

Murphy High School Cheerleader Constitution

2023-2024

Purpose

The purpose of the Murphy High School Cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself.

Philosophy

The cheerleading program at Murphy High School is well respected and admired due to the behavior and attitude of its participants and its dedication to tradition, school spirit, and support. Cheerleaders are in a position of visibility and must therefore hold themselves to the highest standards of conduct and performance, both in and out of uniform. Cheerleaders who violate responsibilities or demonstrate poor conduct will forfeit participation or membership in the program.

The program seeks individuals who:

- Set a positive example and demonstrate friendship and respect toward fellow students
- Aspire to great level of performance and work hard to maximize potential
- Displays and maintains good sportsmanship throughout the seasons.

Harmony, hard work, and commitment must exist for the program to succeed. The Murphy High School cheerleading program cannot function unless its members are united with one another and dedicated to the responsibilities outlined in this constitution.

Team Membership and Eligibility for Tryouts

Members for Junior Varsity and Varsity teams will be selected in a formal tryout session, by outside qualified judges.

The Junior Varsity team will consist of 9th and 10th grade student.

The Varsity team will consist of 10th, 11th, and 12th grade students.

To be eligible to tryout, students in grades 9,10, and 11 must be currently enrolled and attend Murphy High School. Students currently in 8th grade must have the intent to enroll and attend Murphy in the upcoming school year. Students must live in Murphy's district or have been accepted into our Signature Academic or IB program. Making the cheerleading team does NOT warrant acceptance into Murphy High School.

Potential candidates must meet the academic guidelines set forth by the Alabama High School Athletic Association.

Potential candidates must have a clean (zero incidents) discipline record for the current school year.

Potential candidates must have all required paperwork uploaded into Dragonfly Max, including current physical.

Potential candidates must pay the required, non-refundable tryout fee of \$25.

If a potential candidate is selected to be a Murphy cheerleader, he/she should be prepared to perform any stunt or tumbling performed at tryouts at any event (camp, game, pep rally, etc.) A doctor's note is the only exception.

Uniforms and Appearance

Personal items (letter, shoes, socks, poms, motion flex uniforms, camp wear, outerwear, etc.) are to be purchased by the individual cheerleaders by the deadline set by the coach.

Each cheerleader shall be responsible for the care of his/her own uniform (pressed and clean for every event, clean socks and bloomers, all seams, zippers, hems, and buttons in repair always). Shoes should be always kept clean and white.

School owned uniforms should be fitted to each individual cheerleader by a reputable seamstress. School owned uniforms may not be cut. All school owned uniforms must be returned to the coach in good and cleaned condition at the conclusion of basketball season. Cheerleader will assume replacement cost if school owned uniform is no longer usable.

All uniforms should be adjusted by a seamstress to ensure proper fit throughout the season.

The length of the uniform will be determined by the coach.

Uniforms are only to be worn in conjunction with school activities.

No part of the cheerleader uniform, including outerwear, will be worn by anyone that is not a current Murphy Cheerleader.

Only current cheerleader outerwear may be worn with cheerleader uniform.

Bloomers or briefs may not be worn as shorts. Sports bras may not be worn as shirts. Sweatpants or warm up pants may not be worn under a cheer skirt.

Hair must be secured and out of the face, no down, side pieces. Hair must be natural color. NO gray, Coca-Cola red, blue, pink, green, burgundy, orange, white, purple etc. is allowed. Hair must be able to go into a ponytail. Hair MUST NOT extend past the waistband of a team member's cheer skirt (up or down).

JV must always wear hair in a ponytail. Varsity will have the option to wear hair half-up or in a ponytail as determined by the coach.

A ribbon must be always worn when in uniform.

Extreme makeup is prohibited. Extra-long lashes and strip lashes are not allowed. Make up must be natural looking.

Artificial nails are prohibited. Nail polish is prohibited. Natural nails must always remain trimmed short (end of fingertips).

Jewelry may not be worn at practice or while in uniform. This includes necklaces, bracelets, anklets, watches, earrings, face jewelry, and body jewelry.

Any visible tattoo is not permitted and will result in immediate dismissal.

All personal items should be carried in a designated cheer bag at games and events. Cheer bags must be kept clean.

Poms are required at all practices, games, and events.

Lost uniform items must be replaced at cheerleader's expense.

Varsity cheerleaders are required to purchase black and white saddle oxfords to wear with all traditional uniforms (not included in fees).

Ankle socks and crew socks (all white) are required (not included in fees).

Transportation

It is each parent's responsibility to provide transportation to and from camp, clinics, practices, games, fundraisers, and events.

Attendance

All practices are required. This includes all practice time during assigned athletic period.

Absence from practice, whether excused or unexcused, will result in missed performances at pep rallies, games, or other events at the coach's discretion.

If a cheerleader is to be tardy or absent from practice, he/she must notify the coach at least 3 days before practice is to begin. In the case of unplanned event, the coach should be contacted asap. Doctor's excuses are required for the absence to be considered excused.

Summer practices are mandatory. Summer vacation dates must be provided to the coach two weeks in advance.

Summer camp is mandatory. Failure to attend camp will result in dismissal from the team.

Cheerleaders must inform the coach when absent from school or when getting an early dismissal.

A cheerleader shall not miss any games during football or basketball season. If one game is missed a doctor excuse must be provided.

A cheerleader must have permission from the coach to miss any game due to extenuating circumstances. Birthdays, family functions, or work will NOT be extenuating circumstances. Each cheerleader must be present no less than 30 minutes before the start of the game, or at the time designated by the coach.

Each cheerleader is required to be present at school to be eligible to participate in a game or event.

On all road trips and away games, the cheerleader will be under the supervision of the coach from the time they arrive until the time they leave the game/event. The coach has the authority to instruct the cheerleaders to leave the premises of the school immediately after the game/event has ended to ensure safety.

A cheerleader who is too ill to attend practice, school, or a game then he or she is too ill to attend any other event occurring at the same time.

Fundraising

Various Fundraisers will take place throughout the year to support the cheer program. Funds raised for the cheer program will be used for signs, supplies, competition fees, music, activities, pep rally props, additional mats, senior night, and various other expenses. Each cheerleader will be expected to support ALL fundraising events which support the program. Parents will be asked to participate in two fundraising events per season.

Fundraisers for individual balance support will take place within the first three months of the team selection.

Financial Obligations

Each cheerleader is responsible for the full cost of participating in the program. Balances must be paid in full by the date assigned by the coach. The full cost of camp and camp related items will be covered before camp by the installment payments made by each cheerleader. Remainder balances must be paid in full before receiving ordered items.

Once items are ordered, any cheerleader who quits or is dismissed from the team will still be responsible to pay for any non-refundable camp costs or ordered items.

Health and Strength

Team members are expected to maintain their health and strength to have the ability to cheer, tumble, and stunt. Regular conditioning and strength training will be a part of the cheer program. If any condition arises (physical, mental, or emotional) that interferes with the safety and function of a cheerleader, proper precautions will be taken to protect the safety of the cheerleader and other team members.

Injuries

If a member becomes injured and is unable to practice and perform with the team, a medical release note must be submitted by a doctor to remove the cheerleader from activity and to clear the cheerleader back into activity. It is expected the injured cheerleader remain in attendance to all functions, even though participation is limited or prohibited.

Grades

All cheerleaders should maintain C or higher averages in all classes throughout the school year. Progress reports will be pulled mid-quarterly and quarterly to monitor academic progress. If at the time grades are pulled a cheerleader has below a C average, he/she will be required to attend tutoring until the grade is brought back to passing. Members are still required to attend all events regardless of participation status.

A D on a progress report will result in the cheerleader sitting out of all events for 1 week.

A D on a report card will result in the cheerleader sitting out of all events for 2 weeks.

An E on a progress report will result in the cheerleader sitting out of all events for 2 weeks.

An E on a report card will result in the cheerleader sitting out of all events for 4 weeks.

Social Media and Communications

Team members must always demonstrate respect and good behavior. All interactions, including those on social media, must reflect decency, kindness, and integrity. All text, comments, photos, videos, and reposts shared or posed via Instagram, Snapchat, Twitter, Facebook, Tik Tok, You Tube. Etc. must follow these guidelines. Cheerleaders must not display any negative reflection of Murphy and the cheerleading program in any posts on social media. Members who choose to conduct themselves poorly via social media will be subject o disciplinary action and or dismissal from the team.

All team communications through text messages must be monitored in a group with the coach. Cheerleaders should not have private group chats the involve all team members. The same guidelines for social media should be followed in all group messaging systems (Band, text messages).

Stunt Guidelines and Rules

Both Varsity and Junior Varsity Cheerleaders will be required to stunt. Murphy is currently stunting at level 1, which is limited to shoulder height stunts. Murphy cheerleading teams will apply to the county cheer committee for permission to stunt at level 2, which is full extension, once the coach is satisfied that the team has consistently mastered all required level 1 stunt skills.

1. All team members, regardless of prior experience, will be required to follow stunting progression to ensure consistent proper execution of a skill or stunt before moving on to the next skill or stunt.
2. No cheerleader may stunt if he/she are not wearing the proper attire. 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 allowed. Hair must be pulled up and away from face and shoulders. Hair devices must be secure (no claw clamps, no jeweled hair barrettes, or bobby pins). Cheer shoes must be worn to stunt.
3. The coach will determine who participates in specific stunt groups.
4. Every team member will learn the basic "how to" of stunting and will be placed in several positions for maximum learning a growth potential.
5. **Stunting may only be practiced or performed under the supervision and instruction of a certified coach.**
6. Whenever stunting is being practiced or performed, only those cheerleaders assigned to stunt by a coach may do so.
7. Only coaches may assign or change stunting positions or groups amongst team members.
8. There is no unnecessary talking allowed during stunting. Back spots will call out counts for execution.
9. A base must not hold objects in a hand that is supporting a top person.
10. No gum or candy may be chewed in mouth during practice or performance.

Stunt Definitions

1. Base – a person in direct weight bearing contact with the performing surface who provides primary support for another person (NFHS).

2. Flyer – the person who is being support by another person(s) while off the performing surface, who has been tossed into the air or who is in weight bearing contact with a prop (NFHS).
3. Back spot- a person in direct, weight bearing contact with the performing surface whose primary function is to protect a flyer’s head, neck, and shoulders (NFHS).
4. Spotter – when learning new stunts spotters add an extra line of safety. Their primary job is to look at the top, be attentive, quick to reach in, help catch the flyer when a stunt is unsuccessful and to know the skill being taught. A spotter is not considered part of a stunt group.
5. Pyramid – two or more connected stunts.
6. Dismount – the way in which the flyer comes down from a stunt.
7. Cradle – dismount in which the flyer is forcibly tossed in an upward direction before being caught by bases.
8. Prep/Prep level – Doubled based stunt held a shoulder level.
9. Extension – When a flyer’s feet are positioned at bases extended arm length.
10. Single based stunt – when only one person is basing a flyer.
11. Double based stunt – when only two people are basing a flyer.
12. Bump down – dismount in which the flyer is lowered back to the starting position before being placed back on the mat.
13. Transition – moving from one stunt body position to another with a skill to connect the two skills.
14. Tick Tock – when the flyer switches weight from one foot to the other in a stunt.

Role of Parents

We encourage all parent to be supportive of the cheerleading program. Please assist your child in upholding the rules and expectations outlined in this document. Parents must not try to regulate or direct any part of the cheerleading program. Coaches are available and happy to discuss questions or concerns outside of practice or game times. Serious concerns may require administrative presence.

Probation and Dismissal

A demerit system will be utilized for disciplinary purposes. This system assigns negative points for rule infractions. All demerits will be assigned by the coach.

Probation will be defined as having to sit out one or more game or event due to infractions or grades.

Cheerleaders are still required to attend practices and events while on probations.

Cheerleaders on probation may not wear the uniform to school or participate in pep rallies.

Cheerleaders receiving 15 demerits will be dismissed from the team.

Cheerleaders will sit out 1 game after accumulating 5 demerits and 2 games after accumulating 10 demerits. Probation will be effective immediately following the assignment of demerits.

Demerits will be assigned for below average or failing grades.

Suspension from school will result in automatic dismissal from the cheer team.

Any cheerleader who is dismissed from the team or who quits the team will not be eligible to tryout for cheerleading the following school year.

Murphy High School Cheerleaders use a standardized code of conduct as outlined in the constitution. Whenever a rule is not observed the cheerleader is given a fixed number of demerits. Cheerleaders will be dismissed after 15 demerits are accumulated. Merits may be earned back by completing approved community service hours.

DEMERIT KEY

INFRACTION	DEMERITS GIVEN
Late for game, practice, or event	1
Not fully dressed for game, practice, event	1
Improper uniform or practice attire	1
Unclean, tattered uniform	1
Improper hair, nails, makeup (lashes)	1
Wearing jewelry	1
Unnecessary conversation with team or crowd	1
Inappropriate language	1
Chewing gum/Eating at inappropriate times	1
Use of phone during game, practice, event	1
Public display of affection at school, in uniform, or at event	1
Poor attitude	1
Lack of Pep or Smile	1
Poor sportsmanship (taunting other team)	3
Failure to turn in completed M on due date	1
Insufficient knowledge of cheers, sideline, dance, stunt	1
Bad remarks from faculty	2
Receiving below average grades on mid quarter/quarter reports	2 to 5
Failing grade on report card	8
Lying to coach	8
Negative reflection on social media	2 to 15 coach's discretion
Inability to cooperate with team, captain, or coach	2 to 15 coach's discretion
Inappropriate behavior while in uniform	2 to 15 coach's discretion
Any infraction resulting in suspension	15 – dismissal
Possession or use of drugs, alcohol, tobacco, vape	15 – dismissal
Visible tattoo	15 - dismissal

Itemized List of Estimated Cost per Cheerleader for the 2023-2024 season.

Description	Estimated Cost per cheerleader	Cheerleader payment due	Covered by team fundraisers
Camp	\$570	\$500	\$70
Apparel (camp clothes, uniforms, accessories, shoes, etc.)	\$2500 Varsity \$2100 JV	\$1700 Varsity \$1500 JV	\$800 V \$600 JV
Stunt Clinics	\$150	\$0	\$150
Competitions	\$300	\$0	\$300
TOTAL	\$3520 Varsity \$3120 JV	\$2200 Varsity \$2000 JV	\$1320 Varsity \$1120 JV

PAYMENT SCHEDULE - VARSITY

March 24	\$550
April 24	\$550
May 24	\$550
June 23	\$550
TOTAL	\$2200

PAYMENT SCHEDULE - JV

March 24	\$500
April 24	\$500
May 24	\$500
June 23	\$500
TOTAL	\$2000

Each item purchased

Fundraising to offset cheerleader payments will be held between March and June of 2023. Cheerleaders may choose to participate or not participate as long as their balance due is paid in full.

Fundraising to offset the remainder of costs will be held throughout the school year and will be mandatory for all team members. Parents (or other adult family member) will be asked to participate in concession stand sales at the University of South Alabama twice during the season.

Three payments must be paid in full prior to camp (May 30th to June 2nd). The remainder payment must be paid by due date for each member to continue his/her role as a cheerleader.

COMPETITION INFORMATION

Both JV and Varsity Squads will be competing in the 23-24 season. Both teams will compete in the Game Day Division at the regional competition and state competition if a bid is received. Competitions take place in the month November and December. An additional regional competition will be considered depending on skill level and commitment of team. Two regional competition bids are required to be considered for National competition. National competition is held in February at Disney and would require additional fundraising not included in the estimated cost.

Murphy High School Cheerleader Application

2023-2024

Applicant Information (print clearly)

Name: _____ Phone Number: _____

Address: _____

Email: _____ Current School: _____ Current Grade: _____

Physical or Medical Conditions: _____

Allergies: _____

Applicant Parent Information

Parent Name: _____ Phone Number: _____

Parent Email: _____

Do you have any cheerleading, dance, tumbling, or stunt experience? Details.

Why are you trying out for cheerleading?

What three characteristics do you believe are most important for a cheerleader to have and why?

How would you add to or create a supportive atmosphere for the team?

What is your idea of good sportsmanship?

Have you been in a leadership role? Describe.

***RETURN A HARD COPY OF THIS FORM**

Murphy High School Cheerleading

Parent Agreement

2023-2024

If my son or daughter is chosen as a member of Murphy High School varsity or junior varsity cheer teams, I promise to encourage my child to promote school spirit, demonstrate good sportsmanship, follow the rules set forth in the cheerleading constitution, and represent Murphy High School in an honorable fashion. I will encourage my child to be responsible and plan ahead to ensure he/she will attend and be prepared for all practices, games, events, and fundraisers.

I have read and fully understand the Murphy High School Cheerleader Constitution, Stunt Guidelines, and Demerit System. Further, I agree to abide by all of the rules and policies that the documents detail.

I understand the financial obligation and agree to pay all money due for cheerleading expenses by the date set forth in this tryout packet.

I understand that my child may be removed from the team at any time due to misconduct and that if my child is dismissed from the team or voluntarily resigns from the team, I will forfeit all monies paid and will be responsible for any remaining balance due once items have been ordered.

I understand that as a cheerleader of Murphy High School, my child is expected to attend all scheduled practices, events, fundraisers, competitions, and games, including regional games and playoff games. In addition, my child may be required to perform at various pep rallies (day or evening), orientations, parent nights, senior nights, community services events, Panther 5K, feeder school pattern events, or any other event requested by administrator or athletic director.

I understand that summer camp and practices are mandatory.

As a parent, I agree to address any issues related to cheerleading with my child's coach. If I do not feel that the issue has been resolved, I may contact the athletic director next, and then the administrator in charge of cheerleading.

By signing this agreement, I affirm my commitment to the cheerleading program at Murphy High School. I understand that this commitment begins at the conclusion of tryouts and continues until the tryouts for the following school year.

Parent Name (printed): _____

Parent Signature: _____ Date: _____

Parent Name (printed): _____

Parent Signature: _____ Date: _____

***RETURN A HARD COPY OF THIS FORM**

Murphy High School
Cheerleading 2023-2024

Informed Consent, Waiver, Release, and Acknowledgement Agreement

Warning: *Cheerleading is a vigorous physical activity involving motion, rotation, and height in a unique environment, as such carries with it a high than ordinary risk of injury. Be advised that serious catastrophic injury, paralysis, or even death could occur, particularly if a participant were to land on his/her head, neck, or back.*

I/We, parent(s) and or legal guardian(s) of _____, who is a student of Murphy High School, wishes to participate in the Murphy High School Cheerleading Program. I/We voluntarily give my/our consent for such participation by my son/daughter.

Cheerleading is an activity that may involve airborne inversion of the body and therefore possesses increased potential that any one of the routines involving my/our child's participation could lead to serious injury, paralysis, or even death. I/We understand that my/our child is required to be in a good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic ability. These activities include but are not necessarily limited to a variety of tumbling maneuvers and a variety of mounts, tosses, and stunts requiring time coordination of more than one participant on the squad. These activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year. I/We understand that the inherent risks of cheerleading cannot be eliminated without jeopardizing the essential qualities of the activity/sport. I/We understand and appreciate the risks and still desire my/our child to participate.

I/We represent that to the best of my/our knowledge and belief, my/our child has no physical, medical, or psychological disability or other limitation that would restrict his/her ability to fully participate in this activity. I/We agree to notify immediately the appropriate school personnel in the event of any change in my/our child's health status. In the event of injury, I/we, as parent or legal guardian, authorize Murphy High School (representatives) to obtain necessary medical treatment for my/our child, and release and hold harmless releasees in the exercises of this authority. I further acknowledge that I/we will be responsible for all medical and related bills that my be incurred on my/our child's behalf.

I/We also understand that my/our child will be required to travel to locations off campus for the purpose of participating in cheerleading activities and the transportation must be provided by the parent.

I/We agree to and by signing this agreement release the coaches, advisors, volunteers, and staff of Murphy High School and the Mobile County Public School System from any claim of negligence by myself/ourselves, and my/our child, and from any liability arising from claims for damages for injure to my/our child and any claims for loss or damage to his/her property which may arise of his/her participation in this school sponsored program for the 2023-2024 year.

In Witness thereof, I/We have affixed my/our signatures to this agreement.

Parent/Guardian Name (Printed) _____

Parent/Guardian Signature _____

Date of Signature _____

Parent/Guardian Name (Printed) _____

Parent/Guardian Signature _____

Date of Signature _____

***RETURN A HARD COPY OF THIS FORM**

Dragonfly Max

<https://www.dragonflymax.com>

1. Create your Dragonfly Max account or Login to your existing account.
2. Choose the state and join Murphy High School J942V5
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.

If prompted, select either Women's Cheerleading Varsity or Women's Cheerleading JV.

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://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

IMPORTANT DATES FOR TRYOUTS

- MARCH 10, 2023, 3 PM – COMPLETED CHEER PACKET AND TRYOUT FEE DUE (CHECKS MADE PAYABLE TO MURPHY HIGH SCHOOL)

TURN IN: PAGES 10, 11, & 12 OF THIS PACKET, 2ND QUARTER REPORT CARD, TRYOUT FEE

MAKE SURE DRAGONFLY MAX IS 100% COMPLETED

- MARCH 14-16, 3:30 PM TO 6:30 PM – TRYOUT CLINIC IN MURPHY'S GYM

- MARCH 17, 2023, 3:30 PM – OFFICIAL TRYOUTS

TEAM ROSTERS WILL BE POSTED ON THE CHEER PAGE OF MHSPANTHERS.COM ON MARCH 18, 2023.

- MARCH 21, 2023, 4:30 PM – UNIFORM FITTING
- MARCH 21, 2023, 6:30 PM – PARENT & ATHLETE MEETING
- MARCH 28, 2023 – FIRST PAYMENT DUE

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form
Revised 2018

Revised 2018

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 (Grades 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2022, will satisfy the requirement through May 31, 2023.

Student's name _____

Physical Examination

Revised 2018

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

(Form must be signed and dated by the attending physician.)