event without permission from coach. Negative remarks from faculty/staff. Receiving an E in any subject on a report card/progress report.
5	Inability to cooperate with squad, captain or co-captain(s), manager, or coach(es). Lying to coach(es). Also, drama between girls or squads. Retract
Coach's Discretion	Inappropriate behavior while in uniform (on or off campus) Inappropriate interactions (pictures/comments/status) on FaceBook, Twitter, Snapchat, Instagram, TicToc, etc. Consequence will vary on degree of offense. Immediate dismissal is possible at coach's or administration's discretion.
IMMEDIATE DISMISSAL	Possession or use of alcohol, drugs, or tobacco. Suspension from School. Retract twice.

* If a cheerleader is benched on behalf of his/her parent, the cheerleader may be subject to demerits associated with not cheering at an event.

*Parents deciding to sit their child from an event for any reason should contact the coach, so there is an understanding on behalf of all involved parties. Communication is key.

*The coach(es) reserves the right to suspend a cheerleader from a game, activity, or performance for reasons at their discretion.

I acknowledge that the above-mentioned Merit/Demerit System is in effect as soon as my child makes the 2024-2025 Denton Magnet School Cheer Squad.

Parent Signature

Date

**2024-2025 Denton Magnet School of Technology
Cheerleading Tryout Application**

Participant (student): _____

Email: _____

Phone/Cell: _____

Parent/Guardian: _____

Email: _____

Phone/Cell: _____

Emergency Contact: _____

Phone/Cell: _____

Current school: _____

Current Teachers:

All teachers (including PE and Enrichment):

***RETURN THIS COPY TO MRS. GRIMES**

Dragonfly Max
<https://www.dragonflymax.com>

1. Create your Dragonfly Max account or Login to your existing account.
2. Choose the state and join **Denton Magnet 8JQT5N**.
3. Add your child's profile to your account. (demo videos available)
4. Select and fill out form or select not ready documents to complete your child's forms.
5. If prompted, select either Women's Cheerleading – Middle School.

UPLOAD the Following Documents

When uploading documents please use a document scanner app to make sure documents are clear and legible. Please photograph each document on a flat surface, centered on the screen. Blurry or illegible documents will not be approved.

- Birth Certificate
- Pre-Participation Physical Exam Form (front of physical form)
- Physical Examination (back of physical form - MUST BE SIGNED BY DOCTOR)
- NFHS Sportsmanship Certificate (must have full name on certificate)

ESIGN the Following Documents

- MCPSS Consent to Participate and Insurance Form
- Concussion Information Form
- Participant Agreement, Consent, Release, and Venue Form

NFHS Sportsmanship Certificate
<https-J/nfhslearn.com>

1. Sign in or Register
2. Use full name (no nickname or initials)
3. Order the free SPORTSMANSHIP course
4. Check out (free)
5. Complete course (video and questions)
6. Print or Screen shot certificate.
7. UPLOAD Certificate to Dragonfly Max

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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain or discomfort in your chest during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do you tire more quickly than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told that you have a heart murmur, high cholesterol, or heart infection?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone in your family died of heart problems or a sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in your family have a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out or unconscious?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>	<input type="checkbox"/>
<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		
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 from the date of the exam.**

Physical Examination

	LIMITED	Height _____ Weight _____ BP _____ / _____ Pulse _____		
		Vision R 20 / ____ L 20 / ____ Corrected: Y N		
			Normal	Abnormal Findings
		Cardiovascular		
		Pulses		
		Heart		
		Lungs		
		Skin		
		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.