

**Leland High School
Cheer Squad 2017-18**

Previous Experience

Please Print Clearly:

Previous Experience with Cheer: (tumbling, gymnastics, dance, competition, stunting: flyer, base, etc.)

Are you a new or returning Leland High School cheerleader?

What do you want to gain by being on this team?

How can Cheerleaders best represent their school and student body?

Additional Comments for Advisor/Coaches Consideration:

PLEASE RETURN TO SPORTS DESK UPON COMPLETION

Athletic Medical Exam Screening

General Examination to be completed by the examining physician
Sport (s) _____

Eyes, Ears, Nose, Throat: _____	<u>Normal</u>	<u>Abnormal (describe)</u>	Pulse _____
Skin: _____			Blood Pressure _____
Lungs: _____			Height _____
Heart: _____			Weight _____
Abdomen: _____			Visual Acuity R: _____
			L: _____

Suggested Musculoskeletal Exam

Neck

Motion/Strength
Flexion _____
Extension _____
Rotation _____
Lateral Flexion Right _____
Lateral Flexion Left _____

Knee Joint

Effusion _____
Tenderness _____
Quadriceps
Size _____
Defects _____
Patella

NL AB Describe Abnormal

Shoulder

MOTION/STRENGTH
Forward Flexion _____
Abduction _____
Extension _____
Internal Rotation _____
External Rotation _____
Horizontal Adduction _____
STABILITY _____
A/C JOINT _____

Tenderness _____
Crepitus _____
Abnormal Tracking _____
Subluxable _____
Patellar Tendon
Tibial Tubercle

Ligaments

Medical Collateral _____
Lateral Collateral _____
Anterior Cruciate _____
Posterior Cruciate _____
Cartilage Testing _____
Strength _____
Hip Flexors _____
Hamstrings _____

Elbow

MOTIONS/STRENGTH
Biceps Flexion _____
Triceps Extension _____
Supination _____
Pronation _____

General Flexibility

Hamstrings _____
Lumbar Spine _____
Adductors _____
Achilles _____
Wrist/Hand _____

Ankle

Motion/Strength
Plantar Flexion _____
Dorsiflexion _____
Inversion _____
Eversion _____
Spine/Scoliosis _____

Recommendations:

_____ **UNLIMITED PARTICIPATION**

_____ Clearance withheld pending further evaluation (comment below)

_____ Participation limited to specific cheer/spirit components (comment below)

_____ NO cheer/spirit participation (comment below)

Comments:

Signature _____

MD/DO Date _____

PLEASE RETURN TO SPORTS DESK UPON COMPLETION

Pre-Participation Physical

Name: _____ Age: _____ Date of Birth: _____ Grade: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian home phone _____ Father work # _____ Mother work # _____

Doctor's Name _____ Phone # _____

Doctor's Address _____

Sport(s): _____ Student ID# _____
(Please list all sports participating in for all seasons)

HEALTH HISTORY (MUST BE COMPLETED PRIOR TO THE EXAMINATION)

YES OR NO - HAS THE STUDENT HAD ANY:

1. _____ Chronic or recurrent illness?
2. _____ Illness lasting over 1 week?
3. _____ Hospitalization?
4. _____ Missing organs?
6. _____ Allergies (medications, food)?
7. _____ Problems with heart/blood pressure?
8. _____ Chest pain/severe shortness of breath
W/exercise?
9. _____ Dizziness or fainting with exercise?
10. _____ Fainting, bad headaches or convulsions?
11. _____ Concussion or loss of consciousness?
12. _____ Heat exhaustion, heatstroke, or other
problems with heat?

YES OR NO - IS THERE ANY HISTORY OF:

13. _____ Injuries requiring physical treatment?
14. _____ Neck or back injury?
15. _____ Knee injury?
17. _____ Ankle injury?
18. _____ Other serious joint injury?
19. _____ Broken bones (fractures)?

YES OR NO - FURTHER HISTORY:

20. _____ Is there any reason why this student
should not participate in sports?
21. _____ Has any family member died
suddenly at less than 40 years of age?
Of causes other than an accident?
22. _____ Has any family member had a heart
attack at less than 55 years of age? Of what
age?

YES OR NO - DOES THIS STUDENT:

23. _____ Wear eyeglasses or contact lenses?
24. _____ Wear dental bridges, braces, retainers or plates?
25. _____ Take any medications? Please list. _____

Date of last known tetanus shot: _____

Use this space to explain any yes answers to the above questions:

KEEP THIS PAGE, DO NOT RETURN TO SPORTS DESK



Instructions For Parents

Register My Athlete allows parents to register their athletes for sports online. Here are some basic steps to follow when registering your athlete for the first time:

1. **Find Your School:** Find your school by going to www.registermyathlete.com/schools, selecting your state, and finding your school. Click on the school to continue to the next step.
 2. **Create an account:** Now begin creating your account by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.
 3. **Add a new athlete:** The next step is to add an athlete. You can do so by clicking the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career at a school. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information.
 4. **The athlete's profile:** After you've created your athlete you will be brought to their profile page. This page is a summary of their info and involvement.
 5. **Register for a sport:** Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport your athlete is registering for.
 6. **Your registration checklist:** This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to district documents.
 7. **Physicals:** The parent and athlete should complete the *Pre-Participation Physical document* prior to visiting the doctor for a physical. Take this with you to your doctor and have them complete the *Athletic Medical Exam Screening*. The doctor MUST sign, date, and stamp the *Athletic Medical Exam Screening* form. Return both the *Pre-Participation Physical* and the *Athletic Medical Exam Screening* to the main office at the sports desk.
 8. **Complete registration:** Your registration is complete once all items on the checklist have been completed.
 9. **After registration:** After registration is complete, you can login at any time to view the Status of your athlete and their participation on the team.
- Additional Athletes**
Under the same account, repeat steps 3-9 to register additional athletes.
- Future Seasons & Years**
Once your athlete has been added to your account, you only need to follow steps 5-8 to register them for another sport.

Leland High School



Athletic Participation Packet



Leland High School Cheer

Tryout Packet 2017-2018

MANDATORY Parent/Student Tryout Meeting:

- May 9th 6:00 pm (Meeting in FDR)

TRYOUT CLINIC:

- Monday, May 15th 5:30 - 7:30pm (Mini Gym)

- Tuesday, May 16th 5:30 - 7:30pm (Mini Gym)

TRYOUTS:

- Wednesday, May 17th 5:30 - 7:30pm (Mini Gym)

MANDATORY 2017-18 Squad/Parent Meeting: Thursday, May 18th @ 6:00 PM (Meeting in FDR)

*ALL PAPERWORK (INCLUDING PHYSICAL) IS DUE THE FIRST DAY OF CLINIC.

STUDENT MAY NOT BE ALLOWED TO PARTICIPATE IN CLINIC UNTIL ALL

PAPERWORK IS TURNED IN.*

Varsity Head Coach: Nina Salft
Varsity Assistant Coach: Marisol Romero
JV Head Coach: Tiffany Garcia
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tiffanyxxgarcia@gmail.com