

LHYSL – Licking Heights Youth Sports League

Cheerleading Program Info Sheet

LHYSL Terms, Disclosures, and Conditions on page 2 below

LHYSL provides a fun and memorable experience for 1st to 6th graders. Our coaches work with the High School coaches and cheerleaders to teach the cheers and chants they will use their entire cheer career.

Each Cheerleader is supplied a Cheer Shell, Cheer Skirt, a set of Pom-Poms, Crop Top and Briefs. The Participant is responsible for white shoes. Although not required by the LHYSL, most teams will ask parents to assist with the purchase of certain socks, warm-ups, bows, and possibly a book bag. These items are arranged by the Team Parent.

- **Cheer program is made up of 3 divisions**

- ✓ **Mini Division – 1st & 2nd Graders**
- ✓ **Junior Division – 3rd & 4th Graders**
- ✓ **Senior Division – 5th & 6th Graders**

Each division may have more than one team depending on registration numbers (maroon, gold, white).

- **Cheerleading General Information**

- ✓ Each team will try to have no more than 20 cheerleaders. If numbers allow, the division will be split into multiple teams. This is at the discretion of the Cheer Director.
- ✓ Each team will have 1 Head Coach and at least 1 Assistant Coach. Each Head Coach will have a background check. All coaches will be trained for Concussion and Cardiac Arrest.
- ✓ Practices are typically held during the week at LH Middle School, normally 3-4 practices per week before school starts and 2-3 after school starts. Practice days and actual location on school grounds to be determined by the Head Coach.
- ✓ Transportation to and from practices and games are the responsibility of the Parents.
- ✓ Parents are required to remain on the school grounds during practice and games. If a parent is not able to stay, please make arrangements for someone to watch your child.
- ✓ Each team will have a Team Parent. This person is the point of contact for all information, communication, and fundraising efforts for the team.

- **Football Game Information**

- ✓ LHYSL is in association with the LCLYF (Licking County League Youth Football) and will have home and away games with other teams in Licking County. LCLYF rules apply. Travel is required to away football games. All transportation is the responsibility of the parents.
- ✓ Games will be competitive with Referees, a game clock, on officially marked fields with cheerleaders greeting the football teams' pre-game, cheering during the game, and end of game huddle with the football team.
- ✓ Each cheerleader is encouraged to attend every game.

- **Competition/Exposition**

- ✓ Each year cheer participates in Watkins cheer competition. This is option for all cheerleaders.
- ✓ Licking Heights, hosts an expo, it is also optional for all the cheerleaders.
- ✓ Each team will create a dance, cheer, and chat for the girls to perform. They will be judged for their performance. They will receive a medal or a trophy (depends on what each school decides to give).

The above is informational ONLY. Refer to the LHYSL website for official documentation.

LHYSL Consent, Disclosures, and Terms & Conditions

INFORMED CONSENT / RELEASE OF LIABILITY: I/We accept and understand that the activity (Football / Cheerleading / Wrestling / Flag Football) above involves certain inherent risks, dangers, and hazards that may cause serious personal injury necessitating long term care and significantly impairing enjoyment of life or life activities. I/We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. I/We accept and understand that certain activities, such as the acts of tackling and wrestling, carry with them a greater inherent risk of injury. I/We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. I/We have reviewed all of these risks and understand and appreciate them, and still desire to participate in the activity. I/We certify that (registering athlete) has no medical or physical conditions that could interfere with or compromise his/her safety in participating in this activity. I/We authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the registering athlete.

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist.

In the event it becomes necessary for Licking Heights Youth Sports League (LHYSL) volunteer staff to obtain emergency medical care for the above-named athlete, I/We understand that neither the volunteer staff member nor the LHYSL organization assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances. I/We certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named athlete.

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, assume full responsibility for my registering athlete. WE HEREBY RELEASE AND HOLD HARMLESS LHYSL and its participants all of the above.

I/WE HAVE READ THE STATEMENTS ABOVE, ACKNOWLEDGE THAT I/WE HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY ATHLETIC PROGRAM. I CERTIFY THAT WE HAVE READ, UNDERSTAND, AND AGREE ON BEHALF OF MYSELF AND MY MINOR CHILD TO BE BOUND BY THESE TERMS.

CONCUSSION AWARENESS I/We Hereby Acknowledge that I/we read The Concussion Fact Sheet , and understand that I/we have a responsibility to report my child's symptoms to coaches, administrators and health care provider. I also understand that my child must have no symptoms before return to play can occur.

CARDIAC ARREST I/We acknowledge availability of information about Sudden Cardiac Arrest in youth athletes and Lindsay's Law.

CODE OF CONDUCT By accepting the terms as the Parent/Guardian of the child(ren) participating in the LHYSL program I have registered my child for, I confirm that I have read and acknowledge the information herein and agree to all stipulations outlined in our Parent/Guardian Code of Conduct and Player Code of Conduct. I/We agree that by accepting, I/we am responsible for our entire family, children, relatives, and my guests that are present at LHYSL events, practices, games or matches.

MEDIA WAIVER I/We hereby grant the LHYSL permission to use, and/or publish in its own or in external publications in print or on line, photographs, pictures, film, video or other similar media (collectively, "Photographs") taken of the participating child in whole or in part, individually or as part of a group for any purpose whatsoever; including, but not limited to, illustration, promotion, art, editorial and advertising.

FEES / FUNDRAISING I/We understand and agree that there is an initial sign-up fee at the time of registration for all participants in LHYSL. I/We also understand and agree that there will be a League fundraiser obligation for EACH participant. This will be a total of \$50 for two (2) League fundraisers to support the league and teams as a whole. Option to buy out (\$50) up front is available for each participant should he/she not want to sell the fundraiser items. I/We do understand that there will be Team fundraisers (not mandatory) for each team to support that team's activities such as end of season party. I/We also understand that it is our responsibility to volunteer and assist the League in fundraising activities such as Concession Stands and/or Press Box.

CANCELLATION / REFUND POLICY. No late fees will be refunded. Refunds may take up to 30 days to be processed and issued. If a refund is requested before LHYSL equipment pickup, then 100% of the fees will be refunded. If a refund is requested after start of equipment pickup but prior to the first game or match, then 50% of the fees will be refunded. Refund requests made after the start of the first game or match of the season, then no refund will be issued. If a refund request is made because a player was suspended for the remainder of the season by LHYSL, then no refund will be issued regardless of when the player was suspended.