

PUYALLUP Jr VIKINGS

Football and Cheer

Puyallup JR Vikings Sideline Cheerleading Handbook



Junior Vikings cheerleading program goals are to balance the competitive aspect of championships with a fun learning atmosphere. Cheerleaders will learn teamwork and leadership skills; as well as gain confidence.

Each cheerleader will learn the basics of Cheerleading; including sideline cheers, chants and stunts. When preparing for cheer competitions they will learn more intense cheers, stunts and dances while still having fun.

The purpose of our organization is to perpetuate the culture and mission of the Puyallup Jr Vikings. We believe in building champion people and players, both on and off the field or blue mat. This means that there are a few things that differentiate us from other Junior Football and Cheer programs in our area.

- We are committed to serve mainly students and families who attend Puyallup School District schools; and also welcome any cheerleader outside of the Puyallup School District.
- Champion people and players are more important than championships.
- We are a Community based program.

Our Mission:

Supported by families and our diverse community, the Puyallup Jr Viking Football and Cheer program will provide all athletes with learning experiences to give them the skills and values to become "Champions" in their schools, their homes, their workplace, and in their relationships. The building of a "Champion's Desire" in our athletes will create a foundation for them to grow successfully in the future. The demonstration of "Champion's Attitude" by our athletes will be our ultimate measure of success. We are committed to continual improvement not only in our coaching and team performance, but also in our organizational structure and communication.

NJFL Cheer Championships is our end of the season competition with the other franchises in the South Puget Sound League. All cheerleaders will perform, either on the Elite Cheer Team or the NJFL Cheer Team (made up of Cheerleaders who are not participating in the Elite Season), judged by the Washington State Cheer Judges Association.

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Attendance

For us to have a quality cheer program and to support all of our members, we ask that all cheerleaders commit to the program. Practices are typically Tuesday, Wednesday and Thursday evenings. Games are usually Saturdays and some Sundays, except during football playoffs and championships when you may be required to cheer both days. It is important that cheerleaders understand the responsibility and commit to the program in order to participate.

If a cheerleader is not well enough to practice, they should stay home and rest. It is important to get well!! Please DO NOT send your child if they are not well enough to practice.

Absences are excused for emergencies or illness, and a parent note must be given upon your return to practice. Please refer below for additional information on requirements for illness and injury per WIAA guidelines...

Illness:

- a. 1 missing practice due to illness= note from parent
- b. 2+ missing practices due to illness = note from doctor authorizing approval to return to practice

Injury:

- a. A note from the doctor will be required authorizing return to practice.

Concussion:

- a. A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition, practice and games at that time and may not return to play until the athlete is evaluated by licensed health care provider trained in the evaluation and management of concussion and received written clearance to return play from that health care provider. Please refer to concussion hand out.

Unexcused absences include:

- Shopping
- The Fair
- Skating Parties
- Etc.

Unexcused absences will be treated with the following guidelines...

- A. 1 (one) unexcused absence = Sit out a game
- B. 2 (two) unexcused absence = Sit out week of practice and game
- C. 3 (three) unexcused absence = No participation in competition

*School functions will be excused with a 2 week's notice prior to the event. Please email pjvcheer@gmail.com with the absence information.

Once you have signed the Cheer Competition Participation contract, and we have started "Elite Practices" you are only allowed 2 absences (to include excused). Once we place you in your formation and stunting group it is hard to practice if you're not available to participate. Practice begins the first week of September for the NJFL Cheer Competition. **ALL Sideline Participants will perform as a group at the NJFL Cheer Competition.**

Absences the week of a competition will result in the cheerleader not performing for that competition for the safety of all cheerleaders.

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Behavior

1. All Cheerleaders are expected to be friendly and courteous to everyone! Respect everyone with PJV Football and Cheer and maintain cooperative attitudes with coaches.
2. Smile, look happy and be supportive, even if your team is not winning.
3. Support other cheerleading squads while at practices, games or competitions. There's to be no negative comments about another squad's performance or cheers even; if they are negative about you, coaches will handle this situation. Do not handle adverse situations yourself – go immediately to your coach or Head Coach.
4. Only registered cheerleaders and the coaching staff will be allowed on the practice field. For safety reasons we ask that all questions be asked before or after practice so that coaching time can be spent with the cheerleaders.
5. Please no friends or siblings at practice without an adult. Liability insurance does not cover anyone not enrolled in the program.
6. During a game please get permission to leave the field (permission is considered from your Coach). You must return from breaks promptly and be on the field prior to the start of the second half. **If not in complete uniform, cheerleaders will be asked to sit out, while still remaining on the sideline to support their team.*
7. Remember you are representing PJV Football and Cheer on and off the field and therefore you should be conducting yourself in a positive manner at practice, games or PJV events. Use of profanities, inappropriate language or inappropriate attire will not be tolerated.
8. PLEASE NO STUNTING OR TUMBLING AT ANY TIME UNLESS DIRECTED BY THE CHEER STAFF, this includes cartwheels, back bends, etc (Please refer to Cheer Staff information sheet for verification of whom is qualified for Stunting). Not adhering to this rule will result in immediate discipline.
9. Discipline will include strength training or conditioning during practice, or during halftime at the games; as well as sitting out games or practices.
10. Practice attire is to include: tennis shoes with little to no tread or cheer shoes, athletic shorts, thick strapped tank tops and/or t-shirts. *(No hooded sweatshirts will be allowed at either outdoor or indoor practice due to safety concerns.)*

*When practice is outdoors, please do not wear the following:

- Jean Shorts
- Clothing with profanity
- Briefs or Nike Pros (unless worn underneath athletic shorts; ie. soccer shorts)
- Hooded Sweatshirts

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*When practice is indoors, the following attire is appropriate:

- Nike Pros

If the cheerleader is not in appropriate shoes and/or clothing, they will NOT be allowed to practice due to safety reasons!

11. All required forms will be due before your child can participate in practice, games or competition; as well as a copy of their birth certificate received.

Uniform

1. A uniform will be purchased for your cheerleader from Healy Sportswear. This will consist of: an undershirt, shell, skirt, briefs, jacket, leggings, socks, poms, a backpack, and a spirit sweatshirt. Shoes will also be purchased for your cheerleader from Omni Cheer. The entire uniform will be yours to keep. Replacement of any of these items, will be the cheerleaders responsibility, please contact the Cheer Director with needing replacements. The pink gear for October will be provided as well; pom poms and a bow.



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CHASSE FLIP IV S1621
\$25.99

YOUTH STANDARD ATHLETIC SHOE SIZE	YOUTH SUGGESTED SIZE	ADULT STANDARD ATHLETIC SHOE SIZE	ADULT SUGGESTED SIZE
6Y	8Y	4	5.5
7Y	9Y	4.5	6
8Y	10Y-11Y	5	6
9Y	11.5Y-12y	5.5	6.5
10Y	12.5Y	6	7
11Y	13Y	6.5	7.5
11.5Y	13.5Y	7	8
12Y	1Y	7.5	8.5
12.5Y	1.5Y	8	9
13Y	2Y	8.5	9.5-10
13.5Y	2.5Y	9	10.5
1Y	3Y	9.5	11
1.5Y	4	10	11
2Y	4.5	10.5	12
2.5Y	4.5	11	12
3Y	5Y	12	-
-	-	13	-
-	-	14	-

2. Cheerleaders are expected to bring **every** item of their uniform to every game, competition and event. If a cheerleader shows up to a game/competition without a COMPLETE uniform, they are to sit on the sideline and still support their team.

3. For safety, hair is to be pulled back during all practices, games and cheering events. Hair is to be put in a high ponytail.

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4. Nails are to be kept short. You should not be able to see the nails from the palm side of your hand. **No artificial nails anytime, this includes any dip nails.** This is for safety reasons. If the cheerleader does not comply, they are to sit on the sideline and still support their team.

National Federation Rules (Nails, Hair, Jewelry, Clothing and Stunting)

*These are the rules stated in the National Federation Spirit Rules book that all cheerleaders must follow. These rules are in place to help protect the student athlete.

NF Rule 2-1-7: Participants are not permitted to chew gum or have candy in their mouths during practices and/or games.

NF Rule 2-3-1: Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without chain) under the uniform.

Note- Jewelry that is illegal includes any pierced body parts (navel, eyebrow, tongue, nose, ears or any other piercing.) There will be no earrings worn on any part of the ear as well. The “no jewelry” rule pertains to ankle bracelets, watches, rings, necklaces, friendship bracelets and looms. Students will not be allowed to loop fish line through any pierced area to keep it open or cover jewelry with tape.

NF Rule 2-3-2: Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants. That means the nails are not visible beyond the end of fingers when viewed from the palm of the hands.

No artificial nails

NF Rule 2-3-3: The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.

Note- The legal devices to hold hair away from the face and off the shoulders include: bobby pins, small triangle clips, flat (old Fashioned) barrettes, rubber/elastic bands. Claw clamps of any size are illegal, as are bobby pins with jewels glued on the ends (jewelry rules),

The WIAA has also states hair must be pulled back away from the face, off the shoulders and up. PJV requires that for all games your PJV Cheerleader’s hair be pulled in a ponytail with your required cheer bow. All bangs and loose hair is to be pinned back with the approved NF Rule item.

NF Rule 2-3-7: Participants shall not wear glitter that does not readily adhere on their hair, face, uniform, costume or the body (if it can fall off, it is illegal).

Note- glitter will also be illegal on signs used by cheerleaders unless the signs have been completely laminated.

5. Your cheer shoes MUST BE kept clean for games and performances!

6. **ABSOLUTELY NO JEWELRY!** Please do not receive any new piercings. All jewelry must be removed before practice or games. This includes any rings, bracelets and body jewelry. This is for safety reasons. Coaches are not allowed to hold any jewelry or valuables. If something must be worn for medical or religious reasons and simply cannot be taken off, it must be taped down and a medical release form must be signed by the parent. Please consult with the Cheer Director.

7. Cheerleaders are permitted to wear their uniforms to school for spirit days at your own risk. Any damage will be your responsibility to clean or have repaired to keep uniforms presentable for PJV functions.

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Uniform Care

Please read and follow the care instructions below to keep your uniform in the best condition possible for future seasons. Uniforms should be cleaned on a weekly basis after it has been worn.

Washing instructions

1. Machine wash uniform **separately** in a large load setting with a high volume of water.
2. COLD water rinse – little if any fabric softener.
3. DO NOT USE BLEACH OR DETERGENT WITH BLEACH!
4. REMOVE PROMPTLY.
5. HANG TO DRY! DO NOT PUT UNIFORMS IN THE DRYER!
6. DO NOT DRY CLEAN!
7. Shoes are to be wiped clean.

Practice

1. Cheer Practice begins August 1st (if the 1st is Friday-Monday, practice will begin the following Tuesday) from 6:00 – 8:00pm. Practices are typically held Tuesday, Wednesday and Thursday of each week. **All practices are subject to change!**
2. Practices will be 3 days per week for the month of August. A calendar will be released for the season and may be updated as necessary.
3. All cheerleaders will have short water breaks throughout practice. Please have your child bring a bottle of water, with their name on it, to every practice. Items left behind will be thrown out each night. **NO FOOD AT PRACTICES.**
4. Practice locations are TBD and will be publicized as soon as the information becomes available.
5. Once we move to a gym location for practice, separate from the football team, practice times will shift slightly for accommodation of both drop off sites. **Only cheerleaders and coaches will be allowed in the gym for safety reasons.**
6. For the safety of each child, Cheerleaders are REQUIRED to remain in the practice area until they are released to a parent or carpool guardian (a note must be on file to whom your child can be released to). ID may be asked to be shown for all pick up that are other than a parent, legal guardian or carpool guardian. All carpool information must be on file with the Cheer Director.
7. Please pick up your cheerleader on time. All coaches volunteer a tremendous amount of time and also have families they need to get home to, so please extend the courtesy of being prompt.

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8. Practice attire is to include: tennis shoes with little to no tread or cheer shoes, athletic shorts, thick strapped tank tops and/or t-shirts. *(No hooded sweatshirts will be allowed at either outdoor or indoor practice due to safety concerns.)*

*When practice is outdoors, please do not wear the following:

- Jean Shorts
- Clothing with profanity
- Briefs or Nike Pros (unless worn underneath athletic shorts; ie. soccer shorts)
- Hooded Sweatshirts

*When practice is indoors, the following attire is appropriate:

- Nike Pros

If the cheerleader is not in appropriate shoes and/or clothing, they will NOT be allowed to practice due to safety reasons!

9. For safety reasons, if an athlete shows up without the appropriate attire, they will not be allowed to participate.

10. All athletes are required to complete a warm up routine before every practice and game to prevent injury. Cheer practice will start promptly each night, so if your child is late, they will be required to complete the warm up routine before joining the others in practice.

11. Please encourage your child to practice the techniques at home that are taught at practices each night (stretching, cheers, chants, arm motions and jumps). We will also do our best to provide access to videos of all cheers to allow the cheerleaders to learn and prep for the season.

12. Extra help is always available! Please do not hesitate to ask the Head Coach if your child needs help with anything! A Captain cheerleader should be available each night for this purpose.

13. Picture dates will be determined and publicized as soon as possible, we will have a scheduled time. All cheerleaders are required to wear their bow (from Sideline Season), undershirt, skirt, shell, and shoes; also bring their pom poms. Practice will not be conducted that day but all cheerleaders are required to stay until all team and individual pictures have been completed.

Game/Event Procedures

1. All Cheerleaders are required to be at the field 30 minutes prior to the start of their game to allow for warm ups. Cheerleaders cannot participate until they have completed their warm up routine at the field. If your cheerleader arrives late, they will sit on the sideline and support their team until the following quarter begins.

2. Squad Coaches will determine the game uniform based on the weather. If a cheerleader attends a game without their COMPLETE uniform (skirt, shell, bow, socks, pom poms, and jacket) they may be asked to sit out

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and/or the Captain(s) or Squad may make a uniform decision to include the cheerleader. Should the weather change please refer to your designated team coach for information. All of the above items are to be with the cheerleader at **ALL** games. All cheerleaders must wear the same uniform items when on the sideline.

3. Each cheerleader will cheer with their designated squad and game time. If they would like to cheer at an additional game with another squad, they may do so with the Squad Coaches permission (this would not be a replacement to their designated game).
4. In order to keep the uniform clean during game days please do not allow your cheerleader to eat or drink (unless it is water) in their uniform. If you will be staying to watch other games please have your cheerleader change into other clothes to prevent the uniform from being damaged.
5. With courtesy and respect to the opposing cheerleaders; our cheer squads are not allowed to call a cheer at the same time as the other team, and/or perform the same cheer after the other team has performed it. If this happens, stop immediately and return to ready position. If there is a problem with the opposing team calling cheers during ours, the coaches will handle this.
6. When a player is down on the field due to an injury, **ALL CHEERLEADERS** will stop cheering immediately and kneel with their right knee on the ground until the player has stood up or left the field. All cheerleaders will clap and chant "it's ok, it's alright, get up and fight fight fight" until the player leaves the field.
7. At halftime the cheerleaders will perform the "Hello" cheer for the opposing team. The opposing team will perform a cheer for our squad as well. Cheerleaders will have the remainder of the half to use the restroom and get a quick snack; unless it is a home game, at which point they will perform a halftime show prior to greeting the opposing team. The cheerleaders will be given a chance to get water and a snack, and use the restroom if needed. Make sure to cover the uniform with a jacket to avoid any spills on the uniform. It is the responsibility of the cheerleader to keep an eye on the game clock and be back on the field in ready position by the start of the second half. Cheerleaders will cheer the PJV Football team off the field and on the field at the start of halftime and commencing. This means the cheerleaders will need to be back 5 min prior to half being over.
8. Many of our cheers call for audience participation and nothing thrills the cheerleaders more than to see parents, friends etc. do the cheers with them. It is instant feedback that they are doing their job. Please don't disappoint, get in there and cheer right along with them from the stands.
9. In order to wear optional clothing items (sweatshirts, warm ups, gloves, etc) during games, **ALL** athletes will need to have the **SAME** items. We do this to maintain unity as a team.
10. We do our best to accommodate team requests, please note that our main focus is to make sure the teams are equal in size and a variety of ages. Siblings of football players will receive priority placement on their siblings coordinating team. Formal request forms are in the form section of this handbook and due upon Registration.

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11. Any cheerleader that stays for an additional game will need to ask permission of the squad coach should they want to cheer for that specific team in addition to their scheduled cheer time.
12. If you are unable to make your scheduled game, you are not allowed to show up for a different game without the permission of the Squad Coach.
13. Please note that games can go longer than your scheduled cheer time. You are not allowed to leave until the PJV Football team is off the field and the game is completely over. If you choose to leave before the game is over (other than due to a previous excused absence) it will be treated as an unexcused absence and disciplinary consequences will follow per the guidelines.
14. If your cheerleader is tardy for more than 2 games it will be considered an unexcused absence and disciplinary consequences will follow per the guidelines (a tardy will be assessed if the cheerleader is not at the game 30 minutes early).
15. All cheerleaders will be required to follow the Captains directions.
16. All cheerleaders will be required to follow the Squad Coaches guidelines and directions.
17. Cheerleaders are to not socialize with the players or fans during the game.
18. No chewing of gum or mints.
19. No food will be allowed on the field. Only water can be brought into the cheering area, but is to be labeled and placed by the cheerleaders individual bag.

Volunteer Opportunities & Fundraising Information

1. We need Volunteers at each home game and special events. At all home games, help is needed in the concession stand, shout-out booth, gate, on the field, etc. All volunteers will work the game before or after your cheerleaders, or in shifts throughout the day. This is done so that you may be able to watch your cheerleader during their game.
2. Sign up information for concessions will be available as soon as possible and released by the PJV Board or person designated by the PJV Board.
3. All cheerleaders are required to participate in fundraising. We will attempt to make all fundraisers fun and family friendly, to make them feel less like fundraisers, and more of an enjoyable fun day. More information and dates to come. The proceeds from these events will go towards gym rentals, practice equipment, and to support the Jr Viking Team expenses.
4. There are special fundraising events throughout the year that your help is needed. All of these events bring in much needed revenue so that we may purchase new equipment for safety purposes of the athletes.

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NJFL Cheer Competition

NJFL Cheer Competition is our end of the season competition with the other franchises in the Nisqually Jr Football League. We look forward to cheer competitions as it provides us a great opportunity to showcase what we have learned throughout the season. If your Cheerleader is not a part of the Elite team, they will perform as a team in a dance and cheer routine judged by the Washington State Cheer Judges Association. If your Cheerleader is participating in the Elite season, they will perform with their specific team.

1. The NJFL Cheer Competition will be held mid-November (location and time is to be determined).
2. Each parent of a cheerleader will be required to sign a contract regarding their child's participation in the cheer competition.
3. In order for all of our cheerleaders to have the best opportunity to succeed at competitions, all cheerleaders are asked to attend **ALL** practices and be committed. Attendance is VERY important while preparing for competitions and the attendance rules will be STRICTLY ENFORCED.
4. During September-November participants must agree not to miss more than 2 practices, with the understanding that missing practices can result in not being able to participate in competitions (extenuating circumstances may be reviewed and approved by the Head Coach and/or Cheer Director). It is also the responsibility of the cheerleader to learn what they missed.
5. Each cheerleader works very hard preparing for Competitions. Practice during this time takes a lot of commitment, dedication and hard work. Please talk with your child before signing the contract for participation to make sure the stress of competition will not be overwhelming for you and/or your child.
6. All dress rehearsals are mandatory.
7. Cheerleaders promise to follow and abide by the NJFL Cheer competition rules.

Competition Season (Elite Cheer Competition Season extends after the NJFL Competition)

Our Elite Competition season continues beyond the NJFL competition. The season runs until the end of January or first part of February (all dependent on what date the Junior Rec Cheer Competition is scheduled for). This is a huge commitment, and not all cheerleaders will be ready for the extreme demand of this both physically and emotionally. Those who would like to potentially continue on with the Elite Competition Season, will be able to participate in Workshops in late August, and Tryouts in early September. We will select the Elite Competition Team by considering age, attention span, attitude, ability, team size, and stunting placement. To be on the Elite Competition Team, you will be required to be in a stunting group as base, backspot, frontspot, or top.

To be eligible, the cheerleader must be:

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- 8 years old or older
- If the cheerleader is between 8 years old and going into 8th grade, they must have participated in the Sideline Season.
- If the cheerleader is 9th-12th and in the Puyallup School District, they must have tried out for their High School's team. (If your child is not a student within Puyallup School District, this does not apply.)

As we are traditionally a feeder program to Puyallup High School, we also support all of the Puyallup School District and want to honor their first pick of athletes.

More information will be released regarding tryouts after the season starts.

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PJV Sideline Cheer Registration Form

Cheerleader First Name _____ Last Name _____

Date of Birth: _____ Grade: _____ Age: _____ School: _____

Cheerleader Address _____

Cheerleader cell # _____

Cheerleader Email _____

Parent First Name _____ Last Name _____

Parent Phone # _____

Parent Email _____

Parent First Name _____ Last Name _____

Parent Phone # _____

Parent Email _____

-Does child have any siblings that will be a JR Viking? YES NO

-Would you be interested in receiving more information about becoming a Squad Coach? YES NO

-Would you be willing to Volunteer during fundraisers or sporting events? YES NO

My child has my permission to participate in the Puyallup Jr Viking Cheer Squad for the upcoming Season. I understand that Registration closes July 1st, and payment of \$450.00 Registration fee is due by July 1st. I also understand that until full payment has been made, and this form is turned in, my child's spot on the team is not held. By signing this form, I agree to provide a copy of my child's birth certificate and medical card prior to them being allowed to practice.

Parent Signature _____

Date _____

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PARENT CODE OF CONDUCT

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential in sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the competition is for youths, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every competition, practice or sporting event.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices, and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.

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13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, alcohol, and I will refrain from their use at all sports events; also at any community events.
16. I will refrain from coaching my child or other players during games and practices.
- 17. I will not make any communication on Social Media or Communication Platforms about an athlete's injury, unless requested by a Coach. The Head Coach or Coaches Representative will communicate with the Parent/Guardian of the injured athlete. Any communication regarding an injury will be done by the Head Coach and/or Coaches Representative. If I do not abide by this, I may be asked to not be at a Competition or Community Event.**

By signing below I understand and agree to all items discussed in the Parent Code of Conduct.

X _____
PRINT NAME OF PARENT/GUARDIAN

X _____
SIGNATURE OF PARENT/GUARDIAN

X _____
DATE

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As we prepare to divide the team into different squads for the season's games, we would like to take a moment to give you the opportunity to request placement on a specific team. Please read through the options below, select the option that fits your family's needs for consideration. We will do our best to accommodate your individual needs; however we ask that you understand that having enough girls and an even age variation on every squad has to be our priority. Squad announcements will be made as soon as possible, and game schedules will be released once the League has them finalized.

Thank you,

PJV Cheer Coaches and Director

Name: _____ Grade _____

- My child has a sibling on cheer

Sibling name & grade _____

- My child has a sibling in football

Sibling name & grade _____

- My child gets transportation from another team member

Team member name & grade _____

- I am requesting a specific squad/or football team for other reasons

Squad/Team requested _____

Reason _____

Parent Signature _____ Date _____

Concussion Information Sheet

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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 can’t 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
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none">● 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

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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 young 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 student-athlete's safety.

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 after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

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. For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

PUYALLUP Jr VIKINGS

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Concussion Information Sheet

I have read and understand the concession information sheet to the best of my knowledge.

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

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Medical Information, Emergency Plan of Action, Medical Card

<u>General Information:</u>		
<u>Child Name:</u>	<u>Birth Date:</u>	
<u>Address:</u>	<u>Parent/Guardian:</u>	
<u>Preferred Phone:</u>	<u>Emergency Contact:</u>	
<u>Medical Record #:</u>	<u>Hospital Preference:</u>	
<u>Insurance Information:</u>		
<u>Primary Care Provider:</u>	<u>Phone:</u>	
<u>Pharmacy Name:</u>	<u>Phone:</u>	<u>Fax:</u>

<u>Precautions BEFORE Interacting with child: (Communication, hearing or sight impairments, fear of touch, ect)</u>

<u>Food Allergies:</u>
<u>Medical (Material) Allergies:</u>

<u>Current Meds/Supplements</u>	<u>Dose/Route/Frequency</u>
<u>1.</u>	
<u>2.</u>	
<u>3.</u>	

***Volunteer Coaching Staff are not allowed to administer any medication at practice or games.**

PLEASE SUPPLY A COPY OF THE MEDICAL CARD FRONT AND BACK!

PUYALLUP Jr VIKINGS
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Medical Emergency Consent Form

I _____ (name of parent), give my permission for any approved Puyallup Jr Viking Volunteer Coaches to provide all necessary emergency medical care to my child (children) _____, _____, _____, _____.

This care may be given under whatever conditions are necessary to preserve the life or well being of my dependent(s).

Parent or Legal Guardian Signature

_____ Date _____

PUYALLUP Jr VIKINGS

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INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions and tumbling. Coaches should be informed of any injury or chronic conditions. Although the probability of injury is minimized if the athlete practices correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased.

Be sure to abide by the following:

1. Never stunt or tumble unless a Coach is present and has directed me to do so.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering at practices and/or games; such as jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely, and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or wet weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum/mints when cheering, including practices and games.
15. Always have your hair pulled back from your face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Do not stunt or tumble when game is in process.
19. Never show off.
20. Take all activities seriously.
21. Do not participate in cheerleading if you are sick.

I have read the preceding warning. I thoroughly understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

Parent Signature: _____ Date: _____

Print Name: _____

Cheerleader Signature: _____ Date: _____

Print Name: _____

PUYALLUP Jr VIKINGS

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Fundraising commitment

**Fundraising is Mandatory unless otherwise noted. Failure to participate in fundraisers will result in having to do a "Buyout" for that particular fundraiser. Buyout fees will be due on the date of the fundraiser turn-in. Each fee will be specified at the beginning of the fundraiser. There will be 1-2 Fundraisers during the Sideline Season, and 1-2 Fundraisers during Elite Season.

Potential Fundraisers

- Car Wash
- Cookie Dough
- Raffle Baskets
- Shout-outs
- T-Shirt Comments
- World's Famous Chocolate Bars

Spirit Gear Sales (Not Mandatory) - We will have spirit items available for order for cheerleaders, families, and friends to show their pride. Some of the proceeds from these sales will go to help pay for expenses throughout the year to the Association.

Agreement to participate in the mandatory fundraisers.

Sign _____ Date _____

Print Name: _____

PUYALLUP Jr VIKINGS
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Photograph Permission Slip

Photographs

I, _____, **DO** or **DO NOT** give permission for photographs of my child/children listed below, to be used on websites, slideshows, and/or for promoting the Puyallup Jr Viking Football & Cheer Association.

Child #1 _____

Child #2 _____

Child #3 _____

Child #4 _____

Parent Signature _____ Date _____

Print Name: _____

PUYALLUP Jr VIKINGS
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Uniform Payment Acknowledgement

Cheerleader:

By signing below, I acknowledge PJV will be purchasing a uniform on my behalf. Failure to pay the full balance of Registration by the cutoff date, will have my child's uniform removed from the group order and may have to pay additional expenses to the receive uniform. I also understand this will mean my uniform is ordered on a later order and/or it will not be guaranteed to be complete by the first game or event.

Parent Signature _____ Date _____

Print Name: _____

PUYALLUP Jr VIKINGS
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Handbook Acknowledgement

I, _____ parent of
_____ have read and acknowledge receipt
of the PJV Football & Cheer Handbook. I understand that practice times
and location changes are possible throughout the season.

I, _____, cheerleader of Puyallup JR Vikings,
have received my handbook and will promise to have a good time. To
share my feelings of happy times and to let it be known if I have a
problem or need extra help in learning the cheers and dances.

Thank you for participating in PJV!

Cheerleader Name : _____

Cheerleader Signature: _____

Parent Name: _____

Parent's Signature: _____

Date: _____