

**Grand Bay Middle School  
Cheerleading Tryout Packet  
2023-2024**

Dear Parents:

Your child has shown interest in becoming a member of the Grand Bay Middle School Cheerleading Squad for 2023-2024. 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 \$1,800 **minimum** payment for camp and uniform packages. The price may vary based on the extras that you buy and for returning cheerleaders.

Enclosed is a copy of the cheerleading constitution for Grand Bay Middle 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. **Please note that one of these forms must be notarized and one of these forms is a physical form. A physician, not a nurse practitioner, MUST sign the physical form.**

**\*\*\*\* All forms are due completed by Friday, February 17<sup>th</sup> by 2:00 P.M. (NO EXCEPTIONS) with a \$25 check made payable to Grand Bay Middle School Cheerleading to cover the cost of the tryout and the judges.\*\*\*\***

These are due to office and DRAGONFLY by 2:00 P.M. on February 17<sup>th</sup>.

## **Schedule**

Cheer clinic will be held each afternoon in the gym until 4:00 P.M. Each participant should be dressed properly in shorts, shirt, and tennis shoes with her hair pulled back. Each participant needs to be dressed and ready in the gym by 2:40 each day. Each candidate must be at each day of clinic to be eligible to tryout. **Clinic and tryouts are closed to the public.**

**Monday, February 27<sup>th</sup> – Clinic Day 1 (2:45-4:00)**

**Tuesday, February 28<sup>th</sup> – Clinic Day 2 (2:45-4:00)**

**Wednesday, March 1<sup>st</sup>- Clinic Day 3 (2:45-4:00)**

**Thursday, March 2<sup>nd</sup>- Tryouts (3:00- until finished)**

## **Cheerleading Try-Out Clinic**

**When:** Monday, Tuesday, Wednesday February 27<sup>th</sup>-March 1st (2:45-4:00)

**Where:** GBMS Gymnasium

**What to wear:** Appropriate length shorts and t-shirt

Socks and tennis shoes (no cheer shoes)

Hair pulled back into a ponytail

NO JEWELRY

**What else:** \$25 Try-out fee and all forms due Friday, February 17<sup>th</sup> @ 2 pm

## **Cheerleading Try-Outs**

**When:** Thursday, March 2<sup>nd</sup> (3:00-until)

**Where:** GBMS Gymnasium

**What to Wear:** Black Shorts

Solid Black T-Shirt (Tucked in)

White Socks

Tennis Shoes (NO cheer shoes)

Hair pulled back in a straight ponytail

NO JEWELRY

**What else:** CLOSED TO PUBLIC!!!

**The cheerleading program at Grand Bay Middle 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: \*\*\*\***

**1<sup>st</sup> payment- March 10<sup>th</sup> / \$500**

**2<sup>nd</sup> payment- March 24<sup>th</sup> / \$500**

**3<sup>rd</sup> payment- April 7<sup>th</sup> / \$500**

**4<sup>th</sup> payment- TBA- Final balances will be cleared up no later than May 5<sup>th</sup>.**

# **2023-2024 Grand Bay Cheerleading**

## **Uniform Fitting**

March 6<sup>th</sup> 3-6

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 Grand Bay\*

April 24<sup>th</sup> 2:30-4:00

Practice will be on Monday, Wednesday, and Thursday

## **Tumbling with Adrian**

\$40 Monthly Tumbling

First month payment due April 3<sup>rd</sup> , starting on April 4<sup>th</sup>- 4:00-5:00

(cash, check- Adrian Roberts, venmo- @adrianmroberts)

## **Cheerleading Camp**

Auburn University

June 5<sup>th</sup>- June 8<sup>th</sup>

**\*\*\* Sponsorships due May 5\*\*\***

**More information will be provided at uniform fittings.**

Please contact Madison Ernest by email, [mernest@mcpss.com](mailto:mernest@mcpss.com) with questions.

## **GRAND BAY MIDDLE SCHOOL CHEERLEADER CONSTITUTION**

Grand Bay Middle 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 Grand Bay Middle 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 Grand Bay Middle 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 7<sup>th</sup> and 8<sup>th</sup> grades.
2. A candidate must be enrolled in Grand Bay Middle 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 "D". This average is to be computed by utilizing the 1<sup>st</sup> & 2<sup>nd</sup> quarter grades of the 2022-2023 school year. A cheerleader may not have an "E" on any report card for the 2022-2023 school year.
6. An applicant is ineligible to tryout if there has been more than one office referral or a suspension during the 2022-2023 school year. An applicant will also be ineligible if she has been assigned retract more than one time for the 2022-2023 school year.
7. Students must not have any outstanding balances in any sport at GBMS.
8. Students must submit the following documents by the deadline set by the coach:
  - a. Grand Bay Middle School Cheerleading Constitution
  - b. Parental Permission Form
  - c. Waiver of Liability Form
  - d. Physical Form
  - e. Notarized Medical Release Form

- f. Clinic/Try-out Information
  - g. Projected Cost Analysis Agreement
  - h. 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. Grand Bay Middle School's outgoing cheerleaders will teach all tryout material. High school cheerleaders may assist with clinic at sponsor's request.
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 Facebook page by 6 pm.
5. Participants should come to practice 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 50 point scale and with an optional 5 points for advanced tumbling.

#### **Cheerleader:**

1. **Two jumps** \_\_\_\_/5
  - a. Toe Touch \_\_\_\_/5
  - b. Optional Jump
2. **Tumbling**
  - a. Standing Tumbling (Back handspring) —5 points \_\_\_\_/5
  - b. Running Tumbling (Round off back handspring, tuck, etc.) \_\_\_\_ up to 5
  - Up to-5 bonus points
3. **Individual Cheer** \_\_\_\_/10
  - Cheer—10 points
4. **Group dance, and chant taught at clinic.**
  - a. Dance—10 points \_\_\_\_/10
  - b. Chant—10 points \_\_\_\_/10
5. **Personality/Spirit** \_\_\_\_/5

## **Evaluations:**

1. Form and technique
  - a. Arm levels
  - b. Sharp motions
  - c. Timing
  - d. Coordination
  - e. Rhythm
  - f. Jumps
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 7<sup>th</sup> 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 GBMS 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 **15 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 2<sup>nd</sup> 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.

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

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

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

**Grand Bay Middle 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 Grand Bay Middle 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 Grand Bay Middle School and recognize her responsibilities and requirements as a leader of her school.

I have read the Grand Bay Middle 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 \$1800. A payment schedule is within the 2023-2024 cheer packet. *For those selected as cheerleader, the first payment will be due no later than MARCH 10<sup>th</sup>.* 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/Guardian \_\_\_\_\_ Date \_\_\_\_\_

I, the undersigned, have read and fully understand the rules and regulations, which will govern me if I am chosen to represent Grand Bay Middle School as a cheerleader. I have read the Grand Bay Middle 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 Grand Bay Middle School.

Cheer Candidate \_\_\_\_\_ Date \_\_\_\_\_

**Grand Bay Middle School**  
**Waiver of Liability/Insurance Form**

Dear Parents:

The following is for the mutual protection of your child and Grand Bay Middle School. It will be appreciated if you will fill in the desired information and return the form.

**Please fill in the following.**

1. Is your child covered by hospital insurance:    Yes\_\_\_\_\_    No\_\_\_\_\_
2. List the name of your insurance company: \_\_\_\_\_
3. In case of injury to your child while participating in this sport, while practicing or while being transported to and from games, whom do you wish to be contacted:

PARENT \_\_\_\_\_ FAMILY PHYSICIAN \_\_\_\_\_

STUDENT'S FULL NAME \_\_\_\_\_

WAIVER OF LIABILITY

I hereby certify that I have knowledge of my child's physical condition and state of health, and I give my consent and permission for my child, as identified above, to participate in the active sports program of Grand Bay Middle School as conducted by the Athletic Department. I do certify that my child has no known physical defects, disease, or disability that will in any way jeopardize her health or physical condition if she is allowed to take an active part in this program. I further agree that I will not hold Grand Bay Middle School or its athletic staff responsible for injuries, accidents or mishaps that may befall my child while she is participating in any phase or aspect of this program or while she is being transported to or from practices, scheduled games, or other cheer activities. In consideration for my child's being permitted to participate in this program, I further agree to indemnify Grand Bay Middle School from any and all liability which might occur resulting from the injury to my child arising out of or in any way connected with this program.

SPORT:                    **Cheerleading**

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_                    TELEPHONE #: \_\_\_\_\_

# Grand Bay Middle School

## Merit/Demerit System for Cheerleaders & Mascot

The cheerleaders and mascot at Grand Bay Middle School 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. Parents will be notified each time his/her cheerleader is given merits and/or demerits. One game probation will be given for every five demerits received. Ten demerits would equal two games and so forth. After accumulation of 20 demerits, the cheerleader will be dismissed from the squad. If a cheerleader is on probation, she is still responsible for any required duties for that period of time.

Probation from an event will be effective immediately following the assignment of demerits. Demerits from football season will carry over into basketball season. Any cheerleader/mascot that accumulates sixteen demerits will not be permitted to try out for the next year's squad.

### DEMERITS

- |   |      |
|---|------|
| 1. Chewing gum, eating, or drinking while cheering  | 2    |
| 2. Tardy for practice, game, or event   | 2    |
| 3. Leaving practice, game, or event early   | 2    |
| 4. Appearance (untidy uniform, jewelry, unsuitable hairstyle)   | 2    |
| 5. Unnecessary conversation during practice, game, or event   | 3    |
| 6. Not wearing the proper cheer outfit, shoes, or accessories   | 3    |
| 7. Constant lack of spirit, pep, smile, or loudness   | 3    |
| 8. Insufficient knowledge of cheers   | 3    |
| 9. Negative remarks from the faculty or staff   | 3    |
| 10. Public display of affection   | 5    |
| 11. Undesirable conduct and/or poor attitude (profane language, poor sportsmanship, inability to work with sponsor, captain, or squad)    | 5-10 |
| 12. Unexcused absence from practice, game, or event<br>(Two unexcused absences from games will be dismissal)                              | 5    |
| 13. Lack of dependability and responsibility<br>(Failure to meet deadlines, playing around during practice sessions, etc.)                | 5    |
| 14. Lack of honesty (cheating, lying, starting rumors)  | 10   |
| 15. Being sent to an administrator's office or the sponsor for discipline attention   | 10   |
| 16. Discipline referral for uniform or gum  | 5    |
| 17. Discipline referral for B offenses<br>(Physical aggression, willful disobedience, skipping, obscene language, phone use during class) | 10   |
| 18. Inappropriate postings on social media or text messages   | 5    |
| 19. Not participating in required fundraiser  | 10   |
| 20. Academic Progress (1 "D" on report card)  | 10   |

### IMMEDIATE DISMISSAL

1. Suspension from school or other behavior infractions as determined by the sponsor and principal
2. Possession or use of drugs, alcohol, or tobacco
3. 2 "Ds" on report card
4. 1 "E" on report card

### MERITS

- |                                  |     |
|----------------------------------|-----|
| 1. Going beyond normal duties    | 2   |
| 2. Positive remarks from faculty | 3   |
| 3. A/B Honor Roll/A Honor Roll   | 3/5 |

I acknowledge that the above-mentioned Merit/Demerit System is in effect as soon as my child makes the 2022-2023 Grand Bay Middle School Cheer Squad.

\_\_\_\_\_  
Parental/Guardian Signature

\_\_\_\_\_  
Date

I acknowledge that I will be held accountable of all cheerleading rules and regulations. I will be issued Merits/Demerits based on the above-mentioned scale.

\_\_\_\_\_  
Cheerleader Candidate Signature

\_\_\_\_\_  
Date

**Grand Bay Middle School  
Parent/Guardian Permission and Medical Release Form**

I hereby give my consent for the below-named student to represent her school in extra-curricular activities. I also give my consent for her to accompany their unit, as a member, to other schools and activities. I also consent and authorize the school or its representative to obtain, through a physician of its choice, such medical attention as is reasonably necessary for the welfare of the student, if she is injured or ill while in the course of school activities. I understand that the school is not financially responsible for any injury which may occur.

\_\_\_\_\_  
Signature of Parent/Guardian

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

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

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

Policy Number: \_\_\_\_\_

Notary: \_\_\_\_\_

My commission expires: \_\_\_\_\_

*This form must be completed and on file with the Cheerleader Sponsor before any student will be allowed to practice or tryout for any unit.*

***It is essential that this parental permission slip be notarized in order for most hospitals or physicians to treat a student.***

**Grand Bay Middle School  
Cheerleader  
Information Sheet  
2023-2024**

**Student Information**

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_\_\_ Grade level 2022-2023: \_\_\_\_\_

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

\_\_\_\_\_

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

Cheerleader Cell: \_\_\_\_\_ Receive Texts:  Yes  No

**Parent Information**

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**Mother's Information**

Name: \_\_\_\_\_ Place of Work: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Father's Information**

Name: \_\_\_\_\_ Place of Work: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Information**

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In case of an emergency and the parents are unavailable, please contact \_\_\_\_\_ who is related to my child by \_\_\_\_\_.

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other Number: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

**Medical/Physical Conditions**

**Please list below any physical limitations or health conditions that the coaches need to know:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_