

# 2017 GYCL CHEERLEADING REGISTRATION PACKET

WELCOME Cos Cob Crusher Cheerleaders!

\*Please be sure to read this entire packet **thoroughly** and print child's name legibly on all forms and include both parent and child signatures where required.

**\*ALL NEW** participants to the program must pay a onetime entry fee of \$40 (payable to GYCL).  
Mail to: GYCL, c/o Lisa Sylvester, 37 ½ Morgan Avenue, Greenwich, CT 06831

## Returned Registration must include:

- 1--- Registration Fee: **\$250.00** check payable to: **CCAC**
- 2--- Uniform Deposit: **\$250.00** check payable to: **CCAC**  
post dated to **November 1, 2017** (This check is **NOT** cashed, rather held as security to cover cost of uniforms should they be lost or damaged beyond repair.)
- 3--- Season Permission Form
- 4--- Season Health Form **with** copy of school form (This is due **NO LATER** than the 1<sup>st</sup> day of practice or your child cannot participate until it is received.)
- 5--- Cheerleader "Code of Conduct" Form
- 6--- Parent "Code of Conduct" Form
- 7--- Waiver for Participation
- 8--- 2017 Season Tumbling Form

Cheerleading is a **TEAM SPORT** requiring a commitment to attend **all** practices and games. Please discuss this with your child. Practices begin mid-late August and go through mid November.

Please return your **COMPLETE** registration as soon as possible to:

**Cindy Kral**  
**30 Cat Rock Road**  
**Cos Cob, CT 06807**

Just as a reminder, Squad placement is according to grade.

Bantam is 3<sup>rd</sup> and 4<sup>th</sup> grade  
Junior is 5<sup>th</sup> and 6<sup>th</sup> grade  
Senior is 7<sup>th</sup> and 8<sup>th</sup> grade.

We are looking forward to another great season!

# GREENWICH YOUTH CHEERLEADING LEAGUE 2017

Name: \_\_\_\_\_ Preferred (nick) name: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian # 1: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Parent/Guardian # 2: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work or cell phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age, 09/01/17: \_\_\_\_\_ Gender: \_\_\_\_\_

Grade, 09/01/17 \_\_\_\_\_ School, 09/01/17 \_\_\_\_\_

## MEDICAL INFORMATION

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone number(s): \_\_\_\_\_

Doctors Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

Medical Insurance Co.: \_\_\_\_\_ Policy #: \_\_\_\_\_

As the parent/guardian of the above named child, I hereby give my consent for any emergency medical treatment as approved by his/her coach or other adult escort, in case of illness or injury while cheerleading at a football game, practice, or other related activity. I understand that this is to prevent undue delay and to assure proper treatment.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents will be notified as quickly as they can be reached, but this will make immediate treatment possible.

\*\*Note...Excess insurance, subject to deductibles, exclusions & certain limitations, is provided by the Greenwich Youth Football League

## CAR WASH, EXHIBITION AND PHOTO WAIVER\*

I give my child permission to participate in the August through November 2017 youth cheerleading season. I also give my child permission to participate in the car wash and exhibition fundraisers that take place during those months. I understand that my child may be photographed or videotaped during the course of the season. I agree that such image(s) may be published to solely promote or publicize the league. I agree that no compensation is required for the use of these images and I release the GYCL, all coaches, volunteers and parents from any and all liability associated with the use of said images. I understand that the GYCL is not responsible for any pictures taken by parents, fans, cheerleaders or other children that are then posted (and "tagged") to various networking sites. We strongly urge parents to monitor their child's use of networking sites and review the safety & privacy features.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# GYCL CHEERLEADING 2017 SEASON HEALTH FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

What allergies, if any, does this child have?

\_\_\_\_\_

What medications, if any, does this child take regularly that we need to be aware? List all.

\_\_\_\_\_

What illness or condition (i.e. seizures, heart problems, asthma, etc.) if any, does the child have that we need to be aware?

\_\_\_\_\_

Restrictions, if any:

\_\_\_\_\_

Does this child need to have an epi-pen with them at all times? \_\_\_\_\_ Yes \_\_\_\_\_ No

If yes, do you agree to send an epi-pen with your child to all practices, games and all cheer/football related gatherings? \_\_\_\_\_ Yes \_\_\_\_\_ No

Does the child know how to administer the epi-pen to his or herself? \_\_\_\_\_ Yes \_\_\_\_\_ No

Has there been ANY injury or ailment between last season and now that we need to be aware of (ie; concussions, breaks, sprains, etc) that could possibly interfere with cheer?

\_\_\_\_\_

Parent/Guardian #1 printed name and Signature \_\_\_\_\_

Parent/Guardian #2 printed name Signature \_\_\_\_\_

**\*\*This form must be filled out completely and signed by you, the parents. Please also attach a copy of the BLUE School physical form, signed by your physician and dated October 1, 2016 or after. If either or both of these two forms are not on file with the head of the organization for which your child is playing by the first day of practices, your child will not be allowed to participate until the forms are received**

**GYCL 2017 SEASON CHEERLEADERS "CODE OF CONDUCT"**  
**\*PLEASE READ BEFORE SIGNING\***

As a member of a GYCL Cheerleading squad, I, \_\_\_\_\_ pledge:

**To demonstrate courtesy by:**

- Showing respect for the rights, privileges, & safety of fellow teammates, opponents, coaches & officials.
- Always being polite
- Being supportive of teammates with positive encouragement.
- Refraining from yelling and the use of profanity.
- Refraining from the use of profanity, threatening, embarrassing, demeaning, insulting, and intimidating behavior on and off the field either in person, e-mail, text message, instant message or through social networks.

**To make a full commitment to the GYCL, my team and coaches by:**

- Attending practices **regularly** and being on time, (schedules may vary due to coaches' schedules)
- Missing practice could result in limited cheer time or result in not being able to cheer at the upcoming game.
- Attending all games throughout the season which also means being on time to games, as per coaches' requested time. \*Being late to a game may result in not being able to participate in half time or part of the game\*
- Giving my maximum effort and attention at all practices and games.

**To show respect for the property and equipment of the GYCL and my team by:**

- Caring for the provided equipment as if it were my own.
- Throwing all garbage in receptacles, cleaning up after self at practices and games.
- Caring for, being respectful of, and not damaging any gym rental space or equipment

**To practice sportsmanship by:**

- Participate fairly and safely.
- Maintaining discipline at all times.
- Being gracious in defeat and modest in victory.
- Being a worthy representative of the GYCL and my team both on and off the field.

**To come to practices and games properly prepared by:**

- Maintaining short nails and NO nail polish
- Wearing NO jewelry of ANY kind
- Wearing appropriate cheer attire which includes wearing spandex/bike shorts and sports bras underneath shorts and tanks/tee shirts. (note, spandex/bike shorts & sports bras are NOT considered an appropriate practice uniform alone)
- Wearing team approved footwear to all practices and games

**ABSOLUTELY NO USE and/or POSSESSION OF ILLEGAL DRUGS,  
ALCOHOL and ANY FORM OF TOBACCO IS ALLOWED.**

\*\*I understand that any violation of these rules could result in disciplinary action which may include being suspended or removed from practice and/or game participation and possibly suspended or removed from the team for the remainder of this season and the following season. (which includes the GYCL UNITED team) Any of these violations could also result in permanent suspension from any GYCL team, including the GYCL UNITED team\*\*

Date: \_\_\_\_\_ Cheerleader's printed name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Parent printed name: \_\_\_\_\_ Signature: \_\_\_\_\_

# GYCL 2017 SEASON PARENT "CODE OF CONDUCT"

**\*PLEASE READ BEFORE SIGNING\***

As the parent/guardian of the above GYCL cheerleader, I \_\_\_\_\_ pledge:

**To demonstrate courtesy by:**

- Showing respect to all cheerleaders, players, coaches, officials, volunteers, and spectators.
- Refraining from the use of profanity, threatening, embarrassing, demeaning, insulting, and intimidating behavior on and off the field either in person, e-mail, text message, instant message or through social networks.
- Making any complaints in writing and given to the President/Director of the appropriate organization. There will be NO confrontations on the field during practices or at games. I will also direct any questions or complaints to the team director in person. (at a mutually agreed upon time/place).

**To make a full commitment to the GYCL, my child's team and coaches by:**

- Bringing the cheerleader(s) to practice and games **REGULARLY** and **ON TIME** and with the proper equipment. Cheerleading is a **TEAM** sport and requires the attendance of **ALL** cheerleaders and individual delays hurt everyone.
- Calling in all absences from practice and games **prior** to the missed practice/game so that coaches can be properly prepared.

**To show respect for the property and equipment of the GYCL and my team by:**

- Staying behind the roping at fields and behind the fencing at stadiums. Parents must be on their respective sides of the field at all games.

**To practice sportsmanship by:**

- Always showing good sportsmanship by encouraging a commitment to team spirit, discipline, and a supportive attitude.

**\*\*I understand that any violation of these rules could result in my child being suspended or removed from practice and/or game participation and possibly suspended or removed from the team for the remainder of this season and the following season. (which includes the GYCL UNITED competition team) Any of these violations could also result in permanent suspension from any GYCL team including the GYCL UNITED team.\*\***

Date: \_\_\_\_\_ Print Name: \_\_\_\_\_

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

<p><b>GYFL/GYCL WAIVER/RELEASE OF LIABILITY</b>  <b>(To Be Signed By All Players/Parents, Coaches, Managers, Volunteers)</b>  <b>READ BEFORE SIGNING</b></p>
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In consideration of being allowed to participate in any way in the GYFL/GYCL Cheerleading program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND **FREELY** ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE **NEGLIGENCE** OF THE RELEASEES or others, and assume full responsibility for my participant; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS GYFL/GYCL Cheerleading, their officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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Participant's Name	Participant's Signature	Date
<p><b>FOR PARTICIPANTS OF MINORITY AGE</b>  <b>(UNDER 18 AT THE TIME OF REGISTRATION)</b></p>		

I understand the exposure to the risk of serious injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete, impairment in the use of limbs; brain damage, paralysis; or even death. Having been cautioned and warned, it is still our desire to participate and allow the participation of the child in the above sport, we hereby further acknowledge that we do so with full knowledge and understanding of the risk of serious injury to which participant is exposing themselves by participating in the above sport.

This is to certify that I, as parent/guardian with legal responsibility for this participant, have carefully read the above and do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

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Parent/Guardian's name	Parent/Guardian's Signature	Date
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# GYCL 2017 Season Tumbling Form

Please fill this form out and let us know which of the following your daughter/son can do ON THEIR OWN, on the fields or a mat, without help or a spotter. This will allow us to figure out our tumbling passes and routines. Please **CIRCLE** what your child CAN do.

(\*\*If they are "working on it", at a gym or with a trainer and have "help", do NOT circle it).

Child's Name: \_\_\_\_\_

Team: \_\_\_\_\_ Squad: \_\_\_\_\_

Forward roll

Standing back hand spring

Backward roll

Running back hand spring

Front walk over

Multiple back hand springs

Back walk over

Standing back tuck

Cartwheel

Running back tuck

Round-off

Layout

Other skills my child has mastered & can perform without assistance:

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By signing this form, I am allowing my child to perform the above circled skills on their own at practice or game fields as well as on the mats used for the GYCL exhibition. I understand that no spotting will be given to my child by any cheerleader or coach. My child has mastered all of the above circled skills and can perform them independently.

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Print Parent Name

Parent Signature

Date