

Causey Middle School Cheerleading Tryout Packet

Dear Parents,

Your child has indicated an interest in being a Causey Middle School cheerleader for the 2022-2023 season. Before tryouts, I want each student to know what will be expected if she is selected for the cheerleading squad. I especially want to inform the parents about general policies and requirements that have been set for all the Causey Middle School cheerleaders. This information packet should answer most of your questions. You will find a schedule of clinic and tryout dates below.

There have been many students who have expressed an interest in trying out for next year's squad. The position that these students will hold is a tremendous responsibility and requires dedication. The responsibilities and obligations of a cheerleader are listed in this packet. Please make sure to go over every one of these with your child and make sure they understand the rules which are set. If selected, there are certain personal and financial responsibilities and obligations, which you and your child must assume in order to qualify and remain a member in good standing. All forms should be signed by students and parents!! Each student who turns in the forms **MUST** attend the information meeting with a parent on Thursday, March 3! This is no exception; the parent meeting is a requirement and will begin promptly at 5:30 P.M. Participants should also make arrangements to stay after school during the week of clinic/tryouts, March 8-11. Parents need to pick students up promptly each day.

THE TRYOUT CLINIC AND TRYOUTS WILL BE CLOSED.

NO PARENTS, GUARDIANS, FRIENDS, ETC. ARE ALLOWED IN THE GYM OR IN HALL.

The packet- *with the non-refundable fee*- should be turned in by Friday, March 4, 2022. No Exceptions!

Sincerely,

Katelyn Busby
Cheerleading Coach
(251) 221- 2060
kbbusby@mcpss.com

Important Dates 2022:

Parent Meeting: Thursday, March 3, 2022.

Mandatory for parents and participants!

6:00 p.m. in the cafeteria

Clinic Dates: Tuesday, March 8th- Thursday, March 10th

2:30-4:00 P.M.

Mandatory

Causey Middle School Gymnasium

CLINIC IS CLOSED

Tryouts: Friday, March 11th!

3:00 –Until

Causey Middle School Gymnasium

TRYOUTS ARE CLOSED

Tryout Fee: \$30.00 (non-refundable)

(Cash or check made to CMS)

Scored on Individual Chant

the following: Group Dance

Group Cheer (w/toe-touch or back handspring)

Jumps: Toe- touch, double toe-touch, pike or hurdler

Show of Spirit

Tumbling abilities (preferred but not required)

Smile/Personality

Attitude

Dress: **Clinic:** shorts, t-shirt, and tennis shoes/cheer shoes

Tryouts: navy blue shorts, solid white t-shirt, tennis shoes/cheer shoes

ABSOLUTELY NO JEWELRY!!!

HAIR OUT OF FACE AND OFF OF THE NECK FOR CLINIC AND TRYOUTS!

(You may want to use hairspray)

NO CELL PHONES DURING CLINIC OR TRYOUTS!

IMPORTANT!!

1. Thursday, March 3, 2022!

- *All Packets are due by 2:15 P.M.
- *Forms, physicals, report card, and \$30 Fee must be in a sealed envelope
- * **NO LATE PACKETS/FORMS WILL BE ACCEPTED**

2. Uniform Fitting

- ***March 16th** (**Mandatory** for all cheerleaders who make the squad)
- *Fitting after school with Varsity Rep from 2:30- 4:30PM

3. Thursday, March 31, 2022!

- ***Mandatory** parent meeting for all cheerleaders who make the squad!
- *In Cafeteria 5:30 P.M. – 6:00 P.M.
- ***FIRST INSTALLMENT** due!

4. Installments:

- *First installment due Thursday March 31, 2022 by 2:45 P.M or Parent Meeting. (\$600)
- *Second installment due Friday April 29, 2022 by 2:45 P.M. (\$600)
- *Third installment due Thursday May 26, 2022 by 2:45 P.M. (up to \$600, remaining balance of your Varsity bill)

CAUSEY MIDDLE SCHOOL CHEERLEADERS' RULES AND REGULATIONS

PURPOSE:

1. Cheerleaders promote and uphold school spirit.
2. Cheerleaders are role models for the entire Causey student body and always conduct themselves in an exemplary manner- both on and off the school campus.
3. Cheerleaders show good sportsmanship at all sporting events.
4. Cheerleaders promote the crowd involvement at all games and functions.
5. Cheerleaders must maintain a respectful attitude.

MEMBERSHIP:

1. There will be one Causey Middle School Cheerleading Squad.
2. The squad will consist of 1-2 Captains.
3. All students- regardless of race, gender, culture, ethnic background, and/or religious beliefs- are eligible for membership on the squad.
4. If a student is under a doctor's care, he/she must have a doctor's note stating that she is able to participate in ALL cheerleader activities; otherwise, she will not be allowed to participate.

REQUIREMENTS:

1. Cheerleaders must have a "C" average **in each class** the semester before tryouts. He/she must also maintain the "C" average **in each class** while on the squad. The cheerleader's year begins the moment he/she is selected for the squad. Failure to maintain these requirements will lead to probation from games and/ or removal from squad.
2. Before tryouts, all grades of candidates will be checked from the semester prior to the date of tryouts. Along with the review of grades before try outs, the cheerleaders will also be checked quarterly throughout the school year.
3. If a cheerleader drops below a "C" average **in any class** on progress reports, the cheerleader will be placed on game probation.
4. Probation due to grades will mean that a cheerleader will not be allowed to participate in squad activities -pep rallies, games, etc... Though he/she will not be allowed to participate, the cheerleader must still attend all functions and is still responsible for all duties; however, he/she will not be permitted to dress in uniform.
5. Each cheerleader must remain in good standing with the school. Retract or detention will result in demerits. If a cheerleader is suspended from school she is dismissed from the squad. No exceptions.
6. **Any tumbling that a candidate performs at tryouts, such as back handspring or back tucks, must be performed at every game, pep rally, or performance. A doctor's note is the only exception.**

PRACTICES:

1. **ALL practices are required.**
2. All practices are scheduled by the coach.

3. If for any reason a cheerleader is going to be tardy, leave early, or miss practice, she **MUST** notify the coach 24 hours before practice begins. Failure to notify the coach may result in a suspension of the cheerleader from the following game, function, performance, etc ...
4. One unexcused absence from a practice or game will automatically place the cheerleader on game suspension. Two unexcused absences will automatically dismiss the cheerleader from the squad for the rest of the season.
5. **Scheduled summer practices are required. This includes the mandatory practice week before the beginning of school.**
6. **Camp is mandatory! NO EXCEPTIONS!**

UNIFORMS AND APPEARANCE

1. Cheerleading items (uniform, poms, bloomers, shoes, socks, camp gear, practice uniform, etc.) are to be purchased by the individual cheerleaders by the deadline set by the sponsor.
2. Each cheerleader is responsible for the care of their own uniform. The uniform should be pressed and clean for every event. Refer to the code of conduct for the number of demerits and subsequent consequences concerning uniform infractions.
3. Uniforms are to be worn to school on game day.
4. Uniforms are to be worn **ONLY** in conjunction with school activities. (ex. Cannot wear as a Halloween costume)
5. Hair should be kept clean, out of the face, and not brushed in public.
6. **NO JEWELRY** should be worn at any time with the uniform. This includes practice, game, functions, performances, etc... This includes newly pierced ears.
7. Sweat pants will not be worn with the uniform at any time.
8. No part of the cheerleading uniform, practice clothes, camp gear, or outer wear, from any year, will be worn by anyone besides CMS cheerleader.
9. If you ARE NOT participating in the game/event scheduled, you WILL NOT be allowed to wear uniform to school.

GAMES

1. A cheerleader should not miss ANY games during volleyball (if we cheer at a volleyball game), football, or basketball season. In the circumstance of a legitimate emergency or an illness, a doctor's note must be given in order to excuse the cheerleader. The coach is the only person who can give permission to miss a game for extenuating circumstances; otherwise, it will be considered **unexcused and demerits or probation will be given.**
2. Each cheerleader must arrive 45-60 minutes prior to the start of each game. The coach will give the arrival time.
3. Each cheerleader **must be present** at school the day of a game, function, or performance to participate in the game or event.
4. A cheerleader **must check with the coach** before leaving school with an early dismissal (except in case of an emergency) on practice or game day.

PROBATION

1. A merit/demerit system is put in place for disciplinary purpose. This system awards positive points for exemplary behavior and negative points for rule infractions.
2. If a cheerleader is on probation because of grades or demerits, she will still be responsible for any required duties for the period of time.
3. If a cheerleader is on probation for a game, he/she is **not allowed** to wear the uniform to school.
4. If a cheerleader drops below a "C" average **in any class** she will be placed on probation.
5. No cheerleader is permitted more than 20 demerits per school year.

6. Suspension from school will result in immediate dismissal from the squad.
7. Any cheerleader who quits the squad will not be allowed to try out for the squad the following year. Any cheerleader who misses 2 events/games consistently without notifying the coach will be dismissed immediately and not allowed to try out for the squad the following year.
8. The coach or principal has the right to suspend a cheerleader from any game, function, or performance for reasons at her discretion.

SOCIAL MEDIA GUIDELINES FOR ATHLETES AND PARENTS:

Should any actions, videos, photos, social media posts, etc. that show athletes in questionable situations arise will be grounds for immediate suspension and/or removal from the program/squad. Per coaching staff and administrations discretion. No videos of practices, performances, etc. will be posted to social media sites such as Facebook, Instagram, Pinterest, Snapchat, Tik Tok, Youtube, etc. unless given permission by the coaching staff. If you are in your Causey Uniform no pictures posted to social media unless approved by the coaching staff.

Parents:

Each parent is expected to maintain a positive attitude about individual athletes, the team, coaches, program, and competitors. The CMS Cheer Coaching staff are expecting parents to have words of encouragement and help coaches teach/demonstrate good sportsmanship. Parents are expected to follow rules and regulations just as athletes are and not second guess decisions made by the coaching staff. Any parents that make drama, bring negativity, and create a difficult or hostile environment will have their child/ren dismissed from the program. Parents are not permitted into practices unless the coaches give permission. Otherwise, all practices are **CLOSED**.

Each cheerleader/parent will be responsible for the payment of choreography, tumbling practice, stunt trainings, competition fees, and/or any other expenses that shall arise.

Causey Middle School Cheerleader Code of Conduct

Please read and understand these rules.

2 DEMERITS

1. Late for game, function, or practice... late posters/gimmicks (late back after ½ time)
2. Chewing gum, eating, drinking while practicing or cheering
3. Not dressed for practice; no poms and/or correct shoes for game or practice
4. Untidy uniforms, dirty tennis shoes; no ribbon or wrong ribbon, wrong jacket
5. Allowing a non-cheerleader to wear any part of your uniform
6. Unnecessary talking/laughing with ANYONE during practice or during a game
7. Having written words/numbers/symbols on hand while in uniform
8. Failure to show progress report or report card to coach
9. Bangs in face/ "loose" hair
10. Not performing tumbling skills and/or jumps during events/games

3 DEMERITS

1. Jewelry or nail polish on while in uniform; bra straps showing (any hygiene issue)
2. Failure to check in with coach the morning of a game
- 3. Failure to give coach 24 hours' notice that you will miss a game/function** (illness will require a note from a doctor- If you miss school, you will miss the game.) TRUE EMERGENCIES will be considered if they occur.
4. Being picked up early without telling the coach before the game ends. Leave 3 games or functions early for any reason and you may be benched.
5. No posters/signs for games by designated due date.
6. WEARING THE WRONG UNIFORM TO SCHOOL (even for 5 minutes)
7. Bad remarks from faculty on report card, in a note, or during a conversation.

5 DEMERITS

1. Inappropriate behavior on or off campus while in uniform (If the behavior is bad enough even without uniform on)
2. Discipline referrals (subject to the coach's discretion)
3. Breaking established rules (subject to coach's discretion)
4. Public display of affection- kissing, hugging, holding hands... ECT, especially on social media
5. Getting in trouble on the bus
6. After school detention for ANY reason
7. ARGUING/ NOT GETTING ALONG WITH OTHER CHEERLEADERS (this means posting anything on Facebook, Instagram, text, writing it in a letter, at practices, or any other event you are in a unified setting!)
8. PE RETRACT (If I find out and you did not come and tell me, you have your 5 plus 10 for not informing the coach)
9. Possession of cell phone while at practice, game, or event
10. Profanity, vulgar movements, or gesture (during a game or practice) or on social media
11. Retract/ Detention for Class A offenses (As outlined by the MCPSS Code of Conduct)
12. Talking with friends on sidelines or bleachers during the time you are to be cheering.

10 DEMERITS

1. Lying to the Coach
2. Retract for Class B offenses (As outlined by the MCPSS Code of Conduct)
3. Posting vulgar language, behaviors, remarks, or gestures on social media! In or out of your Causey uniform.

**** IMMEDIATE DISMISSAL from the squad if SUSPENDED.**

**** IMMEDIATE DISMISSAL from the squad for possession or use of alcohol, drugs, or tobacco.**

10 DEMERITS= 1 game probation; cannot participate or wear uniform or cheerleading jacket to school game day; must sit near coach and cheer

15 DEMERITS= 2 games probation; cannot participate or wear uniform or cheerleading jacket to school game day; must sit near coach and cheer squad

20 DEMERITS= Removed from the squad.

**** If a cheerleader quits for any reason, she cannot tryout again at Causey.**

**** If a cheerleader is benched on behalf of his/her parent, the cheerleader may be subject to demerits associated with not cheering at an event. *Parents deciding to sit their child from an event for any reason should contact the coach, so there is an understanding on behalf of all involved parties.**

Communication is key. The coach is not in a position to discourage parental discipline. The coach is, however, entitled to be informed of such instances before the disciplinary action on behalf of the parent is taken.

CAUSEY MIDDLE SCHOOL CHEERLEADING TRYOUTS: INFORMATION SHEET

Please complete the following information. Please print legibly.

Student Name:	
Current Grade Level:	
Home Address:	
Home Phone:	Cell Phone:
Email Address:	Birthday:

Parent/ Guardian Name:	
Home Address: (if different from above)	
Parent Guardian Home Phone: (if different from above)	
Mother's Work Phone:	Mother's Cell Phone:

Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact:	Relationship:
Emergency Phone:	Emergency Cell Phone:

WAIVER, RELEASE, AND INDEMNIFICATION AGREEMENT

Allergies/Health Problems/Medications: (Please describe in detail)

I am the parent/guardian of _____, a student at Causey Middle School. My child desires to be part of Causey Middle School's cheerleading squad. I also desire for my child to be a member of the cheerleading squad.

I have read the by-laws, rules, and regulations applicable to the cheerleading squad. I acknowledge that participation in the cheerleading squad carries with it potential hazards. My child could fall, be knocked over, run into, or bumped; He/she could possibly receive bruises, broken bones, concussion, and/or serious injury as a result of some of the gymnastics/acrobatics and/or building stunts/pyramids practiced or performed as a part of the cheerleading squad.

I hereby attest and verify that my child has seen a physician and obtained a physical, deeming my child physically fit and able to participate in the strenuous exercise that is necessary and part of the cheerleading program.

In CONSIDERATION for my child having the opportunity to participate in the school's cheerleading squad, I hereby release the Board of Education, the school, the principle, the sponsor, the faculty, and parent volunteers, or any one or more of their executors, administrators, heirs, next of kin, successors, or assigns of and from any liability- whether or not caused by negligence, resulting from injury or death as a result of my child's participation in cheerleading activities and related events.

IN FURTHER CONSIDERATION of the acceptance of my child in the cheerleading squad at the school:

- a. I hereby agree to comply with all the rules and regulations applicable to the cheerleading squad, to encourage my child to so comply, and to assist the cheerleading sponsor and the faculty and parent volunteers in encouraging all participants in the cheerleading squad to so comply.
- b. For myself, my executors, administrators, heirs, next of kin, and assigns:
 1. I WAIVE AND RELEASE any and all claims that I may have against the Board of Education, the school, the principal, the sponsor and the faculty and parent volunteers, or any one or more of their executors, administrators, heirs, next of kin, successors, or assigns of and from any liability, including any and all claims for damages caused by the negligence of any of them, resulting from or arising out of my child's participation in cheerleading activities and related events.
 2. I AGREE TO INDEMNIFY AND HOLD HARMLESS the Board of Education, the school, the principal, the sponsor and the faculty and parent volunteers, or any one or more of them or their executors, administrators, heirs, next of kin, successors, or assigns of them against any such claim for injury, damages or costs, including attorney's fees, arising from, related to, or otherwise occurring as a result of the negligence of any of them, in connection with my child's participation in cheerleading activities and related events
 3. I CONSENT to allowing my child to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness resulting from or arising out of my child's participation in cheerleading activities and related events.

Signature of Parent/Guardian

Date

PARENTAL PERMISSION TO BE A CHEERLEADER

I, _____, have read and fully understand the rules and demerit system which my child must follow if chosen for Causey Middle School's cheerleading squad. I understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, and summer camp is a **requirement** for all the elected cheerleaders.

I hereby give my child, _____, my permission to try out for cheerleader at Causey Middle School and recognize the responsibilities and requirements as a leader of the school. I understand that if selected, the child's parent/guardian must pay for summer camp, uniforms, etc. A reasonable estimate of these expenditures for a first-year cheerleader is **\$1,500 for the school year of 2022-2023**. The first installment of \$500 will be due immediately, following tryouts, on **March 31, 2022**. Dates will be given for a series of installments to pay for the remaining cheerleading expenses. **No uniforms or other cheer related items will be distributed until the balance is paid in full.** I understand that these amounts must be paid in full on the dates due or my child will not be able to continue in their role as a cheerleader.

Signature of Parent/Guardian

Date

PARENT/GUARDIAN PERMISSION AND MEDICAL RELEASE FORM

I hereby give my consent for the below-named student to represent his/her school in extra-curricular activities. I also give my consent for my child to accompany the squad to other schools and activities. I also give 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.

Parent/ Guardian Signature

Date

Address

_____ Insurance Company _____ Policy Number

Permission and Agreement

Be advised that if you make the cheerleading squad, you are making a commitment to Causey Middle School, your coach, your teammates, and yourself for the entire season. The decision to try out should be taken very seriously. You will be expected to consider cheerleading as one of your top priorities. As a representative of the cheerleading squad and Causey Middle School, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Rules and Regulations. Students who break the rules will be subject to the penalties presented in the code of conduct. By making this commitment to Causey's cheerleading squad, you will receive many valuable and rewarding experiences.

Student Agreement

I, _____, have read and understood the 2022-2023 Rules and Regulations for cheerleaders. I agree to abide by the policies presented, should I be chosen as a member of the 2022-2023 squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent/guardian of _____ have read and understand the 2022-2023 Rules and Regulations for cheerleaders. I agree to abide by these policies described if my child is chosen as a member of the 2022-2023 squad. I also agree to the financial obligations presented in the information packet provided. I understand that failure on behalf of the parent or the child to adhere to these policies could result in dismissal from the squad.

Parent/ Guardian Signature

Date

Competition Cheerleading

Causey **will not** compete as a squad this year. Instead, we have opened the opportunity for members of Baker Varsity, Baker Junior Varsity, and Causey to tryout for competition team. Tryouts for competition team will be held in July. We will compete as one, large varsity squad. We will attend Regionals (November), State (December), and one DIFFERENT competition (between November-December) to receive a bid to Nationals in Orlando, FL (which is held at Walt Disney World around the end of January/ beginning of February). If you are selected, you will be required to order one baker uniform for performance.

You are **not required** to tryout for the competition team and not participating will not influence your membership on the regular squad. Competition requires a lot of time and dedication, and it will also come with some added cost. We will do our best to fundraise and cover as much as we can without coming out of pocket.

Please understand that by committing to this position as a Causey Middle School cheerleader you are putting cheerleading first. Any conflict with other sports, extracurriculars, and/or after school requirements will not be tolerated! You should not miss cheerleading practice, games, or competitions to attend another sport, extracurricular, and/or after school requirement unless specified by the coach. If you cannot comply with the rules of the coaching staff, you will be placed on suspension and/or removed from the squad.

Schedule: Everyone is given a schedule in advance. You must let the coaches know if there are any conflicts. Athletes can not miss a competition and missed practices are unacceptable. If an absence needs to occur, it must be cleared by the coaching staff 1 month prior to missed practice. The coaching staff will do their best to stick to the schedule and try to not make many changes. Decisions made due to weather about practices and competition will be made by the coaching staff and will put the safety of our cheer families first. **All practice and competition schedules are TBA but will be provided once plans are set in stone.**

If you cannot comply with the rules of the coaching staff, you will be placed on suspension and/or removed from the squad.

Teacher Recommendation Form

CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

Causey cheer needs motivated, dedicated members! We are counting on you to ensure that our new members are leaders in the classroom. Please rank this candidate according to the following criteria:

5 = Outstanding 4 = Excellent 3 = Good 2 = Fair 1 = Poor

Recommending Teacher #2(Can be a teacher you have now or from last year but it must be a core subject teacher!)

Printed Name: _____

Teacher Signature: _____

Leadership

1. Models good attitude and behavior 5 4 3 2 1
2. On Time with supplies and work 5 4 3 2 1
3. Respectful to the teacher and peers 5 4 3 2 1
4. Polite; follows directions 5 4 3 2 1
5. Peer Interactions 5 4 3 2 1
6. Works well with different types of students 5 4 3 2 1
7. Self-motivated; on task; hard worker 5 4 3 2 1

Please provide any additional comments:

Teacher Recommendation Form

CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

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Recommending Teacher #2(Can be a teacher you have now or from last year but it must be a core subject teacher!)

Printed Name: _____

Teacher Signature: _____

Leadership

1. Models good attitude and behavior 5 4 3 2 1
2. On Time with supplies and work 5 4 3 2 1
3. Respectful to the teacher and peers 5 4 3 2 1
4. Polite; follows directions 5 4 3 2 1
5. Peer Interactions 5 4 3 2 1
6. Works well with different types of students 5 4 3 2 1
7. Self-motivated; on task; hard worker 5 4 3 2 1

Please provide any additional comments:

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? 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? Have you ever been dizzy during or after exercise? Have you ever had chest pain or discomfort in your chest during or after exercise? Do you tire more quickly than your friends during exercise? Have you ever had high blood pressure? Have you ever been told that you have a heart murmur, high cholesterol, or heart infection? Have you ever had racing of your heart or skipped heartbeats? Has anyone in your family died of heart problems or a sudden death before age 50? Does anyone in your family have a heart condition? 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? Have you ever been knocked out or unconscious? Have you ever had a seizure? 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? 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? 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? 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? 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"/> 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	<input type="checkbox"/>	<input type="checkbox"/>
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, 2021, will satisfy the requirement through May 31, 2022.**

Student's name _____

Physical Examination

Revised 2018

LIMITED	Height _____ Weight _____ BP ____ / ____ Pulse _____		
	Vision R 20 / ____ L 20 / ____ Corrected: Y N		
		Normal	Abnormal Findings
	Cardiovascular		
	Pulses		
	Heart		
	Lungs		
	Skin		
	E.N.T.		
	Abdominal		
	Genitalia (males)		
	Musculoskeletal		
	Neck		
	Shoulder		
	Elbow		
	Wrist		
	Hand		
	Back		
	Knee		
	Ankle		
Foot			
Other			

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for: Collision Contact Noncontact _____ Strenuous _____ Moderately strenuous _____ Nonstrenuous

Due to: _____

Recommendation: _____

Name of physician _____ Date _____

Address _____ Phone _____

Signature of physician _____, M.D. or D.O.

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