



NORTHWOOD
HIGH SCHOOL
CHEERLEADING
& MASCOT
TRYOUT PACKET
2019-2020

Tryout Information

Tryout Dates: May 20th – May 23rd ~ 3:45-5:30 pm

Final Tryouts will take place on May 23rd. You may leave once your tryout is done.

Completed Tryout Packet is due to NHS Office by May 16th

In order to tryout you must have the following:

1. Current Physical
2. Completed Athletic Participation Packet (found on NHS website under Athletics)
3. Signed Copy of Rules/Regulations Packet
4. Completed Questionnaire, Student Information Sheet & Photo
5. 3 Teacher Recommendations Submitted
6. Current Report Card/PowerSchool printout

Parent/ Cheerleading/Mascot Meeting: May 30, 2019 @ 6 pm (NHS Auditorium) **Payment for camp & cheer attire will be due at this meeting.**

Spirit Express Team Camp: August 2nd, 3rd, 4th @ UNC Chapel Hill

Tryout Expectations

Candidates will try-out in front of a panel of judges. They will be judged using a scoring sheet that has a numerical range for each of the following categories:

Projection (Cheer/Chant)

You are trying out for cheerleading so we expect you to be loud when performing cheers/chants. You need strong vocal projection, confidence in cheers and motions with appropriate facial expressions.

Dance

A short dance will be judged on rhythm, timing, motions, and facials.

Motions

Motions should be tight and in the correct position. Chants/cheer will be taught at tryouts.

Jumps

Toe-touch, herkie, pike, hurdler, and combo jumps. We will be looking for pointed toes, height, technique, and landing with feet together.

Attitude/Discipline

Most importantly, we expect you all to come in with a positive attitude. You should listen to directions, show leadership, and prove to us you want to be a cheerleader/mascot. We will take athletes who have never cheered before with a great attitude over an athlete that is amazing with a bad attitude.

Tumbling

Standing and running passes. We expect you to throw your tumbling consistently at tryouts in order for it to count on your score sheet. If you have a "Mental Block", go ahead and get rid of it before tryouts. (Tumbling we would like to have includes: *standing tuck, round-off back handspring, round-off back handspring & tuck*)

JUST BECAUSE YOU CAN TUMBLE DOES NOT MEAN YOU MAKE EITHER SQUAD.

Stunting

Cheerleaders will be placed in stunt groups and given opportunities to show their skills. We will be looking for one-legged variations, extensions & half extensions, cradles, 360 cradles. Groups may also show toe touch, pike or twisting baskets. Flyers should show their flexibility and bases show their strength. Keep in mind that team cannot have all flyers or all bases, so please be aware of your competition when trying out for a particular position.

Teacher Recommendations (3 Teacher evaluations)

Spirit/Enthusiasm/Facials

- ***Appropriate tryout attire is black shorts (no spandex or denim), white t-shirt/tank (tucked in), socks and athletic shoes. Hair pulled out of face, absolutely NO jewelry and no long nails. If you have fake or long nails, get them clipped before tryouts. You will not stunt if you have them, therefore you will not be judged.**
- ***On the final day of try-outs, cheerleaders MUST wear black shorts and a white t-shirt. If you were a previous NHS cheerleader no NHS attire is to be worn during tryouts. Girls must have their hair up in a pony-tail.**
- ***Skills that are evaluated during the try-out will be expected to be performed throughout the season. If a cheerleader cannot perform those skills, he or she may be asked to sit out until those skills return.**

Once tryouts are over Cheerleaders/Mascots are expected to attend all NHS Cheer events, without exceptions. Mandatory practice begins August 1, 2018....plan your family vacations accordingly. We will host numerous fundraisers throughout the season and ALL cheerleaders/mascots are required to attend these fundraisers. **Cheerleaders will be required to work at the PTA Thrift store. 15 hours are required by Aug. 23rd or you can pay a \$75 fee if you are unable to fulfill this duty.**

Fundraisers may include:

NHS Jr. Cheer Camp, Team Car Wash, Homecoming Dance, Working PTA Thrift Store, Selling Raffle Tickets for a Reverse Raffle, Spring Fling, Selling Peanuts at Football games/ Drink tent and possibly working Concession Stands.

***A parent or guardian must be present with their cheerleader at the parent meeting.** Please bring your checkbooks or credit card for cheer attire orders. You will be paying M2 Graphics directly. Camp payment will also be due. Checks can be made to NHSBFAA. All payments will be due May 30, 2019, **No Exceptions!**

Rules for 2019-2020

JV and Varsity cheer at all home and away football games. Teams also cheer for home basketball games and other special events throughout the school year. Cheerleading is a long season, August- February. If you are trying out, you are saying you are in this for the long haul. **You are joining a TEAM; a team that trusts you and expects you to be at all practices & games.**

- Cheerleaders/Mascots represent the school at **all times**; therefore they are expected to display a positive attitude. A Northwood Cheerleader is responsible for his/her actions on and off the field/court. Promoting good sportsmanship by way of example is required at all times. If you become a member of the squad you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, Northwood cheerleaders are expected to follow all rules outlined in the student handbook.
- **Cheerleaders are expected to promote a positive image for the school community-your peers, parents, teachers, and other community members.**
 - **Smoking, drinking, and/or drug use will not be tolerated. Cheerleaders/mascots caught breaking this rule will be dismissed from the squad immediately and suspended from tryouts for a year. Evidence of drinking or smoking, include but not limited to photographs, will be grounds for dismissal.**
 - **Inappropriate online behavior including provocative pictures, threats, bullying, foul language, and “bad mouthing” will be grounds for dismissal.**
- A cheerleader/mascot CANNOT be engaged in any afternoon or evening job/activity that interferes with practices and or games. Cheerleaders/Mascots may not participate in any other sports that are going on simultaneously. We have found by not being involved for the entire year we lose unity throughout the team. If you are on an additional cheer squad at a gym you must make sure it does not interfere with your NHS Cheer commitment. Being a member of the NHS Cheerleading/Mascot Program and fulfilling those responsibilities must be the cheerleader's' first extracurricular priority.
- Cheerleaders/Mascots are expected to participate in **ALL** Team Building Activities/ Fundraisers without exception. Dates are given far in advance for planning purposes.
- Cheerleaders/Mascots should be well-groomed. Uniforms should be wrinkle-free and clean. Hair must be worn back if it touches the shoulder or is in the face. Jewelry, nail polish, and fingernails, that show above the fingertips from the palm side of the hand is prohibited(NCHSAA policy)
- Each cheerleader/mascot will be responsible for financial obligations such as the purchase of cheerleading shoes, socks, briefs, warm-ups, bows, and camp attire. An estimated list of financial obligations can be found in this packet for New and Returning athletes.
- All cheerleaders must clean and mend (if needed) uniforms before they are returned to the coach at the end of the season. If a uniform is damaged in any way or not returned to the coach by the designated time, the cheerleader will be charged the replacement value. Cheerleaders/Mascots are reminded they do not own their uniforms but use them throughout the duration of the cheerleading season and should take care to keep them in good condition.
- All official cheerleading/mascot decisions will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect from either parents or cheerleaders/mascots will be ground for automatic dismissal from the team. If a parent or cheerleader has an issues that feels like needs to be addressed, this should be done by setting up meeting that contains more than one coach after practice. Verbal aggression or “attack” from either cheerleader or parent will be automatic grounds for dismissal.
- NHS requires that athletes be present ½ the day to be eligible for practices and games scheduled for that day.

- If any cheerleader/mascot quits or is dismissed during the season all NHS cheer/mascot clothing must be turned in except for the items purchased by the cheerleader/mascot. No refunds will be given for clothing associated with NHS Cheerleading.
- A demerit system is used to enforce rules and regulations and implement consequences. Signing the rules indicates that you have read the demerit system and understand the rules and consequences related to the demerit system.

Northwood Cheerleading/Mascot Demerit System

Situation	Demerits
A cheerleader will receive 1 demerit if she arrive tardy to practice or a game is not appropriately dressed and ready to practice/ cheer at the game on time does not observe the “No Cell Phone” rule, or does not observe the “ No Jewelry” which is a NCHSAA rule.	1
Tardiness after half time without permission (1/2 tardy per minute late)	½
Not helping put away mats, make signs, clean-up, etc.	1
Unsportsmanlike conduct	1
Assigned detention by a teacher/administrator, or falls below the grade requirement.	2
A cheerleader will receive 3 demerits for inappropriate and/or disrespectful behavior at the coaches’ discretion. This includes any misbehavior during classes or on school campus, or while representing NHS Cheer.	3
A Cheerleader will receive demerits if she causes any tension within the cheerleading squad that jeopardizes the squad’s harmony	3
A Cheerleader will receive 2 demerits if they are absent from practice or a game without either a written doctor’s excuse or a note from another school sponsored activity leader prior to the absence. If the cheerleader is absent from school for the entire day because of illness she is automatically excused and cannot attend practice.	2
Unexcused absence from practice or game (will also include 1 game suspension)	2
Second unexcused absence will result in a one-week suspension from the team	2
Third unexcused absence	Dismissal from team

Consequences	Demerits
The accumulation of 4 demerits will result in a one-game suspension. Practices and all other cheer activities (wearing warm up to school, travel with the team, etc.) will still be required but the cheerleader will be “benched” at the next game.	4
The accumulation of 8 demerits will result in a two-week probation. Practices are still required but participation in any other cheer activities (cheering, wearing uniform/attire to school, travel with the team, etc.) will be prohibited.	8
The accumulation of 15 demerits will result in permanent suspension from the team.	15

Remember, the **COACHES are in charge of the team. Failure to follow the policies and procedures of the team could result in removal from the squad. The most important rules for the cheerleading/mascot program have been included. Unforeseen issues may occur and will be dealt with on an individual basis as determined by the coaches/athletic directors/principal.

****The Coaches/Administrators reserve the right to give demerits for anything not covered in the above list. It is the Cheerleaders responsibility to notify parents when demerits have been issued. The cheerleader will receive a verbal as well as a written notice.**

Eligibility Throughout the School Year

- To remain on the team each cheerleader must maintain passing 3 out of 4 classes.
- Progress reports and report card are checked throughout the season.
- From the time an F is written on the progress report or report card, you will have until the next progress report to pull up the F, and you must sit out of games during that period until it has improved.
- If a cheerleader/mascots grades fall below standards on the first report card, he/she will be placed on probation. If a cheerleader/mascot cannot meet eligibility requirements by the next progress report; he/she will be dismissed from the cheerleading team.
- If a cheerleader/mascot must attend tutoring on a practice day, he/she must get prior approval from the coach and bring a note to practice from the teacher.

Practice/Game Requirements:

- Starting August 1st practices will be held at least 3 days per week in order to prepare for the upcoming season.
- During football season there will be at least 1 practice and 1 game a week.
- During basketball season there will be 1 to 2 games per week and practices will be scheduled in accordance with the game schedule. Practices will be held at least every other week.
- Practices are scheduled for the seasons well in advance, and doctors’ appointments should not be made during practice times.
- The schedules for both football & basketball will be provided, as soon as the information is given to the coach. Basketball schedules tend to change throughout the season due to

weather and other circumstances. We will do our best to notify you as far in advance as possible but often times we are not notified until the last minute of changes.

- Missing 3 games per season (6 total) for an unexcused reason will result in automatic dismissal from the squad.
- Parents are responsible to see that each cheerleader is at school at the designated time for home and away games. Cheerleaders/mascots are subject to being left at the school after the designated departure time.
- Cheerleaders late to a game must sit with the coach during the first quarter and receive demerits for tardiness.
- At halftime of all games, every cheerleader/mascot must be present on the track or gym bench and in proper position two minutes before the start of the second half. Being late will result in demerits and consistently being late may result in being benched for the third quarter.
- If an athlete has served detention or ASD or any other type of disciplinary detention, they will not be allowed to participate in any athletic activity that day and may be required to sit out additional games as well.
- If a cheerleader/mascot must sit out of a game with the coach due to illness, injury, or discipline the cheerleader must wear her warm ups in place of their uniform.
- During football season, games are usually held on Thursdays for JV and Fridays for Varsity. Cheerleaders are expected to be present at all games, including games which may take place prior to the start of the school year, games on teacher workdays or games that may take place over holiday breaks. Please note that some nights will involve cheerleaders not returning home until after 11 pm.
- Basketball games are usually held on Tuesdays/Wednesdays, and Fridays. We will cheer for both Girls and Boys basketball.
- **DO NOT BE LATE FOR PRACTICE.** Only tardy for academic reasons will be excused. You must inform a cheer coach in writing with a text before practice time if you are going to be late for academic reasons. You must also bring a note signed by the teacher stating the time you were involved in the academic activity. Tardiness to practice is not tolerated. If you are late you will receive a demerit. If you are tardy more than 15 minutes, this will be counted as an unexcused absence. Being LATE throws the whole TEAM behind in Practice.
- If you are going to be missing/late to practice/game for whatever reason you will need to inform a Coach ASAP. Your coach will determine if your absence is excused or unexcused. **Letting a team member know is not acceptable, you must always communicate with ALL Coaches.**
- **3** unexcused absences from practice will result in immediate dismissal from the team. A total of **6** missed practices, excused or unexcused (injured cheerleaders should still report to practices even if they may not participate) will result in dismissal from the team.
- If you are sick and need to miss practice to keep the rest of the team healthy you must notify your coach as soon as possible.
- **Do Not** ask permission to miss practice or game! Your Team is depending on you and you are expected to be there unless there is a contagious sickness or unfortunate death in the family.
- Cheerleaders/Mascots are NOT to participate in stunts, mounts, or anything which might result in physical injury without the coach present.
- Cheerleaders/mascots are NOT allowed to perform a stunt that has not been warmed up prior to performance.
- Each cheerleader/mascot is required to report any injury to the coach immediately. If a cheerleader must see a doctor due to an injury, they must bring back a note stating that it is okay to return to regular activity (school Policy). We have concussion forms that must be filled out prior to returning to cheer activity from the doctor.
- **If you are an athlete that continues to stay injured, then you are considered a liability to the team and you will be dismissed from the squad for safety reasons.**

- **Effective practices are vital to the success of cheerleading squad. Because of this practice will be closed to parents and others not directly associated with the cheerleading program.**

We are actively pursuing corporate sponsorship and family donations. The Booster Club (NHSBFAA) is alive and well and encourages all parents to participate. All Cheerleaders/mascots are required to attend all fundraisers and Community Service activities. Teams will have mandatory hours to contribute. Every family should volunteer. Everyone should pull their weight. We do not want to rely on the same parents all the time.

Competitions:

We are currently exploring the possibility of having our squads compete in the North Carolina High School Athletic Association state championships and potentially UCA regional competitions. There will be more information to come on competitions. Trying out and being selected to either team is also a commitment to competition.

Cheerleading also requires a commitment from parents. We like to have the support of all parents especially when planning meals for the home games. Our team mom will be in charge of setting this up, along with other events. Please volunteer when you can. Thanks for your support in advance. The only way to know what is going on is to stay involved.

We rely on the “**REMIND**” me application to send out pertinent information during the year. There is a weekly REMIND message on Sundays with all the week’s information including practice times, game info & attire/uniform requirements. It is absolutely necessary to read this information so you & your cheerleader are prepared for the week’s schedule.

Cheerleader/Mascots/Parents are required to sign up for this application to receive communication concerning the Cheerleading activities.

Financial Responsibilities

Cheerleading is an expensive sport. We strive to keep it as reasonable as possible. The following items are required for NHS Cheer: Warm-ups, cheer shoes, bows, and 3 camp/practice outfits (3 pair shorts and 3 shirts). Practice attire is worn at camp and at all practices/events throughout the year.

****We are partnering with M2 Graphics in Pittsboro for this year’s cheer attire.****

Cost:

***New NHS Cheerleader is \$200 plus Camp Cost \$350 Total: \$550**

***Returning Cheerleader is \$175 plus Camp Cost \$350 Total: \$525**

***Male Cheerleader/Mascot cost is \$75 plus Camp \$350 Total: \$425**

Cheerleading/Mascot Questionnaire

Name: _____

Grade for 2019-2020: _____

1. Explain why you want to be a cheerleader or mascot at NHS High School:
2. What do you think a cheerleader's or mascot's duties are to their teammates, cheer, coach, school, and community?
3. What kind of team member will you be and are you committed?
4. What are your personal cheer/mascot goals for 2019-2020?
5. What are your personal academic goals for 2019-2020?
6. What are your team goals for 2019-2020?

**Attach
Photo
Here**

Student Information Sheet

Name: _____ Grade for 2019-2020: _____

Mailing Address: _____

Telephone Numbers: Home: _____ Parent's Cell: _____

Cheerleader's Cell: _____

Cheerleader's E-mail Address: _____

Parents'/Guardians' Names: _____

Parents/Guardians' E-mail Addresses: _____

Stunt

Position(s): _____

Trying out for: (circle what applies) **Cheerleader** **Mascot**

Standing Tumbling:

(A standing BHS or tuck suggested)

Running Tumbling:

(A RO, BHS, tuck is suggested for Varsity and a Cartwheel, RO, BH is suggested for JV.)

1) List any cheerleading experience you have. If you are a member of an all-star squad please include the name of the gym and your stunt position.

2) Why do you want to be a member of the Northwood Cheerleading Squad?

Your signature below states that everything on this sheet is accurate. It also signifies that you understand that you will not be placed on a squad that you did not indicate above.

Signature: _____ Date: _____

Physical Demands

- **If you wear any kind of brace, please wear it to avoid further injury.**
- **If you need to be taped, it should be done before practice not at the beginning of practice to avoid taking up practice time.**
- **You will be expected to condition at practice and at home.**
- **You will be expected to stand during an entire football game, and sit up straight during an entire basketball game, **Without Exception.****
- **Everyone needs to eat breakfast and lunch, and hydrate during the day. If this becomes an issue, you will be suspended until you see the athletic trainer and your family physician. If you don't eat/drink, you lack energy and concentration that becomes dangerous to you and your teammates.**

Code of Conduct

**** (Grounds for Automatic Dismissal)**

- Disrespect shown to coaches by either Cheerleader or Parents
- Inappropriate online behavior
- Out of School suspensions
- Evidence of ANY Smoking or Drinking (on campus, at school, Facebook/internet site, pictures, or in any squad clothing.
- An F in any subject at any report card period
- 5 tardies to school or any one class
- 10 absences to any one class
- 3 unexcused school/practice absences (6 excused, must notify coach ASAP in order for absence to be excused due to illness or death in the family)

Personal Cheerleader/Mascot Contract Agreement

I have read the Northwood High School Cheerleading/Mascot Handbook and understand the responsibilities and privileges of being a Northwood School Cheerleader/Mascot. **If you make the cheerleading squad, realize that you are making a commitment to Northwood, your coaches, your teammates, and yourself for the Complete Cheer Season.** The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of NHS, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the 2019-2020 Rules/ Code of Conduct, and any cheerleader/mascot who breaks the rules will be disciplined. By making this commitment to NHS School Cheerleading/Mascot Program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate. These activities not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in life.

I will abide by these rules and regulations if chosen for the 2019-2020 cheerleading squad. I understand that if I do not follow the rules, I will receive consequences and may be suspended and/or removed from the cheerleading squad.

I will cooperate fully with the coaches and all persons and organizations concerned to promote spirit and good sportsmanship at Northwood High School.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at Northwood High School.

Athlete Printed Name:

(I have read and understand the 2019-2020 Rules/ Code of Conduct for NHS Cheer program. I agree to the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.)

Athlete Signature: _____

Date: _____

Parental Permission

My child, _____ has permission to tryout for the cheerleading squad at Northwood High School for the 2019-2020 season. If chosen, she has permission to participate as a member of the cheerleading/mascot team for that school year.

I have read and discussed with my child the guidelines, and I understand the responsibilities and commitment of being a cheerleader/mascot. I also understand the role I must assume as a parent of a cheerleader, and I will assist in every way to see that the rules and regulations are enforced. I will do my best to support the coaches and administration in decisions made throughout the season.

I understand that every attempt will be made to properly supervise all activities to prevent any accidents or injuries.

I do hereby give my consent and support for my child, if selected, to be a cheerleader at Northwood High School for the upcoming season.

Parent/Guardian Printed Name:

(I have read and understand the 2019-2020 Rules/Code of Conduct for NHS Cheer program. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.)

Parent/Guardian Signature: _____

Date: _____

Northwood High School Cheerleading and Mascot Teacher Evaluation

Cheerleading Candidate Name: _____

Cheerleading candidates must provide each teacher with an envelope

Evaluator Name and Class: _____

Teachers: It is the mission of the cheerleading program, at Northwood High School to select athletes that exemplify the highest moral, academic, and athletic standards. We thank you for taking the time to provide an honest evaluation of this candidate. Please place this evaluation in a signed and sealed envelope and return to Sherri Stubbs or Heather Davis at Northwood High School.

Rating Scale:

5 – Excellent, outstanding

2 – Fair, needs a lot of work, definitely lacking

4 – Very good, superior

1 – Poor, inadequate, totally unacceptable

3 – Average, good, could be better

0 - Unattempted

0 1 2 3 4 5 Attendance (skips class, tardy, number of absences)

0 1 2 3 4 5 Capability of leadership

0 1 2 3 4 5 Dependable and responsible

0 1 2 3 4 5 Self-discipline and motivation

0 1 2 3 4 5 General attitude and disposition

0 1 2 3 4 5 Ability to accept constructive criticism

0 1 2 3 4 5 Ability to work well in groups and with a variety of students

0 1 2 3 4 5 Appearance (dress/hair appropriate, follows school dress code, etc.)

0 1 2 3 4 5 Good representative for NHS

_____ / 45 possible points

Did this student ever need to be disciplined by you, and if so, what was the offense?

Any additional comments or concerns about this candidate?

If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to:

Heather Algieri at hdavis@chatham.k12.nc.us

Sherri Stubbs at sstubbs@chatham.k12.nc.us

Rebecca Johnson at rmjohnson@chatham.k12.nc.us

Signature: _____ Date: _____

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Did this student ever need to be disciplined by you, and if so, what was the offense?

Any additional comments or concerns about this candidate?

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Did this student ever need to be disciplined by you, and if so, what was the offense?

Any additional comments or concerns about this candidate?

If there is anything specific that you do not feel comfortable sharing in this form, you may direct those concerns to:

Heather Algieri at hdavis@chatham.k12.nc.us

Sherri Stubbs at sstubbs@chatham.k12.nc.us

Rebecca Johnson at rmjohnson@chatham.k12.nc.us

Signature: _____ Date: _____

*Northwood High School Cheerleading and Mascot
Medical Treatment Authorization Liability Release*

2019-2020

I, the undersigned parent or guardian, do hereby grant permission for my child _____ to participate in the activity of cheerleading at Northwood High School. In order that my daughter/son may receive the necessary medical treatment in the event she/he may sustain injury or illness during participation in this activity, I hereby authorize the cheerleading coach or other supervising adult to obtain medical treatment for my daughter/son for such injury or illness during the activity, and I hereby hold Northwood High School and its representatives harmless in the exercise of authority.

I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious or catastrophic), in connection with her or his participation. I further acknowledge and understand that my daughter/so is assuming the risk of such physical illness or injury by her/ his participation, and I further release Northwood High School and its representatives from any claims for personal illness or injury that my daughter/son may sustain during participation in this activity.

I further understand that Northwood High school has established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading participants, by which my daughter/son must abide during participation in this activity, and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations.

**I also, except the responsibility of the NHS School's uniforms and returning it in the condition in which I received the uniform.

**I also permit the coaches of NHS school to post pictures and information about my student-athlete and their accomplishments on the Northwood website/Facebook.

My daughter/son and I have read and understood the above Medical Treatment Authorization and Liability Release.

Signature of Parent or Guardian, if Participant Under 18:

_____ Date: _____

Participant's Signature _____ Date: _____