This form is to help assist you with keeping track of the information required to turn in order to participate in tryouts. Please be sure all the following have been completed by the due date, April 23, 2021

CHEER PACKET CHECKLIST

☐ Checklist (signed and dated)

☐ Information Sheet (retained by you)	
☐ Student/ Parent Concussion Awareness Form (signed and	dated)
☐ Parent Permission Form (signed and dated)	
☐ Athlete Roster (completely filled out, signed and date	ed)
☐ Copy of Insurance Card (included by you)	
☐ Westside High School Cheer Registration Form (com	apletely filled out)
☐ Copy of Current Physical (signed and dated)	
☐ Clearance Form (signed and dated)	
☐ Richmond County School System Interscholastic CONTR	ACT for Parents and Student-Athletes
☐ Copy of most recent report card	
☐ Teacher Recommendations (3) (sealed in an envelope	*)
* *Failure to complete any one of the above item inability of the applicant to participate in clinics I agree that this packet includes all the above completed item	or tryouts. **
Print Name	Upcoming grade level
Student Signature	Date
Email	Alternate Email

WHS Cheerleading Tryout Information Sheet

Westside High School Patriots Cheerleading team strives to build the best cheerleading program with squads that excel in academics, support for WHS athletic teams, and school spirit.

Tryout are CLOSED and MANDATORY sessions

When: May 3-7, 2021 Where: New Gym

Who: Current Students

3:00 PM — 4:30 PM

Rising Freshman

4:30 PM - 6:00 PM

The only allowances that will be made during tryout week will be for academic reasons and spring sports participants. Keeping this in mind, please do not commit to other events that may conflict with tryouts. Please give serious thought to any other obligation you already have. If these require out-of-town engagements or conflict with practices, it may be necessary to make a choice.

Tryout Procedure:

<u>PLEASE NOTE:</u> We will be implementing a new process. There will be two (2) cuts for tryouts. Everyone will try out Monday –Wednesday, May 3rd- 5th. An initial cut would be made that evening. Participants that make it through the first cut will receive a call back for Thursday, May 6th- Friday, May 7th. A final decision will be made on May 7th and participants who make the team will have their number placed on the JV/Varsity webpage: Tryouts will begin PROMPTLY 3:00. You will have a scheduled time slot for final cut tryouts.

You will be taught cheers, one dance, the fight song, and jumps. You will also be responsible for creating your own chant to perform during tryouts. Stunting and tumbling will not be taught at tryouts. If you choose to tumble for the actual tryout, you cannot have a spotter.

- O Mandatory Dress: Appropriate Shorts, shirts, and athletic shoes must be worn at all times.
- O Masks must be worn at all times during conditioning and tryouts!
- o NO JEWELRY!
- O Hair must be pulled back away from face in one ponytail.
- o Mandatory tryout practices will be held in the New Gym. Roll will be taken.

- O You must be ready to begin practice at 3:00 PM! Promptness everyday will be expected. Lateness will be documented.
- O Participants will be sectioned off according to COVID-19 requirements. Judging

Applicants will be judged on the following:

- o Teacher Recommendations
- o Multiple cheers
- o Dance routine
- O Cheer /Chant performance
- o Strength
- O Endurance
- O Attitude

We sincerely hope to continue traditions set by previous squads while improving the quality of the program. If you have any questions, please contact Ms. Katrina Stone (stoneka@richmond.k12.ga.us) or Ms. Marsha Gibson (gibsoma@richmond.k12.ga.us). Thanks for your interest in the WHS Cheerleading Program.



Georgia High School Association Student/Parent Concussion Awareness Form

SCHOOL: WESTSIDE HIGH SCHOOL

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial — that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

- a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
- b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

the

dangers of concussion and this s	concussion form to the other sports that my signed concussion form will represent mysel red with the athletic physical form and other	child may play. I am aware f and my child during the 20	021-2022
I HAVE READ THIS FORM AND I UN	NDERSTAND THE FACTS PRESENTED IN IT.		
Student Name (Printed)	Student Name (Signed)	Date	
Parent Name (Printed)	Parent Name (Signed)	Date	

PARENT PERMISSION FOR STUDENT ATHLETIC PARTICIPATION

Dear Parent(s) or Guardians(s):

The school's athletic program is an integral part of the curriculum, and school personnel have devoted great effort to assure that participating students are protected in every way possible. However, participation in athletics includes a risk of injury which may range in severity from minor to long-term catastrophic, including paralysis and death.

Participants have the responsibility to help reduce the chance of injury. Participants must obey all safety rules and regulations, participate in all required physicals, report all physical problems to the coach or athletic trainer, follow a proper conditioning program and inspect personal protective equipment daily. Proper execution of skill techniques must be followed for every sport.

It is the policy of the Richmond County School System that all athletic participants, other than football, provide either proof of insurance, purchase the student accident insurance policy that is sanctioned by the Board, or sign a military waiver, provided by the school for military dependents. Participants in football must either provide proof of insurance, sign a military waiver, or purchase the football policy carried by the student accident insurance company. The school's athletic program is not authorized to extend public funds for injuries; thus, it will be the responsibility of the parent or guardian to pay any costs for any injury, which is not covered by insurance.

PLEASE INITIAL EACH OF THE FOLLOWING STATEMENTS TO SHOW THAT THE

STATEME	NT HAS BEEN READ, UNDERSTOOD AND APPROVED:
white we constitute the constitute of the	I consent to have my son/daughter represent his/her school in approved athletic activities except those activities excluded by the examining doctor.
	I grant permission for my son/daughter to accompany any school team of which he/she is a member to out-of-town trips. The athlete will be transported to and from all events in school approved vehicles. Parent/Guardians wishing to have their son/daughter with then returning from an event must make written arrangement with the coach.
	In the event of an emergency requiring medical attention, I understand every attempt will be made to contact me. In case I cannot be reached, I grant permission for any immediate treatment deemed necessary by the attending physician and transfer of my son/daughter to a qualified medical facility. This authorization does not cover major surgery unless formally decreed prior to surgery by two licensed physicians or dentists.
/**************************************	I agree not to hold the school or anyone acting on its behalf responsible for any injury occurring to my son/daughter in the proper course of such athletic activities or travel.
	I acknowledge and accept that there are risks of physical injury involved in athletic participation which may result in permanent paralysis, mental disability, and death.
Date:	Signature:
	(Parent/Legal Guardian)
Date:	Signature:
	(Parent/I engl Caradian)

ATHLETE ROSTER

	Sport:
Name:	
Sex: [M] [F] Grade:	
Address:	
Home Phone #:	
Name of Parent/Guardian:	
Address (if different from above):	
Home Phone #: (Mother)	(Father)
Business Phone #: (Mother)	(Father)
PERSON OTHER THAN PARENT/GUARDIAN	TO CONTACT IN CASE OF EMERGENCY:
Name:	Relation:
Address:	
Phone#: (Home)	(Business)
FAMILY PHSICIAN INFORMATION:	
Physician Name:	Specialty:
Address:	
Phone #: (Office)	
INSURANCE COMPANY INFORMATION:	
	Policy #:
	Policy #:
Specific medication, allergies, medical problems o	



TO:

COUNTY BOARD OF EDUCATION OF RICHMOND COUNTY 864 BROAD STREET AUGUSTA, GEORGIA 30901

Gentlemen:	
I am the parent(s) or legal guardian of	
who is a student at	school.
I understand the school board adopted a policy in August 1979 requi interscholastic athletics to purchase accident insurance offered at the insurance is to help defray the costs of any medical expenses my chi school athletic program.	school. I further understand this
Therefore, I request a waiver of the school board requirement that I perfectly child named above.	purchase accident insurance for the
In consideration for which I do hereby agree to release, covenant not indemnify, hold harmless, release and discharge the County Board of individual members, agents, employees, and representatives, from an whatsoever as a result of the granting of this waiver or as a result of receive or sustain in the athletic program at his/her school.	f Education of Richmond County, its my responsibilities of any kind
	Yours very truly,
	(Date)

WESTSIDE HIGH SCHOOL CHEERLEADING REGISTRATION FORM

PARTICIPANT		SPORT: F	OO	TBALL	BASKET	BALL/BOTH
Email						
Cell #						
Current School						
Lives with: Mother						
*******	******	*******	****	******	****	
MOTHER'S NAME	:					
Email						
Home Phone	Cell	V	Wor	k		
Address						
FATHER'S NAME:						
Email						
Home Phone	Cell	V	Vorl	k		
Address						
LEGAL GUARDIA						
Email						
Home Phone	Cell	V	Vorl	ζ		
Address						

Emergency Contact_		Phone n	umł	per(s)		
Participant's Doctor Phone						
Insurance Company						
Current medication o	r supplements					
Allergies to medicine						
Further medical infor						

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents	s if younger tha					
Name: Date of birth:						
Date of examination:						
ex assigned at birth (F, M, or intersex): How do you identify your gender? (F, M, or other):						
List past and current medical conditions.						
Have you ever had surgery? If yes, list all past surgic	cal procedures.					
Medicines and supplements: List all current prescrip	otions, over-the-	counter medicines, ar	nd supplements (herb	al and nutr	itional)	
Do you have any allergies? If yes, please list all you	ur allergies (ie, i	medicines, pollens, fo	od, stinging insects).			
Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been bo	othered by any o		ems? (check box next Over half the day:			
Feeling nervous, anxious, or on edge	О	□ 1	□2	_	3	,
Not being able to stop or control worrying	□ 0		□ 2		3	
Little interest or pleasure in doing things		□ 1	2		3	
Feeling down, depressed, or hopeless	□ 0	□ 1	2		3	
(A sum of ≥3 is considered positive on either	subscale [questi	ons 1 and 2, or ques	tions 3 and 4] for scr	eening pur	poses.)	j
GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.) 1. Do you have any concerns that you would like to discuss with your provider? 2. Has a provider ever denied or restricted your participation in sports for any reason? 3. Do you have any ongoing medical issues or recent illness? HEART HEALTH QUESTIONS ABOUT YOU 4. Have you ever passed out or nearly passed out during or after exercise? 5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	Yes No Yes No Yes No	(CONTINUED) 9. Do you get lighthan your friend 10. Have you ever HEART HEALTH QUE 11. Has any family problems or has sudden death be drowning or un 12. Does anyone in problem such a	estions about your member or relative die d an unexpected or une pefore age 35 years (in explained car crash)? In your family have a ge as hypertrophic cardiom	FAMILY and of heart explained cluding netic heart	Yes	No No
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? 7. Has a doctor ever told you that you have any heart problems? 8. Has a doctor ever requested a test for your		(HCM), Marfar ventricular carc syndrome (LQT Brugada syndr morphic ventric	a syndrome, arrhythmog diomyopathy (ARVC), le S), short QT syndrome ome, or catecholaminer cular tachycardia (CPVI	genic right ong QT (SQTS), rgic poly- ')?		
heart? For example, electrocardiography (ECG) or echocardiography.			your family had a pace efibrillator before age :			

	NE AND JOINT QUESTIONS	Yes	No	MEI	DICAL QUESTIONS (CONTINUED)	Yes	
14	Have you ever had a stress fracture or an injury			-	Do you worry about your weight?		n
	to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	L	儿느	26.	Are you trying to or has anyone recommended that you gain or lose weight?		i
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27.	Are you on a special diet or do you avoid certain types of foods or food groups?		i
	DICAL QUESTIONS	Yes	No	28.	Have you ever had an eating disorder?	Ħ	il
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?			FEM	IALES ONLY	Yes	
17.	Are you missing a kidney, an eye, a testide (males), your spleen, or any other organ?				Have you ever had a menstrual period? How old were you when you had your first		Ц
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			31.	menstrual period? When was your most recent menstrual period?		_
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or			32.	How many periods have you had in the past 12 months?		
	methicillin-resistant Staphylococcus aureus (MRSA)?			Explo	ain "Yes" answers here.		
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?						
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?						_
22.	Have you ever become ill while exercising in the heat?				8		
23.	Do you or does someone in your family have sickle cell trait or disease?						
	Have you ever had or do you have any prob-		-				_

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PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name:

PHYSICIAN REMINDERS

 Consider additional questions on more-sensitive issues. Do you feel stressed out or under a lot of pressure? Do you ever feel sad, hopeless, depressed, or anxious? Do you feel safe at your home or residence? Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip? During the past 30 days, did you use chewing tobacco, snuff, or dip? Do you drink alcohol or use any other drugs? Have you ever taken anabolic steroids or used any other performance-enhancing supplem Have you ever taken any supplements to help you gain or lose weight or improve your per Do you wear a seat belt, use a helmet, and use condoms? Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form). 	nent? rformance?		
EXAMINATION			Carregarian Lance
Height: Weight:			
BP: / (/) Pulse: Vision: R 20/ L 20/	Correc	red: Y	N
MEDICAL		NORMA	L ABNORMAL FINDINGS
Appearance			
 Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hype myopia, mitral valve prolapse [MVP], and aortic insufficiency) 	erlaxity,		
Eyes, ears, nose, and throat			
Pupils equal			-
Hearing		Ш	
Lymph nodes		TT	
Heart ^o			
 Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 		Ш	
Lungs			
Abdomen			
 Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (N tinea corporis 	ARSA), or		
Neurological			
MUSCULOSKELETAL		NORMA	. ABNORMAL FINDINGS
Neck			
Back			
Shoulder and arm			
Elbow and forearm			
Wrist, hand, and fingers			
Hip and thigh			
Knee			
Leg and ankle			
Foot and toes			
Functional Double-leg squat test, single-leg squat test, and box drop or step drop test			
$^{\circ}$ Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal conation of those.	ardiac histor	y or exam	ination findings, or a combi-
Name of health care professional (print or type):		D	ate:
Address:			
Signature of health care professional:			, MD, DO, NP, or PA
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_____ Date of birth: __

■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM Date of birth: Medically eligible for all sports without restriction Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports Not medically eligible pending further evaluation ☐ Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). _____ Phone: _____ Signature of health care professional: _____, MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Allergies: Medications: Other information: Emergency contacts:

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■ PREPARTICIPATION PHYSICAL EVALUATION ATHLETES WITH DISABILITIES FORM: SUPPLEMENT TO THE ATHLETE HISTORY

Name:	Date of birth:		
1. Type of disability:		-	
2. Date of disability:			
3. Classification (if available):			
4. Cause of disability (birth, disease, injury, or other):			
5. List the sports you are playing:			
		Yes	No
6. Do you regularly use a brace, an assistive device, or a p	prosthetic device for daily activities?		٦
Do you use any special brace or assistive device for spo	rts?		1
8. Do you have any rashes, pressure sores, or other skin pr			
Do you have a hearing loss? Do you use a hearing aid?			1
10. Do you have a visual impairment?			1
11. Do you use any special devices for bowel or bladder fun	nction?		
12. Do you have burning or discomfort when urinating?			
13. Have you had autonomic dysreflexia?			
14. Have you ever been diagnosed as having a heat-related (I	nyperthermia) or cold-related (hypothermia) illness?		
15. Do you have muscle spasticity?			
16. Do you have frequent seizures that cannot be controlled	by medication?		
xplain "Yes" answers here.			
Please indicate whether you have ever had any of	the following conditions:		* 2.616 * 600.00
Atlantoaxial instability		Yes	No
			_
Radiographic (x-ray) evaluation for atlantoaxial instability Dislocated joints (more than one)			<u> </u>
Easy bleeding		_	
Enlarged spleen			<u> </u>
Hepatitis			<u> </u>
Osteopenia or osteoporosis			-
Difficulty controlling bowel			
Difficulty controlling bladder			-
Numbness or tingling in arms or hands			
Numbness or tingling in legs or feet			
Weakness in arms or hands			
Weakness in legs or feet			
Recent change in coordination			
Recent change in ability to walk			-
Spina bifida		_	_
Latex allergy		-	-
xplain "Yes" answers here.			
. (11 .	y answers to the questions on this form are complete ar	nd corre	ct.
gnature of athlete:			
gnature of parent or guardian:ate:			
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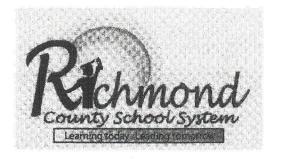
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■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name		Sex D M D F Apr	Daile of birth
Cleaned	for all aports without restriction		
Cl Cleared	for all sports without restriction with recommands	diam for turber evaluation or trestment for	
C) Not cha			
	C Pending Author evaluation		
	C) For any aports		
	O For certain sports		
	Pleases 1		
Aconomi			
produce stransfigures assessing sur-			
Condition of the condit			
	artika in sepaka minda nitra promjeka njedironjak in sekolik mjedyn a jega, na pokolik pokolik in denamen komme		
and pore	nha/geardians).	noblem is resolved and the polential consequences	
Address			
Signature of	I physician		NO W DO
	NGY INFORMATION		
Alterples			
Marian			
Other Inform	X440943 (40-00-00-00-00-00-00-00-00-00-00-00-00-0		

operi anno asperi i decire	t saken andari est estado, i estado, i estado, i estado estado estado as estado en entre en estado en entre entre en entre en	Apin sakan, si Sakhing akam sahilah sakalan si Napon sarkan Sakan Si Man sakan sakan si Sakan	
,			
and the second second			

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Richmond County School System Interscholastic CONTRACT for Parents and Student-Athletes

- I understand that each participating student in athletics, extracurricular, co-curricular and interscholastic
 activities is expected to maintain at least a 75 average in order to remain eligible. I also understand that
 progress reports will be done every three (3) weeks and I must sign the report and return to the school. I also
 understand that if my child does not maintain academic achievement, that he/she will be removed from
 participation until such grades have improved and academic expectations and requirements have been met.
- I understand that my child is expected to attend all practices, rehearsals, meetings and events, to arrive
 promptly and to remain throughout the scheduled hours. I also agree to provide a written excuse for missed
 practices and pick up my child after practices, rehearsals, meetings and events have ended.
- I understand that my child is to cooperate and conduct him or herself with Administrators, teachers, coaches, spectators, officials and team members in a manner showing respect to all persons.
- I understand that my child must adhere to all school policies and the policies of the Richmond County Board of Education.
- 5. I understand that my child must maintain the highest standards of honesty and integrity while representing the school and the school system of Richmond County.
- 6. I understand that my child is to respect and care for all equipment and supplies issued by the Richmond County School System. I also understand that I am held financially responsible for any theft, damage or loss of any of the equipment or supplies issued to my child by the Richmond County School System.

consideration of the County Board of Educati curricular, and interscholastic activities and s school regularly, maintain high academic star for theschool year.	electing my child as a member, I	promise that my child will attend
This contract becomes effective this	day of	20
Signature of parent or guardian		
Signature of student		

Teacher Recommendation Form

***This is for teacher use only. ***

Teachers, I ask that you are very honest on this form. Please fill out this form, seal it in an envelope and return it to the student to include in their packet. It <u>MUST</u> <u>BE SEALED</u>. WHS Cheer wants to have students who are very dedicated inside and outside of the classroom.

Students Name:
Teachers Name:
What grade level did you have the student?
What grade does the student currently have in your class?
What is attribute that this student brings to his or her school and how do they show it?
Please describe the student's attitude in class and if you know the student outside of class.
Any other comments as to why this student would make a great WHS Cheerleader?
Teacher's Signature

Teacher Recommendation Form

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