

Bryant High School Cheerleading Tryout Packet 2025-2026

Dear Prospective Cheerleader/Parents:

Your child has shown interest in becoming a member of the Bryant High School Cheerleading Squad for 2025-2026. 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 which are also listed in this packet. Enclosed is a copy of the cheerleading constitution for Bryant High School. This constitution is based on system-wide rules required by the school board. Please read it carefully with your child before signing the parental permission form. Also attached are required forms that must be completed and uploaded to Dragonfly before a candidate can participate in clinic days or tryouts. Coach will not upload these for you, they must be uploaded prior to turning in the try out packet. Please note that one of these forms is a physical form. A physician, not a nurse practitioner, **MUST** sign the physical form.

**** IN ORDER TO BE ELIGIBLE FOR TRYOUTS,

- ☐ all forms are due **completed** to Coach Ernest
- ☐ paperwork submitted to Dragonfly on **Wednesday, February 19th by 2:00 P.M. (NO EXCEPTIONS)**
- ☐ **\$25 check** made payable to Bryant High School to cover the cost of the tryout and the judges.

Immediate Changes to Alma Bryant Cheer Program

With the evolution of cheerleading shifting from sideline entertainment to a true competitive sport in its own right, shifting our focus within Alma Bryant's cheer program is essential in order to ensure that we are not only establishing a team truly dedicated to the necessary training involved to compete at local, regional, state, and even national levels but also to ensure that we are preparing our athletes for cheer at the collegiate level.

The first major change we are initiating is to forego the separate JV and Varsity teams and, instead, **form ONE collective team**. This will establish the mentality of one team – one vision, as the team will practice together and perform together year-round.

Secondly, because our focus will be toward a competitive cheer program, **competition season is a requirement for the entire team**. Again, we will practice and perform as one entity year-round. The goal is to create a true sense of teamwork, camaraderie, dedication, athleticism, work ethic, and passion.

Details will be discussed more in depth concerning what this will look like for both JV and varsity games

These are both major changes to our program; therefore, with such changes come much higher expectations and standards that will be held for all future cheerleaders. All Bryant cheerleaders will be expected and required to withhold the following standards/expectations:

- **Strong, dedicated work ethic** that is demonstrated during every practice and event both on and off campus
- **Stellar attendance** both at school and at all cheer-related events (practices, games, pep rallies, parades, competitions, etc.)
- **Positive attitudes and respect** toward each other, our program, and others both on and off campus
- **Goal-oriented mindset**; training and preparation require hard work and must be treated as such; when we work hard on the front end, fun is our reward on the back end
- **Complete versatility and flexibility**; every athlete will be expected to fulfill whatever role/task is needed of him/her (specifically with stunting)
- **Growth mindset**; every athlete must commit to constantly growing and improving his/her skillset, ***especially with stunting and tumbling***
- **No excuses**; every athlete will be expected to perform daily to his/her full potential

With these changes in mind, we strongly urge every candidate to thoroughly understand and consider the necessary expectations and requirements set before him/her before committing to tryouts for our 2025-2026 Alma Bryant Cheer Team.

This type of program is not meant for everyone, but for those willing to invest the time, dedication, work, and passion to what we are requiring for our program to continue to grow and advance to new levels, we hope this is the right fit for you!

Schedule

Cheer clinic will be held each afternoon in the football field house until 5:00 P.M. Each participant should be dressed properly in shorts, shirt, and tennis shoes with their hair pulled back. Each participant needs to be dressed and ready in the field house by 3:10 each day. Each candidate must be at each day of the clinic to be eligible to try out. **Clinic and tryouts are closed to the public.**

Monday, February 24th– Clinic Day 1 (3:10-5:00)

Tuesday, February 25th– Clinic Day 2 (3:10-5:00)

Wednesday, February 26th– Clinic Day 3 (3:10-5:00)

Thursday, February 27th- Tryouts (3:30- until finished)

Cheerleading Try-Out Clinic

When: Monday, Tuesday, and Wednesday (February 24-26)

Where: Football Field House at Bryant High School

What to wear: Appropriate length shorts and t-shirt

Socks and tennis shoes

Hair pulled back into a ponytail

NO JEWELRY (this includes belly button rings)

What else: \$25 Try-out fee and all forms due Wednesday, February 19th @ 2 pm (NO LATE PACKETS WILL BE ACCEPTED)

Cheerleading Try-Outs (**CLOSED TO PUBLIC**)

When: Thursday, February 27th (3:30-until finish)

Where: Football Field House at Bryant High School

What to Wear: Navy Shorts

Solid White T-Shirt - no writing- no bras showing

White Socks

Tennis Shoes

Hair pulled back in a straight ponytail

NO JEWELRY

Below are the scoring categories for the 2025-2026 tryouts:

- Dance
- Fight Song
- Situational Sideline
- Cheer
- Jumps (Double Toe Touch & Hurdler)
- Tumbling (running and standing)
- Stunting
- Spirit and Appearance
- Grades/Discipline

The cheerleading program at Bryant High School 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 and stunting practice will be a requirement for the squad. Each cheerleader will require their own transportation to and from the gym. We will be practicing with Legacy Athletics at the High Velocity gym. The location of the gym is 2513 Leroy Stevens Rd, Mobile, AL 36695. Tumbling and stunting is not included in your fees. You will be required to pay this at the start of each month. The fee each month is \$115. He takes cash or check. You may pay up front for the year if preferred! We will be starting the month of April.

The cost of cheer for the 2025-2026 school year is a minimum of \$2300. This will include their camp wear, uniforms, warmups and camp. This does not include letterman jackets, megaphones, or themed pep rally outfits. This price is subject to change if you are a returning cheerleader as one uniform will be used again for the 2025-2026 year.

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

1st payment- March 10th / \$750

2nd payment- March 24th / \$750

3rd payment- April 7th / \$600

4th payment- TBA- **Final balances will be cleared up no later than April 18th.**

Estimated Expenses are as follows:

Camp: \$500

Navy Uniform (NEW – will be used for Comp): \$255

White Uniform (Will be used for Comp) - \$250

Grey Uniform (NEW)- \$250

Navy Liner: \$70

Pom Poms: \$50

Cheer Bag: \$100

Cheer and Comp Shoes: \$220

Camp Outfits: (3 tops, 3 bottoms, 2 sports bras)- \$350

Megaphones: \$100

Warm Up: \$150

Optional Sweatshirt: \$80

Bows: \$40

Briefs: \$20

Socks: \$20

Letterman: (Juniors & Seniors only - Not included in the price estimate- \$360-400)

Sponsor Tee: \$15

There also may be other additional costs as the year goes on for themed games, excursions.

2024-2025 Bryant Cheerleading

Uniform Fitting

March 17^h 10:00 – 1:00

MUST have a parent with you for fittings. You will sign up for a time slot.

Spring Practice Begins

Practices will be held after school at Bryant

April 14th 3-4:30

Practice will more than likely be held on Monday, Tuesday, and Thursday

Tumbling and Stunting with Legacy Athletics

\$115 Monthly

First month payment due April 1st

(cash, check- Adrian Roberts)

Cheerleading Camp

Auburn University

June 13th- June 16th

***** Sponsorships due May 1*****

More information will be provided at uniform fittings.

Please contact Madison Ernest via email at mernest@mcpss.com for any questions.

Game Day Sign Expectations:

- Minimum length- 6 feet
- Words written neatly, spelled correctly
- Words are level, straight • Signs should be readable from across the field
- Approved by coach prior to hanging at game
- Required signs: 2 per home game, 1 per away game, 3 run throughs for away games
- It is the cheerleader's responsibility to remove all signs after each game.

Sheet Signs

- Coach must approve all sheet signs two weeks prior to hanging for first home game
- Home Games: hang after school on Thursday, must be down prior to Monday morning
- Sign frames must be taken down the weekend of the last home game.

2025-2026 Alma Bryant High School Cheerleader Constitution

1 PURPOSE:

1.1 The purpose of the Alma Bryant High School Cheerleaders shall be to promote and uphold team spirit for those we encounter, develop good sportsmanship by example, and support good community relations and between teams and squads during events. The organizational goal is to work in harmony with the team management and administration, other athletic teams, and sporting organizations.

2 ELIGIBILITY:

2.1 A cheerleader candidate must support the Alma Bryant High School Cheerleading Squad above **all** other teams.

2.2 A candidate must be neatly presented and medically fit as deemed by a doctor, the Alma Bryant High School Principal, and the cheerleading Coach. If under 18 years old, the candidate must provide parental permission.

2.3 A candidate may be male or female and in the 9th-12th grades at Alma Bryant High School for the 2025-2026 school year.

2.4 Acceptance of a candidate shall be on the basis of ability, the coach's agreement, acceptance of the squad rules, and without prejudice of race, creed, or color.

2.5 Cheerleaders should have a "C" average unless there is an extenuating circumstance deemed by administration. This average is to be computed by utilizing the 1st & 2nd quarter grades of the 2024-2025 school year.

2.6 An applicant is ineligible to try out if there have been recurring disciplinary issues or they did not complete the previous year of cheerleading.

2.7 An applicant will be deemed eligible by both sponsor and administration based on the above criteria.

3 ATTENDANCE REQUIREMENTS:

3.1 All cheerleaders will attend all practices, competitions, or events unless the Alma Bryant High School principal and cheerleading coach pre-approved. The entire regular squad will cheer at **all** games, promotions, fundraisers, community and charity events.

3.2 If the cheerleader is tardy or misses a practice, he or she must notify the sponsor at least **48** hours before practice begins.

3.3 A cheerleader cannot be absent for more than two unexcused practices; this includes summer practices. After 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.

3.4 Each cheerleader is to attend the last practice (this includes cheer period within the school day) before the game/event in order to cheer at the game unless there is a doctor's note or a pre-arranged excused absence per the coach.

3.5 Three tardies to practice or games will equal one unexcused absence.

3.6 Summer Camp: All cheerleaders are required to attend the annual cheer camp as a squad.

3.7 Competitions: All members of the team must compete in all of the competitions arranged by the coach.

3.8 If any other activities or opportunities are chosen by the coach, the coach shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events and as early as possible for others.

3.9 If a cheerleader is involved in other school-related activities such as Mobile Azalea Trail Maids, Distinguished Young Women, soccer, softball, tennis, track, basketball, wrestling, etc., she/he must give the coach **at least one week's notice of schedule conflicts**. Schedules should be given to the coach as soon as they become available. Failure to do this will result in the missed event/practice being an unexcused absence.

3.10 If the football or basketball team qualifies for an area, regional, state etc., tournament, or game, cheerleader participation will be required.

4 FINANCIAL RESPONSIBILITIES:

4.1 Annual Camp/Clinics: The cheerleader is responsible for the cost of attending summer cheerleading camp. Fundraiser projects will be available to assist those participating.

4.2 Transportation: The parents of the cheerleader will be responsible for supplying game/event transportation. The coach and school are **not** held responsible for transportation. The parents will also be responsible for getting the cheerleader to/from cheer camp at the chosen location by the coach.

4.3 Members will provide their own refreshments when not provided by the coach or event organizers.

4.4 Each member will be required to purchase their own cheer clothing/uniforms/spirit props each year.

5 SELECTION OF CO-CAPTAINS AND OTHER OFFICERS:

5.1 The Alma Bryant High School cheerleading squad will have up to two captains and two co-captains for sideline cheering and up to two captains and two co-captains for competition cheering. The captains and co-captains may be the same or different for each facet and will be chosen by the coach based on conduct, academics, work ethic, and experience.

6 DUTIES AND RESPONSIBILITIES OF COACHES/MANAGERS:

6.1 Ensuring that squad members are safe, that First Aid is available, and that the emergency contact list is kept up to date and present at all times.

6.2 Organizing and arranging training schedules, equipment, training facilities, and events.

7 DUTIES OF CAPTAIN AND CO-CAPTAIN:

7.1 Set an example to the rest of the squad by following the rules and regulations of the Alma Bryant High School Cheerleaders. The captains and co-captains will set an example by doing more than their share.

7.2 Be at practice early and start practice on time beginning with rolling out mats needed and leading stretching without being prompted.

7.3 Assist in setting cheers and chants to be used at games and events. The squad should make suggestions, but the decision shall be made by the captains, co-captains, and coach.

7.4 Act as a peacemaker in case of disagreements.

7.5 Coordinate the painting and hanging up of signs.

7.6 Be responsible for welcoming visiting squads and setting a good example of friendliness to other cheerleaders.

7.7 Keep the crowd cheering and your cheerleaders in proper formation during games.

7.8 Show **no** partiality within the squad.

7.9 If the captain or co-captain cannot perform her duties, the coach will choose another cheerleader to perform those duties.

8 PRACTICE SCHEDULE:

8.1 Will be set by the coach. Cheerleaders will be given a copy of the practice schedule within a reasonable time frame. Practice schedules for April- July will be provided to the athletes in March, but are subject to change.

8.2 All cheerleaders are required to attend all practice sessions unless valid reasons are notified to the coaches. Valid reasons include a doctor's note, a death in the family, or any other reason deemed valid by the coach or Alma Bryant High School principal. You must inform the coach at least 48 hours in advance if you need to miss practice.

8.3 All cheerleaders will be required to take cheerleading during the school year. This class counts as a required practice. Any cheerleader missing class without a proper excuse will be subject to disciplinary action. If an athlete is removed from the team by either administration, coach or self, the athlete's grade will be reflected as a failing grade in Varsity Cheer.

9 UNIFORMS & PRACTICE WEAR:

9.1 Uniforms will be purchased by all Alma Bryant High School cheerleading squad members.

9.2 Only official squad jackets may be worn over the uniform. Uniforms will only be worn for events as designated by the coach.

9.3 Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming an Alma Bryant High School cheerleading squad member.

9.4 Cheerleaders will be required to wear either Alma Bryant-specific campwear or practice wear in Alma Bryant school colors. Shorts must be an appropriate length and have built-in bloomers or spandex. Tank tops/sleeveless tops must not show the sports bra. Sports bras must be worn. Cheerleaders may wear running shoes for the running portion of practice but **must** wear appropriate cheer shoes for jumping/tumbling/stunting practice.

10 APPEARANCE:

10.1 For safety reasons, jewelry or watches will not be worn with a uniform or at practice.

10.2 For safety reasons, nail length may not exceed fingertips. Nails must be a light neutral color when in uniform.

10.3 Uniforms must be kept spotless at all times.

10.4 All hairstyles must be neat and secured up out of the face so as to not need attention (combing etc.) while performing. Any cheerleader with hair longer than shoulder length must wear her/his hair in a ponytail while in uniform or at practice.

10.5 Cheerleaders should always look their best, especially when in uniform.

11 CONDUCT:

11.1 Squad members are required to maintain and uphold the reputation of the Alma Bryant High School cheerleaders through their own conduct and squad spirit.

11.2 Members must be courteous, polite, and friendly and try to smile for everybody.

11.3 All cheers and chants shall be in a positive and sportsmanlike manner.

11.4 Members will make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.

12 FUNDRAISING ACTIVITIES:

12.1 All cheerleaders will participate in all fundraising projects. The money raised will be used to fund additional agreed expenses during the year, such as extra items of kit or equipment. Donations to and fundraising for Alma Bryant High School cheerleading team will be managed by the coach in order to best serve the team and the school.

12.2 All fundraising activities will be approved by the coach.

13 DISCIPLINARY ACTION:

13.1 It shall be squad policy that disciplinary action will only be invoked as a last resort and that every reasonable attempt will be made to avoid situations likely to lead to such action through squad discussion and positive encouragement by example and by finding ways and means to correct negative trends. Demerits will be given for every violation of the listed constitution, practice rules, and/or squad rules. Written notice of such will be given.

With 5 demerits, the cheerleader will be suspended from 1 event (practice remains mandatory).

With 10 demerits, the cheerleader will be suspended from 2 events (practices still mandatory). With

15 demerits, the cheerleader will be dismissed from the squad.

13.2 A cheerleader may be suspended from games/events for the following reasons:

- unexcused absence
- excessive absences or tardiness
- failure to cooperate with coach
- grade point average falling below 2.5
- failure to abide by squad rules and regulations.

13.3 A cheerleader may be dismissed from the squad for the following reasons:

- excessive and irreconcilable disruptive influence on the squad
- conduct likely to bring the squad or team reputation into disrepute (such as the use of alcohol or drugs)
- C, D, E offense per the Mobile County Public School System handbook
- pregnancy
- conduct on social media

- any other action deemed necessary by the coach or administration

14 SOCIAL NETWORKING:

14.1 The coach has the right to monitor all social networking sites, including but not limited to Snapchat, Facebook, Twitter, YouTube, Instagram, etc.

14.2 Cheerleaders are to conduct themselves as representatives of Alma Bryant High School on social networking sites. Inappropriate language, pictures, and other content will not be tolerated.

14.3 Cyberbullying will not be tolerated. Any cheerleader suspected of or found guilty of cyberbullying will be terminated from the squad.

15 COMPETITION:

15.1 All cheerleaders are required to be at all competitions and practices. All cheerleaders will be required to attend one to two all-day practices to learn the choreography for this year's routine.

15.2 Every effort will be made to cover the entire cost of competition through fundraising. Cheerleaders will be required to either raise money or cover the cost of uniforms, poms, signs, competition fees, hotel rooms, etc.

15.3 All cheerleaders/parents are responsible for transportation to and from competitions.

16 TUMBLING/STUNTING LESSONS:

16.1 All cheerleaders will be required to participate in tumbling and stunting lessons after school, outside of regular practice. There will be a cost of \$115 per month for this service at High Velocity with the trained staff members of Legacy Athletics.

CHEERLEADER DEMERIT LIST

Each participant on the cheerleading squad is expected to act and represent Alma Bryant High School in a mannerly way. All cheerleaders must agree to the following guidelines.

WITH:

- 5 demerits, the cheerleader will be suspended from 1 event (practice remains mandatory)
 - 10 demerits, the cheerleader will be suspended from 2 events (practices still mandatory)
 - 15 demerits, the cheerleader will be obligated to have a meeting with the head cheer coach and principal to discuss the possibility of being dismissed from the team
1. 1 demerit for the following:
 - o appearance: jewelry, incorrect/no ribbon, incorrect/no socks, unsuitable hair, fingernail polish, excessive nail length, etc. during games, practices, and/or events
 - o chewing gum during games, practices, and/or events
 - o active possession of a cell phone during games, practices, and/or events
 - o unnecessary conversations during any cheer event with other team members, fans, parents, etc.
 2. 2 demerits for the following:
 - o absence of poms during games, practices, and/or events
 - o inappropriate or no practice attire
 - o failure to hang sheet sign before game day or remove sheet sign before the next school day.
 - o failure to hang appropriate signs at home or away games
 - o inadequate cheer or dance proficiency during practices, games, and/or events
 - o tardiness to games, practices, and/or events
 - o allowing non-cheerleaders to wear his/her cheer attire
 3. 3 demerits for the following:
 - o goofing off and/or compromising safety during games, practices, and/or events
 - o inappropriate classroom behavior
 - o behavior that does not reflect **bylaw 1.1** (It shall be the purpose of the Bryant High School Cheerleaders to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to support good relations in the community and between teams and squads during events.)
 4. 5 demerits for the following:
 - o wearing the wrong uniform during school, practices, games, and/or events
 - o D on a nine-week grade report
 - o complaints from a teacher
 - o personal display of affection while in uniform
 - o missing practice or event without a proper excuse as cited in **bylaw sections 3 and 8**. (If a cheerleader has to miss practice or event, a note/email/call from the parent or athlete must be sent to the coach as soon as the cheerleader is aware of the absence- if you are sick the morning of a practice or event and miss the entire day, you will be excused)
 5. 10 demerits for the following:
 - o inappropriate social media usage
 - o E on a nine-week grade report
 - o missing a game without a proper excuse as cited in **bylaw section 3**. (If a cheerleader has to miss a game or pep rally, a note/email/call from the parent or athlete must be sent to the coach as soon as the cheerleader is aware of the absence- if you are sick the morning of a game or pep rally and miss the entire day, you will be excused)

*If a cheerleader gets an office referral at any time, the coach and school administration will discuss whether they will still be able to stay on the team. Conduct that is inappropriate of an ABHS cheerleader will not be tolerated. The coach and administration will determine the demerits and punishment.

**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/son if she/he is chosen to represent Bryant High School as a cheerleader. 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 the elected cheerleaders.

I hereby give consent to my child, _____, to try out for cheerleader at Bryant High School and recognize her/his responsibilities and requirements as a leader of their school.

I have read the Bryant High School Cheerleading Constitution, and my child is bound by all the rules and regulations within it.

I understand that if chosen, my child will be required to pay for summer cheerleading camp, uniform pieces, and additional items (pom poms, etc.) A reasonable estimate of these expenditures is \$2300. A payment schedule is within the 2025-2026 cheer packet. *For those selected as cheerleader, the first payment will be due no later than MARCH 10th.* Cheerleaders, and sometimes parents, will be required to be at all fundraisers sponsored by the cheerleading squad.

I UNDERSTAND THAT ALL BILLS MUST BE PAID IN FULL BEFORE CHEERLEADERS ATTEND CAMP. IT IS OUR POLICY NOT TO GIVE OUT MERCHANDISE, SUCH AS UNIFORMS, BEFORE THEY ARE PAID IN FULL. ANY MONEY THAT IS PAID FOR A STUDENT TO BECOME A CHEERLEADER IS NON-REFUNDABLE SHOULD THAT STUDENT BE DISMISSED FOR ANY REASON THROUGHOUT THE YEAR.

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/Guardian _____ Date _____

I, the undersigned, have read and fully understand the rules and regulations, which will govern me if I am chosen to represent Bryant High School as a cheerleader. I have read the Bryant High School Cheerleading Constitutions and am 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 Bryant High School.

Cheer Candidate _____ Date _____

Athletic Insurance Form
Varsity and Junior Varsity

This form is specifically for parents who do not desire to take the school accident insurance policy. All schools require that students who participate in athletics have proof of insurance on file.

I hereby give permission for my son/daughter, _____, to participate in the sport of Cheerleading at Alma Bryant High School during the 2025-2026 school years. I will assume the responsibility for any medical treatment that he/she will need if injury occurs during the practicing or participation in this sport, or on trips involving this sport. Furthermore, I herewith release the Mobile County Board of Education, its servants and agents, and Alma Bryant High School from all responsibility for any injury from such activities.

Insurance Company:

Policy Number:

Group Number:

Signature of Parent:

Address:

Emergency Contact Name:

Emergency Contact Phone Number:

Please attach a copy of the athlete's Insurance Card (front and back) below or on a separate sheet.

ALMA BRYANT HIGH SCHOOL CHEERLEADING WAIVER

CHEERLEADER NAME _____

DATE OF BIRTH _____

ADDRESS _____

Agreement for Assumption of Risk, Indemnification, Release

I understand that cheerleading (to include stunting and tumbling) by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries and/or illness. I am aware of the risks of participation, which include, but are not limited to, minor injury, such as bruises, contusions, broken bones, concussion, and catastrophic injuries, such as paralysis and even death. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

In consideration of my participation in these activities, I agree to defend, hold harmless, indemnify, and release the Mobile County Public School System, Alma Bryant, High School, and cheer coaches from and against any and all claims, demands, actions, or causes of action of any sort on account of damage to personal property, personal injury, or death which may result from my participation in the above-listed activity. I understand that by agreeing to this clause I am releasing claims and giving up substantial rights, including my right to take legal action. I authorize Alma Bryant High School and its staff to consent, on my behalf, to any emergency medical/hospital care or treatment to be rendered upon the advice of a licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

I have read and understood the 2025-2026 Alma Bryant High School cheerleading constitution and agree to abide by the rules set forth by it.

Cheerleader Signature: _____

Parent Signature: _____

Date: _____

Date: _____

Because the constitution for the cheerleaders is a school board policy, all cheerleaders are required to follow them. Once selected, a copy of this constitution will be given to you. However, it is impossible to design regulations and a constitution to address all potential situations that might arise. Therefore, it must be understood that the principal and coach reserve the right to make final judgments regarding any action that may be considered inappropriate by an individual on the cheerleading squad. Certain infractions could involve suspension or expulsion from the squad.