

MURPHY HIGH SCHOOL

VARSITY AND JUNIOR VARSITY
CHEERLEADING TRYOUT PACKET
2021-2022

WHEN: **TRYOUT CLINIC – March 8 -10** **4:00 – 6:00**
 OFFICIAL TRYOUTS – March 11 **4:30 SHARP!**

WHERE: **MURPHY HIGH SCHOOL GYM**

- TRYOUT FEE IS \$20 (NONREFUNDABLE)
- ALL DAYS OF TRYOUT CLINIC ARE MANDATORY
- 2.5 GPA IS REQUIRED
- COPY OF LATEST REPORT CARD MUST BE PROVIDED
- NO DISCIPLINE OFFENSES ON RECORD
- ATTENDANCE RECORD REVIEWED
- CLINICS AND TRYOUTS ARE CLOSED TO THE PUBLIC

Thank you for your interest in trying out to become a part of Murphy High School's Cheer Program! DRAGONFLY MAX REGISTRATION AND 100% COMPLETION, TRYOUT FEE, AND OTHER COMPLETED PAPERWORK IN THIS PACKET (INCLUDING ALL REQUIRED SIGNATURES AND NOTARIZED PAGES) MUST BE TURNED IN TO COACH FINCH (RM 230) BY **FRIDAY, FEBRUARY 26, 2021.**

Varsity tryouts open to: RISING 10TH, 11TH, and 12TH GRADERS

JV tryouts open to: RISING 9TH and 10TH GRADERS

- ONE CHEER, CHANT, AND DANCE TAUGHT DURING CLINIC WILL BE PERFORMED IN GROUPS OF THREE AT TRYOUTS
- PREFERRED TUMBLING: STANDING or running BACK HANDSPRING *You may still tryout if you lack this skill
- REQUIRED JUMPS: TOE TOUCH, FRONT HURDLER, PIKE

WHAT TO WEAR TO CLINIC & TRYOUTS

- SOLID WHITE SHORT SLEEVE T-SHIRT (not tight)
- SPORTS BRA (neutral color)
- NAVY ATHLETIC SHORTS
- ATHLETIC TENNIS SHOES (no high tops)
- SOLID WHITE RIBBON
- HAIR MUST BE PULLED BACK AND OUT OF EYES
- NO JEWELRY IS TO BE WORN
- NO LONG OR ARTIFICIAL NAILS, TIPS, OR POLISH
- NO HAIR EXTENSIONS REACHING BELOW SHOULDER BLADES
- NO PREVIOUS CHEERLEADING ATTIRE WITH CHEER LOGOS

ELIGIBILITY

- 2.5 GPA FOR 2020-2021 SCHOOL YEAR
- PRESENT IN CLASS 90% OF THE SCHOOL YEAR
- NO DISCIPLINE OFFENSES ON RECORD

BASIC CHEERLEADING INFORMATION

PRACTICES

Practice for both squads will be held primarily during Varsity Athletics (4th Block) of the first semester. Additional afterschool practices will be scheduled when necessary. Practice behavior and attire is explained in the constitution and will be enforced. Missed practices damage the progress of the individual cheerleader as well as the entire squad.

Work, outside school sports practices and/or games or private gym or dance studio practices and competitions are not considered excused absences from cheer practice and/or events.

SUMMER TUMBLING HOURS ARE REQUIRED. COST NOT INCLUDED IN CHEER FEES.

GAMES

JV cheerleaders are expected to cheer at freshmen and junior varsity football games, as well as freshmen and junior varsity girls and boys basketball games.

Varsity cheerleaders are expected to cheer at varsity football games, as well as varsity girls and boys basketball games.

Be mindful that cheerleading is a two plus sport commitment. This means that there may be instances where cheerleaders may be expected to cheer at another sporting event for the school, such as senior night during volleyball season.

COMPETITIONS

It is possible that both squads will compete at local, regional, state, and even national competitions. All costs will be kept to a minimum for these events, and fundraising opportunities will be made available.

FUNDRAISERS

All cheerleaders will be expected to participate in ALL fundraising activities designated by the coach, throughout the summer months and the school year. Fundraisers may benefit individual cheerleader OR the entire squad. Parents will be asked to participate in and plan fundraisers.

CAMP

JV and Varsity squads will attend summer cheer camp hosted by Universal Cheerleading Association (UCA). **This is a mandatory event.**

Tentative Camp Dates: June 7-10th (Foley Sports Complex)

OTHER RESPONSIBILITIES

Murphy Cheerleaders are seen as representatives and ambassadors for the school and the community, and they should conduct themselves accordingly both on and off campus. Events will arise throughout the year in which cheerleaders will be required to participate (alumni events, community events). **These events are mandatory.**

COSTS FOR 2021-22

New Varsity Cheerleader: \$1,800

Returning Varsity Cheerleader: \$1200

New JV Cheerleader: \$1500

Returning JV Cheerleader \$1200

*There will be additional expenses that come up throughout the year, such as big sis/little sis camp gifts, homecoming dinner, art supplies for weekly footballs or M's, and Regional/State cheer competitions.

**MURPHY HIGH SCHOOL
CHEERLEADING
CONSTITUTION AND CODE OF CONDUCT**

Murphy High School Constitution/Code of Conduct

Cheerleading

Purpose

The objective of the Murphy High School Cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for MHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for Murphy High School. **All cheerleaders are expected to conduct themselves in a manner which exemplifies a model Murphy student both on and off campus.**

Squad Members

- Members for JV and Varsity squads will be chosen at a formal tryout session, by outside official judges.
- The JV squad will consist of freshmen and sophomore (9th and 10th grade) students who will cheer at Freshmen and JV football games, JV girls' and boys' basketball games, and other events and pep rallies as announced.
- The Varsity squad will consist of sophomore, junior, and senior (10th, 11th, and 12th grade) students who will cheer at Varsity football and Varsity girls' and boys' basketball games, pep rallies, and other events as announced.
- If a member of a squad is removed from a position, it will be determined by the Varsity Coach, Athletic Director, and Principal if a replacement is needed. If a cheerleader is removed or quits the squad, there will be NO REFUNDS given.
- Membership is annual. Everyone must try out each year. **No one is guaranteed a spot!**

Practices

- Both squads will have practice during 4th block first semester. Additional practice days and times may be assigned and will be set by the coach. **All practices are mandatory**, and please remember to schedule other activities, events, and appointments around cheerleading practices.
- **If a practice must be missed, please refer to the Demerit System concerning infractions.**

Attendance Requirements

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!!** If one or more squad members are absent from practice or a game, the other members are forced to make last minute changes.
- **Cheerleaders are expected to be at all practices and games. No exceptions!**
- Jobs, club activities, extracurricular activities, doctor's appointments, etc. **MUST NOT** interfere with cheerleading.
- If you commit to cheerleading, you are committing to attend every practice and every game. Please remember, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted. This will be left to the coach's discretion.
- Absences due to illness will be considered an excused absence with no demerits, **only when a doctor's note is provided to the coach on the following day.** No cheerleader will be allowed to cheer after an illness or injury until a doctor's note is provided.
- Absences due to illness with a parent note provided to the coach on the following day will be considered excused, but will carry demerits (**please refer to demerit system**).

- Absences due to family emergencies will be handled on a case by case basis, with the coach, athletic director, and principal reviewing it. Please remember, just because a cheerleader asks to be excused doesn't mean the excuse will be granted.
- If a cheerleader leaves school for an early dismissal, the coach must be notified by the student (via text, email, phone call).
- As stated in the guidelines for Murphy athletes, students **MUST** be present half of the school day (until 11:30) to be eligible to participate in practices and games scheduled for that day.
- If a cheerleader is assigned to Retract, or Saturday School, she may not participate in any scheduled event for the time the athlete is assigned Retract or until Saturday School has been served. **Demerits will also apply.**
- If a cheerleader is assigned OSS (Out-of-school suspension), she will be dismissed from the squad immediately.
- Members of the JV and Varsity cheerleading squads will be required to attend squad tumbling sessions during the cheer season, and may be required to attend summer tumbling during the summer.
- During football season, Freshmen and Junior Varsity games are usually played on Mondays after school, and Varsity games are usually on Friday nights (with an occasional game on Thursday and Saturday). A schedule will be given at the beginning of the season. All cheerleaders will be expected to keep up with the schedule and to be present at all games, including playoffs.
- During basketball season, there are often two nights of games per week for both squads. A schedule will be given at the beginning of the season. All cheerleaders are expected to be present at all scheduled games, including playoffs.
- Unfortunately, some games may be scheduled during exam week. Cheerleaders will not be excused from games during this time.
- Occasionally, cheerleaders will be asked to cheer at other games mandated by the Athletic Director.
- Please keep in mind that we are a two sport plus competition squad.
- Scheduled playoff games for football and basketball are required. **NO EXCEPTIONS!**
- Each cheerleader is expected to be present 30 minutes before each game.
- **If a cheerleader is too ill to attend school, practice, or a game, she is too ill to attend any other event occurring at the same time.**
PLEASE REMEMBER, THE COMMITMENT THAT YOU MAKE TO MURPHY CHEERLEADING COMES FIRST BEFORE ALL OTHER ACTIVITIES.

Responsibilities

- Cheerleaders and parents should be prepared to pay for expenses pertaining to cheerleading (summer camp, uniforms, practice clothes and any competitions) on the 1st of the month and every month, as scheduled.
- Cheerleaders and parents should remember that cheerleading comes first before any other activity. Please do not ask to be excused for any other event/activity.
- Cheerleaders must always check in or out with their coach before leaving school for any reason.
- Cheerleaders should realize there are other responsibilities that go along with (but are not limited to) that may include:
 - Selling weekly spirit ribbons, pins, and/or other spirit items (JV and V)
 - Weekly footballs or M's during football season (V)
 - Sign painting for weekly games (V)
 - Decorating the gym for Homecoming pep rally (JV)

Decorating the field house for homecoming (V)
Weekly pep rallies (V, and often JV)
Class Reunion pep rallies (V)
School Activities (JV and V)
Community Events (JV and V)
Competitions (JV and V)
Fundraisers for Cheerleading Program (JV and V)

Grades

- A minimum of 2.5 GPA, un-weighted, must be maintained throughout the cheering season.
- Because cheerleaders are students first, and athletes second, progress reports are expected to be turned in to your coach every 4.5 weeks, in order to monitor academic progress.
- If, at any time a cheerleader is failing a class, she will be required to attend tutoring and provide proof of attendance until the grade is brought up to passing. **Demerits will also apply.**

Uniforms

- At least one new uniform is purchased each year as a squad. If lost or damaged – **replacements are purchased at your own expense.**
- Washing and altering directions for rented uniforms will be provided when uniforms are distributed.
- It is the cheerleader's responsibility to **keep ALL uniforms clean and in first class condition.** (All zippers, seams, buttons, hems, holes, shoes, jackets, and poms).
- Personal items, such as letters, shoes, socks, ribbons, poms, megaphone (for varsity), outerwear, and any practice clothes are to be paid for by the individual cheerleader by the deadline set by the coach.
- Skirts and shorts must be of appropriate length approved by coach.
- Uniforms are to be worn only in conjunction with cheer activities. **Uniforms are NOT to be worn to any social function, or other sporting events outside of cheerleading.**
- A cheerleader may not represent another sport (soccer, baseball, etc.) while in uniform.
- Passed down or "rented" uniforms are the property of Murphy High School. Each cheerleader will be responsible for the cost of any alterations needed (all alterations, as well as the seamstress to be used, must be approved by the coach).
- **ABSOLUTELY NO CUTTING ON ANY UNIFORM IS ALLOWED!!!!**
- **Being in correct uniform means wearing the appropriate uniform-sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up and out of face and eyes. Complete uniform also means wearing NO excessive make-up (no glitter eye make-up, or lipstick color), no jewelry, no glitter or colored fingernail polish may be worn while in uniform. Fingernails must be kept trimmed short, and NO acrylic nails or tips are to be worn at any time while at practices, games, or events.**
- All "rented" and the one purchased uniform MUST be returned to the coach at the end of basketball season.
- **SWEATSHIRTS or any outside jacket ARE NEVER TO BE WORN OVER A CHEERLEADING UNIFORM.** Only squad warm-up jackets, squad V-neck pullovers (for Varsity squad), or squad rain jackets may be worn over a uniform.
- **SWEATPANTS ARE NEVER TO BE WORN UNDER A CHEERLEADING UNIFORM.**
- **ONLY CHEERLEADING SHOES ARE TO BE WORN WHILE IN UNIFORM.** Warm-ups are a part of the cheer uniform. **NO SNOW BOOTS, CROCS, or SLIDES** are to be worn. Permission must be given by the coach in order to wear rain boots to school on game days.
- **NO JEWELRY** is to be worn while in uniform (or during practices).

- Hair is always expected to be clean, pulled up in a ponytail, out of face and eyes, with a squad ribbon at all practices and games. No extensions or excessive hair lengths past the shoulder may be worn during the season. **NO EXCEPTIONS!!**
- **No colored hair or extreme extensions or extreme hairstyles will be allowed while in uniform. *Length must not be past the mid-back during the cheering season.***
- **NO PART of a cheerleader's uniform shall be worn by ANYONE else. **NO EXCEPTIONS!****

Fundraising

- Every cheerleader will be expected to support ALL fundraising events which support the team.
- All fundraising money is expected to be turned in by the set deadline.

Expected Behavior

- **All MCPSS, Murphy High School, and AHSAA guidelines must be followed at all times.**
- **A demerit system will be implemented from day one.**
- Cheerleaders are to promote a positive image for the school community - your peers, parents, teachers, and community members.
- While representing Murphy High School as a cheerleader, cheerleaders **must not** engage in the following:
 - Consumption of alcoholic beverages
 - Use of controlled substances
 - Use of tobacco products/vape products
 - Use of profanity
 - Unsportsmanlike conduct
 - Public displays of affection
 - Academic dishonesty
 - Inappropriate photo or post on social media
- Cheerleaders must not display any negative reflection of MHS and the cheerleading program in any photos or on any social media platform.
- Cheerleaders must wear the designated uniform to school on game day. **(see demerit system)**
- Attend ALL practices and games.
- Attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Cheerleaders must inform the coach as to where you are at all times during practice, games, and special events.
- All official cheerleading decisions will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. **Lack of respect will not be tolerated and can be grounds for dismissal from the squad.**

Transportation

- It is each parent's responsibility to provide transportation to and from camp, practices, games, and events.
- Cheerleaders **MUST** be picked up from practices, games, or events no later than 15 minutes after it has ended, or 5 demerits will be issued.

IN ORDER TO TRY OUT FOR ANOTHER SEASON, ALL FINANCIAL OBLIGATIONS FROM THE PREVIOUS YEAR MUST BE PAID IN FULL.

CHEERLEADERS WHO WERE DISMISSED FOR ANY REASON MAY NOT TRYOUT THE FOLLOWING SCHOOL YEAR.

CHEERLEADERS WHO QUIT THE SQUAD MAY NOT TRYOUT THE FOLLOWING SCHOOL YEAR.

Coaches reserve the right to make changes/additions to the rules, as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Coach, Athletic Director, and then Principal.

MURPHY High SCHOOL

CHEERLEADING TRYOUT PACKET CHECKLIST

_____ DRAGONFLY MAX 100% COMPLETE

Birth Certificate

Insurance Card

Concussion Form

Parent Agreement, Consent, Release, and Venue 2021

2021-2022 MCPSS Consent to Participate and Insurance Form

Student Participant Agreement

Demerit System Signature Page

NFHS Sportsmanship Certificate

_____ Completed Application notarized-1 and signed - 3 pages (hard copy)

Application

Parent Agreement

Discipline Clearance Form

Photo of applicant

_____ Copy of 1st Semester Report Card (hard copy)

_____ \$20 Tryout Fee

_____ Balance cleared from previous year (if applicable)

PACKET DUE FEBRUARY 26, 2021 – 2:35 PM

MURPHY CHEERLEADER APPLICATION

APPLICANT INFO (please print clearly)

Name: _____ Phone: _____

Address: _____

Email: _____ Current School: _____

Current Grade: _____ GPA: _____

PHYSICAL OR MEDICAL CONDITIONS: _____

ALLERGIES: _____

APPLICANT'S PARENT INFO

Parent Name: _____ Parent Phone: _____

Parent's Email: _____

Which squad are you trying out for? (circle one) **VARSIITY** **JUNIOR VARSITY** **MASCOT**

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

What tumbling can you independently perform on the gym floor?

Why do you want to be a murphy cheerleader or mascot?

By signing below, I acknowledge that I have received, read, understand the information in the tryout packet. I also understand the eligibility and skill requirements, and I agree to abide by the tryout policies and procedures. I further understand that the decision of the judges is final, and I will not make an attempt to alter those decisions after the team announcement has been made.

Candidate's Signature _____ Date _____

Parent Signature _____ Date _____

HARD COPY OF FORM REQUIRED

NAME _____

ATTACH PHOTO

***This form MUST be notarized and have a seal by a notary.**

MURPHY HIGH SCHOOL CHEERLEADING
PARENT AGREEMENT
2021-2022

If my daughter is chosen as a member of one of the cheerleading squads at Murphy High School, I promise to encourage my child to promote school spirit, demonstrate good sportsmanship, and represent Murphy High School in an honorable fashion. I will encourage my daughter to be responsible, and plan ahead to ensure she will attend all events.

I have received, read, and understand the Murphy High School Cheer Constitution/Code of Conduct and Demerit System. Further, we agree to abide by all of the rules and policies that they detail.

I understand the financial obligation and agree to pay all money owed for cheerleading/mascot expenses in a timely manner and according to the designated deadlines detailed in the tryout packet.

I understand that my child may be removed from the squad at any time due to misconduct or disrespect.

I understand that if a cheerleader voluntarily resigns or is dismissed from the squad, I/we forfeit all monies paid/donated and will be responsible for any remaining balance due, once items have been ordered.

I understand that as a cheerleader at Murphy High School, my child will be expected to attend all scheduled activities and events. In addition to games, my child may be required to perform at various pep rallies (day or evening), orientations, parent/senior night, community service events, or other administrative expectations at various activities.

I understand that Summer Camp is MANDATORY.

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

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

Parent Printed Name: _____ Parent Signature: _____

Notary's Signature: _____ Date: _____

Notary's Printed Name: _____ My Notary expires: _____

HARD COPY OF FORM REQUIRED

Murphy High School
Cheerleader tryout
Discipline Clearance Form

Student Name _____ Grade _____

Student Current school _____

To be completed by administrator:

In order to try out, a student must receive a discipline clearance from the administrator at the school of current attendance.

Administrators may not clear participants for any of the following reasons:

- Suspension, for any reason, this school year
- Retract, more than once, this year
- Discipline referrals to the office for serious or numerous offenses

By signing this form, I verify that the above student has a clear discipline record and is to the best of my knowledge eligible to try out for cheerleading at murphy high school.

Administrator Signature

Date

Or

According to our records, the above student does **not** have a clear discipline record and to the best of my knowledge is **not** eligible to try out for cheerleading at Murphy High School.

Administrator Signature

Date

HARD COPY FORM REQUIRED

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form
Revised 2018

Revised 2018

History

Name _____ Sex _____ Age _____ Date _____
 Address _____ Date of birth _____
 School _____ Grade _____ Phone _____
 Sport _____

Explain "Yes" answers below:	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized or spent a night in a hospital?	<input type="checkbox"/>	<input type="checkbox"/>
Have ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you presently taking any medications or pills (prescription or over-the-counter)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain or discomfort in your chest during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Do you tire more quickly than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told that you have a heart murmur, high cholesterol, or heart infection?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone in your family died of heart problems or a sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>
Does anyone in your family have a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out or unconscious?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you ever had heat or muscle cramps?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been dizzy or passed out in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have trouble breathing or do you cough during or after activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take any medications for asthma (for instance, inhalers)?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>
Do you wear glasses or contacts or protective eye wear?	<input type="checkbox"/>	<input type="checkbox"/>
13. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
14. Have you had a medical problem or injury since your last evaluation?	<input type="checkbox"/>	<input type="checkbox"/>
15. Have you ever been told you have sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone in your family had sickle cell disease or sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>
16. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Head <input type="checkbox"/> Back <input type="checkbox"/> Shoulder <input type="checkbox"/> Forearm <input type="checkbox"/> Hand <input type="checkbox"/> Hip <input type="checkbox"/> Knee <input type="checkbox"/> Ankle		
<input type="checkbox"/> Neck <input type="checkbox"/> Chest <input type="checkbox"/> Elbow <input type="checkbox"/> Wrist <input type="checkbox"/> Finger <input type="checkbox"/> Thigh <input type="checkbox"/> Shin <input type="checkbox"/> Foot		
17. When was your first menstrual period? _____		
When was your last menstrual period? _____		
What was the longest time between your periods last year? _____		
Explain "Yes" answers:		

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Signature of athlete _____ Date _____

Signature of parent/guardian _____

DUPLICATE AS NEEDED

Preparticipation Physical Evaluation

Rule 1, Sec. 14 — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grade s 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2020, will satisfy the requirement through May 31, 2021.

Student's name _____

Physical Examination

Revised 2018

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

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for: Collision

Contact

Noncontact _____ Strenuous _____ Moderately strenuous _____ Nonstrenuous

Due to: _____

Recommendation: _____

Name of physician _____ Date _____

Address _____ Phone _____

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

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

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION
Concussion Information Form
(Required by AHSAA Annually.)

2020-21 School Year

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • "Pressure in head" • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • "Don't feel right" • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(Continued on Page 2)

AHSAA Concussion Information Form (Page 2)
(2020-21 School year)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to a student-athlete's safety.

AHSAA Concussion Policy: Any student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return that day. Following the day the concussive symptoms occur, the student-athlete may return to practice or play only after a medical release has been issued by a medical doctor.

Any health care professional or AHSAA certified coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a medical doctor can clear an athlete to return to play. Any school in violation of the AHSAA policy application of the National Federation rule will be subject to sanctions.

If you think your child has suffered a concussion:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity on the same day he/she sustained an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. The athlete may return the following day or anytime thereafter with written clearance from a medical doctor. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

This form is required by Alabama Law established in June 2011. The form was revised in April 2012, coinciding with the current AHSAA Concussion Policy.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

_____ Student-Athlete Name Printed	_____ Student-Athlete Signature	_____ Date
_____ Parent Name Printed	_____ Parent Signature	_____ Date

**MURPHY HIGH SCHOOL CHEERLEADING
STUDENT AGREEMENT
2021-2022**

If you make the cheerleading squad, realize that you are making a commitment to Murphy High School, your coaches, your teammates, and yourself for the complete season. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of Murphy, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Murphy High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the Murphy High School Cheerleading program, you will receive valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the finest in the state of Alabama.

Student Agreement

I **have received, read, understand, and agree to abide by** the 2021-2022 tryout rules and procedures as outlined in the tryout packet, the MURPHY HIGH SCHOOL CHEERLEADING CONSTITUTION/CODE OF CONDUCT, and the DEMERIT SYSTEM. I understand that failure to adhere to these rules and policies could result in dismissal from the squad.

Student Signature

Date

Parent Signature

Date

THIS FORM IS IN DRAGONFLY MAX

MURPHY HIGH SCHOOL CHEERLEADING DEMERIT SYSTEM
SIGNATURE PAGE

ALL MURPHY HIGH SCHOOL RULES AND MOBILE COUNTY PUBLIC SCHOOL SYSTEM CODE OF CONDUCT RULES AND CONSEQUENCES APPLY.

An accumulation of 5 demerits will result in suspension from one game.
An accumulation of 10 demerits will result in suspension from two games.
An accumulation of 20 demerits will result in automatic dismissal from the squad.

The principal reserves the right to deny participation in graduation ceremonies for unpaid balances.

Once a cheerleader accumulates 5 demerits, she is to sit out 1 game, effective immediately.
Demerits from football season carry over to basketball season.
Cheerleaders will be required to sign all NOTICE OF DEMERIT sheets.
Parents will be required to sign all NOTICE OF DEMERIT sheets after 10 demerits have been given.

Any cheerleader who accumulates 20 total demerits, has quit, or has been dismissed from the squad will NOT be allowed to try out for next year's squad.

I have read and understand my responsibilities as a Murphy High School cheerleader and agree to the conditions set in this contract. I understand that if I do not fulfill those expectations, I will receive demerits as per the demerit system in place.

Printed Name of Cheerleader

Printed Name of Parent/Legal Guardian

Signature of Cheerleader

Signature of Parent/Legal Guardian

Date of Signature

Date of Signature

*The guidelines of the Athletic Handbook are in direct correlation to this document. Violations of that handbook will result in discipline as set forth here by the demerit system.

*Other violations and demerits will be determined by the coaches.

*Multiple infractions could result in a cheerleader being temporarily or permanently suspended from the squad, or result in other appropriate discipline as determined by the coaches and/or athletic director.

THIS FORM IS IN DRAGONFLY MAX

DRAGONFLY INSTRUCTIONS

1. Go to dragonflymax.com or download the dragonfly max app from the app store or google play.
2. Click login/sign up or tap get started and sign up for free.
3. Follow prompts to create account.
4. Parent account should use parent email address.
5. Verify your account with the verification ID sent to your email address.
6. Tap connect to your school – Murphy High School J942V5
7. After selecting your child's school, tap JOIN to request access – an administrator at your school will approve your request.
8. Tap SET UP YOUR CHILDREN and follow the prompts to add you child and fill our the required forms.

NFHS SPORTSMANSHIP CERTIFICATE INSTRUCTIONS

1. Go to <https://nfhslearn.com/courses/sportsmanship-2>
2. sign in or register
3. order free sportsmanship course
4. check out (free)
5. Complete course
6. Screen shot or print certificate
7. Upload certificate to DragonFly Max