2024

East Paulding High School Jr. Raiders Cheer Try-out Packet:

*Try-out Information
*Informational Candidate Parent Meeting
March 20, 2024 6:30pm: EPHS Cafeteria

Try-Out Schedule: May 13th-15th 6-8pm EPHS Main Gym

*Cost for New Cheerleader purchasing everything: @\$800

This is the total cost for a sideline cheerleader.

These prices are estimated, a confirmed invoice will be provided

Many items can be used for more than one season. Returning cheerleaders may not need to purchase all of the items.

Junior Raider Cheer is for all students in 6th-8th grade that are districted to attend East Paulding High School. All cheerleaders must currently live in the East Paulding High School District, or be a child of a Paulding County School District Employee. Dear Cheerleading Candidate & Parent/Guardian,

Thank you for your interest in trying out for the 2024 East Paulding High School Jr. Raiders cheerleading squad. Cheerleading is a rewarding and exciting sport that teaches teamwork, dedication, sportsmanship, leadership and team spirit. Being chosen to represent East Paulding High School as a cheerleader is a both an honor and a privilege. As an EPHS cheerleader, you will be in the forefront as a representative of our school and will be expected to follow a strict code of conduct, with honor at all times. Keeping this in mind, both you and your parent/guardian should read the following information to ensure you fully understand both the responsibility and commitment expected of you as an East Paulding Junior Raider Cheerleader.

While deciding whether or not to be a part of our cheerleading program, please remember and consider the time, expense, and commitment this sport will require from both the student and the parent. Your commitment will require active participation in after school practice, summer camp, fundraisers, team bonding activities, parades, weekly football games, etc. Due to the fact that cheerleading is a team sport, **one person's inability to follow through on their commitment affects the entire squad.**

This packet should contain all of the information you need during your tryout process. If you have any questions, please feel free to contact us at jrraidercheer@gmail.com



EPHS Jr. Raider Cheerleading Checklist Try-outs:

Tryouts will be held in the East Paulding High School Gym.

Try-out conflicts will be handled on a case-by-case basis. Please notify the Head Coach if tryout accommodations need to be made.

Attire During the Week:

Cheerleading shorts, t-shirt, cheer shoes, hair up in a neat ponytail, (bangs out of face, no jewelry and NO FAKE NAILS).

Attire on the Final Day:

Black Shorts, white T-shirt, cheerleading shoes/athletic shoes, hair up in a neat ponytail, NO jewelry, NO fake nails!

Forms:	
Candidate Information Sheet/ Ability Sheet	
Parent Permission/Consent Form	
High School Athletic Physical Form ; Must be curre Physician	nt and signed by
Inherent Risk Form	
Copy of Insurance Card	
Proof of residency(copy of utility bill)	
ONE Completed Teacher Recommendation Forms will submit the form- no form needs to be submitted by t	`
***Tryout results will be posted on the Jr Raider website	on the last day of tryouts by 9pm.
http://jrraidercheer.weebly.com/	

If all forms are not completed and turned in **by the 1**st **day of tryouts**, you will not be allowed to participate. Please direct all questions to Coach Ansleigh Ward at irraidercheer@gmail.com.

Instagram @2024epjrraiders

Facebook: 2024 EPHS Jr. Raider Cheer

Candidate Information Sheet

Cheerleader Name		Current Grade				
Current School: Choose One:						
Current 5 th Graders: Abney McGar	ity Roberts	Russom	Hiram	Dallas		
Current 6-7th Graders: EPMS Mos	es HJMS	Ritch				
Address						
Mom's Name	Mom's Ce	II				
Dad's Name	Dad's Cel	I				
Email Parent						

^{*}There will be three football sidelines squads. One for each grade level: 6^{th} , 7^{th} , and 8^{th} .

Teacher Recommendation Form

Current 5th, 6th & 7th graders

Please make sure the link below is sent to one teacher of your choosing.

https://forms.gle/DY41wKtuEnNrKvfW6



Directions once you open the link:

- 1. Copy the link by pressing on the hyperlink at the top
- 2. Paste in an email and send to three teachers of your choice

Candidate's Tumbling/Stunting Ability:

Tumbling (check all that you are proficient in)

• Standing: Handspring Series of handsprings Handspring Tuck Standing Tuck Standing Tuck
• Running Round off Handspring Series of Handsprings Tuck Handspring Tuck Handspring Layout Handspring Full Other:
Stunting Position Experience: Flyer Main/ Side Base Back/Front Spot
Half: Heel Stretch Bow-n Arrow Scales Scorpion Arabesque
• Extension: Heel Stretch Bow-n Arrow Scales Scorpion Arabesque
Baskets: Show-n Go Toe Touch Kick Full Kick Double

We will NOT score based on a Cheerleader's stunting or tumbling ability. The following information will be used for Choreography Camp in July in order to create a halftime routine

Jr Raider Parent Permission/Consent Form

Cheerleader Candidate's Full Name: (PRINT)						

I, as parent/guardian of the above mentioned cheerleading candidate, have read and fully understand the rules and regulations, which will govern my child if chosen to represent the Junior Raiders as a cheerleader. I also understand that it is an extra-curricular activity and that attendance at ALL practices, games, performances and camps. I understand that due to the nature of this activity, that there is a risk of physical injury. I acknowledge these risks and legally release Junior Raider Cheer and affiliated organization and individuals of all obligations and responsibilities should this activity result in personal injury. I also understand that if my child is chosen as a part of the Junior Raider Cheer Program and is later dismissed from the squad for any reason, I will receive no financial restitution. I hereby give my consent to the above-mentioned student to participate in cheerleading tryouts, and, if chosen, to participate as a member of the Junior Raider Cheerleading Squad for the 2024 cheerleading season. I will respect and abide by the tryout judges' decisions. I confirm that my child lives in the East Paulding High School District or is eligible to attend East Paulding High School. I hereby consent to the use of photographs, videos and audio clips of my child to be used on the cheerleading website and for any advertising or solicitation without any compensation to the cheerleader or family member. I understand my child's name may be published along with photo, video, and or audio clip.

Signature of parent/guardian: Date:		<u> </u>		
Parent/Guardian Name: (Print)			·	
Home Address:				
Cell Phone:				
E-Mail Parent:				
School attending fall of 2024: (circle) East	Moses	Ritch	Jones	

6th

7th

8th

Grade 2024-2025: (circle)

Release and Inherent Risk Agreement

Read carefully before signing:	•
to participate in the cheerleading program. I hereby acknowledge that participation in the checked down, run into, or bumped receiving brought of the gymnastic and stunts practice or perform *I understand that the program coach, parent and from occurring.	, a student at East Paulding High School. My child desires cheer program carries with it potential hazards. My child could fall, be uises, broken bones, concussion, and serious injury as a result of some ned as part of the program. d/or faculty representative may not be close enough to prevent an injury ally fit to participate in the strenuous exercise necessary as a part of the
Board of Education, the school, the principal, the	y to participate in the school Cheerleading program, I hereby release the coaches, and the faculty and/or parent volunteers, of any one or more of of kin, successors or assigns of from any liability, resulting from injury or erleading or related events.
In further consideration of the acceptance of my chil * I hereby agree to comply with all the rules and re comply, and to assist the cheerleading coach,	Id in the cheer program at the school: regulations applicable to the cheer program and to encourage my child to the faculty, and parent volunteers in all participants to comply.
coach, the faculty or parent volunteers or any one successors or assigns (the "Releases") of and from	I may have against the Board of Education, the school, the principal, the or more of them or their executors, administrators, heirs, next of kin, m any liability including any and all claims for damage caused of any of ticipation in cheerleading activities and related events.
damage or costs, including attorney's fees, arising f	less the releases and each of them against any such claim for injury, from, Related to, or otherwise occurring as result of the negligence of ation in cheerleading activities and related events.
	to receive medical treatment which may be deemed advisable in the or arising out of my child's participation in cheerleading activities or
minor injuries such as muscle pulls, dislocation, and broparalysis or even death from landing or falls on the back	activity, cheerleading poses a risk for physical injury. The risk of injury includes oken bones. The risk also can include catastrophic injuries such as permanent k, neck, or head. I understand that no matter what precautions are taken by the lete, can eliminate these risks. I understand these risks and will not hold EPHS ent or injury at any time.
Signature of Parent/Guardian	Date
Signature of Parent/Guardian	Date

SignaureofAtMete _____

Date _____

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM										
Note: Complete and sign this form (with your pare		_								
Name:						ate of birth:				
Date of examination:										
Sex assigned at birth (F, M, or intersex):		по	w ac	you ia	entity your	genders (r, IVI)	or omer):			
List past and current medical conditions.										
Have you ever had surgery? If yes, list all past surg	gical pr	ocedure	es							
Medicines and supplements: List all current prescr	riptions	, over-t	he-co	ounter n	nedicines,	and supplemen	ts (herbal and	d nutri	itional)).
Do you have any allergies? If yes, please list all y	our alle	ergies (i	e, m	edicine	s, pollens,	food, stinging i	nsects).			
Patient Health Questionnaire Version 4 (PHQ-4) Over the last 2 weeks, how often have you been to be last 2 weeks. The last 2 weeks 2 wee		Not at 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	all	Seve C C	eral days 1 1 1 1 1	Over half t	he days Ne	early 6	every of 3 3 3 3	day
GENERAL QUESTIONS			1			UESTIONS ABOL		3 1		
(Explain "Yes" answers at the end of this form.	V	NI-		(CON	TINUED)				Yes	No
1. Do you have any concerns that you would like to	Yes	No				ight-headed or fe ends during exer		eath		
discuss with your provider? 2. Has a provider ever denied or restricted your participation in sports for any reason?	峝	一		10. H	Have you ev	er had a seizure?	!			
Do you have any ongoing medical issues or	片	H	l	HEAR	THEALTH Q	UESTIONS ABOU	IT YOUR FAMII	LY	Yes	No
recent illness?		$ \bigsqcup$				ily member or re				
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	ĺ			had an unexpect h before age 35 y				
Have you ever passed out or nearly passed out during or after exercise?						unexplained car		O		
Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?						e in your family h h as hypertrophic				
Does your heart ever race, flutter in your chest,	耑	片		(HCM), Marl	fan syndrome, ar ardiomyopathy (A	rhythmogenic r	right		
or skip beats (irregular beats) during exercise?	ullet	$oxed{oxed}$		s	yndrome (L0	QTS), short QT sy	ndrome (SQTS	5),		
7. Has a doctor ever told you that you have any heart problems?						drome, or catech tricular tachycard		oly-		
Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.						in your family ha defibrillator bef		r or		

BON	NE AND JOINT QUESTIONS	Yes	No	MED	ICAL QUESTIONS (CONTINUED)	Yes		No
14.	Have you ever had a stress fracture or an injury			25.	Do you worry about your weight?			
	to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	Ш		26.	Are you trying to or has anyone recommended that you gain or lose weight?			
15.	Do you have a bone, muscle, ligament, or joint injury that bothers you?			27.	Are you on a special diet or do you avoid certain types of foods or food groups?			
MED	DICAL QUESTIONS	Yes	No	28.	Have you ever had an eating disorder?		ÌΓ	\neg
16.	Do you cough, wheeze, or have difficulty breathing during or after exercise?				ALES ONLY	Yes	Ī	No
17.	Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?				Have you ever had a menstrual period? How old were you when you had your first		IL	
18.	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			31.	menstrual period? When was your most recent menstrual period?			
19.	Do you have any recurring skin rashes or rashes that come and go, including herpes or	厅		32.	How many periods have you had in the past 12 months?			
	methicillin-resistant Staphylococcus aureus (MRSA)?			Explo	iin "Yes" answers here.			
20.	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?							
21.	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?							
22.	Have you ever become ill while exercising in the heat?							
23.	Do you or does someone in your family have sickle cell trait or disease?							
24.	Have you ever had or do you have any prob- lems with your eyes or vision?							
and Signa	reby state that, to the best of my kno correct.				-	ompl	ete	;
Signa	ture of parent or guardian:							
Date:								

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■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name:	Date of birth:

PHYSICIAN REMINDERS

- 1. Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- 2. Consider reviewing questions on cardiovascular symptoms (Q4-Q13 of History Form).

EXAMINATION		
Height: Weight:		
BP: / (/) Pulse: Vision: R 20/ L 20/ Cor	rrected: Y	[′]
MEDICAL	NORM.	AL ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, ears, nose, and throat Pupils equal Hearing		
Lymph nodes		
Heart ^a • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)		
Lungs		
Abdomen	_	
 Skin Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant Staphylococcus aureus (MRSA), of tinea corporis 	or	
Neurological		
MUSCULOSKELETAL	NORM/	AL ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee	<u> </u>	
Leg and ankle		
Foot and toes		
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test		
^a Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac h nation of those.	•	· ·
Name of health care professional (print or type):		
Address:	Phone:	
Signature of health care professional:		, MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

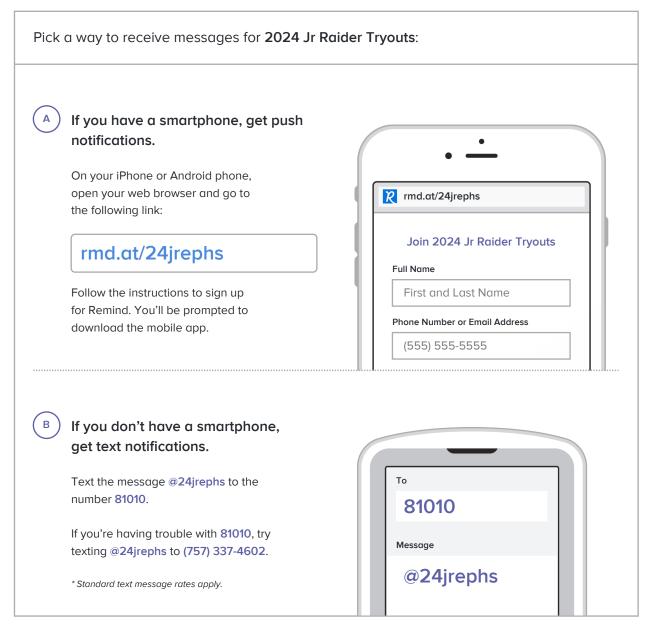
MEDICAL ELIGIBILITY FORM _____ Date of birth: _____ Name: __ Medically eligible for all sports without restriction Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of ☐ Medically eligible for certain sports ■ Not medically eligible pending further evaluation ■ Not medically eligible for any sports Recommendations: I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians). Address: Phone: Signature of health care professional: , MD, DO, NP, or PA SHARED EMERGENCY INFORMATION Allergies: ____ Medications: Other information: Emergency contacts: ____

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Sign up for important updates from Coach Ansleigh.

Get information for East Paulding High School right on your phone—not on handouts.



Don't have a mobile phone? Go to rmd.at/24jrephs on a desktop computer to sign up for email notifications.

	EPJR Jr Raider Cheer Tryout 2024	
.# əgbul		Cheerleader#:

09/			əttitude
Total Score		10	Effort, participation, and
	0τ/		_rγουτ Week:
		1 Choice	of arms and legs
			together, Correct Positioning
		1 Toe Touch	Jeel Landing W/feet
			Height, Form, Pointed Toes,
	0τ/	5 each Jump	:sdwnr
			coordination, knowledge
			precision, rhythm &
			Showmanship, timing,
	07/	50	Dance:
			Іпсогр, ЅРІВІТ
			Timing & Coordination,
			Personality, Projection,
			Sharp Motions, Voice and
	07/	70	Cheer:
	Весеіvеd .		
Additional Comments:	Points		
	Total	Possible Points	Category



Name:	SAMPLE					_Grade Fall 2024:			
Vendor	Spirit Squad Items	Charge	Size	Sign	Vendor	Mandatory Fees **	Charge	Size	Sign
	Spirit fee **	\$40			EPHS	Spirit Camp, Halftime			
GTM	Uniform Top	\$50				Choreography & Music**			
GTM	Uniform Skirt	\$30				includes tshirt	\$120		
GTM	Game Day Shoes **	\$45							
GTM	Practice/Camp wear **	\$110							
	tshirts								
	tank top					<u>Total</u>	\$120		
	shorts								
	practice bows		-						
GTM	Warm up Jacket	\$50				**Cheerleaders will be respon	sible		
GTM	Warm up Pants	\$25				for getting their own CLEAR			
GTM	Crop Top v-neck	\$23				rain jacket***			
GTM	Bloomers	\$12							
GTM	New Sweatshirt**	\$30							
Omni	Pom Poms	\$25							
Omni	Pink Poms	\$20				Booster Dues: Mandatory	**	1	
Academy	Water Jug	\$20	7			Coaches Fee**	\$130	1	
Marina Roth	2 Bows&pink out socks**	\$25				Booster Fees**	\$20	1	
GTM	Duffle Bag	\$25	4			Total	\$150	1	

Total \$530 No size needed

Parents Initial

\$530

Effective 4/26/24

Sub total

Grand Total	\$800	
1st Payment Due 5/20/2024		
Dep: \$300		
	\$800	
		Paid
2nd Payment Due 6/20/2024		
3rd Payment Due 7/20/2024		

Balance