



Wando High School  
*Cheerleading*  
Handbook

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Last edited January 2020

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## Purpose

There are two purposes for the Wando High School Cheerleading Program. The first purpose is to create, promote, and uphold school spirit in accordance with school rules. The second purpose is to represent Wando High School at cheerleading competitions and other cheerleading-oriented activities. Cheerleaders should promote leadership, sportsmanship, self-discipline, high academic standards, and good citizenship for peers. Cheerleaders plan and initiate activities, which will promote student body and community support and involvement in the promotion of athletic events, and other large school activities.

## Structure

The Wando High School Cheerleading program will consist of three squads. There will be a varsity and junior varsity for the fall and winter athletic seasons (primarily cheering at football and basketball games, although cheerleaders may be invited to cheer at other Wando sports events as well) and a competition team.

JV will consist of up to 28 seventh through tenth grade students; Varsity will consist of up to 28 ninth through twelfth grade students. **ALL MEMBERS OF BOTH THE JV AND VARSITY SQUADS WILL CHEER FOR BOTH THE FALL AND WINTER SPORTS SEASONS. ALL TEAM MEMBERS WILL BE ELIGIBLE FOR THE COMPETITION TEAM.**

The COMPETITION TEAM will consist of 6 FLYERS, 12 BASES, and 6 BACK SPOTS. An immediate alternate stunt group (flyer, 2 bases, and back spot) may also be named. All cheerleaders have the potential to be brought up to the competition team. Spots and positions on the competition team are solely at the discretions of the head coach and her staff. The competition team roster can change at any time at the discretion of the coach. There are many factors that contribute to being selected for this team and all are considered.

## Goals

- **Spirit:** Support and motivate the football and basketball teams through cheers, chants, and dances. Motivate the crowd to interact with the cheers, chants, and dances throughout the entire game, regardless of the score, and during all pep rallies.
- **Competition:** Win the Region and place in the top ½ at state competition.

## Eligibility

1. Candidates for a Wando High School cheerleading squad should be enrolled at Wando High School, one of the feeder schools, or plans to transfer for the 2020-2021 season. Any questions or exceptions need to be handled through the coaches, registrar and/or school administration. Any candidate who is transferring schools needs to contact the Athletic Director Coach Hayes.  
robert\_hayes@charleston.k12.sc.us
2. Candidates must be in good financial standing with the cheerleading organization (in other words, there should be no outstanding uniform debts, bills, fines, or returned checks). All debts from previous seasons must be cleared by the first day of try-outs in order to participate.
3. Candidates must be in good academic standing. You must be passing all your classes.
4. Cheerleaders who have quit in the 2019-2020 season may write a letter of appeal if they are determined to tryout. Coaches will review your letter and determine your eligibility to tryout.
5. Candidates must have turned in all required paperwork by **APRIL 14, 2020.**

\*\*\*Required paperwork includes:

- **Informed Consent and Acknowledgement Agreement** (handed to Coaching staff on April 14<sup>th</sup> Day 1 of tryouts)
- **Report Card** (handed to Coaching staff on April 14<sup>th</sup> Day 1 of tryouts)
- **Application**, Parent info & Emergency info (This is a Google Form located on the Wando Athletic Cheer website)
- **Planet High School Forms:** Current Physical (dated after April 1, 2020 on the WANDO FORM submitted on Planet HS)

## Tryout information

1. Candidates who meet the qualifications will not be discriminated against because of race, gender, creed, or educational handicap. All candidates should wear plain black bottoms and plain white tops each day of the tryout clinic to avoid any sort of discrimination or allusion to prior experience. Sneakers needed.
2. Try-outs will consist of **3 DAYS; 4:30 – 6:00 at the WANDO AUX GYMNASIUM**
  - a. DAY 1: Learn dance, sideline cheer, motion review and jump technique.
  - b. DAY 2: Stunt evaluations
  - c. DAY 3: Final evaluation: cheer, dance, jumps, tumbling
3. Candidates who have not safely mastered certain skills should not attempt them during tryouts. No assisted skills will be counted in evaluations. In addition to the prior mentioned activities, candidates will also participate in conditioning exercises throughout clinic.
4. Candidates will be evaluated on each skill (dance, sideline cheer, jumps, standing tumbling, running tumbling and stunting for their position) in small groups on day 2 and 3. The evaluators consist of the Head Coach (Jenay Martell), her staff and possible qualified outside judges. During evaluation, the judges will discuss each cheerleader's score. This final score will be used when determining the make-up of the squads.
5. Only a candidate that has **NOT** been selected for the squad may privately elect to view his/her own individual try-out judging form along with recorded footage, if any. The score sheets may be reviewed at Wando High School by appointment within ten school days of tryouts and may not be copied or removed from the school. Appointments will not be made until Monday, April 20, 2020.
6. Any candidate currently participating in a spring sport at Wando High School should not miss any scheduled practice or competition event with the spring sport. It is the duty of the candidate to make coaches aware of his/her involvement in a spring sport in order to make accommodations for cheerleading tryouts at least one week *prior* to tryouts. Candidates should not quit a spring sport in anticipation of cheerleading tryouts.
7. If there is a day a candidate cannot attend, I need written notification on the **FIRST** day of try-outs. Accommodations will be made for the candidate to perform that day's skill on an alternate day.
8. Try-Outs may be videotaped.
9. Only transfer students will be allowed to submit a video for tryouts. You must be evaluated in person unless approved by Coach Martell. The video should consist of the dance, side-line cheer, standing tumbling, running tumbling, and stunting skills as explicitly written on the judging form. Transfer students will be extended the same option. **All tumbling skills are to be performed UNASSISTED and on DEAD floor to be evaluated.**
10. Tumbling is not required to make the Wando Cheerleading squad. **Potential cheerleaders are NOT to attempt any skill that they have not been trained to do.** Skills must be shown during try-out for points to be evaluated.

## Planet High School

Both parents and athletes need to have an account in Planeths.com. There are 4 forms that need to be submitted by **parents and athletes**. These forms must be approved by the trainers in order for the athlete to be cleared to participate in tryouts. **THIS MUST BE DONE BEFORE the first day of tryouts!**

The 4 forms are:

1. Medical History Form
2. Physical exam- Must be one Wando form (dated after April 1, 2020)
3. Parent Permission & Acknowledgement of risk
4. Athlete/Parent Concussion Statement

If you are selected for a cheer squad the remaining forms must be completed by **Monday, April 27, 2020.**

Remaining forms for Planet HS include:

1. Birth Certificate
2. Athletic Travel Permission Form
3. Emergency Contact Form
4. Wando Athletic Rules & Policies Acknowledgment Form (be sure to download and read with your athlete)

## Commitment

- Cheerleading is a **year long sport**. Cheerleaders selected are expected to attend all **football AND basketball** games, unless absence has been pre-approved.
  - **Fall (Football)**: Football games are typically scheduled on Thursdays (JV) and Friday (Varsity) evenings. Half of both JV and Varsity football games will be scheduled “away”, typically alternating weeks. JV will not attend away games. Varsity cheerleaders are expected to ride the bus (to and from) with the squad to attend each “away” game. JV Cheerleaders will sell programs during Varsity football games. Program sales are an organized fundraiser.
  - **Winter (Basketball)**: Basketball games typically occur on Monday (JV) Tuesday (Varsity) and Friday evenings for several weeks. Expect to cheer at all games, some of which will likely be away.
- Additional commitments will be expected in support of a successful season:
  - **Cheer Camp**: JV and Varsity cheerleaders will participate in a four day in-state cheer camp during the summer. This opportunity enables the teams to focus on advancing stunting skills and encourages team bonding.
  - **Playoff Games**: In the event the football or basketball teams make it to playoffs **ALL** cheerleaders (both Varsity and JV) may be required to attend the game.
  - **Pep rallies**: JV and Varsity Cheerleaders are invited to participate in all pep rallies, held during the school day. Additional practices may be called. Decorating may also take place before a pep rally. Cheerleaders are expected to participate in Spirit Week and are required to “dress up.”
  - **Other Activities**: There will also be opportunities for service projects/social activities/appearances that will require participation, but you will be notified of these events in advance in order to make proper arrangements. Participation in these activities is strongly encouraged, but not all are considered mandatory.

## Roles, responsibility & expectations

All cheerleaders are expected to maintain an optimistic attitude and will present a clean, sharp, loud presence at all events, regardless of whether the team is winning. Cheerleaders are expected to demonstrate the highest example of conduct, athleticism, and leadership. Additionally, they are expected to be faithful in attendance and participation to their required activities and maintain the skills performed at tryouts throughout the year.

- **Varsity Spirit**: Attend cheer camp and all practices. All cheers will be sent out through BAND App for the cheerleaders to practice cheers at home. It is expected that all cheers are mastered by the deadline. Attend all games for BOTH football and basketball seasons. You may be asked to participate on the competition team. **Attend practice once a week on Thursdays once we are in season.**
- **JV Spirit**: Attend cheer camp and all practices. All cheers will be sent out through BAND App for the Cheerleaders to practice cheers at home. It is expected that all cheers are mastered by the deadline. Attend all home games for BOTH football and basketball seasons. Cheer at varsity playoff games (football & basketball). Attend Senior Night. Sell Programs during at Varsity Football games. You may be asked to participate on the competition team. Attend practice once a week on Thursdays.
- **Competition**: Attendance for choreography is MANDATORY for all selected for competition team including alternates. Attend all practices (typically scheduled M-TH 4-6pm). Attend all competitions. Competitions are whole day events- you must be available all day. **See attached calender and BLOCK**

**off all thoes Saturdays!** Practices leading up to competitions are critical - a single athlete missing practice sets the entire team back. Absences or lack of commitment may result in replacement. Maintain and always work to improve your endurance, flexibility, tumbling, stunting, jumps, and dance skills. Work hard and give 100%, as every athlete is critical to the success of the team. Your “spot” on the competition team is at the discretion of the head coach. Changes to the competition roster can be made at anytime for any reason or for no reason at all.

- **Alternates:** Attendance for choreography is MANDATORY for all selected for competition team including alternates. Attend all competition practices. Be prepared to fill in when asked during practices. Be prepared to compete with short notice. Know all parts of the routine. Maintain and always work to improve your endurance, flexibility, tumbling, stunting, jumps, and dance skills. Work hard and give 100%, as every athlete is critical to the success of the team. Attend all competitions. Competitions are whole day events- you must be available all day.

## Practices

Practices are typically held Monday-Thursday 4:00-6:00 at Wando High School gym. Athletes traveling from outside campuses are responsible for transportation to practice and are expected to arrive at the designated start time. Coaches understand that travel from the middle schools can be delayed.

- **Preseason**-preseason starts right after tryouts and runs until the last day of school. These practices are cirticial to skill development and condititoning. It is during this time that coaches begin to make selections for competition team. Stunt progression and development is very important during this time. Attendance is very important.
- **Summer**- all practices occuring durng the summer. Coaches are still making comeptition team selections and attendance is very important! Choreogrpahy happens in the summer. All practices after choreogrpahy are VERY important as hitting the routine becomes the new goal!
- **In season**- starts at the beginning of August and runs through the last comeptition. For all girls who are non-competitive and are not selected as an alternate- **please plan to attend practice weekly on Thursdays.**

All cheerleaders are expected to attend all required practices unless excused. Those who are absent may have consequences. Additionally, only approved practice uniforms will be allowed at practice unless otherwise noted. All cell phones will be stored by the coaches table at the beginning of every practice.

## Absences

- Excused absences must be pre-approved by the coach and include the following:
  - Sick from school that day (if you come to school, you come to practice)
  - Family emergency (along with communication from parent)
  - Official college visit
  - Doctor appointments (note provided)
  - Mandatory field trips or activities for a class grade
  - Other- at the coaches descretion
- Unexcused absences must also be pre-approved by the coach and include the following:
  - Driver’s Education
  - Work
  - Tumbling classes
  - Any other reason not listed under the “excused absence” section can be considered unexcused
- Pre-approval of known absences is expected. Pre-approval indicates the cheerleader has communicated an absence to her coach in writing with 24 hours advance notice. Pre-approvals are not necessarily excused. See above for what is considered excused.
- ALWAYS communicate [IN WRITING] with a coach directly surrounding absences. Messages through other cheerleaders are not accepted.

## Medical

- Athletes are expected to record all known medical issues during the application process.
- Athletes must report all injuries to the Cheer Coaches and Wando Trainers.
- If an issue impedes an athlete from fully participating in the sport, the athlete must undergo medical evaluation from our trainers.
- Doctor's notes are required to be excused from any practice.
- Injured athletes should meet with the coaches to develop and individualized plan for practices

## Uniforms & gear

- Uniforms:
  - Varsity and JV Spirit uniforms will be issued to athletes on each team for the year and are expected to return the uniforms promptly at the conclusion of the season. Cheerleaders will receive two uniforms each.
  - Competition uniforms will be issued to all cheerleaders selected for Competition Team, including alternates.
  - Cheerleaders who receive competition uniforms will ensure the uniforms are washed gently, not to damage detail of the uniform.
  - All athletes are expected to maintain the uniforms with care and are expected to wear clean and tailored uniforms.
  - Athletes may need to alter the uniforms for better fit, and will be expected to pay for any tailoring.
  - Please immediately notify the coach of any issues with the uniforms, including lost uniform items, improper fitting or disrepair.
  - Uniforms are not authorized for wear on game days. An alternate option will be made available for each athlete to wear on game day. The Cheerleader is an ambassador of spirit and the Wando Cheerleading Program when wearing any identifying uniform item.
- Practice Wear:
  - JV and Varsity will purchase the same practice wear.
  - Daily practice uniforms will rotate between three sets of practice wear.
- Additional Uniform Items:
  - Multiple bows will be issued from by the coaches and will not need to be returned at the end of the season.
  - A list of required uniform items will be sent out through the BAND app. Parents / guardians will be responsible for the purchase of these items through the vendor, if their athlete does not already have the required uniform item.
  - Warm-up jackets and raincoats may be identified for wear and are expected to be worn, dependent on the weather.
  - Shoes shall be maintained in good repair and kept clean.
  - White socks must be worn with the white sideline shoes. Black socks must be worn with the black competition shoes.
  - Makeup and lipstick may be a required part of the unifrom.
  - **Nails must be short and light neutral in color.**

## Lettering

Both JV and Varsity Cheerleaders may qualify to letter in Cheerleading. You may letter in the following ways:

- Participate on Varsity Spirit for the Fall / Winter season
- Participate on competition team, performing in 1/3 of competitions

Letters may be retracted due to poor attendance or extreme circumstances. You will not receive a letter if you do not complete the season.

## Costs

\* Funds due by April 21<sup>th</sup>

\*\* Funds due by May 8<sup>th</sup>

This is a complete financial list. There may be minor additions.

Item	Description	Who needs it?	Cost
*Practice wear	3 tanks, 2 short, 2 bra	ALL	\$250 ish
*Warm-up jacket	New this year	ALL	\$85
*Rain Jacket	Same as last year	New Girls	\$85.95 (can add monogram)
*Bows	3- RB& W.. Might want to get 2 sets	New Girls, Anyone missing bows	\$12.95 per bow
*Poms	3- RB& W	New Girls, Anyone missing poms	\$31.50
*Sideline Shoes	Same as last year	New Girls, some returners	\$77
Competition shoes	Same as last year	Competition girls and alternates.	\$115
**Camp	June 23-26	ALL	\$369
**Clinic	May 16th	ALL	\$42
Insurance	Due in August per Athletic Dept.	ALL	\$52
Pictures	Team photos and individual ones. August	If wanted	Varies on package
Uniforms	2 for Varsity 2 for JV 1 for Comp	ALL teams	Provided ☺
Team Shirts	4 <sup>th</sup> practice shirt/ Game day shirt/sponsorship T	ALL	Provided ☺



## Safety

1. Safety during stunting will remain the top priority at all time. Any intentional or grossly negligent behavior resulting in a safety impact will not be tolerated and will result in immediate disciplinary action.
2. No tumbling or stunting skills are to be done until the coach arrives.
3. Teammates will spot all new stunts **without talking**.
4. Coaches reserve the right at any time to change out flyers, bases or back-spots.
5. All bases/backs are to actively make their flyer's safety their focus and priority, especially when she is in a downward motion.
6. Every cheerleader is expected to give 100% to a stunt regardless of their position.
7. Spotting requires hands in the air at all times fully prepared to catch while facing the flyer.
8. Stunt groups are created at the discretion of the coach but will be formed by taking into account size, height, and skill of all cheerleaders.
9. Coaches may hold a group accountable for dropping a stunt or performing a stunt unsafely, including extra conditioning or "grounding" a group for a time.
10. Coaches may directly spot new stunts until the stunt group demonstrates proficiency and safety.
11. No jewelry is allowed to be worn at practice, games, competitions, or any time in unifrom.
12. Gum is not allowed at any time.
13. Eating during practice is not allowed.
14. **Nails must be short and light neutral in color.**

## Communication

- Athletes must communicate with coach directly (BAND, email and text are official ways).
- Messages through teammates is not acceptable.
- Verbal communication must be followed up with written communication (email, text). Saying "I told you about this the other day." Is unacceptable unless followed up with written communication
- Athletes and parents/guardians are expected to download the BAND App. Athletes check the BAND app daily for any updates, polls and changes.
- All details for scheduled events will be placed in the calendar details inside the BAND app.
- Any questions, comments or concerns must be made to the head coach in a private manner and not published for the whole group.

## Fundraisers

In order to offset some costs for the program or to purchase new items for safety or spirit, we will hold fundraisers. Athletes are expected to participate directly in all fundraising efforts. Parents are strongly encouraged to support fundraising efforts, your talents and experience are greatly appreciated and warmly accepted. Below are some of our most profitable fundraisers:

1. Little Warrior Cheer Camp
2. Sponsorships
3. Program Sales
4. Evergreen Wreaths
5. Others: Ideas are welcomed! All must be approved by Coach Martell and school administration

## School & Athletic Department Policies

All students are held to the rules and guidelines of Wando High School. Additionally, cheerleading consequences may apply to cheerleaders if rules are broken and punishment is handed down from administration. Cheerleaders are also expected to remain in good academic standing with the Athletic Department in order to participate in cheerleading activities in part or in full.

Lastly, parents should strive to be an example in sportsmanship and support within the school community—uplifting athletes on all sides and holding themselves and their own athletes to the highest standards.

## Parent/Guardian Commitment

Parents and guardians are the cornerstone to any successful athletic program. All parents and guardians are expected to share support, encouragement and accountability to your cheerleader as they demonstrate their commitment to their team and the standards expressed in this handbook. Be supportive and constructive toward the school, the cheerleading squad, and its leaders by practicing life-promoting attitudes and actions. Avoid unhealthy criticism, negative comments, and complaints not intended to bring a positive result or change.

Parents are also expected to be open in communication with the cheer coaches, bringing concerns to them first. If necessary, further concern can then be addressed with the Athletic Director, and the administration if necessary.

Additionally, parents should be committed to following through with the appropriate steps of registration, uniforms, camps and competitions, as well as parent involvement and volunteering for fundraisers, social activities, or school events. They must also be willing to provide transportation to and from camps/clinics (as carpools), practices and potential appearances.

## Discipline

- Discipline will be dealt with on an individual basis.
- Potential consequences can range from conditioning, dismissal from practice, suspension or termination.

## Risk and Acknowledgement

WARNING! Cheerleading is a vigorous, physical activity involving motion, rotation, and height in a unique environment. As such it carries a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis, and even death could occur particularly if a participant were to land on his/her head, neck, or back.

## Attachments

The attached **agreement form** is to be completed by both parent and athlete. This form is due the FIRST day tryouts and will be required to participate.

Attached you will also find a tentative calendar. Please know that changes may occur and will be announced in the BAND app.

## Game Day (Football & basketball)

Please check BAND for all updates for Game-days. Details will be posted in the event on the calendar or made in a regular post.

### Football

#### Bag/Uniform

- Correct uniform/ Bow
- Black bloomers/ shorts
- All 3 poms
- White socks only
- Sideline shoes
- Come to games fully ready → Lipstick Etc.
- Bring a water bottle!
- Bring \$ for concessions if you choose to purchase food at ½ time
- Warm-up jacket AND rain jacket
- Lipstick

#### Before the Game

- Listen to all instruction from your coach
- Arrive to the game on time and ready
- Eat and use the restroom before you report to the game
- Meet your coach on the visitor's side of the stadium. We will enter from that side as a **whole group** and walk together to our sideline area

- You are only allowed to bring ONE bag.
- Coaches chair will mark the center of sideline- use that as your guide when lining up
- Place your bag in front of our sideline spot so you can access it easily
- Captain/team leader will lead warm-up
- Warm-up will consist of 25 cheer jacks, team stretch in a circle and practice stunts.
- Sideline line up can be changed at anytime for any reason or no reason at all by the coaches only
- Sideline line up may be changed to fit the space at away games
- National anthem. Absolutely no talking. Stand as you should be standing in the line.
- Run through/ flags- setting up and breaking down of the run through will be done as quick as possible without causing additional distractions

#### During the Game

- Listen to all instruction from your coach. Some instructions will be non-verbal.
- Keep in mind that the camera will be on you at any time
- If you are facing the game- stand with legs apart and arms behind your back. If you are clapping while facing the game be sure to clap above your head.
- If you are facing the stands- stand with legs together and hands on hips
- Do not cross your arms
- **You should always be standing clean and properly**
- Try not to fidget or talk with your hands
- Excessive talking is a form of disrespect to you coaches and will result in a major infraction.
- Water breaks- when leaving your spot on sideline, you will place your poms in your spot. No cellphone usage.
- At no time should anyone engage in talking with the chophouse
- Captains will coordinate interactive cheers with chophouse leader
- If a player is injured, we will kneel on the right knee with the black pom under the knee. If not using the black pom then use the red pom. We will never use the white pom under the knee. Hand on left knee with other pom
- If you are calling a cheer- call it loudly so we can all hear you over the chophouse, fans and game
- We will not be discussing what cheer to call unless there is a question about offense or defense
- Stunting and tumbling will depend on weather/ wet conditions.
- Signs and mega phones will be used as much as possible
- Keep opinion about the plays to yourself. Positive comments and spirit only!
- JV will be selling programs and should follow instruction from the coaches
- When JV finishes program sales- you are to either leave the stadium with a parent or change out of uniform.
- There should never be cheerleaders sitting in the stands while in uniform unless it is ½ time break or at the instruction of a coach
- JV will enter and exit the track area at the entrance by the field house only

#### ½ Time

- When the boys break for ½ time we will form a tunnel and cheer them on as they leave the field.
- You may take your phone with you on your break
- You must return to our sideline area at the 2:00 min mark. Set a timer on your phone.
- If you are late returning from ½ time. You will sit out for a portion of the 2<sup>nd</sup> half.
- When the boys return from ½ time we will again form a tunnel and cheer them on as they reenter the field area

## After the Game

- We will need to bring game-day materials back to storage after the game.
- Football coach blows the whistle signaling that it is time to go home at the end of home games
- When the football coach blows that whistle, you must immediately leave the field, report to your vehicle and leave the stadium.
- You represent Wando Cheerleading at all times- in or out of uniform

## Reminders

1. Arrive to games on time! If you are late to games- expect to sit out for a portion of that game!
2. Themes→ as cheerleaders we represent spirit for our school. We can participate in themes but must also follow safety rules and cannot wear jewelry in any form.
3. No jewelry, no gum, no eating on sideline except for ½ time break.
4. Participate in bringing game-day materials to/from field or bus.
5. If you are sitting out a portion of the game- you are to be in uniform unless otherwise instructed. If you are out of sideline for an injury, you are to sit with us and not be engaged in other activities.
6. There will be times when we decorate the field house for the boys
7. All cheerleaders who attend Wando will participate in Spirit Dress up days

## Basketball

- Arrive on time and be dressed in uniform (white socks, white shoes, black shorts, bow, poms, lipstick, braces for ankles/wrists)
- No gum, eating, jewelry or cellphones allowed on sideline. Phones allowed between games and during ½ time
- Only water allowed in the gym- no soda
- Games are mandatory
- Remember to be LOUD when cheering
- Varsity: Every cheerleader must tumble once per game (one time for girls game and one time for boys game)

We are looking forward to a successful year!

Thank you,

Head Coach Jenay Martell- Primary Competition Contact/ Varsity Spirit  
Jenay\_martell@charleston.k12.sc.us  
781-204-0163

Assistant Coach Hoffman- JV Spirit and secondary competition contact  
Mckenzie\_hoffman@charleston.k12.sc.us  
614-557-5014

Assistant Coach Mansfield- JV, Varsity & competition secondary contact  
Rhiannon\_mansfield@charleston.12.sc.us  
334-329-0961

## Wando Cheer Informed Consent & Acknowledgement Form

I/We, \_\_\_\_\_, parents and/or legal guardians of \_\_\_\_\_ who is a student at Wando High School or a feeder school and wishes to participate in the cheerleading program at Wando High School, has my/our permission and consent to be a cheerleader for a Wando High School Cheerleading squad.

I understand that all forms and a current physical must be completed by Tuesday, April 14, 2020 in order for my child to participate in tryouts. I understand my child will be evaluated by qualified judges and agree to abide by the decisions of the judges. I understand the attendance requirements for participating in this sport. I understand all costs involved in becoming a cheerleader and agree to pay all money in a timely manner. I understand and agree to follow the rules and guidelines set forth in the **Wando Cheerleading Handbook** and Wando Athletic Handbook and understand that violating any of these rules could result in temporary or permanent suspension from squad. ***I also understand that as a member of the Wando cheerleading program, I am required to participate through both the fall and winter sports seasons as well as be available for the competition team. Failure to comply will result in the termination of the Wando Cheerleading Program for at least a full calendar year.***

It has been adequately explained to us that cheerleading is an activity that carries a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what type of landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries, such as muscle pulls, dislocations, broken bones, and scratches. The risk of injury also includes catastrophic injuries, such as permanent paralysis or even death from landing on the head, neck, or back. I understand these risks and will not hold Wando High School or any of its personnel responsible in the case of accident or injury at any time.

We understand that our child is required to be in good physical shape and condition and that the activities in which she/he will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us/me that these activities include, but are not limited to, a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites and venues throughout the year.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical, or mental disability or other limitation that would restrict her ability to fully participate in this activity. We have been informed that our child must be examined by a physician prior to participation in these activities and we agree to such examination. We further agree to notify immediately the appropriate school personnel in the event of any change in our son/daughter's health status.

We also understand that our son/daughter will be required to travel to locations off campus for the purpose of participating in cheerleading activities and the appropriate school personnel will provide that transportation for him/her. We consent to such school sponsored transportation.

We agree to, and by signing this agreement, release the coaches, advisors, volunteers, staff, and administration of Wando High School and Charleston County School District from any claim of negligence by ourselves, our son/daughter, our heirs, executors, and assigns, from any liability arising from claims for damages for injury to our daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in this school sponsored program.

In witness whereof, I/we have affixed our signatures to this agreement on \_\_\_\_\_, 2020.

\_\_\_\_\_  
(Parent or Legal Guardian Signature)

\_\_\_\_\_  
(Parent or Legal Guardian Signature)

## Wando Cheer Agreement Form

I, \_\_\_\_\_ (athlete), am interested in being a cheerleader at Wando High School. I understand **the risks** stated above; if elected, I promise to abide by the rules and regulations set forth by the coaches and administration in the **Wando High School Cheerleading Constitution** and **Wando Athletic Department Handbook** and to cooperate and follow the instructions of the coaches. I have read and understand the expectations of this program.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### 2020-2021 WANDO SPORTS MEDICINE EMERGENCY FORM & MEDICINE DISPENSE PERMISSION

As a medical provider for your son or daughter, it is sometimes necessary to make basic over the counter medicines available to them for their comfort. These medications can include Tylenol, Advil, sinus relief, and possibly something for upset stomach. These medicines will only be available after school hours and will not disrupt the responsibility of the school nurse during school. In order for your child to be able to receive these medicines, when needed, I will need your permission.

\_\_\_\_\_(SIGNED) I **DO** GIVE PERMISSION FOR MY CHILD TO RECEIVE THESE OTC MEDICATIONS WHEN NECESSARY.

\_\_\_\_\_(SIGNED) I **DO NOT** GIVE PERMISSION FOR MY CHILD TO RECEIVE THESE OTC MEDICATIONS.

As the parent(s) of (Name of Athlete) \_\_\_\_\_, I give my consent for his/her practice and play in athletic events. I do not hold the school responsible in any way whatsoever. I also grant permission for treatment deemed necessary for a condition arising during participation in these activities including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. I certify that the medical history filled out on the medical form is accurate to the best of my knowledge.

I completely understand the above and authorize my consent.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
(Father, Mother, or Legal Guardian)