

## wyandotte indians 2019 Season



#### Welcome Football Players and Cheer Leaders!

In this Registration packet you will find the following mandatory forms:

- √ Registration Form
- ✓ Medical History
- √ Head's Up Concussion form
  - Parent
  - o Player
  - (2) Information sheets one for the parent the other for the athlete
- ✓ Waiver's (when applicable)
- ✓ Wyandotte Indians Photo Release & Parents Day Information
- ✓ Physical \*Must Have original signature NO Stamp\*

#### Additional requirements for registration:

- ✓ Registration Fee
- ✓ Physical (must be dated and performed in 2019)
- √ Valid Driver's license or State Identification Card
- ✓ Original Birth Certificate \*New athletes only\* Copies will be made at registration – DO NOT bring a copy as we MUST see the original
- ✓ All documents must be signed by parent/legal guardian

Questions? Please contact Jillian Campbell (734) 626-5674 between 9 a.m. and 8 p.m. or via email jilliancampbell05@yahoo.com

# REGISTRATION

(Please Partic	Print) ipant's Full & Legal Name:							
Addre	ss:							
City:_		State:	Z	ip Code:				
Home	Phone:Da	te of Birth:	Leagu	e Age:				
Cell	ell Phone:Email address:							
Cell	Phone:Email address:							
School District Child Attends:								
Did your child participate in the DJFL last Season? ☐ YES ☐ NO								
If YES, what Member Organization:								
I / we, the parent(s) of a candidate for a position on a team of the Downriver Junior Football League, hereby give my / our approval to his / her participation in any and all of the League's activities during the current season. I / we assume all risk and hazards incidental to such participation, including transportation to and from the activities; and I / we do hereby waive, release, indemnify, and agree to hold harmless USA Football, Heads Up Football LLC, the local team, the Downriver Junior Football League, the organizers, sponsors, supervisors, participants, and persons transporting my / our child to or from activities from any claim arising out of any injury to my / our child, except to the extent covered by accident or liability insurance. I / we also grant consent to the home team medical professional to render whatever emergency medical care he has deemed necessary in the event of an injury to my / our child.								
I / we hereby certify that the birth certificate or other proof of age used in the registration of my / our child is true and correct. I / we fully understand that should otherwise be proved true, all of the games in which my / our child participates will be forfeited.								
FURTHER, I / we agree that, if my / our child makes the team and is issued team equipment, I / we will be responsible for said equipment as follows: Immediate return of all issued equipment upon demand. Further, I / we will pay for (at team cost) any and all equipment lost, destroyed or not returned.								
FURTHER, I / we agree to furnish my / our child with the prescribed shoes, socks, and supporter and such other personal equipment as is necessary for his / her health and safety.								
PARE	NT/GUARDIAN (PRINTED):			it .				
	NT/GUARDIAN SIGNATURE:							

Rev. D 2/28/2015

# DOWNRIVER JUNIOR FOOTBALL LEAGUE MEDICAL HISTORY & INFORMATION

W * 13T				Date:		
Child Name:			=	D.O.B:		
treet Address:				Telephone:		
City:			-	•		
EMERGENCY CONTACT (S):			3			
WIERGENCI CONTROL (b).						
Name:		_				
Relationship:			Relation	onship:		
Telephone:		<del></del>	Telepl	none:		
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FAMILY INSURANCE INFORMAT	TION:					
				D. I Normalism		
nsurance Company:			_	Policy Number:		
Policy Wolder			Telephone Number.			
Family Medical Insurance coverage in	effect at	this time	<b>3</b> :	Yes No		
				or was ves please describ	e.	
Please complete the following: If the ar	nswer to	any que	enon ea	of was you, prouse deserre	k of th	is form.
Please describe the problem and it's im	iplication	is for pre	ober nu	of and meanment on the par		
Has the child had, or does the child cur	rrently ha	ve:				
				Fainting Spells	Y	N
Head Injury (concussion, etc.)	Y	N		Asthma	Ÿ	N
Convulsions / Epilepsy	Y	Ŋ		Hernia	Ŷ	N
Neck or Back Injury	Y	N		Diabetes	Ÿ	N
High Blood Pressure	Y	N		Heart Murmur	Ŷ	N
Kidney Problems	Y	N		Poor Hearing	Ŷ	N
Poor Vision	Y	N			1	• `
Allergies	Y	N		Other:		
		ava inim	ries to:			
Has the child had, or does the child cu	Knee	A milm	N	Ankle or Leg	Y	N
D240 E840-1	Arms	v	N	Back or Neck		N
			N	27		
Is the child currently taking any medic	anon?	1	15 <b>7</b> 1.57			
If Yes, what and why:						
					NAME OF TAXABLE	
LIST ANY CURENT RESTRICTION	ים כו וחד	. דיניו בייד	Z DT AC	ED ON THE CHILD'S	CTIV	TTIES AT
LIST ANY CURENT RESTRICTION	NO CORO	CENTL 1	TTED I	MEDICAL CARE PROV	DER:	
THE DIRECTION OF HIS OR HER	DOCTO	K OR O	INCK	WEDICAL CALCARO	میدری	
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					-	
			•			
*						
Parent / Guardian (Print):						
				Detail		
Parent / Guardian (Sign):						

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#### MEDICAL HISTORY: Completed by Parent or Guardian or 18-Year-Old Date of Birth: Student Name: Date of Exam: Doctor's Phone: gan high school athletic association Doctor: - MEDICAL QUESTIONS Do you cough, wheeze or have difficulty breathing during or after exercise? Has a doctor ever denied or restricted your participation in sports for any reason? Have you ever used an inhaler or taken asthma medicine? Do you have any ongoing medical conditions? If so, please identify below: Is there anyone in your family who has asthma? ☐ Anemia ☐ Diabetes ☐ Infections ☐ Other: □ Asthma Were you born without, or missing a kidney, eye, testicle (males), spleen or any other organ? Have you ever spent the night in the hospital or have you ever had surgery? Do you have groin pain or a painful bulge or hernia in the groin area? - HEART HEALTH QUESTIONS ABOUT YOU Have you had infectious mononucleosis (mono) within the last month? Have you ever passed out or nearly passed out DURING or AFTER exercise? Do you have any rashes, pressure sores or other skin problems? Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? Have you had a herpes or MRSA skin infection? Does your heart ever race or skip beats (irregular beats) during exercise? Do you have headaches or get frequent muscle cramps when exercising? Has a doctor ever told you that you have any heart problems? Check all that apply: Have you ever become ill while exercising in the heat? ☐ High blood pressure ☐ Heart murmur ☐ Heart infection ☐ High cholesterol Do you or someone in your family have sickle cell trait or disease? ☐ Kawasaki disease ☐ Other: Have you had any problems with your eyes or vision or any eye injuries? Has a doctor ordered a test for your heart? (example, ECG/EKG, echocardiogram) Do you wear glasses or contact lenses? Do you get lightheaded or feel more short of breath than expected during exercise? Do you wear protective eyewear such as goggles or a face shield? Do you have a history of seizure disorder or had an unexplained seizure? Immunization History: Are you missing any recommended vaccines? Do you get more tired or short of breath more quickly than your friends during exercise? Do you have any allergies? - HEART HEALTH QUESTIONS ABOUT YOUR FAMILY Have you ever had a head injury or concussion? Has anyone in your family had unexplained fainting, unexplained seizures or near drowning? Do you have any concerns that you would like to discuss with a doctor? Does anyone in your family have a heart problem, pacemaker or implanted defibrillator? Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including drowning, unexplained car accident or sudden infant death syndrome)? Have you ever received a blow to the head that caused confusion, prolonged headache or memory problems? Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT syndrome, short QT syndrome, Brugada syndrome or catecholaminergic polymorphic ventricular tachycardia? Have you ever had numbness, tingling, weakness or inability to move your arms or legs after being hit or falling? Have you ever had an eating disorder? - BONE AND JOINT QUESTIONS Do you worry about your weight? Have you ever had an injury to a bone, muscle, ligament or tendon that caused you to miss a practice or a game? Are you trying to or has anyone recommended that you gain or lose weight? Have you ever had any broken or fractured bones, dislocated joints or stress fracture? Are you on a special diet or do you avoid certain types of foods? Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast or crutches? - FEMALES ONLY (Optional) Do you regularly use a brace, orthotics or other assistive device? Have you ever had a menstrual period? Do you have a bone, muscle or joint injury that bothers you? How old were you when you had your first menstrual period? Do any of your joints become painful, swollen, feel warm or look red? How many periods have you had in the last 12 months? Do you have any history of juvenile arthritis or connective tissue disease? CURRENT-YEAR PHYSICAL = GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR Have you ever had an x-ray for neck instability or atlantoaxial instability (Down syndrome or dwarfism)? PHYSICAL EXAMINATION & MEDICAL CLEARANCE: Completed by MD, DO, PA or NP - RETURN DIRECTLY TO PATIENT Vision: R 20/ 1 20/ Corrected: Y Pulse: ☐ Male ☐ Female 1 **EXAMINATION**: Height: Weight: NORMAL ABNORMAL ABNORMAL MUSCULOSKELETAL NORMAL MEDICAL Appearance: Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, Neck arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) Back Eyes/Ears/Nose/Throat: Pupils Equal Shoulder/Arm Lymph nodes Heart: Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) Elbow/Forearm Wrist/Hand/Fingers Pulses: Simultaneous femoral and radial pulses Hip/Thigh Lungs Knee Abdomen Leg/Ankle Genitourinary (males only) Foot/Toes Lesions suggestive of MRSA, tinea corporis Skin: Functional Duck Walk Neurologic RECOMMENDATIONS: I certify that I have examined the above student and recommend him/her as being able to compete in supervised athletic activities NOT crossed out below.

BASEBALL - BASKETBALL - BOWLING - COMPETITIVE CHEER - CROSS COUNTRY - FOOTBALL - GOLF - GYMNASTICS - ICE HOCKEY LACROSSE - SKIING - SOCCER - SOFTBALL - SWIMMING/DIVING - TENNIS - TRACK & FIELD - VOLLEYBALL - WRESTLING Date: Name of Examiner (print/type): **EXAMINER** (Check One): DMD DO PA Signature of Examiner: - - - - - (DETACH HERE IF NEEDED TO ACCOMPANY STUDENT-ATHLETE) - - - - - -EMERGENCY INFORMATION: COMPLETED BY PARENT or GUARDIAN or 18-YEAR-OLD Grade: Doctor: Student: Cell #: ( Home #: ( IN EMERGENCY (1): \_\_ IN EMERGENCY (2): Cell #: ( Home #: (

FORM A: AUG-03-17

Current Medications:

Drug Reactions:

Allergies: \_

# MEDICAL CONSENT

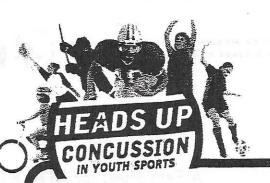
# REGISTRATION CONSENT FOR MEDICAL TREATMENT

I,		parent of					
I,a minor child, hereby voluntarily consent to the administration of such anesthetics and the performance of such operations on said minor child as the anesthetist-in-charge and the surgeon-in-charge, respectively, may deem necessary, or advise, when said minor child is admitted to any hospital or clinic for emergency medical treatment.							
		×					
			P	arent / Gu	ardian		
League Age	Weight	Unit	and Team A	Assignment			
Number of Prev	vious Seasons of Par	ticipation					
Number of Previous Seasons of Participation							
I have examined the birth record of this child and find it accurate as indicated.							
			Registrar				
I have examined	this child and it is my	considered opinion that	he / she doe	s not have a	ny physical defect o		
impairment which	en will prevent him / h	er from participating in					
			Name an	ia adaress	of Physician		
Signed	n · · m · · ·		S				
	Examining Physicia						
					2		
		Game Jersey					
		Practice Pants					
Should Pads	Knee Pads	Thig	h Pads	Gird	le Pads		
Skirt	Pants	Sweater			Shoes		
Date Returned_							
				ate			
Parent / Guardi	an						



#### PHOTO RELEASE: 's likeness or picture part of the current season. \_\_\_\_\_ No, I do not give permission Yes, I give my permission Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ BUS PERMISSION: give my son/daughter \_\_\_ I (parent/guardian) permission to ride a school bus to attend any football game or cheerleading competition. I understand the Wyandotte Indians Association is not liable in case of accident. I understand that all precautions will be taken in order to provide a safe environment. In the event of an accident, I hereby authorize the Wyandotte Indians Association to take my child to the nearest hospital with emergency care. I understand that I am responsible for his/her ride home. Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_ PARENTS DAY: Each year the Wyandotte Indians and your child(ren) would like to recognize you in appreciation for all of your help, encouragement and support. We put on a Parents Day event at one of our home games. At this event, participants and their parent/guardians names will be announced in recognition. Please provide that information below. Please print clearly. Parent/Guardian Name(s): Football Player / Cheerleader F/JV/V/M Child's Name: CONTACT INFORMATION: Each week during the season the Wyandotte Indians send out a weekly bulletin electronically to our families. The information contained in these bulletins is very important. If you do not have email, a limited number of paper copies will be available in the concession stand at the practice field. It is up to the parent/guardian to make sure they get this bulletin each week if no email address is provided. PLEASE PRINT CLEARLY Parent/Guardian Name(s): Child's Name:

Email Address:





#### A Fact Sheet for PARENTS

#### WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a 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 your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

# WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

#### Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- · Is confused about assignment or position
- Forgets an instruction
- · Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

#### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- \* Concentration or memory problems
- Confusion
- Does not "feel right"

# HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- \* Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

# WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
- 2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child's coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

#### **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 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)

#### 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.
- 2. 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, and 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.
- 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.

# 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 he fatal.

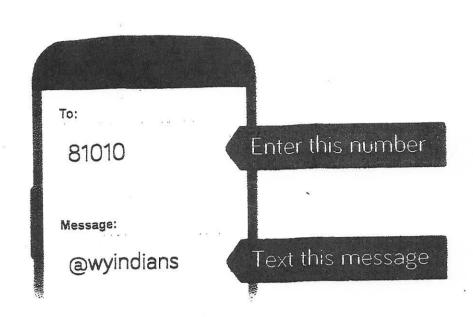
STUDENT-ATHLETE NAME PRINTED
OTUDENT ATHLETE NAME CICNED
STUDENT-ATHLETE NAME SIGNED
DATE
PARENT OR GUARDIAN NAME PRINTED
PARENT OR GUARDIAN NAME SIGNED
DATE
POLE

JOIN THE CONVERSATION - www.facebook.com/CDCHeadsUp

# Wyandotte Indians would like you to join **premind** All Parents!

To receive messages via text, text @wyindians to \$1010. You can optout of messages at anytime by replying, 'unsubscribe @wyindians'.

Trouble using 81010? Try texting @wyindians to (734) 219-6837 instead.



\*Standard text message rates apply.

Or to receive messages via email, send an email to wyindians@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.

Recipients wyindians@mail.remind.com

Subject (You can leave the subject blank)

#### WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app. All personal information is kept private. Teachers will never see your phone number, nor will you see theirs.

Visit remind.com to learn more.

### WYANDOTTE INDIANS PARENT AGREEMENT

Child's Name\_\_\_\_\_ Squad\_\_\_\_\_

1.	All of the DJFL rules, and all of the Wyandotte Indians rules and bylaws are to be followed.
2.	At least 1 parent must attend the mandatory parent meeting in August. Failure to come to the meeting will require an additional \$25.00 in the fundraiser raffle tickets.
3.	Parent or someone over the age of 18 is responsible for fulfilling 3 volunteer positions per family. Failure to do 3 volunteer positions will result in benching the child, forfeiting the deposit, not being able to attend the banquet, and the loss of veteran status.
4.	Each child is required to do 1 mandatory fundraiser. All money for the mandatory fundraiser is due on the Wednesday before Labor Day. Failure to do so will result in the child being benched until all money is turned in.
5.	Parent is responsible for the equipment/uniform.  If lost or stolen parent is responsible for the replacement cost of missing items.  They must be turned in by assigned date and failure to do so may result in a late fee or loss of deposit.
	Uniforms must be washed and cleaned before turning in. Failure to do so will result in a cleaning fee that will be taken out of deposit.
- 6.	Any child that drops/quits after July $1^{st}$ but before August $25^{th}$ will forfeit half of the deposit. If any child drops/quits after August $25^{th}$ they forfeit the whole deposit.
Note:	Uniforms should be washed in cold water and hung to dry
I have	e read and understand the above guidelines.
	Date:
	Parent's signature





# DO NOT WRITE ON THIS SIDE OF PAPER

Check #		Yes or No	Deposit returned?
	Balance:	Ва	O Check#
	Paid:		O Credit/Debit
	TOTAL:		O Cash
	II	\$5.00	Debit/Charge Fee
	II		(max cap \$250.00)
	×	\$75.00	Uniform/equipment
			MAXIMUM CAP \$400.00/FAMILY
	child oys)	ıch additional yers & waterbı	\$25.00 discount for each additional child (excluding varsity players & waterboys)
	× =	\$30.00	Pants
	×	\$40.00	Cheer warm-up (optional) Jacket
	ch) =	y \$50.00 ompetition lun	Cheer Gear - mandatory \$50.00 X (3bows, rain jacket, competition lunch)
	×		6th year FREE (excludes waterboy/mascot yrs.)
	×	\$60.00	Varsity (league age)
	×	\$175.00	M
	×	\$175.00	Freshman
	и Ж	\$175.00	Mascot
	> II	\$60.00	Waterboy

# Volunteer Sign up Information

Child's Name	
Team/Squad	
Child's Name	
Team/Squad	
-	
Child's Name	
Team/Squad	
I Calli oqua	
	Football Player
Cheerleader	i ootaan i ay
Parents Name's	
n	



# Cheer T-Shirt & Shorts Order Form

Each cheerleader will receive a uniquely designed cheer t-shirt and a pair of cheer shorts as a gift to them. THIS T-SHIRT AND SHORTS ARE FOR YOUR CHEERLEADER TO KEEP!!! The girls are welcome to wear these at practice, although they may be asked to wear them on specific practice days. They are also welcome to wear them outside of practice to. \*Please note cheerleaders are NOT allowed to wear their game uniforms outside of games.

These are given as a gift in the beginning of the season as we like to see the girls wear and enjoy them all season long and throughout the year.

Cheer Squad:					
*Please indicate above-	Mascot	Freshman	Junior Var	sity	Varsity
Child's Last Name	(as reg	gistered):			
T-Shirt Size: Sizes available- Youth		ough XL or	Adult Small	through	XL
Shorts Size:	small thro	ough XL or	Adult small	through	XL

# WYANDOTTE INDIANS

# 2019 CHEER WARM-UP ORDER FORM

Cheerleade	r Name						
Parent/Gud	ardian Name						
Phone Num	ber ()						
		CIRCLE ONE					
Mascot	Freshman	Junior Varsity	Varsity				
PLEASE INDICATE YOUTH OR JUNIOR WHEN WRITING SIZE YOUTH x-small through xlarge - JUNIOR small through xlarge							
Jacket Size\$40.00							
Pant Size\$30.00							
		ТОТИ	AL: \$				
Parent Sign	nature	******************					
		RD MEMBERS ONLY					
Payment: C		Money Order - Cre					

#### Cheer: Uniform and Dress Code

Wyandotte Indians will supply the crop top (except the mascots), vest, and skirt for the cheerleaders.

They will also need to wear, as a part of the uniform (not supplied by the Wyandotte Indians)

- Navy blue cami or spaghetti strap tank top to wear under vest when we do not wear the crop top in warm weather.
- White ankle or preferably no show socks.
- White cheer shoes with arch support. There are websites such as omnicheer.com and cheerleading.com that sell cheer shoes at a decent price.
- Navy blue briefs, preferably boy shorts for under the cheer skirt.
- Inclement weather: must wear the purchased raincoat from registration.
- Cold Weather: navy blue sweat pants or leggings, gloves, headband and/or hat. There will be an order placed for the Indians warm ups that can be purchased and worn with uniform on game days. We are not responsible for sizes that do not fit, so please make sure you order the appropriate size. Ask around for someone to bring in their warm up for size comparison.

For practices and any and ALL DJFL events:

- NO pockets anywhere on clothing, no hoods, no glitter anywhere on clothing, no sequins, no snaps, no buttons, nothing of any kind that could potentially cause some sort of safety issue if a child were to be stunting or tumbling.
- NO makeup.
- ONLY athletic shoes with arch support, no Vans or Converse type shoes allowed.
- Hair up off face and shoulders at ALL times.
- ABSOLUTELY NO jewelry of any kind, even if your child recently got their ears pierced.

Your child will NOT be able to participate and will have to sit or will be calling for a change of clothes and/or shoes, if they come to practice or game not wearing appropriate cheer gear. Your cooperation is greatly appreciated.