**FMS 2023-2024**

**CHEERLEADING TRY-OUTS**



CLINIC DATES

April 11TH & 12TH from 3:45-6:00 PM

TRYOUT DATE

April 13TH from 3:45-7:00 PM

Location

FMS GYMNASIUM

**Required Documents and tryout fee are due to the FMS Front Office by: Thursday, April 6th with ATTN: Maysi Ellison.**

***\*Please place all required documents in a large envelope with the cheer candidate’s name on it\****

Required Documents:

1. Registration Form (must be completed online): (GOOGLE DOC needs created)
2. Current Physical
3. Signed Understanding of by-laws, concussion form, cardiac arrest form, and demerit system
4. Signed permission slip
5. $20 Check or Cash
6. Copy of current grades (must have C average)

Dear Potential FMS Cheerleader and Cheer Parent,

Get excited for 2023-2024 FMS Cheerleading Tryouts! The following packet is full of information regarding upcoming tryouts, as well as an outlook on the upcoming season – please keep all of this in mind as **all camps and activities are mandatory** for cheerleaders to attend.

* April 11TH & 12TH will be a clinic in which cheer candidates will learn a dance, cheer, and chant for tryouts, and have a mock try-out.
* April 13TH candidates will try-out in front of a panel of qualified judges, showing all material they have learned from the clinic, as well as jumps and tumbling they are capable of performing. The cost for tryouts will be $20.

**Attire for tryouts:**

**April 11TH & 12TH:** *Athletic Shorts and a T-Shirt. Hair must be completely tied back in a Ponytail. Tennis/Cheerleading Shoes.*

**April 13TH: *TRYOUT DAY!*** *Navy Shorts and Plain White T-Shirt or White Athletic Tank; tucked in (no midriff). Hair must be completely tied back in a Ponytail, White Ribbon or bow, and Tennis/Cheerleading Shoes****.***

There is to be **NO jewelry** worn during clinic nor tryouts. **Failure to wear the designated attire will result in dismissal of tryouts for that day.** Please come prepared! It is suggested that candidates bring water bottles.

**BEST OF LUCK TO ALL!**

**Competitive Team Participation**

If a candidate is on a competition squad outside of FMS, the candidate must understand that **FMS Cheer comes first**.

This Means:

* **No cheerleader is permitted to leave FMS Cheer practices early unless given prior permission from coach.**
* **No cheerleader is permitted to leave FMS Games early due to another team practice, unless given prior permission.**
* Cheerleaders must schedule their other team’s events around FMS Cheer Events
* Please note that FMS cheer may have weekend events planned, therefore if an FMS cheerleader has a competition of some sort, they must make the FMS coach aware TWO WEEKS in advance.

If any of the above rules become a continuous problem, the coach will meet with parents and cheerleader first. If the problems continue, the cheerleader will be dismissed from the FMS Squad.

**The following is a list of tentative dates to keep in mind as you begin planning for the year:**

Please note: Our schedule becomes quite rigorous during basketball season.

* Pre-Tryout Parent Meeting will be Thursday, **March 30th**, at 5 p.m. **One parent/guardian per cheerleader is encouraged to attend.**
* REQUIRED Uniform/team wear fitting will be held for all 2023-2024 cheerleaders o **Location:** Studio Theatre o **Date/Time:** Monday, April 17 (4:00-5:15 p.m.)
* Regular (mandatory) practices begin at the end of April
* Mandatory pre-season stunt camp May 24 (1p-3p) and May 25 (9a-1p)
* Mandatory pre-season 4-day overnight summer camp in June (June 19-22 in Gatlinburg)
* Mandatory Summer practices: Mondays, Tuesdays, and Thursdays beginning June 1 (9a – 11a). **NO PRACTICES DURING DEAD PERIOD (June 26, 2023 – July 9, 2023)**
* Mandatory Choreography in June (date TBD)
* Cheer pictures at The Cove July (date TBD)
* 6th Grade Orientation August (date TBD)
* After School Practices (every Monday, Tuesday and Thursday from 3:45-5:30 in FMS upper gym)
* 8th Grade Cheerleader Banner Pictures (September, after school)
* TSSAA State Competition (last year the date was 11/5 and it was held at MTSU)
* UCA Competition in Knoxville (last year’s date was 12/3)
* A fundraiser will be held in early December. Everyone will be expected to participate, including parents.
* Cheerleaders will volunteer to open car doors at Farragut Primary School once per month beginning in May 2023 and continue in August, September, October, November and December.
* Cheerleaders will volunteer to perform for the elderly during 1 Early Release Day and 1 day in December. Performances typically start at 2pm and finish by 3pm. December will include spreading holiday cheer with distribution of holiday cards.
* **Most** basketball games are on Mondays and Thursdays after school until approximately 7:00 p.m.
* Games start early November and can go all the way into mid-February (sectionals and state).
* Tournament Games start in January. Games are NOT ALWAYS on Mondays or Thursdays. Be prepared for different game day nights and potential Saturday games.
* If we earn a bid to Nationals, Nationals will be in Florida. Nationals for the 22-23 season were held February 10-

12.

**Farragut Middle School Cheerleading By-Laws**

The following articles make up the Farragut Middle School Cheerleading By-Laws. These are to be read and followed by those students selected to represent Farragut Middle School as cheerleaders. It is to be clearly understood that the following articles become effective immediately upon being selected as a cheerleader, and they will be strictly enforced.

Cheerleaders at FMS will strive to develop the following qualities as a member of the team:

* Leadership
* Emotional maturity and self-confidence Social Competence Mental, Moral, and Ethical

Values Decision-making skills

* Cooperation
* Good Sportsmanship
* Character
* Self- Discipline and Self Control

**ARTICLE I: Tryout Requirements**

The following is required for students to be considered as a candidate to try out for FMS Cheer.

* No student will be eligible to participate if he/she becomes fifteen years of age on or before August 1.
* Students must have been promoted from the preceding grade the previous school year.
* Students shall have a medical examination by a licensed medical doctor prior to tryouts. Any known medical condition that may interfere with active participation should be recorded on the medical form.
* Cheerleading candidates must have a current GPA of at least a 2.0. A copy of the student’s most recent report must be submitted to the cheer coach prior to tryouts.
* The principal does have the right to bar a student with questionable grades or conduct from tryouts.

**ARTICLE II: Tryout Process**

* All candidates must attend all 3 days. Tryout fees are $20 per person and are non-refundable.
* Cheerleader By-Laws must be read, signed, and returned along with a sports medical form BEFORE the candidate may participate in the clinic.
* *The 2-day clinic and tryout day is CLOSED to all persons except the coach, candidates, and the clinic personnel.*
* A panel of judges made up of past and/or present cheerleading coaches will judge tryouts on Thursday, April 13TH.
* Numbers of selected cheerleaders will be posted on the FMS school website by 7pm on Thursday, April 13TH.
* It is to be understood that a candidate who was part of the FMS Cheer Squad previously does NOT have a spot reserved.
* Candidates must be dressed appropriately (Refer to Page 1 of Tryout Packet) or they will be dismissed from the clinic and/or tryouts. NO jewelry or glitter is to be worn during tryouts.
* Candidates will be scored on the following skills:
  + Motions
  + Spirit
  + Jumps
  + Individual Cheer
  + Group Dance
  + Group Chant
  + Tumbling
* In addition, candidates may be asked to run, do push-ups and/or crunches for warm ups and physical conditioning.

**Article III: Duties of a FMS Cheerleader**

To maintain a part of the cheer squad at FMS, students must abide by the following:

* MUST attend mandatory stunt camp in May, overnight camp in June, Choreography in June, and summer practices.
* Allow NO OTHER EXTRACURRICULAR ACTIVITIES TO INTERFERE WITH CHEERLEADING DUTIES, PRACTICES, and GAMES.
* Cheerleaders are to be at every basketball game (Girls and Boys Games)
* Represent FMS in a manner of pride at all times. A cheerleader is a role model for the fans and must remain positive and display good sportsmanship toward other cheerleaders, teams, coaches, and officials at all times. A cheerleader is responsible for their actions on the floor at all times. Demerits will be issued if any of the above becomes an issue.
* During games, there is NEVER to be negative comments toward the other team: no booing, nor cheering against the other team in a negative demeanor.
* Be on time and attend ALL practices held. NO EXCEPTIONS.
* All practices will begin with warmups to avoid injuries. Shoes and appropriate, assigned clothing should be worn to each practice. Hair should be up – no jewelry!
* During games, there is NO TALKING while on the sidelines. A cheerleader is to cheer, not socialize during game times.
* *Transportation:* Cheerleaders are expected to provide their own transportation from Farragut Middle School after games and practices. Transportation is the responsibility of the student’s parent/guardian. All team members must adhere to Knox County Board Policy on transportation. Busing may be provided for most away games.

Cheerleader must be picked up in a timely manner – home games: parents need to be at FMS by 7PM. Failure to pick up cheerleader in a timely manner will result in a meeting with the coach and Athletic Director.

* An email or text message must be sent to the coach notifying if a cheerleader will be absent from a game or practice. After seeing a doctor for an injury, a cheerleader must have a written note from the doctor to allow participation.
* Grades will be checked periodically throughout the grade periods – any cheerleader who does not maintain a C average will not be permitted to cheer until grades have risen to a C. If on suspension due to grades, cheerleaders are still expected to attend games and practices.
* No practices will be held unless a coach is present. This includes afternoon or weekend practices at a squad member’s house.

**ARTICLE IV: SCHOOL CONDUCT/ACADEMIC EXPECTATIONS/SOCIAL MEDIA**

* To maintain the position of a cheerleader at Farragut Middle School, the student must behave in a personable manner at school, games, and outside of school exhibiting good sportsmanship at all times. Team members are expected to conduct themselves in a manner that reflects a positive image at Farragut Middle School. Smoking, drinking, using drugs, vulgarity, cursing, and bullying will not be tolerated. This will result in immediate dismissal.
* Cheerleaders must exhibit appropriate behavior online and on all social media accounts. The coach reserves the right to ask the cheerleader to remove any content that is inappropriate or does not represent the team in a positive way or follow school rules. Cheerleaders are to treat everyone with respect and kindness online.
* Cheerleaders must attend school the day of practice or game in order to cheer. Any cheerleader leaving school

early because of illness will not cheer at the evening’s game.

* If a team member receives a write up, office referral, ISS, or OSS he/she is subject to immediate dismissal from the squad. Cheerleaders are ambassadors of the school and must act as such at all times. Each case will be reviewed individually by the principal and coach to determine student consequences.
* Cheerleaders must refrain from fighting or classroom conflict with peers or teachers resulting in office action.

This will result in immediate dismissal.

* Cheerleaders must have regular school attendance and be on time each day to classes.
* Cheerleaders are expected to stay current on all classroom assignments. Academic sheets will be sent to each teacher throughout each 9-week grading period to assure cheerleaders are performing to class expectations. If a cheerleader falls behind in any class, the cheerleader will sit out until assignments are made up.

**ARTICLE V: UNIFORM AND APPEARANCE**

Parents will be responsible for any lost or damaged uniforms. Parents will be fully responsible for the cost of the cheerleader’s personal items, cheer camp, uniforms, clinics, shoes, warm-ups, socks, etc.

* All cheerleading uniforms are property of Farragut Middle School. You may wear them when given permission by the FMS cheer coach. While these uniforms are in your possession, they are YOUR responsibility. You must keep them clean. Repairs to uniforms are your responsibility -You may not alter your uniform in any way other than taking in the skirt or tops: No cutting the Material.
* Bring proper clothing and cheer accessories for practices and games.
* Cheerleaders must wear assigned clothing to each practice – including shoes.
* Keep uniforms in good condition. Any damage or loss must be repaired before the next game or replaced as soon as possible. Your uniform must be clean for all games, and **only a white sports bra** **and NAVY briefs** will be permitted to wear under uniform.
* Wear a complete uniform for games (hair, bow, uniform, socks, shoes).
* Only official squad warm-ups or sweatshirts may be worn over or with FMS uniform.
* Camp wear may only be worn as specified by the cheer coach.
* Wear assigned clothing to school for game days.
* Hair must be worn specified by the coach and/or captains (high pony, low pony, or ½ up ½ down). No sloppy ponies. Hair needs to be neat and secured, not needing attention during games (i.e. brushing, falling out of ponytail holder). Bangs and sides should be off the face and pulled back. Assigned ribbon must be worn for each game/competition.
* No jewelry (including small studs) or glitter should be worn at any time. This includes all types of earrings, necklaces, bracelets, rings, or watches. The excuse of “newly pierced” will not be accepted. Wait to have ears pierced until after season.
* No cheerleader is permitted to wear their uniform or practice clothes outside of games or events scheduled by the FMS cheer coach.
* Lost items (such as poms, bows, etc.) must be replaced at the parent’s expense immediately.

**ARTICLE VI: EXPENSES**

According to Knox County Policy, the cost of cheerleading should not keep any qualified student from being eligible. Every effort will be made to keep expenses reasonable.

To be part of the Farragut Cheerleading Squad, the following expenses need to be considered:

**These are APPROXIMATE expenses:**

***Instruction:***

Stunt Camp with JT Stunting $120.00

UCA Cheer Camp – APPROX (depends on total # of Cheerleaders) $495 total

\*Occasional practices at gym with competition mats $20 per cheerleader/session

***Cheer Attire: ESTIMATED COSTS***

Cheer Attire Fee (includes pom poms, bows, body liner, warmups, Cheer shoe, 3 camp shorts, 3 camp shirts, brief (similar to a Nike pro, cheer bag) $**XXX** estimated

School Team Fee: $150

**Season approximate total: $**

\*Knox County requires each cheerleader to be covered by athletic insurance (included in school team fee). This insurance, however, will not cover camp, clinics, or practices – only games.

**\*\*Cheer attire fee will be due to FMS by Friday, April 21. This allows us to get tax-exempt status. The following fees are due by Friday, May 5, to FMS: 1) Stunt Camp Fee, 2) UCA Cheer Camp, and 3) School Team Fee. in order to ensure that camp / practice wear are delivered in time. Please plan ahead and budget accordingly.**

**\*\*\*Please note: If there are school cancellations, FMS can’t guarantee refunds for cheerleading team fees or expenses. If school is canceled, certain activities might not be able to be rescheduled.**

**Article VII: Farragut Cheerleading Philosophy**

As a Farragut Middle School cheerleader, I have accepted many responsibilities. My purpose is to promote and uphold team spirit, to be a leader in my classroom, school and community, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the Farragut Middle School cheerleading team, coach, administration, and other athletic teams and sporting organizations. I agree to represent my school by displaying good sportsmanship and by setting a positive example for Farragut Middle School fans and fans from outlying communities. I have taken on the responsibility to care for myself in such a way that will allow me to contribute to be a positive and valuable part of the Farragut Middle School cheerleading team. As an athlete, I must make every effort to attend practices, games, and events. I understand that cheerleading is a privilege and not a right. I agree to give 100% effort 100% of the time with a positive attitude. I understand that the Farragut Middle School cheerleading squad is a team and that I must always support my fellow squad members. In addition, I understand that I am an ambassador of Farragut Middle School and my conduct is held to higher level. I will not put myself in a position where I will represent Farragut Middle School in a negative light. I have accepted these responsibilities and duties and understand the privilege it is to be a Farragut Middle School Cheerleader.

**The By-Laws must be read and signed by Cheerleader Candidate and Candidate’s parents and/or guardian to verify complete agreement and understanding of FMS rules and policies.**

**This system is effective immediately upon becoming a cheerleader at Farragut Middle School.**

**Farragut Middle School Cheerleading Permission Form Cheerleader**

**(PRINT CANDIDATE NAME)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I give my child permission to participate in cheerleading at Farragut Middle School. I have read and understand the Rules and Consequences. I also understand that the administration has the right to make any changes if necessary.

Cheerleader signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/guardian signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**By-Laws Agreement**

I have read the By-Laws in their entirety, and agree to them in the event my child is selected to be a FMS Cheerleader.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Signature & Date

I have read the By-Laws in their entirety, and agree to them in the event that I am selected to be a FMS Cheerleader.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Candidate Signature & Date

**Return this form to the main office by Thursday, April 6th along with $20, a print out of the candidate’s last report card, a sport physical from a doctor, cardiac arrest form and concussion form.**

**Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form**

**What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn’t just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete’s SCA will likely result from an inherited condition, while an adult’s SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart’s electrical system, causing the heart to suddenly stop beating.

**How common is sudden cardiac arrest in the United States?**

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

**Are there warning signs?**

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

* fainting or seizures during exercise;
* unexplained shortness of breath;
* dizziness;
* extreme fatigue; • chest pains; or
* racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

**What are the risks of practicing or playing after experiencing these symptoms?** There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital

organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

**Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act**

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

* All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

*Adapted from PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form. 7/2013*

* The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
  1. Unexplained shortness of breath;
  2. Chest pains;
  3. Dizziness
  4. Racing heart rate; or
  5. Extreme fatigue; and

* Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest

* Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

*I have reviewed and understand the symptoms and warning signs of SCA.*

|  |  |
| --- | --- |
| Signature of Student-Athlete | Print Student-Athlete’s Name Date |
|  |  |
|  |  |
| Signature of Parent/Guardian | Print Parent/Guardian’s Name Date |

# CONCUSSION

**INFORMATION AND SIGNATURE FORM**

**FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS**

**(Adapted from CDC “Heads Up Concussion in Youth Sports”)**

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

**Read and keep this page.**

**Sign and return the signature page.**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

Did You Know?

* Most concussions occur *without* loss of consciousness.
* Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
* Young children and teens are more likely to get a concussion and take longer to recover than adults.

**WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it’s OK to return to play.

|  |  |
| --- | --- |
| **SIGNS OBSERVED BY COACHING STAFF** | **SYMPTOMS REPORTED BY ATHLETES** |
| Appears dazed or stunned | Headache or “pressure” in head |
| Is confused about assignment or position | Nausea or vomiting |
| Forgets an instruction | Balance problems or dizziness |
| Is unsure of game, score or opponent | Double or blurry vision |
| Moves clumsily | Sensitivity to light |
| Answers questions slowly | Sensitivity to noise |
| Loses consciousness, even briefly | Feeling sluggish, hazy, foggy or groggy |
| Shows mood, behavior or personality changes | Concentration or memory problems |
| Can’t recall events *prior* to hit or fall | Confusion |
| Can’t recall events *after* hit or fall | Just not “feeling right” or “feeling down” |

*\*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training*

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

* One pupil larger than the other
* Is drowsy or cannot be awakened
* A headache that not only does not diminish, but gets worse
* Weakness, numbness or decreased coordination
* Repeated vomiting or nausea
* Slurred speech
* Convulsions or seizures
* Cannot recognize people or places
* Becomes increasingly confused, restless or agitated
* Has unusual behavior
* Loses consciousness (*even a brief loss of consciousness should be*

*taken seriously*)

**WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain

is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can

last for months or longer.

## WHAT SHOULD YOU DO IF

**YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it’s OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

\* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

## Student-athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name:

Parent/Legal Guardian Name(s):

|  |  |  |
| --- | --- | --- |
| Student-  Athlete initials | After reading the information sheet, I am aware of the following infor | Parent/Legal mation:Guardian  initials |
|  | A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available. |  |
|  | A concussion cannot be “seen.” Some symptoms might be present right away. Other symptoms can show up hours or days after an injury. |  |
|  | I will tell my parents, my coach and/or a medical professional about my injuries and illnesses. | N/A |
|  | I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms. | N/A |
|  | I will/my child will need written permission from a *health care provider*\* to return to play or practice after a concussion. |  |
|  | Most concussions take days or weeks to get better. A more serious concussion can last for months or longer. |  |
|  | After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse. |  |
|  | After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away. |  |
|  | Sometimes repeat concussion can cause serious and long-lasting problems and even death. |  |
|  | I have read the concussion symptoms on the Concussion Information Sheet. |  |

\* *Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

|  |  |
| --- | --- |
| Signature of Student-Athlete | Date |
|  |  |
| Signature of Parent/Legal guardian | Date |