



2024-2025 Cheerleading Season

Dear Parents and Prospective Cheerleaders,

Thank you for your interest in the SJMSAA Cheerleading Program. Mark your Calendars as the Cheerleading clinic and tryout will be hosted at each school shortly. Being chosen as an SJMSAA cheerleader should be seen as both an honor and a commitment. Squad membership is a privilege and will focus on excellence in academics, leadership and character in game day performances.

Academics should be a priority for all SJMSAA cheerleaders. A successful cheerleader should be to balance schoolwork, a busy cheerleading schedule and personal responsibilities. Squad members must maintain a 2.0 GPA. However, many of our cheerleaders exceed this minimum requirement. Being a student-athlete is rewarding.

Leadership and positive character traits are also important qualities that each candidate must possess. The SJMSAA board expects cheerleaders to set a positive example for behavior and character not only at school but in the community as well. Whether in a uniform or not, a SJMSAA cheerleader must exhibit respect, trustworthiness, fairness and good sportsmanship to all those around him or her. In school, respect includes arriving to class on time and being prepared with materials and assignments.

Commitment will be key to a candidate's success as a SJMSAA cheerleader. Cheerleaders will be expected to attend all scheduled games, practices and team activities.

Thank you again for your interest in SJMSAA cheerleading and good luck!

Cheers!
SJMSAA CHEER COMMISSIONER
Tanya White

sjmsaacheer@gmail.com

Cheerleading By-laws

A cheerleader is a representative of SJMSAA, whose purpose is to promote and uphold school spirit, as well as to represent SJMSAA to the high degree possible in performance, competition, and in daily life. A cheerleader's behavior should exemplify good moral character, trustworthiness, friendliness and leadership. She/he should be a positive role model for other students, and she or he should exhibit responsibility, dependability and integrity for herself /himself and others.

Membership

Cheerleading for SJMSAA is from April 1st to February 15th. Cheerleading should take priority over ALL other extracurricular activities during the cheerleading season. If you participate in a sport other than cheerleading, you must notify a coach prior to tryouts to establish whether a conflict will arise during the cheerleading season.

Failure to do so can be grounds for dismissal from the squad with no refunds.

Cheerleaders must follow all rules and regulations set forth by the St. Johns County School Board and SJMSAA and the cheerleading coach. Inappropriate behavior on or off campus, photos, any social media or texting with any SJMSAA attire on will be grounds for dismissal from the squad with no refunds.

Being selected as a cheerleader one year no way guarantees placement on the squad the following year.

The squad will be selected solely by the cheerleading coaches' discretion.

If a member quits the team during the time of tryouts to competition season, it will be up to the coaches' discretion if the athlete will be allowed to tryout out for the following year.

Responsibilities

All members will be required to attend ALL practices, ALL games, ALL competitions and ALL cheer activities. The coach will have the right to determine if a member will participate in an event according to her participation and effort during the week of a game, event competition or performance.

Every member must always maintain a 2.0 GPA. Grades will be checked with each interim and report card period.

Members will be required to pay for association fees, practice wear, camp fee, uniform and cheer accessories that each coach feels necessary. In addition, some schools do not have the privilege of practicing on campus after school. With, a gym

fee may be required to host practices. It's also up to the coach to require girls to be enrolled in a tumbling/cheer class at a local gym. It is up to the coach to decide whether the team will compete during our season. Competition fees, choreography/music fees, coaches travel, and athletes travel fees may apply.

Practice days and times will be determined by the coach at the beginning of the season. The coach will make every effort to be consistent with the practice schedule. Please be aware that practices are added as needed throughout the season, but especially if the coach decided to compete. Sideline cheerleaders and competition team is separate. It is up to the coaches if your team competes. Your Coach will set these guidelines out at the beginning of the season. The coach will decide if the athlete has a position on the competition team or is an alternate. All alternates are expected to attend the practices that the coach requires. If you accept your position on the competition team you are required to compete at all competitions.

Cheerleaders are expected to perform at practice as they would at a game or competition.

Cheerleaders must consistently perform at or above the level exhibited at tryouts. Failure to do so will be grounds for dismissal from the squad with no refunds.

Example: if a cheerleader performed a standing back tuck at tryouts, she or he must consistently demonstrate that skill throughout the season.

Sideline Cheer Camp is MANDATORY - Camp date is May 31-June 2nd. Your coach will give details for times and locations! 2024 The Quindecade Era, Celebrating 15 years of SJMSAA! These camp fees are included in your registration fees.

There may be other clinics and camps that are required by your coach.

Uniforms

Uniforms will be purchased by the cheerleader. In addition, all cheer accessories will be purchased by cheerleader (bow, briefs, poms, rain jackets, bag, shoes). We do our best to be frugal and help with fundraising opportunities as much as you want to head them up and organize them. However, cheerleading is an expensive sport.

Rules of Uniform

Full cheer uniform consists of shell top, skirt, briefs, socks, cheer shoes and bow. Uniforms cannot be altered without the coach's approval.

Neither uniforms nor any practice wear are to be worn unless told to do so by your coach. Neither uniforms nor any practice wear may be worn by or loaned to a non-team member.

Fingernails should be short with no fingernail polish worn while in uniform. Absolutely **NO** jewelry at any time should be worn with practice wear or cheer uniform. When arriving to events, practices or games, cheerleaders should be fully dressed before getting out of car.

No other apparel should be worn with uniform unless you are told to do so by coach (example: pants underneath your skirt, or jacket/sweatshirt over your uniform.)

Some cheer accessories maybe provided by the coach. If so, these are to be returned within one week of the season ending. If a cheerleader quits or is dismissed from the squad, they need to be returned immediately. Cheerleaders are responsible for replacing items that are lost or damaged.

Attendance

1. All practices, games and events are mandatory.
2. There are NO EXCUSED absences. If a cheerleader misses practices within 1 week of a performance/game, she/he will be benched for that upcoming performance/ game. It is up to the coach to determine if she/he can participate on the sidelines. If a cheerleader misses practice the week of a game, event or performance she/ he will be benched and still required to attend in full uniform and sit by the coach.
3. All cheerleaders are required to attend practice unless she or he has an illness that is deemed contagious by a physician. Alert a coach of any illness prior to practice. If a cheerleader is ill, but not contagious, she/ he will be required to attend practice and will be permitted to sit on the side or sidelines.
4. If a physician has restricted a cheerleader's participation due to an injury, a doctor's clearance must be presented before the cheerleader will be allowed to resume cheerleading activities.
5. It is the cheerleaders' responsibility to notify the coach as soon as she/he knows they will not be in attendance to practices, games or events.
6. Demerits will be given for not contacting the coach in advance for missing practices, games or events.
7. Demerits will be given for excessive absences.
8. Excessive absences can result in removal from the squad with no refunds given. Commitment is vital to the success of a squad when one member is not present, it affects his or her entire stunt groups ability to practice and the team's ability to practice. This is not fair to the entire team and will not be tolerated.
9. If a member is absent, it is the member's responsibility to contact the coach or a teammate to learn what is missed. Failure to do so can result in demerits.

Performances at Practices, games or events

1. Upon arrival you should be dressed in **FULL** uniform before exiting your car.
2. Cheerleaders who appear to be improperly dressed or unprepared for practice, game or events she/he may be required to sit out. Sitting out will that the member will not participate during the event but will sit next to the coach.
3. Parents are responsible for transportation to and from ALL practices, games or events.
4. Cheerleaders are expected to arrive 10 minutes early to practice (in appropriate practice attire, prepared to begin).
5. Cheerleaders are expected to arrive at least 30 minutes early for games or events unless specified by the coach.
6. Excessive tardiness will not be tolerated can result in demerits or removal from the team with no refunds given.
7. Cheerleaders may not leave practice, games/sidelines or events without permission of the coach.
8. Specified spirit wear will be worn to school on game days. Failure to wear the assigned items when instructed will be considered defiance and will result in demerits.
9. Horseplay, excessive talking or laughing during practice, game or event will not be tolerated. We want you to enjoy cheering, but you must remember your purpose as a sideline cheerleader is to lead the crowd. In addition, excessive play or talking while stunting, formation on the sidelines or practice or events is grounds for removal and even dismissal from the team.

Appearance

1. Cheerleader must be always neat and clean. The uniform and shoes must be cleaned regularly.
2. Hair is to be always worn up out of your face with your practice or performance bow, unless directed otherwise.
3. Jewelry is prohibited and is not to be worn at any practice, game or event.
4. Chewing gum is prohibited and is not allowed at any practice, game or event.

Parental Commitment

1. Parents are responsible for the monetary obligation that will be clearly outlined by each school's cheerleading coach at the beginning of the season.
2. Parents are asked to volunteer to assist in making candy bags, team meals, transportation, head and work fundraisers and providing drinks at games.
3. Parents are responsible for proper and timely transportation to and from all events.
4. Parents are required to provide all appropriate funds and paperwork by announced deadline.
5. Parents must attend ALL meetings asked of the coach.
6. Parents understand that cheerleading is a big commitment and have read and know the mandatory dates and will have their child in attendance for her/him to participate in this cheer season. Failure to do so can result in your cheerleader be dismissed from the team.
7. I understand, there are NO refunds at any time.
8. Parents must always show full support for the coach. We understand there may be disagreements on decisions that can or will be made. The coach's decisions are not based on your cheerleader rather than they are based on the whole team.
9. If you have questions or concerns, you are to contact your coach first.
- 5 10. Any parents that are involved in or begin gossiping amongst other parents, cheerleaders or teams is grounds for an immediate dismissal for your cheerleader. We have ZERO tolerance for gossiping parents or cheerleaders.

11. I understand that the demerit system is in place. My cheerleader cannot work off demerits. Once my cheerleader reaches 10 demerits she will be dismissed from the team with no refunds.
12. Parents are responsible for making sure the coach is contacted in advance when your cheerleader will be missing practice
13. I understand that there are NO EXCUSED ABSENCES and my daughter will be benched for the upcoming performance if she were to miss practice the week prior to.
14. I understand that my cheerleader will be benched if she/he misses practice the week of a game or performance, but still required to have she/he in attendance, dressed out sitting by the coach.
15. I understand that there is a maximum of 3 days from the time the acceptance email is sent to accept my cheerleaders position on the team and submit payment for my child to participate in SJMSAA Cheer.
16. I understand Summer Cheer Camp is MANDATORY.
17. I understand if my athlete quits the team during the time of tryouts to competition season, it will be up to the coaches' discretion if the athlete will be allowed to tryout out for the following year.
18. I understand it's up to the coaches if our team will compete. The guidelines will be presented at the beginning of the season and it will be a part of the cheer season and my athlete must complete it to be in good standing unless approved by coach.

There is a Chain of Command for communication:

Parent/Athlete

Coach

Cheer Commissioner

SJMSAA Athletic Director

SJMSAA Board Member

SJMSAA President

Below is the SJMSAA Cheerleading Demerit System that is implemented with all SJMSAA Cheer Teams.

Demerit System

Out of uniform including practices, games or events,	1
Not being prepared for practice, games or events (example: getting out of car not fully dressed)	2
Not bringing all material asked to practice games or events	2
Arriving late to practice, games or events	3
Using any foul language, disrespect, laziness, arguing or starting drama amongst team members, talking about another team member,	4
Failure to contact coach prior to practice, games or event	5
Any social media, pictures, texting that is deemed in appropriate	5-10 depending on content

Once cheerleader reaches 5 demerits, she/he will be benched for upcoming game or event.

Once cheerleader reaches 10 demerits, she/he will be dismissed from the team with no refunds

Cheerleader does not have the opportunity to work off demerits. Once she is benched for her first 5 demerits, those demerits stay for the remainder of the year.

Print and Return this page to your Coach before Tryouts.

I understand the rules and guidelines for my commitment for the 2024-2025 **SJMSAA** Cheerleading Season.

Team Name _____

Athletes Signature _____

Print Name _____ Date _____

Parent Signature _____

Print Name _____ Date _____



SJMSAA Information

Cheer Commissioner: Tanya White cheer@sjmsaa.com

\$35.00 non-refundable tryout fee, this fee will apply towards your cheer fees.
If your child is not registered and on the tryout roster, your athlete will not be able to attend nor participate in the tryout process until they are registered.

All athletes must turn in two forms before and/or the day of tryouts. They may not participate if these forms aren't complete.

1. Sports physical
2. Consent and release of liability (Forms attached to this packet)

Find both forms at:

Sjmsaa.com

Info

Forms

Where can parents and athletes find your teams information:

Sjmsaa.com

Sports Cheer

General and tryout info

How do Parents register their athletes:

Sjmsaa.com

Sports

Cheer

Register

At the bottom of the page it gives a link to explain how to register your athlete

How do I know if my cheerleader made the team:

You will be sent a link to the email you chose when you registered your cheerleader. It will be 1 of the 2 emails Congrats or Regrets

If your cheerleader made the team:

An email will be sent, it will ask you to accept the position, upon accepting the position, you understand all rules/regulations/financial agreements set forth by the SJMSAA Cheer Program. In order to complete this step, you will submit your first payment of \$178.00. Your cheerleader will not be able to participate nor attend any cheer practice/event until this is completed and their names have been added to the roster. You will have 3 days upon receipt of the acceptance email to complete this process. If it's not made complete within 3 days, and there are other alternates the spot will be offered to the next in line.

SJMSAA OFFERS NO REFUNDS AT ANYTIME FOR OUR CHEER PROGRAM

SJMSAA Registration Fee's

2 Payment Options-

-Pay in full or Split in 2 payments/ registration fee is - \$575.00

April 15th and June 15th (\$287.50 each)

Association Fee's include 2 day Sideline Cheer Camp, coach fees for camp, camp shirt, lunch at Camp (Day 2), coach stipends, athlete insurance, coach certifications fees, county fees to use fields for games, Athletic trainers and resource officers for games, SPARC ANNUAL MEMBERSHIP and shirt.

Social Media/Communication: (SJMSAA)

Instagram: [sjmsaacheer](https://www.instagram.com/sjmsaacheer)

Facebook: Saint Johns Middle School Athletic Association [@sjmsaamedia](https://www.facebook.com/sjmsaamedia)



Consent and Release from Liability Certificate (Page 1 of 2)

This completed form must be kept on file by the team coach or administrator

Part 1. Student Acknowledgement and Release (to be signed by student at the bottom)

I have read the (condensed) SJMSAA Eligibility Rules printed on the reverse side of this "Consent and Release Certificate" and know of no reason why I am not eligible to represent my school in interscholastic athletic competition. If accepted as a representative, I agree to follow the rules of my school and SJMSAA and to abide by their decisions. I know that athletic participation is a privilege. I know of the risks involved in athletic participation, understand that serious injury, including the potential for a concussion, and even death, is possible in such participation, and choose to accept such risks. I voluntarily accept any and all responsibility for my own safety and welfare while participating in athletics, with full understanding of the risks involved. Should I be 18 years of age or older, or should I be emancipated from my parent(s)/guardian(s), I hereby release and hold harmless my school, the schools against which it competes, the school district, the contest officials, the coaches and SJMSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against any of the aforementioned because of any accident or mishap involving my athletic participation. I hereby authorize the use or disclosure of my individually identifiable health information should treatment for illness or injury become necessary. I hereby grant to SJMSAA the right to review all records relevant to my athletic eligibility including, but not limited to, my records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I hereby grant the released parties the right to photograph and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to my school. By doing so, however, I understand that I will no longer be eligible for participation in SJMSAA athletics.

Part 2. Parental/Guardian Consent, Acknowledgement and Release (to be completed and signed by a parent(s)/guardian(s) at the bottom; where divorced or separated, parent/guardian with legal custody must sign.)

A. I hereby give consent for my child/ward to participate in any SJMSAA recognized or sanctioned sport except for the following sport(s):

list sport(s) exceptions here

B. I understand that participation may necessitate an early dismissal from classes.

C. I know of, and acknowledge that my child/ward knows of, the risks involved in interscholastic athletic participation, understand that serious injury, and even death, is possible in such participation and choose to accept any and all responsibility for his/her safety and welfare while participating in athletics. With full understanding of the risks involved, I release and hold harmless my child's/ward's school, the schools against which it competes, the school district, the contest officials, the coaches and SJMSAA of any and all responsibility and liability for any injury or claim resulting from such athletic participation and agree to take no legal action against the aforementioned because of any accident or mishap involving the athletic participation of my child/ward. I authorize emergency medical treatment for my child/ward should the need arise for such treatment while my child/ward is under the supervision of the school. I further hereby authorize the use or disclosure of my child's/ward's individually identifiable health information should treatment for illness or injury become necessary. I consent to the disclosure, by my child's/ward's school, to the SJMSAA, upon its request, of all records relevant to his/her athletic eligibility including, but not limited to, his/her records relating to enrollment and attendance, academic standing, age, discipline, finances, residence and physical fitness. I grant the released parties the right to photograph and/or videotape my child/ward and further to use said child's/ward's name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising, promotional and commercial materials without reservation or limitation. The released parties, however, are under no obligation to exercise said rights herein.

READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, THE COACHES AND SJMSAA USES REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, THE COACHES AND SJMSAA IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND MY CHILD'S/WARD'S SCHOOL, THE SCHOOLS AGAINST WHICH IT COMPETES, THE SCHOOL DISTRICT, THE CONTEST OFFICIALS, THE COACHES AND SJMSAA HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

E. I understand that the authorizations and rights granted herein are voluntary and that I may revoke any or all of them at any time by submitting said revocation in writing to SJMSAA. By doing so, however, I understand that my child/ward will no longer be eligible for participation in SJMSAA athletics.

F. Please check the appropriate box(es):

My child/ward is covered under our family health insurance plan, which has limits of not less than \$25,000.

Company: _____ Policy Number: _____

My child/ward is covered by SJMSAA's insurance plan. **IMPORTANT:** Spring football players that did not participate in the previous year's fall football program are NOT covered under SJMSAA's insurance plan.

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (Only one parent/guardian signature is required)

Name of Parent/Guardian (printed) Signature of Parent/Guardian Date

Payments must be made by cash, COD or Money orders made out to SJMSAA. (NO PERSONAL CHECKS CAN BE ACCEPTED)
 Name of Parent/Guardian (printed) Signature of Parent/Guardian Date Name of Student (printed) Signature of Student Date

We can no longer accept Venmo or Zelle for payments

I HAVE READ THIS CAREFULLY AND KNOW IT CONTAINS A RELEASE (student must sign)

/ _____

Payments must be made by cash, COD or Money orders made out to SJMSAA. (NO PERSONAL CHECKS CAN BE ACCEPTED)
We can no longer accept Venmo or Zelle for payments



Consent and Release from Liability Certificate (Page 2 of 2)

This completed form must be kept on file by the team coach or administrator

Attention Student and Parent(s)/Guardian(s)

Your team is a member of the St. Johns Middle School Athletic Association (SJMSAA) and follows established rules. To be eligible to represent your school in interscholastic athletics, in an SJMSAA recognized sport (i.e. competitive cheerleading, girls flag football, lacrosse, baseball, basketball, cross country, tackle football, golf, soccer, fast-pitch softball, tennis, track & field, boys weightlifting and wrestling), the student:

1. Must be regularly enrolled and in regular attendance at the school whose team he/she wishes to play. If the student is a home education student or attends a charter school, the student must declare in writing his/her intention to participate in athletics to the team at which the student is permitted to participate. Home education students must be approved by the SJMSAA office prior to any participation.
2. Must attend school within 10 days of the beginning of **each semester** to be eligible during **that semester**.
3. Must maintain at least a cumulative 2.0 grade point average on a 4.0 unweighted scale prior to the semester in which the student wishes to participate. A sixth, seventh or eighth grade student must have earned at least a 2.0 grade point average on 4.0 unweighted scale the previous semester.
4. Must participate at the school in which the student first enrolls (attends), or at which the student first takes part in an athletic practice, at the beginning of the school year.
5. Must not transfer schools after the first day of fall practice or the first day of school, or otherwise the student cannot participate at the new school for the remainder of the school year.
6. Must not participate on a non-school team (i.e., AAU, American Legion, club setting, etc.) which is affiliated with a school or coached by a representative of a school other than the one the student attends, or has attended, and then attend that school, otherwise the student will be ineligible there for one year.
7. Must not transfer to a school that the student's coach has relocated to within a year, otherwise the student will be ineligible there for one year.
8. Must have signed permission to participate from the student's parent(s)/guardian(s) on the SJMSAA consent form provided the SJMSAA.
9. Must be less than 15 years 9 months old to participate in middle school, otherwise the student becomes ineligible to participate at that level.
10. Must undergo a pre-participation physical evaluation and be certified as being physically fit for participation in interscholastic athletics. The physical evaluation is valid for 365 calendar days from the date that it was administered after which time the student must successfully undergo another physical evaluation to continue his/her participation.
11. Must be an amateur. This means the student must not accept money, gift or donation for participating in a sport, or use a name other than his/her own when participating.
12. Must display good sportsmanship and follow the rules of competition **before, during and after** every contest in which the student participates. If not, the student may be suspended from participation for a period of time.
13. Must not provide false information to his/her school or to the SJMSAA to gain eligibility.

If the student is declared or ruled ineligible due to one or more of the SJMSAA rules and regulations, the student has the right to file an appeal.

Payments must be made by cash, COD or Money orders made out to SJMSAA. (NO PERSONAL CHECKS CAN BE ACCEPTED)

NOTICE: The Saint Johns Middle School Athletic Association ("SJMSAA") middle school sports program is not operated or sponsored by the St. Johns County School District. SJMSAA is an independent, private non-profit corporation, which uses District middle school names and facilities under a license agreement with the District, and which is solely responsible for the operation of the SJMSAA middle school sports program and its individual teams.

We can no longer accept Venmo or Zelle for payments

Payments must be made by cash, COD or Money orders made out to SJMSAA. (NO PERSONAL CHECKS CAN BE ACCEPTED)

We can no longer accept Venmo or Zelle for payments



Preparticipation Physical Evaluation (Page 1 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.

This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Part 1. Student Information (to be completed by student or parent)

Student's Name: _____ Sex: ___ Age: ___ Date of Birth: ___ / ___ / ___
School: _____ Grade in School: ___ Sport(s): _____
Home Address: _____ Home Phone: ()
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____
Relationship to Student: _____ Home Phone: () _____ Work Phone: () _____ Cell Phone: () _____
Personal/Family Physician: _____ City/State: _____ Office Phone: () _____

Part 2. Medical History (to be completed by student or parent). Explain "yes" answers below. Circle questions you don't know answers to.

Table with 4 columns: Question, Yes, No, Question, Yes, No. Contains 21 medical history questions and a table for injury locations.

- 22. Have you ever had a seizure?
- 23. Do you have frequent or severe headaches?
- 24. Have you ever had numbness or tingling in your arms, hands, legs or feet?
- 25. Have you ever had a stinger, burner or pinched nerve?

- 36. Do you want to weigh more or less than you do now?
- 37. Do you lose weight regularly to meet weight requirements for your sport?
- 38. Do you feel stressed out?
- 39. Have you ever been diagnosed with sickle cell anemia?
- 40. Have you ever been diagnosed with having the sickle cell trait?
- 41. Record the dates of your most recent immunizations (shots) for:
 Tetanus: _____ Measles: _____
 Hepatitis B: _____ Chickenpox: _____

FEMALES ONLY (optional)

- 42. When was your first menstrual period? _____
- 43. When was your most recent menstrual period? _____
- 44. How much time do you usually have from the start of one period to the start of another? _____
- 45. How many periods have you had in the last year? _____
- 46. What was the longest time between periods in the last year? _____

Explain "Yes" answers here: _____

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. In addition to the routine medical evaluation required by s. 1006.20, Florida Statutes, and FHSAA Bylaw 9.7, we understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (EKG), echocardiogram (ECG) and/or cardio stress test.

Signature of Student: _____ Date: __ / /

Signature of Parent/Guardian: _____ Date: / /



Preparticipation Physical Evaluation (Page 2 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2. This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Part 3. Physical Examination (to be completed by licensed physician, licensed osteopathic physician, licensed chiropractic physician, licensed physician assistant or certified advanced registered nurse practitioner).

Student's Name: _____ Date of Birth: __/__/__

Height: _____ Weight: _____ % Body Fat (optional): _____ Pulse: _____ Blood Pressure: __ / __ (__ / __ , __ / __)

Temperature: _____ Hearing: right: P __ F __ left: P __ F __

Visual Acuity: Right 20/____ Left 20/____ Corrected: Yes No Pupils: Equal Unequal

FINDINGS	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
1. Appearance	_____	_____	_____
2. Eyes/Ears/Nose/Throat	_____	_____	_____
3. Lymph Nodes	_____	_____	_____
4. Heart	_____	_____	_____
5. Pulses	_____	_____	_____
6. Lungs	_____	_____	_____
7. Abdomen	_____	_____	_____
8. Genitalia (males only)	_____	_____	_____
9. Skin	_____	_____	_____
MUSCULOSKELETAL			
10. Neck	_____	_____	_____
11. Back	_____	_____	_____
12. Shoulder/Ann	_____	_____	_____
13. Elbow/Forearm	_____	_____	_____
14. Wrist/Hand	_____	_____	_____
15. Hip/Thigh	_____	_____	_____
16. Knee	_____	_____	_____
17. Leg/Ankle	_____	_____	_____
18. Foot	_____	_____	_____

* - station-based examination only

ASSESSMENT OF EXAMINING PHYSICIAN/PHYSICIAN ASSISTANT/NURSE PRACTITIONER

I hereby certify that each examination listed above was performed by myself or an individual under my direct supervision with the following conclusion(s): Cleared without limitation

Disability: _____ Diagnosis: _____

Precautions: _____

Not cleared for: _____ Reason: _____

Cleared after completing evaluation/rehabilitation for: _____

Referred to _____ For: _____

Recommendations: _____

Name of Physician/Physician Assistant/Nurse Practitioner (print): _____ Date: / /

Address: _____

Signature of Physician/Physician Assistant/Nurse Practitioner: _____



Preparticipation Physical Evaluation (Page 3 of 3)

This completed form must be kept on file by the school. This form is valid for 365 calendar days from the date of the evaluation as written on page 2.
This form is non-transferable; a change of schools during the validity period of this form will require page 1 of this form to be re-submitted.

Student's Name: _____

ASSESSMENT OF PHYSICIAN TO WHOM REFERRED (if applicable)

I hereby certify that the examination(s) for which referred was/were performed by myself or an individual under my direct supervision with the following conclusion(s): Cleared without limitation

___ Disability: _____ Diagnosis: _____

Precautions: _____

Not cleared for: _____ Reason: _____

___ Cleared after completing evaluation/rehabilitation for: _____

Recommendations: _____

Name of Physician (print): _____ Date: __ / __ / __

Address: _____

Signature of Physician: _____

Based on recommendations developed by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine and American Osteopathic Academy for Sports Medicine.

Gamble Cheer Tryouts Teacher Evaluation

(Please make enough copies to provide one evaluation to **EACH** teacher)

Teachers please email to grmscheer904@gmail.com

Candidate's Name: _____ Teacher: _____

Subject: _____

Punctuality – Candidate demonstrates the ability to be on time and preform assignments in a punctual manner.

(never) 1 2 3 4 5 (always)

Respect for Authority and Peers – Candidate is consistently obedient and respectful to teachers and classmates regardless of the circumstance.

(never) 1 2 3 4 5 (always)

Work Ethic/Integrity – Candidate consistently displays strong work ethic, integrity, perseverance, and consistently performs to the best of his/her ability.

(never) 1 2 3 4 5 (always)

Responsible/Dependable – Candidate is consistently responsible, prepared, and can be depended on to do what is asked in a timely/required manner.

(never) 1 2 3 4 5 (always)

Leader/Ambassador – Candidate consistently displays leadership qualities by setting a positive example that others can confidently follow and is a model representation to her peers.

(never) 1 2 3 4 5 (always)

Follows Rules – Candidate consistently demonstrates an ability to follow all school/classroom rules without question/defiance.

(never) 1 2 3 4 5 (always)

Overall Attitude – Candidate consistently maintains a positive and respectable attitude.

(never) 1 2 3 4 5 (always)

Please use the space below to provide any additional comments. If you have any concerns you do not wish to write below, please email Coach Cari and Coach Ronetta at grmscheer904@gmail.com.

The Saint Johns Middle School Athletic Association ("SJMSAA") middle school sports program is not operated or sponsored by the St. Johns County School District. SJMSAA is an independent, private non-profit corporation, which uses District middle school names and facilities under a license agreement with the District, and which is solely responsible for the operation of the SJMSAA middle school sports program and its individual teams.