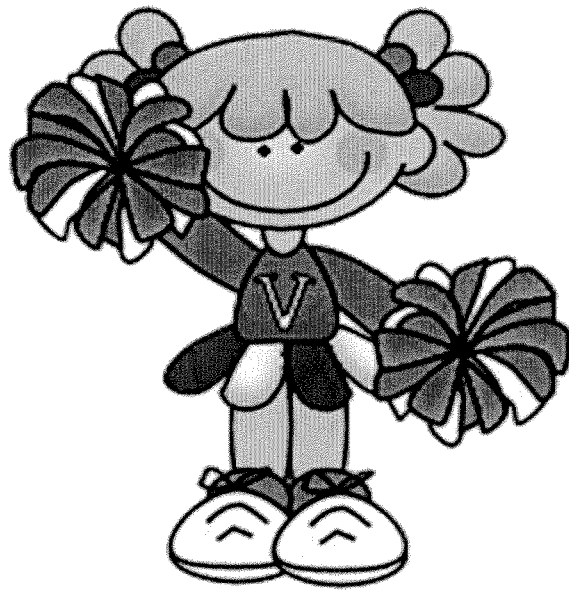


Riverview Rams



Cheer
2016-2017

April 28, 2016

Dear Parents and Students,

The time has come to assemble next year's Riverview Cheerleading Squad! The honor of being on the Riverview Cheer Squad will carry with it the responsibility of representing the school and its high standards. Being a squad member will require a good deal of time, support and dedication from all involved. Please be prepared to make that commitment as you consider being a member of our team.

Eligibility:

In order to be eligible to try-out for the squad you must be a current third, fourth or fifth grade student. Students must maintain a minimum grade point average of 2.0 (including no D's and F's) with satisfactory effort and citizenship (no N's.) This must be maintained for the duration of the school year in order to remain on the cheerleading squad.

Try-out Packet:

Attached you will find FOUR forms that must be completed, signed and returned to the cheer envelope outside room 17 by **Friday, May 6th** in order to participate in Cheer. These forms include:

- * Cheer Registration Form
- * Riverview Rams Cheer Contract
- * Teacher Recommendation Form
- * Insurance and Emergency Information
- * Concussion Form

Students are responsible for completing and returning all paperwork EXCEPT the teacher evaluation. Students will need to give the Teacher Evaluation form to their classroom teacher. These will be collected from the classroom teacher prior to fittings. **STUDENTS WILL NOT BE ABLE TO PARTICIPATE IN CHEER IF THEY HAVE NOT COMPLETED ALL OF THE ABOVE FORMS!!!!**

Game Squad

All squad members practice every Wednesday from 3:30 until 4:30p.m. All cheerleaders will perform at all rallies, home games for the fall and winter seasons, Football Carnival, Broncomania, Riverview Carnival, Red Ribbon Rally, school wide events (Donuts with Dad, Muffins with Mom, Pastries with

Parents, Kids Day, community outreach) and perform at Clovis North Spirit Night.

Competition Squad

Competition squad members practice every Wednesday from 3:30 until 5:00p.m. In addition to Game Squad obligations, they will compete at the Clovis West Showcase and Clovis North Showdown. This squad is comprised of 4th, 5th, and 6th grade students who try out and make the squad.

Important Dates:

Saturday, August 28th **Cheer Camp at Clovis North (all)**

Friday, October 7th **Broncomania (all)**

Saturday, March 4th **CW Showcase (only competition squad)

Thursday, March 9th **Spirit Night (all)

Saturday, March 11th **CN Showdown (only competition squad)

****Tentative dates**

Attendance Policy:

As a member of the Riverview Cheer Program you will be required to attend practice once a week starting the first week of school. It is extremely important that members on this team are able to attend practices regularly. If your child has more than 3 unexcused absences he/she will be subject to removal. Excused absences are only illness and/or family emergency as confirmed by parents. All absences need to be communicated to the office or coach BEFORE practice starts. Squad members must wear appropriate attire that is within CUSD dress code (athletic shorts/pants, tennis shoes and a t-shirt.) Students who are not in the appropriate attire will not be allowed to participate during practice and that will count as an unexcused absence.

Competition:

Practices for the Competition Squad will be held on Wednesday afternoons from 3:30-5:00 pm. ANY COMPETITION MEMBER THAT HAS MORE THAN THREE UNEXCUSED ABSENCES WILL BE REMOVED FROM THE COMPETITION SQUAD.

(All) Game Squad:

Practice for the Game Squad will be on Wednesday afternoons from 3:30-4:30. THESE PRACTICES ARE MANDATORY!!!! Squad members are allowed 3 unexcused absences. Following the third absence the squad member will be removed from Clovis North Spirit Night.

Cheer Camp:

Each year our squad attends cheer camp to learn the material that they will be performing throughout the school year. The camp is held at Clovis North and is put on by their cheerleaders. A donation of \$25 per girl is requested to help cover the cost of attending camp. Camp registration and payment will be collected at our uniform fittings.

Uniforms:

All squad members will wear their uniforms to all activities such as games, rallies, etc. Members will also wear their uniforms to school on game days. If a member is not in their COMPLETE uniform they will be benched from that activity and it will count as an unexcused absence.

Costs associated with purchasing a cheerleading uniform will be approximately \$150 for members of the competition squad and game squad. This cost includes: shell top, skirt, long-sleeved bodyliner, bow, and briefs. **FULL PAYMENT** will be due at the initial uniform fitting. **An optional spirit pack** including shorts, spirit shirt, and sweatshirt will also be available. Price TBA. The school will provide pom poms for all girls when needed at performances.

Shoes: Cheerleaders will be responsible for obtaining their own shoes. You are welcome to purchase any shoe as long as it is **ALL WHITE**. I recommend using the following websites to find cheer shoes:

*www.dickssportinggoods.com

zephz Girls' Butterfly Cheerleading Shoe (\$19.99)

*www.teamcheer.com

Nike Cheer Compete Adult Cheerleading Shoe (\$60.00)

*Academy.com

BCG™ Girls' Cheerleading Shoes (\$19.99)

*<http://www.payless.com/girls-spirit-cheerleading-shoe/71884.html>

Champion Girls Spirit Cheerleading Shoe (\$19.99)

**If your cheerleader already has a preferred cheer shoe or style that is not listed above, she/he has the option to use those if they are all white.

Fittings:

Uniform fittings are scheduled for May 10 and May 12 from 4:00-6:00 in Room 17. Current 3rd grade fittings are May 10th and current 4th-5th grade fittings

are May 12th. Each cheerleader must have his/her OWN parent present for fittings, no exceptions!

Tips and Procedures:

*All cheerleaders must wear a bathing suit or leotard UNDER their clothes

*Parents are responsible for filling out the forms and determining the appropriate sizing

*Payment is due in full at the time of the fitting or the uniform will not be ordered

*A separate payment for Cheer Camp is due in full at this time as well

*Specific directions for fittings will be posted outside of room 17. The directions will include: how to fill out forms, overall fitting steps, sizing guidelines, etc.

Try-outs:

Try-outs will be held for those students interested in being a part of the competition team. Clinics and try-outs will be for participants only. Please, no parents allowed. In order to try to insure as fair of a try-out as possible, there should be no video-taping of the try-out routine or materials learned at clinics. Both clinics and try-outs will be held in the Riverview MPR.

** Competition try-outs will be held within the first 6 weeks of the 2016-2017 school year.

Clinics:

Clinics provide students the opportunity to learn both the cheer and dance to be performed during try-outs. Participants must be in athletic attire including tennis shoes, hair pulled back, and in CUSD dress code.

Try-outs:

For try-outs, participants are asked to wear a plain white t-shirt and black or navy athletic shorts. They should also wear tennis shoes and hair should be in a neat ponytail. Students will be judged at try-outs on their overall performance for both the dance and cheer taught at clinics. Students will be scored by a panel of judges on knowledge of the routines, expression/voice, and overall spirit. Students will be placed on the team based on their overall score. Members making the competition squad will be posted on the Riverview School Website.

If you would like to be part of the Riverview Cheerleading Squad, please complete and sign the following forms:

- *Cheer Registration Form
- *Riverview Rams Cheer Contract
- *Teacher Recommendation Form
- *Insurance and Emergency Information
- * Concussion Form

These forms **MUST** be completed and turned in to the cheer envelope outside room 17 by Friday, May 6th in order to be a member of the 2016-2017 Riverview Cheer Program. Students returning from the 2015-2016 squads will need to re-submit all paperwork.

Sincerely,

Ashley Johnson

ashleyjohnson@cusd.com

*****PLEASE KEEP THIS PACKET FOR YOUR RECORDS AND ONLY TURN IN THE FOLLOWING FORMS! *****

Cheer Registration Form

Student: _____

Current Grade: _____ Current Teacher: _____

Parent email: _____

Squad Preference: Select ALL squads you are interested in joining

_____ Game Squad (for current 3rd, 4th, and 5th graders who do not want to be on the Competition Squad)

_____ Competition Squad (for current 3rd, 4th, and 5th graders)

Please list any non Riverview outside commitments that your child will participate in during the 2016-2017 school year.

Activity	Organization

If your child is on the Competition Squad and scheduling conflicts with outside activities arise, it is expected that he/she will attend the Riverview cheer events (Spirit Night, CW Showcase, and CN Showdown) as his/her first priority. If your child cannot commit to this priority, please do not select the Competition Squad as a preference.

Riverview Rams Cheer Contract

Student:

I, _____, have read the Riverview Cheerleading Packet and am aware of the responsibilities I will assume as being a member for the Riverview Cheerleading Squad. I am aware that I must attend practices (according to the Cheer Attendance Policy), games and other activities both before school AND after school. I agree to be a student of good character and to represent my school positively. I promise to work hard and to do my personal best each and every day. GO RAMS!!!

Student signature: _____

Date: _____

Parent:

I, _____, have read the Riverview Cheerleading Packet and am aware of the cost and responsibilities associated with my student being a squad member. I am aware that my child will be asked to attend practices, games and other activities both before AND after school. I understand that this is a yearlong commitment and to support my child. GO RAMS!!!!

Parent signature: _____

Date: _____

Teacher Recommendation Form

*Students: please leave this form with your teacher. DO NOT ACCEPT THEM BACK! We will collect them from the teacher.

*Teachers: Please keep this form and do not return it to the student. I will either collect them from you or you can put it in my box. Thank you!

Student's Name: _____

Grade Level: _____ Teacher: _____

Current GPA: _____ Number of Absences: _____

Please circle the number that best describes your student with 1 as the lowest and 5 as the highest.

Work Ethic	1	2	3	4	5
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Participation	1	2	3	4	5
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Attitude	1	2	3	4	5
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Responsibility	1	2	3	4	5
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Comments:

Insurance and Emergency Information

Student's Name: _____

Birthdate: _____

Mother's/Guardian's Name: _____

Address: _____

Phone: _____ cell: _____

e-mail address: _____

Father's/Guardian's Name: _____

Address: _____

Phone: _____ cell: _____

e-mail address: _____

Emergency Contacts:

Name: _____ phone: _____

Relationship to child: _____ cell: _____

Name: _____ phone: _____

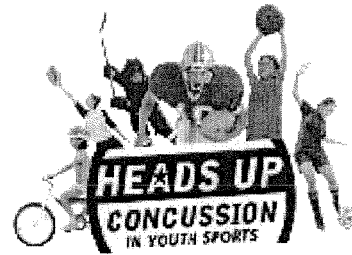
Relationship to child: _____ cell: _____

Special Medical Needs: _____

Name of Insurance: _____

Policy number: _____ expiration: _____

Parent/Guardian signature: _____



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by 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.

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

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.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, 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 (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events <i>prior</i> to hit or fall	Confusion
Can't recall events <i>after</i> hit or fall	Just not "feeling right" or "feeling down"

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 if after a bump, blow, or jolt to the head or body 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 THEIR 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 brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

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 professional, experienced in evaluating for concussion, 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.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date