

Puyallup JR Vikings Cheerleading Handbook 2023



The 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. Those who participate in the Elite Program will learn more intense cheers, stunts and dancing while preparing for cheer competitions.

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.
- We strive to create an environment where teamwork is the goal and championships are just bonuses..
- 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.

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. Practice are weekday evenings with a schedule provided by the Cheer Program before the start of the season. All practices are subject to change..

Absences are excused for emergencies or illness. Communication must be received before the absence or it will be considered an unexcused absence and subject to disciplinary action. Please refer below for additional information on requirements for illness and injury.

Illness:

- a. 1 missing practice due to illness= notice from parent
- b. Individual must be fever free, without fever reducing medication, 48 hours before attending practice.
- c. Individual must not exhibit symptoms such as coughing and sneezing.
- d. Covid Exposure: To protect the program and cheer community, athletes, regardless of vaccination status, who are potentially exposed to COVID-19 should:
 - a. Monitor for symptoms
 - b. Test as soon as possible after exposure and then repeat testing every 24-48 hours through at least the first 5 days after exposure AND
 - c. Wear a well-fitted mask for 7 days after exposure.
 - d. Positive Covid: Any individual who tests positive for COVID-19
 - i. Notify the Cheer coach immediately.
 - ii. Will not be allowed to attend practice/events until after testing negative for covid-19

Injury:

- a. A "Full Release to normal activity" letter from a medical authority licensed to perform a physical examination, will be required in any of the following situations:
 - a. miss any practice/game/activity/competition due to injury sustained
 - b. sit out for a prolonged period during practice/game/activity/competition
 - c. requires more than two rounds of ice packs during practice/ game/ activity/ competition
 - d. At the discretion and concern of the coaching staff

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, games and activities at that time. They 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 stating they can fully return to play from that health care provider. Please refer to the concession hand out.

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

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. Once an athlete has more than 2 (two) unexcused absences the athlete will be in jeopardy of being removed from the team, per the discretion of the Coaches and Cheer Director.

Eligibility:

- Open to athletes ages 5-16
- High School aged kids must have tried out for your High School's Cheer Program. (Any exceptions to this rule will be looked at on a case by case basis and approved by the Puyallup Jr Vikings Cheer Director and Head Coach)
- Follow and abide by the attendance policy provided.
- **Payment of \$250.00 for Registration is due upon time of Registration. Uniform Cost is separate from registration and is determined each season.**

What you can expect during the season:

- Workouts & Conditioning at every practice
- Practices 2-4 times weekly
- Games on Saturdays Starting End of August-November
- Performances at community Events
- Participation in the Puyallup Santa Parade
- Participation in the Puyallup Daffodil Parade
- Performance at the Fall WA State Fair
- End of year banquet

*All dates are subject to change. Please keep these dates in mind when scheduling vacations, appointments, etc. Failure to attend any mandatory event will result in inability to participate.

**Any cheerleader who chooses to depart the team, or who has been removed from the squad will not be given refunds of payments made. The cheerleader may also be responsible for any items ordered or events scheduled prior to departure.

Puyallup Jr Vikings Cheer Warning of Risk

Serious, Catastrophic and perhaps fatal injury may result from athletic participation. By its very nature, competitive athletics may put cheerleaders in situations in which accidents may occur. Athletic competition can result in accidents, strenuous physical exertion, and numerous other exposures to risk injury.

Cheerleaders and Parents must understand and assess the risks involved in such participation and make their choice to participate in spite of those risks. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia and other serious permanent physical impairment as a result of athletic competition. Cheerleaders must adhere to that instruction and utilization and must refrain from improper uses and techniques. However, no amount of instruction, precautions, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. By granting permission for your child to participate in athletic competition, you, the parent or guardian, acknowledge such risk exists. By choosing to participate, you, the cheerleader, acknowledge that such risk exists.

If any of the foregoing is not completely understood, please contact the coaches for further information.

Cheerleader Signature _____ Date _____

Parent Signature _____ Date _____

Parent/Guardian Permission Form

I give permission for _____ to participate in the Puyallup Jr Vikings Cheerleading program and travel with the team and/or coach, and/or other cheerleader parent. I understand the cost involved for my child to participate and agree to support my child accordingly. I understand that failure to pay dues by the deadline may prevent my child's participation and could result in removal from the squad.

I acknowledge that cheerleading is a sport that involves tops (flyers), bases, and spotters. Tops are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the tops when stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. Participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

I acknowledge that even with the best coaching, use of the most advanced practice equipment, and strict observance of rules, injuries are still a possibility.

I acknowledge that it is vital that cheerleaders follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risks of cheerleading and travel. We understand and assume all risks associated with trying out, practicing, competing, and traveling. In signing this form, we assume the inherent risks of cheerleading and travel and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Signature _____ Date _____
Parent/Guardian

Signature _____ Date _____
Participant

Puyallup Jr Vikings Elite Cheerleading Athlete Contract

Cheerleaders and parents must understand and sign all appropriate contracts and consent forms, and pay fees by the due date in order for the cheerleader to participate.

Being a member of the cheerleading squad is a privilege, and all team members are expected to conduct themselves in an appropriate manner at all times and fully participate in all aspects of cheerleading including practices, fund-raising activities, and other events.

1) BE ON TIME!

A tardy is defined as the arrival to practice or event of more than 5 minutes after the appointed time to the appointed place. A parent running late is NOT an excuse. For practice, mats should be out and cheerleaders dressed and ready to stretch by the appointed time.

-Each tardy will result in conditioning.

-The fifth tardy will result in a one game suspension

-The sixth tardy may be grounds for removal from the squad.

Pickup: Cheerleaders must be picked up on time. Any pickup occurring after 15 minutes from the end of practice or event will be considered a late pickup. Late pickup may result in the cheerleader being sat for an event. Continuous late pickup may result in removal from the squad.

*Leaving early will be treated the same as a tardy.

2) ATTENDANCE - including sporting events, fundraising, practices, etc.

Please understand attendance is crucial for cheerleading teams. The absence of one person has the potential to disable an entire squad since our routines hinge on the presence of all people involved. Cheerleaders will be held to strict attendance policies.

Excused absences will include mandatory school events or medical appointments but must be approved by the coach one week in advance. Please notify the coach directly as soon as possible in the event of an illness or family emergency. Pre-planned absences for things like vacation, are seriously discouraged. Coaches will look at them on a case by case basis. A minimum of 2 weeks advance notice must be provided in writing. Planned absences could result in loss of a certain stunting position or removal from the competition or squad.

If a cheerleader sits out practice due to a self-diagnosed injury, they will be required to see a doctor after the second incident of the same injury.

Each unexcused absence will result in conditioning. Two unexcused absences will result in removal from the next competition. Three unexcused absences will be grounds for removal from squad.

3) BE A TEAM PLAYER!

If an athlete is suspended from participation in an event they will still be expected to attend that event in full dress as if they weren't suspended. They arrive with the team, and cheer their team on. If an athlete is not in attendance to support their fellow teammates from start to finish, suspension will be considered not met and is subject to further suspension or removal from the team.

In the event that the cheerleader is unable to physically participate, they still must attend events in full dress (unless injury prevents). They will also be expected to attend practices and participate in non-physical activities within the allowance of the doctor's note.

4) DRESS AND BEHAVE APPROPRIATELY!

Failure to have all parts of the uniform at an event will result in conditioning. If the attire cannot be corrected, the cheerleader will be required to sit out of the event.

NO jewelry is to be worn during any practices or performances.

Hair must be worn off of the shoulders and away from the face at all times. No metal clips or barrettes permitted. Bobby Pins ok.

Nails must be kept trimmed and filed to a length no longer than the fingertips. No acrylics are allowed.

No glitter is to be worn on face, body, hair or uniform at any time.

Shoes must be worn at all times during practices and performances.

Gum chewing is not allowed during any practice or performance.

Cell phones must be on silent and stored in your bag at practice. Failure to comply will result in the cell phone being taken for the remainder of practice.

Cheerleaders are expected to maintain a respectful, accountable attitude at all practices and events. This includes communication with coaches, captains, fellow cheerleaders, as well as other teams. Severe or continuous behavior problems may result in suspension or removal from the squad.

Cheerleaders need to remember that our full squad consists of all different age groups and everyone needs to be a role model to our younger athletes that are looking up to you.

Cheerleaders should be aware of how social behavior may reflect negatively on the cheer program. Vulgar and/or disrespectful statements or photos posted on social media will not be tolerated. Any athlete, under coaches' direct discretion, that has disrespected the name of PJV Cheer program and will face direct consequences.

Fighting, stealing, drinking, smoking, and drugs are considered severe offenses.

Any violations of the above rules will result in disciplinary action.

- First Offense - Verbal warning from coach
- Second Offense - Written warning from coach
- Third Offense - Meeting with parents suspension from event
- Fourth Offense - Meeting with parents and removal from squad
- Severe and/or continuing offenses could include suspension or removal from the squad.

Please sign only after you have read and understand the “Cheerleader Contract” and are willing to agree with and support its enforcement.

Signature of Parent or Guardian _____ Date _____

Signature of Cheerleader _____ Date _____

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 at practice. 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. Practices are closed practices. Liability insurance does not cover anyone not enrolled in the program. If guardians stay on site they must stay in their vehicle or sit as far away as possible from the practice area. This keeps the kids focused on their coach and not their parent during practice.
 6. Remember you are representing PJV Football and Cheer on sideline and in the community; therefore you should be conducting yourself in a positive manner at practice, competitions 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. Not adhering to this rule will result in immediate discipline.
 9. Discipline will include strength training or conditioning during practice. This could also result in the cheerleader not participating in a event.
 10. Practice attire is to include: Issued cheer shoes unless prior authorization is given, athletic shorts, form fitting leggings (yoga style), thick strapped tank tops and/or t-shirts. *(No hooded sweatshirts or spaghetti straps will be allowed at either outdoor or indoor practice due to safety concerns.)*
- * Do not wear the following:
- Jean / Shorts ect.
 - Loose fitting tops ect.
 - Loose sweatpants and similar
 - Clothing with profanity
 - Hooded Sweatshirts
- 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 and required sports physical.**

Uniform

1. A uniform will be purchased for your cheerleader from Rebel Athletics. This will consist of:

- liner
- shell
- skirt
- Briefs
- Warmup jacket
- Shoe
- backpack
- Poms

2. Items provided PJV Cheer

- High Pony Bow
- Low Pony Bow
- PJV Crewneck

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.

3. PJV Owned will require a refundable deposit for the following items:

- Adverse weather gear

4: Families will be expected to provide the following:

- white ankle or no show socks
- Full length leggings: solid black and form fitting. NO logos, embellishments, sparkles, fading, rips, holes or stains.

5. 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.

4. For safety, hair is to be pulled back during all practices, games and cheering events. Hair is to be put in a high ponytail, unless specified otherwise by the coach.

6. 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 this is not followed, this may result in the Cheerleader not participating.

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 3-1-1: 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 2-1-4: 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 2-1-5: Hair-Control devices, accessories and other adornments in the hair that are securely fastened, appropriate for the activity and do not present an increased risk to the participants are allowed.

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 3-1-5: 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.

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

8. **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.

9. 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.

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.

HAND WASH ONLY IN COLD WATER WITH CARE
DO NOT DRY CLEAN

WATER TEMPERATURE WARNING

The most critical element to the care of your uniform is the water temperature. Your uniform should be washed in cold water, which is water in which you are not able to keep your hand in it for more than 60 seconds without being uncomfortable. If the water coming out of your tap is not cold enough, fill your sink and add ice until the temperature lowers.

WASHING INSTRUCTIONS

1. Use a clear, gentle PH balanced detergent. We recommend Dreft Detergent.
2. If any stains are present, we recommend pre-treating with Dreft Stain Spray.
3. Fill laundry sink with cold water (see above).
4. Turn uniform inside out.
5. Quickly submerge and hand-wash for 60 seconds. Do not rub fabrics together.
6. Drain sink and refill with cold water to rinse.

7. Gently squeeze out excess water, taking care not to wring dark and lighter colors together.
8. Turn uniform right side out and lay flat on a towel to dry. You may want to insert a towel in the body of the uniform to speed drying and avoid any possibility of color transference while the garment is wet.

PLEASE NOTE:

- Perspiration, deodorant, hairspray, glitter spray, sunless tanning products and lotions may affect the color of your garment. Take precautions to avoid transference.
- Washing before wear may help prevent color-bleeding due to perspiration.

PJV & REBEL ATHLETIC ARE NOT RESPONSIBLE FOR GARMENTS THAT ARE LAUNDERED INCORRECTLY, OR FOR CRYSTAL LOSS FROM REPEATED USE/WEAR OR INCORRECT LAUNDERING.

Practice

1. Cheer Practice begins the first week of May from 6:00pm-7:30pm. Practices are **typically** held Tuesday, Wednesday and Thursday of each week. **All practices and locations are subject to change!** Athletes are expected to arrive 10-15min early to prep for practice and stretch. In turn athletes are expected to help put mats away after practice ends at 7:30. Please plan for release closer to 7:40pm.
 2. Practices will be 2-4 days per week. 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 OR SNACKS AT PRACTICE.**
 4. Practice locations are TBD and will be publicized as soon as the information becomes available.
 5. Only cheerleaders and coaches will be allowed in the gym for safety reasons. Indoor practices are CLOSED practices; unless you have been asked to help.
 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 .**
 7. Please pick up your cheerleader on time.
 8. Practice attire is to include: Issued cheer shoes unless prior authorization is given, athletic shorts, form fitting leggings (yoga style), thick strapped tank tops and/or t-shirts. *(No hooded sweatshirts or spaghetti straps will be allowed at either outdoor or indoor practice due to safety concerns.)*
- * Do not wear the following:
- Jean / Shorts ect.
 - Loose fitting tops ect.
 - Loose sweatpants and similar
 - Clothing with profanity
 - Hooded Sweatshirts
- 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/competition 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!

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.
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 show respect to other teams players, coaches, staff, parents, and facilities. I am a guest at their location and will act as such.

18. 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.

Any violations of the above rules will result in disciplinary action.

- First Offense - Verbal warning from coach
- Second Offense - Written warning from coach
- Third Offense - Meeting with parents suspension from event
- Fourth Offense - Meeting with parents and removal from squad
- Severe and/or continuing offenses could include suspension or removal from the squad.
- Exception - disrespecting other teams players, coaches, staff, and facilities may result in your removal from the location.

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

Concussion Information Sheet

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

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 healthcare 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/>

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

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: _____

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: _____

Handbook Acknowledgement

I, _____ parent of

_____ have read and acknowledge receipt of the PJV Football & Cheer Elite Handbook. I understand that I will be held to the rules and policies within and that practice times and location changes are possible throughout the season.

I, _____, cheerleader of Puyallup JR Vikings, have received and read my handbook and will promise to abide by the rules and policies, as well as 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 Cheer!

Cheerleader Name : _____

Cheerleader Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____