

AMS Cheer TRYOUT Packet

2021-2022

Dear Parents & Participants:

In addition to representing A.M.S. as a cheerleader, there are many other commitments to the cheer program you will need to consider, so please read the packet *completely and carefully*. Students must be currently enrolled as a 6th, 7th or 8th grade student at Arlington Middle for the 2021 – 2022 school year.

Please sign up with this link if you are interested in attending tryouts:

<https://bit.ly/AMSCheerInterest>

or scan this QR CODE:



Before you are able to attend the clinic & tryout, you **MUST** have submitted **ALL** of the following to **Mrs. Cardosi** **NO LATER THAN Monday, AUGUST 23rd** :

1. Arlington Middle Cheer Squad Application
2. Medical Information and Copy of Insurance Card
3. Updated Physical
 - **You must have a current physical dated April 15, 2021. According to TSSAA, all athletes must have a physical dated April 15, 2021 or later.**
4. AMS Parent/Cheerleader Agreement

NOTE: IF ALL ITEMS ABOVE ARE NOT SUBMITTED THE STUDENT WILL NOT BE ABLE TO ATTEND CLINIC AND TRY-OUTS.

***PLEASE NOTE: STUDENTS MUST HAVE A “C” AVERAGE OR ABOVE IN EACH CLASS AND SATISFACTORY CONDUCT OR ABOVE IN EACH CLASS IN ORDER TO TRY-OUT.** ONCE THE CHEERLEADERS MAKES THE TEAM, A “C” AVERAGE AND AN “S” IN CONDUCT IS REQUIRED FOR EVERY SUBJECT EACH NINE-WEEK GRADING PERIOD IN ORDER TO REMAIN ON THE TEAM. SEE DEMERIT SYSTEM INFORMATION FOR SPECIFIC DETAILS.

Please have rides arranged before attending the tryouts. **It is very important that all girls are picked up promptly each day.**

If you have any questions, please contact **Niki Cardosi** at niki.cardosi@acsk-12.org

To access this packet electronically, please scan the following QR CODE:



AMS CHEER PARENT INFORMATION SHEET

PURPOSE: AMS cheer squad is to promote and maintain school spirit and sportsmanship, support the basketball /football teams, and develop character, leadership, and individual responsibility. The squad will also perform at all Arlington Middle School basketball /football games and selected functions. We compete locally, regionally, and nationally.

Tryout Clinic:

When: August 23 & 25 (4:15 – 6:15)

Where: AMS Auxiliary Gym

Clinic and tryout attire: shorts and t-shirt in compliance with ACS dress code, tennis shoes or cheer shoes, and hair pulled into a ponytail. If possible, please wear school colors.

NO PARENTS OR VISITORS ARE ALLOWED IN THE SCHOOL/GYM DURING TRYOUTS / CLINICS.

Uniform fitting One parent/guardian must be present for their fitting. This will take place after school soon after tryouts.

FIRST PRACTICE: Saturday 11:00 – 1:00 at Memphis Pride Cheer

PRACTICES

Practices are mandatory and will be held from 4:15-6:15pm or 5:15-7:15pm during the school year; however, times are subject to fluctuate.

- August: Practice will be held 3-4 times a week, with team tumbling once a week at Memphis Pride.
- September: Practice will be held 4-5 times a week with team tumbling once a week at Memphis Pride.
- October, November, December, January: There will be 5-6 practices a week.

***Team tumbling will end after November. ***

*A calendar of practice times will be given each month. There will be some adjustments in the regular practice schedule once football and basketball season begin. The sponsor and coach are responsible for scheduling ALL practices and reserve the right to cancel and add practices as needed. You will be informed of these changes. AMS Cheer may have practice on school-designated holidays and breaks at Memphis Pride. During practice, cell phones will be placed together and must be turned off or silenced.

CAMP (MANDATORY): Camp will be determined at a later date and will be communicated to you as soon as information is given. It is normally the first week in June and is mandatory for all members but this year it will more than likely be on a Friday/Saturday.

COMPETITIONS (MANDATORY): We will participate in multiple competitions (State, Regionals, Nationals, and others). Travel will be required to some competitions. The dates/times/locations of the competitions are to be determined. Frequency and intensity of practices will increase closer to competitions, therefore all appointments, etc. need to be scheduled at a different date or time once a calendar for the month has been given.

PHOTOGRAPHY/MEDIA RELEASE

The squad will be photographed throughout the year. All parents must complete the Student User Agreement/Parent Permission Form, which gives authorization for the school to utilize the photos for positive media coverage and yearbook purposes. This includes the school web page, newspaper articles, and if selected UCA advertisement materials. Also, a school appointed photographer will photograph the Cheerleaders at various events used for positive media coverage and yearbook.

ESTIMATION OF COSTS

Each cheerleader will be responsible for the following fees.

Please note: All costs are approximate.

Fall tryout payment options:

1. Back pay of \$1,015 and begin monthly payment \$385 in September - February

2. Begin monthly payment of \$545 in September – February

Please feel free to email me with questions regarding the financial information page niki.cardosi@acsk-12.org

COACHING FEE:

The coaching fee is monthly amount as outlined in the coach's contract, approximately \$125. Arlington Middle School will collect all fees from athletes at the beginning of each month for a duration of 10 months (May-Feb).

| Monthly Fees Include | | Outside of Monthly Fees | |
|---|---|--|--|
| Coaching Fee | \$125 (10 months) | Tryout Fee | \$20 |
| One-time Tumbling Registration Fee | \$50 | Varsity Apparel 1 st Installment – due in May (Practice outfit / Bookbag, briefs, shoes) | New – Appx: \$210 Returner - Appx: \$60 |
| Practice Clothes | \$130 (with an exception of one from Varsity) | Varsity Apparel 2 nd Installment– due in June (Game Day uni / Warm up) | New – Appx: \$415 Returner - Appx: N/A |
| Team Tumbling Class | \$50 (4 months) | Varsity Apparel 3 rd Installment– due in July (Comp uni) | New – Appx: \$185 Returner - Appx: N/A |
| UCA Skills Camp | \$200 | Booster Club Contributions | \$400 |
| Bows | \$25 | <p><u>Booster Clubs/Fundraising:</u> The purpose of the Booster Club is to support our athletic activities and serve as a liaison. Each cheerleader is REQUIRED to have a parent be an active member of the Arlington Middle School Cheer Booster Club. This club will meet once a month to review upcoming activities and schedules. All fundraising to support the AMS team must be performed through the Booster Club. Fundraising is solely the Booster Club's responsibility, after receiving the principal's approval. Every year after selecting officers, the Booster Club votes to approve a budget for support items outside the monthly cheer fees. This donation is one-time and typically averages around \$400 per cheerleader. All monies collected from other sources outside of the Cheerleader's parent/guardians would be considered a fundraiser/donation and are to be spent for the entire squad. Fundraisers/donations must be approved by the principal and be in accordance with ACS Policy 2.900. "The following shall not incur any liability for the failure of a school support organization to safeguard school support organization funds:</p> <ol style="list-style-type: none"> 1.Principal 2.Board Members 3.Director of Schools 4.Any other school official <p>EACH CHEERLEADER'S PARENT(S) IS RESPONSIBLE FOR ALL COSTS ASSOCIATED WITH THE ARLINGTON MIDDLE SCHOOL CHEER TEAM, INCLUDING AGREED-UPON BOOSTER DONATIONS.</p> | |
| Rhinestones/Application of rhinestones for Competition Uniform | \$50 | | |
| Duffle Bag and Garment Bag w/name (New Cheerleaders) | \$80 | | |
| Button Up Baseball Jersey (For competition wear) | \$40 | | |
| Football Jersey (For game day wear) | \$40 | | |
| Competition Fees <ul style="list-style-type: none"> - Mid-South Regionals - TMSAA State - Showcase | \$60 | | |
| New poms/signs for squad | \$10 | | |
| Nationals - Registration Fee | \$150 | | |
| Airline Ticket Deposit- Nationals | \$50 | | |
| Nationals – Plane Ticket | \$375 | | |
| Nationals – Rooming/Park Hopper Package & Bus/Practice Gym | \$820 | | |
| Nationals Per Diem- Coach, Sponsor, Administrator; Sponsor Substitute Pay | \$70 (4 days) | | |
| Banquet / Awards | \$35 | | |

Appx Final Yearly Total: \$5,075

*The Nationals' flight may be booked at any time after we receive our bid to The National High School Cheerleading Championships in Orlando, Florida. You will be notified at the time of the flight booking in order to make travel arrangements for family members if you so choose.

*Monthly payments will cover all travel expenses including mileage/airfare, rooming, and per diem expenses in

accordance with ACS travel guidelines for employees for the sponsor, coach, and one administrator for out of town travel and Nationals.

Arlington Middle School **Competitive Cheerleader Constitution**

I. Purpose:

The Middle School Competition Squad will:

- A. Cheer for football and basketball games and represent the school in cheerleading competitions (Local and Nationals).
- B. Promote and uphold school spirit and develop character, leadership and individual responsibility.
- C. Set an example of good behavior at all times in class, at games, and at all school functions.
- D. Promote friendship with all cheerleaders.
- E. Cheerleading season is from tryouts through Nationals in February. Any cheerleader who leaves the squad and does not attend Nationals is no longer a member and will not be able to try-out for AMS cheer or dance for the upcoming school year.

II. Requirements:

- A. Squad members may be 6th, 7th, or 8th graders.
- B. Gymnastic, stunt, and cheer skills as outlined by the coach. (Preferably back hand spring and toe touch)
- C. Cheerleading must take priority over all other extra activities. All competitions, camps, practices, and classes are mandatory.
- D. Members must attend tumbling classes through November and camp during the summer.
- E. Members must maintain good citizenship marks, attendance, class performance, and teacher recommendations during their time on the squad. Grades and conduct will be checked when interims and report cards are sent home. Squad members must maintain at least an S in conduct and a C in each class.
- F. Being on the squad one year IN NO WAY GUARANTEES PLACEMENT ON THE SQUAD FOR THE FOLLOWING YEAR. Every girl must go through the same tryout process each spring. In addition to ability, cooperation, effort, attitude and camaraderie with other squad members from the previous year will be considered. It will be the sponsors' and coach's decision if a student who chooses to quit the squad will be allowed to tryout another year.
- G. Cheerleaders must be covered by a private insurance policy. Everything possible to prevent injuries will be done. Cheerleaders and their parents will not bring suit against the sponsor, coach, school administration, Arlington Middle School, or the Arlington Community Schools Board of Education for injuries involving squad activities (ACS Policy 3.601). A copy of the insurance card and a completed medical authorization form must be on file with the sponsors (both are due the first day of clinic).

III. Conduct: Attitude is a major factor in whether or not you will be a part of the squad. Remember that being a member of this squad is a privilege, not a right. Your attitude should be positive at all times. **Remember you are representing A.M.S. at ALL times!**

- A. By accepting the privilege / honor of wearing an Arlington Middle School Uniform, a cheerleader accepts the fact that his/her actions are more prominent than those not associated with such activity.
- B. Because of this prominence and because members represent the school, exemplary behavior is mandatory at all times.
- C. Proper appearance is required at all times. Clothing must be appropriate to the occasion and follow ACS dress code. The uniform is for school functions only.
- D. Members must not use foul language at practice, in school, at games, camp, or competition, etc. The anti-bully policy will be enforced.
- E. Smoking or drug use (including alcohol) is not allowed at school-sponsored events, and any use of the illegal substances reported to us by the proper authorities (either in school or out), will result in permanent dismissal.
- F. Being with people who are in possession of alcohol or other drugs, could result in dismissal.
- G. All rules and regulations imposed on any Arlington Middle School students will be imposed on cheerleaders.
- H. Members must display proper behavior in class, including being on time, not skipping, and not cheating.
- I. Parents/Booster Members are to conduct themselves in a manner that will bring credit to the organization and the participating students at all competitions, football and basketball games, and other events.
- J. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided

upon by the sponsor / coach, with assistance from the administration if deemed necessary.

- K. Members will follow rules and guidelines that are required by the coach/sponsor and show proper respect at ALL times.
- L. Poor conduct / behavior under any of the above circumstances will result in warnings, demerits and/or suspension/removal from the squad; this action will be taken by the coach or sponsor and/or administrators.

Social Media: Parents and cheerleaders should always be mindful of social media, including any posts: comments and pictures, likes, forwarding posts, screenshots of posts, etc. The AMS Cheer Team takes great pride in being a representative of AMS on and off campus.

- A. Do not post choreography throughout the competition year.
- B. Always be positive and reflective of good sportsmanship in any post or response on social media.
- C. Never post negative comments about the AMS Cheer Team, teammates, any other competitive teams, or any individual.

Failure to comply will result in demerits and/or a school disciplinary consequence.

IV. Alternates:

The coach will make the final placement of cheerleaders in a routine.

- A. The squad will maintain alternates to be used to replace cheerleaders with injuries, grades, and or conduct infractions.
- B. Alternates will cheer at all games and participate in all squad and school functions.
- C. Alternates will be announced before each individual competition. (Being an alternate for one competition does not necessarily result in being an alternate in each competition).
- D. Alternates must attend all practices and competitions.
- E. Alternates will be decided according to strengths, position, and tumbling skills.

V. Practices:

All practices are mandatory

- A. Members are expected to be attentive and cooperative during practices. Repeated disruptions, especially during the same practice, will result in demerits and possible removal from that performance. Continued problems will result in calls to parents, additional suspensions, and/or removal from the squad.
- B. Constructive suggestions given in a polite manner are welcomed. Complaining and/or rudeness from cheerleader or parent to the coach, sponsor or administrator are prohibited.
- C. Mandatory practices will be established. Please remember that appointments should be made on non-practice days. The only excused absences from practice include weddings, funerals, contagious illness, doctor's appointments in which no other time was available, or other AMS academic activity (band & chorus). Absence for any other unapproved reason will result in demerits.
- D. Additional practices will be scheduled as needed.
- E. Unexcused absences from practices will result in demerits, which can lead to being removed from the team.
- F. All absences from practice must be reported directly to the sponsor **in advance via e-mail**. Sponsor must be notified even if the cheerleader was absent from school. Failure to report absences prior to the missed practice will result in demerits.
- G. Missing practice because of vacations and other nonessential activities will be considered unexcused.
- H. Practices are closed to everyone except sponsor, coach, administration, and members of the squad, unless otherwise announced.
- I. We will start on time. You should dismiss when they call for cheerleaders and change into your practice clothes immediately, set out practice mats, and begin stretching by 4:30 (on school days).
- J. You must wear your tennis shoes or cheer shoes and appropriate clothes to practice (wind pants, sweatpants or shorts, comfortable t-shirt, no-show white socks). Clothes worn for practices **MUST** meet the ACS and AMS dress code. **No spaghetti straps, PJ pants, rolled shorts, etc.** Once camp outfits come in, you will wear an assigned outfit on an assigned day. Hair must always be pulled into a tight ponytail. After one warning, failure to bring anything necessary for practice will result in demerits or extra conditioning.
- K. No jewelry or gum is allowed at practices.
- L. The required conditioning will take place at every practice.

VI. Basketball and Football Games:

- A. You must attend every game and stay until the end.
- B. You may perform during half time at the girls' and/or boys' games.
- C. You may ONLY eat/drink at half-time and between games when we are not performing. Water is permitted in the stands during the game.
- D. You must sit together as a team. **No one is to wander around.**
- E. Good sportsmanship is expected at **ALL** times.
- F. **For away games, meet in the front lobby.** You must obey and be courteous to the carpool parent(s) at all times.
- G. **For home games, meet in sponsors' classrooms after last bus call.**
- H. During the basketball tournament, cheer and dance will alternate attending games through the TSSAA Basketball State championship.

VII. Travel:

Throughout the year, the squad will travel to various destinations for games and competitions. Because we travel as a squad, it is important that you are on time. Parent car pools will be necessary to get all squad members to away games and competitions. In all cases, the sponsors and coaches will serve as chaperones. The cheerleaders are representatives of Arlington Middle School and their behavior and dress should be exemplary at all times. The school's conduct code is in effect when representing Arlington Middle School.

- A. No cheerleaders may leave school prior to the end of a school day, for a basketball/football game or a competition unless permission is granted from the administration. It will be an unexcused absence if this occurs.
- B. Final authority of all decisions made while traveling shall rest with the sponsors and coaches.
- C. All members will travel as a group to and from Nationals.
- D. While at ANY competition, the members are to remain as a group with the sponsor/coach prior to competing. No cheerleader is to leave the premises without the express consent of a sponsor. The cheerleaders will ALWAYS meet as a group after all games and competitions are finished. The cheerleaders will then be dismissed after any announcements that need to be made.
- E. Parents/guardians of cheerleaders should remain in the stands prior to all competitions. They should not be texting with the cheerleaders about results or standings of the competition.
- F. Rooming assignments for camp, Nationals, and overnight travel are determined by the coach and sponsor. Chaperones for Nationals must be approved and assigned by AMS administration.

VIII. Attire: When in uniform all members should:

- A. Have NO nail polish on and nails should be neat and trimmed short.
- B. Have on ABSOLUTELY NO jewelry
- C. Have NO GUM
- D. Have hair fixed in a high ponytail with a bow and wear no-show white socks.
- E. If a member is sitting out at a game due to a disciplinary action, they should be in full uniform. Failure to dress in required uniform in school as well as at games will result in sitting out the game and demerits.

IX. Rides:

All cheerleaders are to be picked up at the back entrance of the school on time. After one warning, demerits will be issued for a late pickup.

X. Competitions: All competitions are mandatory.

XI. Injuries: If an injury occurs, a doctor's note will be required for clearance or cheerleader cannot resume practicing.

In order to have **FUN**, we have to be FUN people! The season is in your hands. We all have to work hard to contribute in the **BEST** way we can to the squad. Always strive to improve your outlook and **ATTITUDE** along with your cheerleading. See the **POSITIVE** in all things! Work on coming to practice with a **SMILE** on your face. Bad moods should be left outside of practice, as your mood can sometimes be contagious.

AMS CHEER SQUAD DEMERIT SYSTEM

Every reasonable attempt will be made to avoid situations likely to lead to disciplinary action; however, demerits will be given as outlined below.

AMS ACADEMIC/BEHAVIORAL INFRACTION PROBATION AND DISMISSAL

-If a cheerleader does not maintain an "S" in conduct in each class and a grade of "C" in each class (grades will be checked when interims and report card are finalized), the student will be placed on probation until the next report card or interim period, whichever is first. If the student has met the grade requirement they will be taken off of probation and will be in good standing with the team. If the cheerleader does not meet the requirements of the probationary period they will be removed from the team.

-A cheerleader will only be allowed one probationary period per cheer year (April - February).

****A NO TOLERANCE ** CAUSE FOR IMMEDIATE DISMISSAL****

- *Blatant disrespect toward sponsor/coach or displaying a defiant attitude
- *Possession of tobacco products, alcohol/drugs or any illegal substance
- *Bullying others
- *Receiving OSS (Out of School Suspension)
- *Breaking the same rule excessively, and as otherwise deemed necessary by the sponsor and/or school administration

****CAUSE FOR IMMEDIATE GAME SUSPENSION= 10 DEMERITS****

- *Receiving ISS (In School Suspension)
- *Disrespectful or defiant attitude toward sponsor/coach
- *Not maintaining an "S" in conduct in all classes and an overall "C" in each class (report cards will be checked at interims and every nine weeks)
- *Not dressing in required uniform at competition

****MAJOR INFRACTIONS = 5 DEMERITS****

- *Uncooperative attitude and/or undesirable conduct toward sponsor/coach, squad, or faculty & staff
- *Not dressing in required uniform on game day (at school and at the game)
- *Receiving a school detention
- *Unsportsmanlike conduct
- *Unexcused absences from practices or games. Practices & games are mandatory. Appointments should be scheduled outside of these events. If a student misses a practice or game, parents must contact a sponsor BEFORE the absence occurs by email INCLUDING if a student checked out earlier that day, or is absent from school.
- *Not making a payment on time

****MINOR INFRACTIONS = 2 DEMERITS****

- *Arriving up to 30 minutes late for a practice or game or leaving early with no prior contact to sponsors (Anything over 30 min. will be considered an entire absence)
- *Being picked up late from practice or a game
- *Not having required uniform/practice clothes (correct t-shirt and shorts according to schedule, practice shoes, no show white socks)
- *Not following verbal directions
- *Failure to bring interim to sponsor

(Infractions may also be enforced with extra conditioning in place of demerits.)

IMMEDIATE SUSPENSION or 10 DEMERITS = 1 GAME SUSPENSION

12 DEMERITS = 2nd GAME SUSPENSION

15 DEMERITS = SQUAD DISMISSAL

After the 2nd game suspension is served, the cheerleader's representation will be re-evaluated by the sponsor & administration. If there is no improvement, or upon receiving the 15th demerit, the cheerleader will be dismissed from the squad.

**** SERVING A GAME SUSPENSION****

1. Cheerleaders are still required to attend the game in full uniform
2. If absent from school that day, the suspension will apply to the next game.

*1 RETURN THIS PAGE

ARLINGTON MIDDLE CHEER SQUAD APPLICATION

PARTICIPANT'S LAST NAME FIRST NAME MIDDLE

PARTICIPANT'S CURRENT ADDRESS

PARTICIPANT'S CURRENT GRADE & HOMEROOM TEACHER

Has permission to participate in the clinic and tryouts for the Arlington Middle School Cheer Squad.

I understand that there are grade and conduct requirements. After being selected as an AMS cheerleader, failure to maintain the requirements can result in suspension from the squad.

I further understand that there will be expenses involved that I will have to pay such as uniforms, shoes, practice outfits, etc. I understand that all costs associated with this program are **MY** responsibility if money from fundraisers is not available.

Participants **MUST** be covered by a **PRIVATE INSURANCE POLICY**. Everything possible to prevent injuries will be done. Cheerleaders and their parents will not bring suit against the sponsors, coaches, school administration, or Arlington Community Schools for injuries involving squad activities (ACS Policy 3.601).

If I am selected as a member of the Arlington Middle School Cheer Squad, my parents or guardians and I will agree to the above guidelines.

Before you are able to attend the clinic & tryout, you **MUST** have submitted **ALL** of the following to **Mrs. Cardosi NO LATER THAN August 23rd**:

Before you are able to attend the clinic & tryout, you **MUST** have submitted **ALL** of the following to **Mrs. Cardosi NO LATER THAN Monday, AUGUST 23rd** :

5. Arlington Middle Cheer Squad Application
6. Medical Information and Copy of Insurance Card
7. Updated Physical
 - **You must have a current physical dated April 15, 2021. According to TSSAA, all athletes must have a physical dated April 15, 2021 or later.**
8. AMS Parent/Cheerleader Agreement
9. All necessary paperwork (pages 1-9) in this packet.

NOTE: IF ALL ITEMS ABOVE ARE NOT SUBMITTED THE STUDENT WILL NOT BE ABLE TO ATTEND CLINIC AND TRY-OUTS.

Parents or Guardian

Date

Home Phone

Cell Phone

Email Address

*3 RETURN THIS PAGE

A.M.S. Cheer Squad Constitution & Demerit System
Parent/Cheerleader Agreement

Last Name

First Name

I/We, the parent(s)/guardian(s) of the above-named cheerleader, have read the Arlington Middle Cheer Squad Constitution and Demerit System and understand all the requirements and consequences of improper actions. I/We understand the coach/sponsor and school administration have final say in my/our child's remaining on the squad. I/We also realize this is a team effort and that we may be called upon to help in some ways throughout the year and we will make an effort to do our share of assisting on behalf of my/our child.

Parent Signature

Date

I _____ being a member of the

(Name of Cheer Member)

Arlington Middle Cheer Squad, have fully read the Arlington Middle Cheer Squad Constitution and Demerit System and understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and I realize that the consequences of poor behavior and/or inappropriate actions may be severe. I will do all I can to uphold the honor and tradition of the cheer squad, respect my coach/sponsor and squad members, my school, and all persons associated with the cheer squad at all times.

Cheer Member Signature

Date

ASSUMPTION OF RISK AND RELEASE
for Activities Sponsored By or Held on the
Property of Arlington Community Schools
(For Parents of Students under the age of 18)

In consideration of being permitted to participate in the _____
(specify athletic activity)
conducted by **Arlington Middle School**:

I, _____, parent and/or guardian of
_____, do hereby agree to assume all the
risks and responsibilities relative thereto.

Further, I hereby represent to Arlington Community Schools that my child is physically capable of participating in this activity and understand that participants are strongly encouraged to consult a physician prior to any participation.

I hereby recognize the risks of illness and injury inherent in any athletic program and I am allowing my child to participate upon the express agreement and understanding that I do for myself, my heirs and personal representatives agree to defend, indemnify, hold harmless, release and forever discharge Arlington Community Schools, its Board Members, agents, representatives and employees from and against any and all rights, claims, demands and actions or causes of action, including attorney's fees and court costs, on account of any damage to personal property, personal injury or death which may result from my child's participation in this athletic activity.

By my signature below, I HEREBY CONFIRM my understanding of this Release holding Arlington Community Schools harmless. I understand that Arlington Community Schools does not provide health or accident insurance to cover participants of this athletic activity. I understand that parents are strongly encouraged to obtain full health and accident insurance for their student athlete prior to any participation in any athletic activity.

Parent's/Guardian's Signature: _____

Date: _____.

CONSENT FOR ATHLETIC PARTICIPATION & MEDICAL CARE
(For parents of students under the age of 18)

ATHLETE INFORMATION:

| | | | | |
|--|--------|-------------------------|------|-----|
| Last Name: | | First Name: | | MI: |
| Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female | Grade: | Age: | DOB: | |
| Allergies: | | | | |
| Medications: | | | | |
| Insurance: | | Policy Number: | | |
| Group Number: | | Insurance Phone Number: | | |

EMERGENCY CONTACT INFORMATION:

| | | | | |
|-------------------------|----------------|-----------------|------|------|
| Home Address: | | City: | , TN | ZIP: |
| Home Phone: | Mother's Cell: | Father's Cell: | | |
| Mother's Name: | | Work Telephone: | | |
| Father's Name: | | Work Telephone: | | |
| Another Contact Person: | | | | |
| Telephone Number: | | Relationship: | | |

Legal/Parent/Guardian Consent

I/WE hereby give consent for (athlete's name) _____ to represent Arlington Middle School in _____,

(specify athletic activity)

realizing that such activity involves potential for injury. I/WE acknowledge that *on rare occasions, injuries can be severe and result in disability, paralysis and even death.* I/WE further grant permission to school personnel and/or coaches, the TSSAA, its physicians, athletic trainers and/or EMTs to render any aid, treatment, medical or surgical care deemed reasonably necessary to the health and well-being of the student athlete named above during or resulting from participation in the aforementioned athletic activity. ***As Parents or Legal Guardian, I/WE REMAIN FULLY RESPONSIBLE FOR ANY LEGAL OR FINANCIAL RESPONSIBILITY WHICH MAY RESULT FROM THE ABOVE-NAMED STUDENT ATHLETE'S PARTICIPATION IN THE AFOREMENTIONED ATHLETIC ACTIVITY.***

Signature of Parent/Guardian

Date

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS (Adapted from CDC “Heads Up Concussion in Youth Sports”)

Read and keep this Page Sign and Return Signature Page

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

- Most concussions occur *without* loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion
- Young children and teens are more likely to get a concussion and take longer to recover than adults

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear to be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, she/he should be kept out of play the day of the injury and until a health care provider* says she/he is symptom-free and it’s okay to return to play.

| SIGNS OBSERVED BY COACHING STAFF | SYMPTOMS REPORTED BY ATHLETES |
|---|--|
| Appears dazed or stunned | Headache or “pressure” in head |
| Is confused about assignments or position | Nausea or vomiting |
| Forgets an instruction | Balance problems or dizziness |
| Is unsure of game, score or opponent | Double or blurry vision |
| Moves clumsily | Sensitivity to light |
| Answers questions slowly | Sensitivity to noise |
| Loses consciousness, even briefly | Feeling sluggish, hazy, foggy or groggy |
| Shows mood, behavior or personality changes | Concentration or memory problems |
| Can’t recall events <i>prior</i> to hit or fall | Confusion |
| Can’t recall events <i>after</i> hit or fall | Just not “feeling right” or “feeling down” |

*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

CONCUSSION DANGER SIGNS

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body that may squeeze the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if she/he exhibits any of the following danger signs or call 9-1-1 right away, or take your child or teen to the Emergency Department if he or she has one or more of the following danger signs after a bump, blow, or jolt to the head or body:

Dangerous Signs & Symptoms of a Concussion

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

REMEMBER:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do NOT try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider* says he/she is symptom-free and is okay to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or play video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.*

*6 RETURN THIS PAGE

Student-Athlete & Parent/Legal Guardian Concussion Statement

Must be signed and returned to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: _____

Parent/Legal Guardian Name(s): _____

After reading the information sheet, I AM AWARE OF THE FOLLOWING INFORMATION:

| Student-Athlete Initials | | Parent/Legal Guardian Initials |
|--------------------------|--|--------------------------------|
| | A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available. | |
| | A concussion cannot be "seen". Some symptoms might be present right away. Other symptoms can show up hours or days after an injury. | |
| | I will tell my parents, my coach and/or a medical professional about my injuries and illnesses. | |
| | I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms. | |
| | I will/my child will need written permission from a <i>health care provider</i> * to return to play or practice after a concussion. | |
| | Most concussions take days or weeks to get better. A more serious concussion can last for months or longer. | |
| | After a bump, blow or jolt to the head or body, an athlete should receive immediate medical attention if there are any danger signs, such as loss of consciousness, repeated vomiting or a headache that gets worse. | |
| | After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away. | |
| | Sometimes repeat concussions can cause serious and long-lasting problems and even death. | |
| | I have read the Concussion Symptoms on the Concussion Information Sheet. | |

**Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.*

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian

Date



TIGER ATHLETIC ACTIVITIES

Our School/District has selected the **Student Insurance Plan** from K&K Insurance Group to make insurance coverage available to parents. *This plan is strongly recommended.* Even if you have other insurance coverage, this plan can help fill expensive “gaps” caused by deductibles and co-pays. Coverage may be purchased at any time during the school year by visiting www.studentinsurance-kk.com.

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name Date

Signature of Parent/Guardian

Print Parent/Guardian's Name Date



Extra-Curricular Acknowledgement Form

Arlington Community Schools has worked closely with each athletic team in the district to ensure a safe Return to Play amidst the COVID-19 pandemic. Each team has submitted its health plan to the ACS District Office and agreed to follow the procedures laid out in the health plan.

The health plan's primary function is to help mitigate the transmission of COVID-19 among athletes; however, by allowing your child to participate in sports, you acknowledge and understand the following:

1. Participation in sports includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. While team rules and personal discipline may reduce infection, your child is still at risk for contracting COVID-19 by participating in sports;
2. Your child may have to quarantine up to 14 days if an athlete on the home or away team contracts the virus and is within close contact of your child at practice or during competition.
3. If an athlete tests positive for COVID-19, the individual is prohibited from practicing and competition(s) until the isolation period is complete.

Student Name: _____

Parent/Guardian Signature: _____

Sport: _____