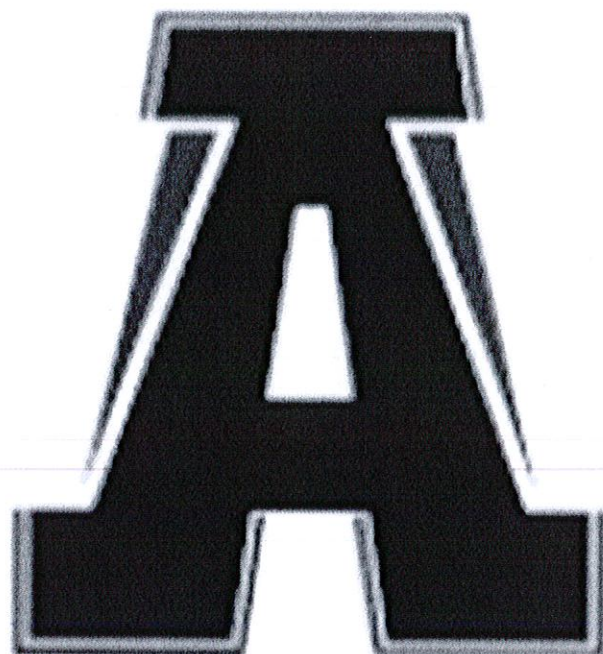


***2019-2020 TRYOUT  
PACKET***



**DOUGLAS COUNTY SCHOOL SYSTEM  
HIGH SCHOOL CHEERLEADING PARENTAL INFORMATION PACKET  
2019-2020**

Being a high school cheerleader is a wonderful experience. It comes with many rewards as well as specific responsibilities and obligations. The purpose of this packet is to inform you and your son/daughter of these responsibilities and obligations so that there will be no misunderstandings or surprises over the course of the upcoming year.

For those of you that have previously had a son/daughter cheer in high school, you know that cheerleading is time demanding on the squad members' parents as well as the cheerleaders themselves. Our practice, game and competition schedules are very active and require the support of the parents to provide transportation in some cases (i.e. in county games).

***Cheerleading may require a year round commitment. Cheerleaders should not miss games and events. Since the Georgia High School Athletic Association considers cheerleading a sport, every parent and cheerleader should also treat it that way. Coaches will judge try-outs. The coaches' decision is final. Your son/daughter will be judged from the first day of workshop until he/ she completes his/her try-out on the last day.***

In addition to the time commitment, there is also a considerable financial responsibility involved. Each individual squad member is responsible for the cost of his/her: uniform (in case of repairs, alterations or replacement), summer camp, accessories and any fee that may be required by a booster club. We will attempt to help with some of this cost. However, the squad member and his/her family pay the majority of this cost.

Moreover, it is the objective of the Douglas County School System High School Cheerleading program to build character and values that will be carried throughout the cheerleader's life. A DCSS high school cheerleader is expected to accept leadership duties, responsibilities, praise and criticism. Not only is he/she expected to promote school spirit, he/she is also expected to set a good example of proper conduct and sportsmanship at all times. Fair and consistent guidelines must be observed so that these values and expectations can be taught. Thank you for your cooperation and support in maintaining these same values.



## Registration Information

Registration:       **March 28th, 2019**

Registration will take place in the old gym lobby from 4-5:30pm (look for details in your individual school packet).

### REQUIREMENTS

**All of the following requirements must be met in order to participate in the workshop and try-outs.** During the week of March 20th, there will be a **mandatory** registration at your school. If you cannot attend, please have someone else drop off your registration materials. The following are due **ON THIS DATE:**

#### 1. ELIGIBILITY:

- A. Current HIGH school students must have passed five (5) of the eight (8) courses taken first semester.
- B. All state standards and Georgia High School Association rules must be met.
- C. If you are not a student at the school where you are trying-out, please bring a copy of your first semester report card for eligibility and a copy of permission to transfer from county office.

#### 2. PHYSICALS:

All students must have a current physical uploaded to the Privit Website. Please note that physicals are good for one calendar year. No one will be allowed to participate without a physical. **If you have an active physical at your school, it is still your responsibility to provide a copy.**

#### 3. PERMISSION FORM (provided in your individual school packet)

Signed by student **and** parent or guardian

# 2019-2020 Cheerleading Tryout

## Dates

- **Registration:**

March 28 4:00-5:30 Old Gym Lobby

Everyone interested in trying out must attend or send a representative.

Bring a copy of your physical and ALL attached forms.

- **Workshop:**

April 1\* and 2, and 3 (4:30 - 6:30)

\*April 1 only girls interested in the Varsity competition squad

- **Tryouts:**

April 4 - (4:00 - until finished)

Results will be posted on April 6th by 9AM on the website and blog (no hard copy will be posted).

*Questions???? PLEASE SEE MRS. McADAMS IN ROOM 206*

## ATTIRE FOR WORKSHOP AND TRYOUTS

### Workshop:

Shorts, t-shirts (tucked in), and tennis shoes with socks. Please DO NOT wear the following items: jewelry (including belly button rings), layered clothing, "baggy" shorts, sweatshirts, sweatpants, or shirts/shorts with pockets.

**\*\*\*\* No sports bra worn without a t-shirt covering it. No spaghetti strap tops.**

Also do not wear clothing that advertises past cheerleading experiences or the school that you attend.

Hair **MUST** be pulled off the shoulders.

No long or painted nails

### Tryouts:

Each candidate should wear a black/navy pair of shorts and a plain white t-shirt (no pockets or advertising of past cheerleading experience or school you attend).

Do not wear any jewelry and hair should be pulled off the shoulders.

Nails must not be painted and must not leave an indentation when a fist is made.(this is GHSA requirement)

**\*\* Candidate will not be allowed to participate if any of these standards are not met.**



## WORKSHOP AND TRYOUT INFORMATION

\*\* REMEMBER: ALL ACTIVITIES WILL BE HELD IN THE GYM.  
ATTENDANCE IS MANDATORY AT WORKSHOP AND TRYOUTS.  
NO VISITORS ARE PERMITTED AT WORKSHOP OR TRYOUTS.  
NO CELL PHONES!

### WORKSHOP DAY 1 (April 1; 4:30pm-6:30pm):

\*\*Competition Only(JV and Varsity)\*\*

### WORKSHOP DAY 2(April 2; 4:30pm-6:30pm),:

Expectations

Introduce tryout material

Begin Learning Material

### WORKSHOP DAY 3 (April 3; 4:30-6:30):

Warm up

Get into tryout Groups

Review Material with Tryout Groups in stations

### TRYOUT DAY (April 4; 4:00pm-finished):

All candidates will report to gym. Each group will perform for all coaches. Candidates will be given warm-up time prior to performing for the coaches. Each candidate will be looked at individually and with a group.

**COACHES' DECISIONS WILL BE  
FINAL.**

\*Please understand that WE are the professionals and NO amount of emails, texts, threats or phone calls will make us put your child on a team after the lists are posted.

## Skills

All participants will perform each of the following skills.

- Group Cheer and Chant
- Dance
- Jumps (toe touch, pike, front hurdler, and series of 3 jumps)
- Tumbling
  - (back-handspring or higher strongly encouraged for all squads)
  - (standing tuck and back-handspring tuck for ALL girls wanting to be considered for Varsity Competition)

Evaluation begins with the first day of workshop and ends when the candidate finishes performing at tryouts. Coaches will be evaluating each person in the following areas:

1. The ability to learn the material
  - Does the cheerleader:
    - Learn quickly
    - Follow directions well
    - Use time wisely
    - Incorporate creativity
2. Performance (cheer/chant/dance)
  - Does the cheerleader:
    - Perform it correctly and with spirit
    - Perform it well
3. Leadership and Attitude
  - Does the cheerleader:
    - Take charge
    - Work hard and continually try to improve routine
    - Work with enthusiasm
4. *Ability to work with others*
  - Does the cheerleader:
    - *Approach others in a positive manner*
    - *Take criticism well*
    - *Respect others' opinions*

## Estimated Costs

<i>Side Line Only:</i>	<i>Varsity Competition:</i>	<i>JV Competition:</i>
Activity Fee: \$150	Activity Fee: \$200	Activity fee \$150
Optional Stunt Camp \$165	Choreography: \$175	Choreography: \$100
	Stunt Camp: \$165	Stunt Camp: \$165
(\$75 due May 1, or \$157camp)	(\$270 due May 1)	(\$207 due May 1)
(\$75 due Aug 1, or \$158 camp)	(\$270.00 due Aug 1)	(\$208 due Aug 1)
Ad/Banner Sales: \$300 (ad check due tonight)	Ad/Banner Sales: \$300 (ad check due tonight)	Ad/Banner Sales: \$300 (ad check due tonight)
Bow: \$20	Bow: \$20	Bow: \$20
Warm Ups: \$70	Warm Ups: \$70	Warm Ups: \$70
Bag: \$90	Bag: \$90	Bag: \$90
Rain Jacket: \$50	Rain Jacket: \$50	Rain Jacket: \$50
Poms: \$30	Poms: \$30	Poms: \$30
Bloomers: \$10	Bloomers: \$10	Bloomers: \$10
Body Liner: \$20	Body Liner: \$20	Body Liner: \$20
Spirit Clothes: \$225	Spirit Clothes: \$225	Spirit Clothes: \$225
	Comp Shoes: \$90	Comp Shoes: \$90
<b>ESTIMATED TOTAL: \$965*</b> <b>(w/camp \$1130)</b>	<b>ESTIMATED TOTAL: \$1445*</b>	<b>ESTIMATED TOTAL: \$1320*</b>

\* These totals include the \$300 in ad sales

- **WAYS TO CUT COSTS:**

- **NEW THIS YEAR!! Sell MORE THAN \$300 in ads/banners (Then the FALL ProSports order and 2<sup>nd</sup> half of the activity fee will be covered.)**
- **Get girls to Sign up for the mini Cougar Camp(\$10 for each girl)**



# **Important Dates**

**April 16:** Parent meeting AHS cafeteria 7:00PM (bring \$300 ad check)

**April 23:** clothes fitting (right after school in Coach McAdams Room) (206) Order and payment will be made to "ProSports" online payment program.

4:00- rising juniors and seniors

4:30- rising sophomores

5:00-rising freshmen

**ALSO ALL VARIETY FOOTBALL AND COMP UNIFORM FITTING ROOM 206.**

**April 30:** JV Football and JV Comp Uniform distribution 4:30 in the NEW GYM.

**May 1:** First Activity fee Payment Due

**May 17:** LAST DAY FOR SUMMER PROSPORTS ORDERS

**TBD:** Camp Attire pick-up- ProSports will be delivered to your house.

**June 5<sup>th</sup> -6<sup>th</sup>:** Stunt Camp hosted by UCA staff (opportunity for All-American Nomination/selection)

**June 10<sup>th</sup>-11<sup>th</sup>:** MANDATORY Varsity Competition Choreography

**June 21:** ALL BUSINESS ADS DUE!!!

**June 9<sup>th</sup>-11<sup>th</sup>:** MANDATORY JV Competition Choreography

**July 12<sup>th</sup>:** Last day for Online FALL ProSports Order

**July 17-19:** Cougar Cub Cheer Camp (we WILL practice for this the 2 days prior, July 15-16)  
MANDATORY

**July 19<sup>th</sup>:** Personal Ads due through the Herff Jones online Ad Program

**First Day of School:** ALL BALANCE to AHS due (rest of activity fee(s) and any unsold ad fundraisers) \*\*balance sheets will be sent with the girls at cougar camp\*\*



2019  
Alexander High School  
Football Schedule

<b>DATE</b>	<b>OPPONENT</b>	<b>SITE</b>	<b>TIME</b>
AUGUST 16, 2019	Heard County(Scrimmage)	Home	7:30
AUGUST 30, 2019	Cedartown*	Home	7:30
SEPTEMBER 6, 2019	Newnan	Away	7:30
SEPTEMBER 13, 2019	South Paulding	Away	7:30
SEPTEMBER 20, 2019	BYE	OFF	OFF
SEPTEMBER 27, 2019	New Manchester	Away	7:30
OCTOBER 4, 2019	Northgate**	Home	7:30
OCTOBER 11, 2019	Tri-Cities	Away	7:30
OCTOBER 18, 2019	Langston Hughes	Home	7:30
OCTOBER 25, 2019	Creekside	Away	7:30
NOVEMBER 1, 2019	Mays	Home	7:30
NOVEMBER 8, 2019	Douglas County***	Home	7:30

**JV Football Schedule**

<b>Date</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
AUGUST 23, 2017	Villa Rica	AWAY	6:00
AUGUST 30, 2017	Northgate	HOME	6:00
SEPTEMBER 6, 2017	Carrollton	AWAY	6:00
SEPTEMBER 13, 2017	BYE	OFF	OFF
SEPTEMBER 20, 2017	Newnan	AWAY	6:00
SEPTEMBER 27, 2017	East Coweta	HOME	6:00
OCTOBER 4, 2017	Westlake	HOME	6:00
OCTOBER 11, 2017	Paulding Co.	AWAY	6:00

**9<sup>th</sup> Grade Football Schedule**

<b>Date</b>	<b>Opponent</b>	<b>Location</b>	<b>Time</b>
AUGUST 23, 2017	Villa Rica	HOME	6:00
AUGUST 30, 2017	Northgate	AWAY	6:00
SEPTEMBER 6, 2017	Carrollton	HOME	6:00
SEPTEMBER 13, 2017	BYE	OFF	OFF
SEPTEMBER 20, 2017	Newnan	HOME	6:00
SEPTEMBER 27, 2017	East Coweta	AWAY	6:00
OCTOBER 4, 2017	Westlake	AWAY	6:00
OCTOBER 11, 2017	Paulding Co.	HOME	6:00

\*Middle school night

\*\*Homecoming

\*\*Senior Night



### **Step 1: Register an account in the Parent/Guardian name:**

As a Parent/Guardian, you will register an account, then add your student athlete to the account and complete only their information. **Start creating your account by selecting or enter the link [alexandercougars-ga.e-pppe.com](http://alexandercougars-ga.e-pppe.com) then follow the steps below.**

1. From the landing page, click **Register**.
2. Please register with your name as a parent, email address, and create a password. **MAKE CERTAIN TO SELECT YOUR ROLE AS PARENT/GUARDIAN.** When you are finished, click **Sign Up**. (If you have multiple family members or if you have already registered, do NOT register again.)

### **Step 2: Add athlete(s) to your account:**

1. On the Home page click the **Add Member** button on the left side of the page. (This will add your athlete to your account. You can add as many additional family members as necessary.)
  - Click **Add Member** on the left side of the page.
  - Enter your student athlete's first name (and last name if different), date of birth, and gender.
  - Ignore Enable Login and then click **Add Member**. You will now see your student athlete's name listed on the Home page.

### **Step 3: Join Team(s):**

1. Click on your student athlete's name and you'll be directed to their Home screen. From the Home screen you will see a tab that says **Joined Teams**. To join a team, click the blue tab next to Joined Teams and a new page will open. Check the box next to the appropriate team(s) your student plans to participate on and click **Done** at the bottom of the page when finished.

### **Step 4: Complete the Personal Details section for the student athlete:**

1. Click on your student athlete's **Name**. Then begin completing the Personal Details by clicking the **Start** button to the right of Personal Details.
2. Complete each section of the Personal Details section to 100% and click **Save and Exit**.

**IMPORTANT:** In order for the Personal Details to be 100% complete you will need to answer all mandatory questions, marked with a red asterisk (\*).

### **Step 5: Complete the Pre-Participation History Form for the student athlete:**

1. Click **Start** to the right of the form. Complete all the fields with a red asterisk (\*).
2. This form will probably take 10 minutes complete. Make certain you fill it out thoroughly for this year as you will continue to update the information in the future.
3. Once all fields are completed, click **Submit**.



**Step 6: Complete the remaining forms for the student athlete:**

1. Click **Start** to the right of the form. Complete all the fields with a red asterisk (\*). When you have finished answering this form, click **Submit**.
2. A pop up will appear to review or sign the document. Click the blue **Sign** button and you will be taken to a page to create an electronic parent signature. Select the blue **Create New Signature** button.
3. With your cursor on a computer or with your finger from a tablet/mobile device, create your signature or initials then click the blue **Save** tab. You will see your signature displayed. Select the grey **Done** tab underneath. Once complete, select **Home** near the top left of the screen.
4. **Once you have created a parent e-signature, you will not be required to repeat this process. You will be able to apply this parent e-signature anywhere a parent e-signature is required.**
5. Some of the forms also require an athlete's signature. See **Step 7** below for instructions on applying an athlete's electronic signature to forms.
  - Pre-Participation History Form (Parent/Guardian and Athlete e-signature required)
  - Release/Emergency Medical (Parent/Guardian and Athlete e-signature required)
  - GHSA Concussion Material (Parent/Guardian and Athlete e-signature required)
  - Media Release Form (Parent/Guardian and Athlete e-signature required)
  - Drug Testing Consent (Parent/Guardian and Athlete e-signature required)
  - Conduct Agreement (Parent/Guardian and Athlete e-signature required)

**Step 7: Student Athlete Signatures:**

1. From your student athlete's Home screen, click the blue font **Student/Athlete click here to sign** and you will be taken to a page to create an electronic athlete signature. Select the blue **Create New Signature** button.
2. With your cursor on a computer or with your finger from a tablet/mobile device, create the athlete's signature or initials. Check the box that you attest and then click the blue **Save** tab. You will see your athlete signature displayed. Select **Done** to return to the home page.
3. From the Home page, click the blue font **Student/Athlete click here to sign** again. Once you have created an athlete e-signature, you will not be required to repeat this process. You will be able to apply this athlete e-signature anywhere an athlete e-signature is required on the forms.

**Step 8: Printing Pre-Participation History Form and Blank Physical & Clearance Form:**

1. A copy of the physical form can be downloaded and printed by clicking Print Documents on the home page.
2. **Only** click Print next to the **Pre-Participation History Form and the Blank Physical & Clearance Form**
3. Bring these forms to the student's required Physical Examination
4. When this form has been signed by the doctor, please upload only the **Blank Physical & Clearance Form** into your student athlete's account

**Step 9: Uploading the signed Physical & Clearance Form:**

Before uploading, you will need to either take a photo of the form with your tablet or smartphone or scan the document into your computer\*. If you are using a smartphone or tablet to upload, please **open the internet browser** (Safari on the iPhone) and type in the school's Privit website [alexandercougars-ga.e-ppe.com](http://alexandercougars-ga.e-ppe.com). Then **login to your account**.

1. Click **Manage Documents** from the student athlete's home screen. Next, click **Upload Document** near the top right.
2. Click **Choose File** to search and select the document. (If you are accessing this page from a mobile device, you should be prompted to take a picture or select a photo of the document from the photo album.)
3. From the drop-down next to Document Type, select **Signed Physical Form**. (Also there is an optional ability to add a comment.)
4. Click **Upload**.
5. You should be directed back to the student athlete's Manage Documents page. You should see the uploaded document and any other documents that have been submitted. For further assistance on uploading forms, please click [here](#).



**Important\*\*:** Once the required e-signatures have been applied to the necessary forms, the signed document will become available automatically for the appropriate staff member for review and approval. The **Completion Status** bar should turn green and indicate **Submission Complete**. If the status bar is still orange and indicating **Submission Incomplete**, hover your cursor to see what still needs to be completed. A staff member at the school will update the "Pending" **Clearance Status**, the status is not automatically updated.



**Privit Profile App:** Privit offers a mobile app for the Parent/Guardian and the student athlete. It's free to download for both Apple iOS devices and Android devices.



**Information Sheet and Permission Form  
2019-2020  
(Turn in on March 28)**

Name \_\_\_\_\_ Current Grade in School \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Other Number \_\_\_\_\_  
Parent's Name \_\_\_\_\_

Check ALL squads that you wish to be considered for:

- \_\_\_\_\_ JV Football/Basketball (9<sup>th</sup>-11<sup>th</sup> graders)
- \_\_\_\_\_ JV Competition (8<sup>th</sup>-11<sup>th</sup> graders, may choose this as an ONLY option)
- \_\_\_\_\_ Varsity FB
- \_\_\_\_\_ Varsity BB
- \_\_\_\_\_ Varsity Competition (open to all, may choose this as an ONLY option)

- Seniors are only eligible for the Varsity squads
- Freshmen are considered for all squads.
- 8<sup>th</sup> graders are only eligible for JV competition
- Sophomores and Juniors are considered for JV and Varsity

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My Child, \_\_\_\_\_, has my permission to try out for a position on a cheerleading squad at Alexander High School for the 2019-2020 school year. We have read and understand all of the above information and requirements. I will provide transportation to and from the workshop daily. **WE UNDERSTAND THAT THE DECISION OF THE COACHES WILL BE FINAL.**

\_\_\_\_\_  
Parent/guardian Signature

\_\_\_\_\_  
Participant's Signature



DOUGLAS COUNTY SCHOOL SYSTEM CONDUCT AGREEMENT FOR ATHLETIC PARTICIPATION

Participation in athletic activities is a *privilege* in schools and *not a property right*. It is to be understood by all students, parents/guardians, and coaches that the top priority is academic progress. Everyone involved in these activities will make every effort not to interfere with that ultimate goal. The purpose of this Athlete Conduct Agreement is to establish minimum standards of behavior. Therefore, **coaches and/or administrators may establish rules and consequences that are more severe than those stated below**. Team rules must be approved by the administration of each school. As a precondition to participate in DCSS Middle School governed athletics, the student and his/her parent/guardian agree that the following rules will apply:

**VIOLATIONS and CONSEQUENCES**  
(Violations are cumulative throughout a student's 7<sup>th</sup> and 8<sup>th</sup> grade educational career)

	VIOLATION	CONSEQUENCES
A.	Violation of school rules resulting in In-School Suspension (ISS) or Out-of-School Suspension (OSS) during the season.	The student may resume participation when: 1. The student is released from ISS; or 2. The student returns to school on the next school day upon completion of OSS.
B.	Violation of school rules resulting in assignment to alternative school	Dismissed from athletics while attending alternative school.
C.	Student has been criminally charged with a misdemeanor, regardless of location or time, so long as such charges are pending or conviction is had. *	1 <sup>st</sup> Offense – School administration and the coach will meet with the student and parent/guardian and discuss consequences determined by the school, which may include suspension from athletic participation. 2 <sup>nd</sup> Offense – Suspension from athletic participation beginning with the date of the charges. Track, Football, Football Cheerleading, Soccer one game. Basketball, Basketball Cheerleading, Softball two games. 3 <sup>rd</sup> Offense – Suspension of 1 calendar year in middle school from athletic participation beginning with the date of the charges. 4 <sup>th</sup> Offense – Permanent suspension from athletic participation
D.	Student found to have been in possession of, or criminally charged with, the use/possession of alcohol, illegal drugs, unauthorized use/possession of prescription drugs or other behavior altering substances.*	1 <sup>st</sup> Offense – Suspension from athletic beginning with the date student is found to be in possession or charged. Track, Football, Football Cheerleading, Soccer one game. Basketball, Basketball Cheerleading, Softball two games. 2 <sup>nd</sup> Offense – Suspension of 1 calendar year in middle school from athletic participation beginning with the date student is found to be in possession or charged. 3 <sup>rd</sup> Offense – Permanent suspension from athletic participation.
E.	Student has unresolved felony charges or felony conviction.*	1 <sup>st</sup> Offense – Suspension for 1 calendar year in middle school from athletic participation beginning with the date of arrest. 2 <sup>nd</sup> Offense – Permanent suspension from athletic participation.
F.	A student who commits any of the following offenses may be suspended or permanently dismissed from a team: missing practice unless excused, truancy or skipping classes, acting in an unsportsmanlike manner when representing the school, any act at school or away from school which results in any discipline by school administration, or any act at school or away from school which in the opinion of the Principal reflects in a negative manner on the school or athletic program.	

\* If out of season, consequences will begin on the next competition date with which the student is affiliated.

NOTE: Parent/guardian must report any criminal charge or arrest of the student and related details to school athletic director or coach within 1 week of the charge or arrest, even during school breaks. Failure to do so may result in the student being suspended from athletic participation for (1) calendar year in middle school.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# DOUGLAS COUNTY SCHOOL SYSTEM

## Consent to Participation – Student Drug Testing

I understand that submission to testing for the presence of drugs and alcohol is a condition of participation in privileged activities in the Douglas County School System. I further understand that if I refuse to take the test, fail to report for the test, or if the test establishes a violation of the drug testing policy, I will be subject to consequences as set forth by the drug testing policy.

By signing and dating this form, I consent to take an initial drug test, if required, and be randomly tested throughout the school year. The initial drug test, when required, is to be completed prior to the start of the privileged activity. The random testing will be done monthly throughout the school year. The selection process for random drug testing will be performed by the contracting body with the participating students being notified on the day they are to report for testing.

I hereby consent to the administration of drug tests and to the conditions listed in this consent and the accompanying general prohibitions and procedures as outlined in Policy JCDAB-R/JCDAC-R, JCDAB-R(1) of the Douglas County School System Policy Manual.

I understand that unless my parent or guardian contacts the Drug Testing Administrator after the first year, and makes a formal request to remove my name and student ID number from the testing pool, my name will automatically be re-entered into the testing pool each year.

Participating Student's Name:

\_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Guardian's Name:

\_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# Georgia High School Association Student/Parent Concussion Awareness Form

SCHOOL: \_\_\_\_\_

## DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

## COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

**BY-LAW 2.68: GHSA CONCUSSION POLICY:** In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.)

a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.

b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing this concussion form, I give \_\_\_\_\_ High School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child during the 2015-2016 school year. This form will be stored with the athletic physical form and other accompanying forms required by the \_\_\_\_\_ School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

\_\_\_\_\_  
Student Name (Printed)

\_\_\_\_\_  
Student Name (Signed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name (Printed)

\_\_\_\_\_  
Parent Name (Signed)

\_\_\_\_\_  
Date



**FIELD TRIPS AND EXCURSIONS**

**Privately Owned Vehicles Transportation Release for Field Trips and Excursions**

It is anticipated that my child, \_\_\_\_\_, will, in the course of his or her activities while a student in the Douglas County School System, travel in privately owned vehicles on field trips or excursions.

I understand, however, that participation by my child in such field trips or excursions is voluntary and is not required in order to otherwise receive full academic credit.

The Douglas County School District, its officers, officials and employees are not responsible for any injury or other loss which might occur to a student or a student's property while traveling on approved school field trips or activities.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

Organization: \_\_\_\_\_ Purpose of Trip: \_\_\_\_\_

Destination: \_\_\_\_\_ Approximate Mileage: \_\_\_\_\_

Date of Trip: \_\_\_\_\_ Time of Departure: \_\_\_\_\_

Date of Return: \_\_\_\_\_ Time of Return: \_\_\_\_\_

Trip Cost: \_\_\_\_\_ (Admission Cost \_\_\_\_\_ Lunch Cost \_\_\_\_\_)

## ATHLETIC RESPONSIBILITY AWARENESS FORM

I understand, as an athlete, I must follow the school's code of conduct, the Athletic Handbook, the coaches' team rules, and rules of the state athletic association WIAA.

I'm expected to conduct myself in the appropriate manner expected of young men/women.

I'm expected to care for all athletic equipment. I will return all equipment or pay the current replacement cost for any unreturned equipment.

I cannot use or be in possession of tobacco, alcohol, illegal drugs or narcotics.

I have been properly advised, cautioned and warned by the coaching staff and administration that it is possible that I can be injured when participating in athletics. These injuries include, but are not limited to, bruises, sprains, fractures, loss of limb, body organ, paralysis or death. I still wish to participate. My parent(s)/guardian(s) also wish me to participate.

My parents/guardians and I have read and understand and appreciate all of the school district's athletic policies.

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Date*



**STUDENT AND PARENT/GUARDIAN ATHLETIC PARTICIPATION  
INFORMED CONSENT FORM**

I and my parent(s)/guardian(s) understand that there are dangers and risks of practicing and competing in the sport of my choice. These may include, but are not limited to, sprains and strains, bruises, injury to bones and joints, ligaments, muscles, organs, brain damage, serious neck and spinal injuries leading to complete or partial paralysis and even death. No amount of reasonable supervision, training, or protective equipment can eliminate all risks and dangers.

I/we, the parent(s)/guardian(s) of \_\_\_\_\_  
acknowledge that I/we have been advised, cautioned and warned by  
representatives of the \_\_\_\_\_ School District that  
my/our child may suffer serious injury, paralysis or death from participating in the  
sport of \_\_\_\_\_.

I/we understand, am aware and appreciate the above warnings and information.  
I/we give my/our consent for my/our child, \_\_\_\_\_  
to participate in the sport of \_\_\_\_\_ for the  
\_\_\_\_\_ school year.

**I/WE UNDERSTAND THAT THERE IS ALWAYS POTENTIAL RISK OF  
INJURY TO MY/OUR CHILD WHILE PARTICIPATING IN SPORTS**

\_\_\_\_\_  
*Signature of parent/guardian* *Date*

\_\_\_\_\_  
*Signature of parent/guardian* *Date*

\_\_\_\_\_  
*Signature of student* *Date*

\_\_\_\_\_  
*Witness* *Date*