

# LSHS ★ CHEER

Interested in trying out for cheer or mascot this year?

Want to work on perfecting your skills before tryouts?

**Tryout Skills Clinic**

**Tuesday, Feb 7, 2017**

**4:30-6:30 pm**

**Cost: \$20.00 per person**

**Open to 6th-11th graders**

Cheer skills:

Jumps

Motions

Techniques

Stretching

Mock Tryouts



\*ALL PARTICIPANTS MUST SIGN A RELEASE FORM  
on back of flyer! \*



## FRISCO INDEPENDENT SCHOOL DISTRICT

### Inherent Risk Sheet- *to be turned in prior to tryouts*

#### **INHERENT RISKS OF CHEERLEADING/MASCOT:**

Cheerleading/Mascot participation is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading/Mascot is an anaerobic/aerobic activity which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in Cheerleading/Mascot include, but are not limited to, the following: *Blisters, muscle strains, ligament sprains, joints 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 will be largely decreased.*

#### **BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:**

**NEVER** stunt or tumble unless a coach or coach's designee is present

Always practice in the presence of a qualified coach

Always warm-up appropriately before dancing (practice and games) by jogging & stretching

Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach

Always use attentive spotters when stunting

Always dance in an area free from obstruction

Always use mats or a grassy area when stunting during practice

Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather

Never talk, laugh, mess around when performing a stunt

Report all injuries to the coach as soon as they occur

Follow all trainer and doctor recommendations

Lift weights to increase strength and guard against injuries

Always wear shoes and clothing appropriate for Cheerleading/Mascot

Never wear jewelry of any kind or chew gum when dancing (practice and games)

Always have your hair pulled back from your face and shoulders

Eat nutritious meals and get plenty of rest

Always ask for assistance or advice at any time

I have read the preceding warning

I thoroughly appreciate and understand the assumption of risks inherent in Cheerleading/Mascot participation

I acknowledge that I am physically fit and am voluntarily participating in this activity

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_