



**2011-2012 VCS Cheer  
Clinic Registration Packet**  
April 30, 2011  
9:00 a.m. – 4:30 p.m.

- Squad Level: Elementary Juniors (2<sup>nd</sup>-4<sup>th</sup>)  
Elementary (3<sup>rd</sup>-5<sup>th</sup>)  
Middle School (6<sup>th</sup>-8<sup>th</sup>)  
Varsity (9<sup>th</sup>-12<sup>th</sup>)

Name: \_\_\_\_\_

Grade Level (next year): \_\_\_\_\_ Birthday: \_\_\_\_\_

Parent(s)/Guardian: \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Mom Cell: ( \_\_\_\_\_ ) \_\_\_\_\_ Dad: ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Do you have allergies? \_\_\_ Yes \_\_\_ No if yes, please list any allergic reactions and the cause:

\_\_\_\_\_  
\_\_\_\_\_

List any Medications \_\_\_\_\_



# *Parental Commitment Agreement*

My child is trying out for cheer at Vacaville Christian Schools. If he/she makes the squad, I commit myself to the following:

- I will provide or arrange transportation to and from the school or other designated places for all cheerleading activities.
- I will call the coach in advance if my child will be absent from a cheerleading activity.
- I will schedule all appointments and lessons so they will not conflict with cheerleading activities (emergencies will be excused).
- I will schedule all family vacations (including Thanksgiving and Christmas) so they will not conflict with cheerleading activities. Should a conflict occur, I will work with the coach to resolve it.
- I am aware that I will be responsible for all cheerleading expenses.
- I will encourage my child in good sportsmanship and impress upon him/her the importance of high standards and good conduct.
- I agree to hold my child accountable to standards and guidelines set forth in the VCS Cheer Athlete Constitution.
- I agree to follow the Matthew 18 principle and bring all complaints directly to the coach. Unresolved complaints will be brought to the Athletic Director. I will refrain from discussing problem matters with other parents as to not *"sow discord among brethren"* (Proverbs 6:19).
- I will ensure that my child is encouraged and supported in his/her Christian walk and will assist him/her in regular church attendance.
- I will ensure that my child is covered at all times by personal insurance and understand that cheerleading is a strenuous sport where injury is possible. I freely give my child permission to participate and I acknowledge the risk for injury. I will hold the school, its staff, and cheer volunteers harmless for any injury my child may experience and acknowledge that I am responsible for all medical expenses that result from injury.
- In the case of injury, I give permission for my child to be treated by a licensed physician, emergency treatment center, a member of Vacaville Christian Schools' staff, or a cheer coach.
- I grant permission for my child to travel off campus for cheer events, (i.e. camp, competitions, games, special events, etc), and will not hold VCS, its staff, coaches, or cheer volunteers liable for personal injury occurring as a result of this travel.

I have carefully read this parental commitment, along with the entire application and constitution, and I fully understand my obligation, as well as my child's.

Mother's Signature \_\_\_\_\_ Date \_\_\_\_\_

Father's Signature \_\_\_\_\_ Date \_\_\_\_\_

# *Cheer Athlete Constitution*

## **Guidelines for Cheer Athletes:**

- I. **Purpose:** *Colossians 3:17: "And whatever you do, whether in word or deed, do it all in the name of our Lord Jesus."*

The VCS Cheer Squad will glorify God and represent VCS, by pursuing athletic excellence, developing spiritual growth and servant leadership, and by promoting school spirit.

- II. **Philosophy:**

Our basic philosophy is to build Christ-like characteristics into the lives of each cheer athlete. God can operate through the cheerleading organization to produce desired character qualities of leadership, loyalty, love, faithfulness, etc. They will learn to be under authority as well as in authority. They will be aware of their individual responsibility to each other and to the Lord. We are all one body; when one hurts, we all hurt, and when one rejoices, we all rejoice. Each cheer athlete will learn what it means to make a commitment to the Lord and to their squad.

- III. **Membership:** *Philippians 2:3 "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."*

**A. Commitment**

Cheerleading is a year-round, athletic leadership commitment that DOES NOT have a pre-set practice or game schedule. Because we have no alternates and no one sits the bench, all squad members are important.

**B. Reasons for Dismissal**

1. Use of drugs, alcohol, or tobacco, or willfully accompanying others who do.
2. Four unexcused absences (refer to "Discipline" section for more detailed information).
3. Violations of student policy as determined by the student handbook or administration.
4. Insubordination or an uncooperative spirit.

- IV. **Responsibilities:**

**A. Practices and Meetings:** *1 Corinthians 14:40 "But everything should be done in a fitting and orderly way."*

1. Do everything with a positive, cheerful, and Cooperative spirit.
2. Be on time.
3. Dress in proper attire with hair pulled back when you arrive (cheer shoes & practice clothes).
4. Do not wear jewelry and keep nails trimmed short (no longer than tip of finger).

5. Inform the coach prior to any absence, planned tardy, or early leave (otherwise excused absence will become unexcused if prior notification is not received).

6. When absent, call a fellow member and find out what was missed and learn any missed skills or changes (missed material will not be taught in practice time).

7. No junk food, candy, soda, etc. before or during cheer. Always bring a water bottle!

**B. Games/Performances/Events** (in addition to the above)

1. Attend all games. This is our #1 priority.

2. Be dressed and ready one half hour before the event (unless otherwise stated by the coach).

3. Travel to and from all events with the squad (unless otherwise directed by coach).

4. Do not leave the premises at any time from the start of the event to the end of the event without the express permission of the coach.

5. Pay attention to what is going on (especially at a game). Do not talk to other squad members or friends. You have a job to do.

6. No gum.

7. Water bottles are expected to be brought to each event.

8. Do not stretch or practice in front of the crowd unless directed by the coach.

**C. Conduct: *Philippians 4:8 "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy, think about such things."***

1. Character:

- Behave in such a way that Jesus Christ and VCS gain respect.

- Be cheerful servers - be a leader and a servant.

- Be a representative of Christ always in actions and word.

- Have a positive Christ-like attitude and behavior at all times.

- Control your temper, conduct, expressions, and language (even if you do not agree).

- Work hard at practice. Do your best at everything!

2. Other:

- Maintain a healthy diet (no junk food, candy, soda, etc. especially during competition season).
- Healthy lunches must be eaten at all times (this would include veggies/fruit, dairy, protein, whole grains, not chips, soda, and bread sticks)
- Keep in good physical condition. Weekly self-conditioning is assigned and required by each athlete.
- Get proper and sufficient rest.
- Treat injuries promptly and fully.
- Maintain good grades, study hard, and use your time wisely.

3. Appearance:

- Clean Uniform Hair pulled back and bound Nails trimmed short, NO polish, No jewelry

4. Eat before you arrive at the event  
(unless otherwise specified by the coach)

**D. Communication**

1. Our main form of communication is via email. If an email address is not available, that family is responsible for obtaining that information from another squad member family or coach.

**V. Discipline:**

A. Excused absences (when coach is properly notified)

1. Emergency doctor or dentist appointments due to injury.
2. Personal illness or accidents, which kept the squad member out of school. Parents must call the coach BEFORE the scheduled activity to notify of absence. Failure to do so will result in an unexcused absence.
3. Funeral services for family (with prior notification to the coach)
4. Special school or church activities which are approved in advance by the coach.
5. Weddings in immediate family (with prior notification to the coach).

B. Unexcused Absences:

1. Lessons, rehearsals, or performances of any kind (piano, dance, etc.)

2. Doctor or dentist appointments, unless it is an emergency. Appointments should be scheduled so that they will not conflict with cheerleading activities.
3. Jobs. If a cheer athlete takes on the responsibility of a job, it must be scheduled so that it will not conflict with cheerleading duties.
4. Detention, tutoring (except scheduled VCS mandated Math Lab), homework, and any disciplinary consequence.
5. Benching for attitude, behavior, improper uniform, academic difficulty, insubordination, or noncompliance with this constitution.
6. Family vacations planned after the cheer athlete's schedule has been set.
7. Social gatherings.
8. Failure to inform coach in advance of an otherwise excused absence.

**C. Dismissal** (See section III.)

Squad members who are removed from the squad or who quit are **not** eligible for future try-outs without the written approval of the Cheer Advisor. However, all costs incurred remain the responsibility of the parent.

**VI. Costs:**

Cheer is an expensive sport and can cost as much as or more than the average of \$1,000-\$2,800 depending on level and yearly activities, such as camps, uniforms and competitions, all of which are required for all participants. Squads may attempt to do fundraising to cover a portion of the cost, but it is never guaranteed and each family is responsible for the entire cost of participation. As the coach's have so many other responsibilities, fundraising must be organized and run by parents.

Cheer Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Mother's Signature \_\_\_\_\_ Date \_\_\_\_\_

Father's Signature \_\_\_\_\_ Date \_\_\_\_\_



**2010-2011 VCS Cheer  
Clinic Check-off List  
April 30, 2011  
9:00 a.m. – 4:30 p.m.**

**Things to check off before the clinic:**

- ✓ Packet filled out and turned into either the Elementary, MS or HS offices – please put Attn: Leah Salamone
- ✓ \$35.00 cash or check made out to VCS by April 27<sup>th</sup> – turn in with packet (Price goes up to \$45.00 after April 27<sup>th</sup>)
- ✓ Sign and date Parent Agreement and the Cheer Constitution – parents and athletes
- ✓ Fill out the medical release form – must have in order for your child to participate!!!
- ✓ Reenroll for the 2011-2012 school year

**Things to bring with you to the clinic:**

- ✓ Water bottle!!! (with your name on it)
- ✓ Proper attire, shoes, and hair pulled back
- ✓ Good Attitude 😊