

# 2019-2020

## Independence Charter Middle School

### Pom Squad Tryout Information

Thank you for your interest in the ICMS Pom Squad Program. Please read this entire packet carefully, if you have any questions prior to tryouts please contact Coach Wiley at [cwiley@icmsokc.com](mailto:cwiley@icmsokc.com)

**There will be a Mandatory Pom Parent meeting for those girls who make the 2019 team. This is after tryouts and only for those who make it.**

The meeting is on **Tuesday May 14th** at 6:00PM, in the Ms Wiley's room. There will be a uniform fitting prior at 5:30 that all pom members will be required to attend. Attendance at this meeting is required for both the member and parent. Failure to appear at this meeting will result in removal from the team.

**Eligibility:** Students completing grades 5-7 with no grade(s) lower than a "C"

**Forms & Fee required to tryout are due no later than Friday, May 3 at 3:00PM.**

No late forms will be accepted. The forms are to be turned in to the front office at ICMS.

ICMS Pom Squad Constitution and Parent/Student Signature Page

Four Teacher Recommendations

Pom Squad Clinic/Tryout Application & Waiver Form

Physical\*

\$25.00 Clinic Fee – Payable to ICMS

Inherent Risk Form

**\*Physical information:** Physicals from the 2018/2019 school year will work for tryouts, however your student will need to get a new physical for 2019/2020. Only physical dated after May 1st 2019 are eligible for use in the 2019/2020 school year.

#### **Grade Check:**

A grade check for all ICMS applicants will be conducted on May 3rd. Grade checks for all 5th grade applicants will be included on the teacher recommendation forms. An administrator and/or the coach may contact the elementary school to check grades. All applicants must have a C or above in all classes to participate in the tryout.

#### **Pom Clinic/Tryout Dates:**

Monday May 6th – Learn Required Material, 4:00 – 5:30

Tuesday May 7th – Learn Required Material 4:00 – 5:30

Wednesday May 8th – Mock/Practice Tryout (open to spectators), 4:00 – 5:00 (estimated time frame)

Thursday May 9th – Pom Tryout, 4:00 – 5:00 (estimated time frame). Pom tryouts are closed. **Parents need to wait outside the building (at the west side gym doors). The students will exit the west doors as they complete their tryout. Once they have tried out they are free to go.**

**\*Results will be tallied and posted on the ICMS Website by 8pm on the 9th.**

- **Clinic Guidelines**

- Each candidate is required to attend all clinic sessions. Clinic scores are combined with the skill portion of tryouts.
- Wear appropriate athletic practice clothing. It is not necessary to purchase new clothing for clinic. Wear hair up and out of the face. Do not wear jewelry to clinic (wearing jewelry will result in point deductions).
- Clinic is closed to spectators until the mock tryout.
- On Mock Try-out day, please enter the gym before the mock tryout begins or between performances. Turn off cell phones. Please feel free to clap and show support for the girls.
- Only family will be admitted into the gym for mock tryouts.
- No talking, goofing off, or disruptions will be allowed during the teaching process.
- Tryout material is not to be revealed until the day clinic starts. Revealing clinic material to individuals before clinic starts is not permitted and could disqualify the applicant.
- Participants may be asked to leave if violating any of the subsequent rules. There will be no refunds on the clinic fee.

- **Try-out Guidelines**

- The number of team members for the 2019-2020 Pom Squad will be determined by ICMS staff.
- Wear appropriate clothing, hair up and out of the face, and no jewelry.
- **Candidates who have served on the ICMS Pom Squad for two years will not be required to try out. However these candidates must submit four teacher recommendations and be in good standing with ICMS in order to be a part of the squad.**
- After each candidate completes the tryout, they will be dismissed through the west exit of the gym. The participants need to leave belongings in the hall at the west door, so they can exit as soon as they finish the try-out.

**Important Dates**

May 3rd	3:00PM	Pom Squad Forms and Fee due to ICMS front office & grade checks
May 6-7th	4:00-5:30	Clinic
May 8th	4:00-5:00	Mock Tryouts
May 9th	4:00-5:00	Closed Try-outs

**The following information will apply to the 2019 -2020 Pom Squad:**

May 14th	5:30PM	Uniform/Warm Up fitting in Coach Wiley's room
May 14th	6:00PM	First Parent Meeting for the new Pom Squad in the ICMS Gym *First half of Pom funds are due!!!
May30th		*Second half of cheer funds due

There will be a summer camp- dates and times to be announced via remind

**INDEPENDENCE CHARTER MIDDLE SCHOOL  
PARENT AND POM SQUAD  
CONSTITUTION AND CODE OF CONDUCT**

*Please keep a copy of this document for future reference.*

**Pom Members are required to:**

1. Follow safety rules established by coach and sponsor.
2. Strive to uphold the highest personal standards.
3. Strive toward achieving goals of leadership, responsibility, self-confidence, cooperation, respect, self-control and sportsmanship.
4. Cheer/Perform for football and basketball games as scheduled by sponsor.
5. Use halftimes and time-outs to perform for the crowd.
6. Display a cooperative attitude towards ICMS staff, students, game officials, other schools, parents, each other, and visitors at all times.
7. Be enthusiastic, yell loud, and do motions full-out.
8. Know the cheers, chants and routines for all games and performances.
9. Promote good sportsmanship and school spirit through cooperation with other students, faculty, parents, and administrators.
10. Plan pep rallies, contribute spirit ideas, and help control attitudes of the crowd.
11. Maintain a grade of C or above.
12. Attend all games and practices scheduled. When absence is necessary, the **COACH** should be contacted by a **PARENT**.
13. Stay with the team until the end of the game, unless given permission by the coach.
14. **Stay in Squad formation and refrain from eating, drinking, chewing gum, or leaning on the wall while on the field or court.**
15. Refrain from using cell phones while performing.
16. Focus on the game and keep private conversations to a minimum while on the field or court.
17. Take care of Pom performance responsibilities, listen to instructions, **check email**, communicate important information to parents, and keep up with belongings.
18. **Refrain from emailing or texting the team captain for answers to questions that need to be addressed to the Pom coach or sponsor, or to gossip. Emailing and texting the captain regarding Pom Squad issues should not be abused.**
19. Follow the request of the team captain in a respectful manner.
20. Strictly adhere to ICMS school uniform.
21. Keep absences from school to a minimum.
22. **ABSOLUTELY NO BULLYING** another member or schoolmate that will result in immediate dismissal!!!! **NO GOSSIPING!!!** We are a team and they are expected to act like one! The older girls are to take the younger ones under their wing and make sure they are taken care of in all areas.

**Squad Membership:**

- ✓ One alternate may be chosen at the time of tryouts. The alternate may join the squad only at the discretion of an administrator and the coach.
- ✓ The alternate's identity will remain concealed.
- ✓ The alternate will not participate unless called up to the team.

**Squad Captains - One Captain and one Co-Captain will be Chosen:**

Prerequisites for the captain positions are:

- ✓ Have at least one year of experience as an ICMS Squad member.

- ✓ During the previous year(s) the candidate must show that they have or are developing the attributes needed to manage a group of peers. For example, be in correct uniform, refrain from gossip, and lead by example.

### **Squad Captains must be prepared to:**

- ✓ Have a plan and carry it out at games
- ✓ Be comfortable making decisions for the group
- ✓ Ask peers to work on improving both as a group and individually
- ✓ Be able to calm the group and engage them in productive practice and games
- ✓ Communicate through phone chain and email and text messages

### **Squad Captains and Outside Sports and Other Activities:**

- ✓ Squad captains may not be involved in outside sports that cause excessive absences from captain's duties.

### **Squad Captains' Duties:**

- ✓ Start the warm up exercises at practices
- ✓ Start cheers at games
- ✓ Work closely with the coach and each other
- ✓ Provide communication and organization for the entire squad
- ✓ Inform coach of any problems that arise concerning the squad
- ✓ Lead the team to the front of the crowd during basketball timeouts and halftimes
- ✓ Set an example by always being in the correct uniform from head to toe

### **Selection of Team Captains:**

- ✓ Team captains will be chosen through an interview process. Attendance records, grades, teacher recommendations, and try-out scores may be used at the discretion of an administrator.

### **ICMS Sports and Other Extra-Curricular Activities:**

When a team member is absent for any reason, the formations, ripples and routines become difficult, if not impossible, to perform. Often the result of an absence is that the team cannot perform the materials they have spent hours preparing. Out of respect for the Pom Squad members and their families, as well as the coach, the practice schedule will be on set days of the week, so that scheduling other activities (such as piano lessons, tae kwon do classes, and other sports) around the practice schedule will be possible and practical. The days will be set soon after try-outs, and every attempt will be made to honor the set practice days throughout the school year. This should make it possible for each of the girls to pursue other activities with minimum scheduling conflicts.

Being involved in activities other than Pom Squad is encouraged. However, because the Pom team cannot function properly without all members present, **the commitment to the Pom team must be prioritized above other activities.**

### **Absences:**

- ✓ **Three absences from practices, games or appearances will require a conference with an administrator, Pom Squad member, their parents and coach to determine if the level of commitment to the team is appropriate for the student to remain in the program. Early departure from and/or tardiness to any performance event will count as ½ of an absence.**
- ✓ Excessive absences may result in dismissal from the squad.

- ✓ Absences due to illness or injury should be substantiated with a doctor's note.
- ✓ Doctor appointments, homework, and school projects should be scheduled around practices and games.
- ✓ Team members must be at school for at least half the school day to attend a cheer event that day.
- ✓ Absences due to other extra-curricular activities must be kept to an absolute minimum. When an absence for this reason becomes necessary, it must be approved by the coach in advance.
- ✓ The need for any absence should be reported by a parent to the coach.
- ✓ Do not report absences to the captain.

### **Injuries:**

- ✓ Any injuries occurring during practice or a game must be reported immediately to the coach.
- ✓ If an injury keeps a squad member from performing their duties, they must provide a doctor's statement.
- ✓ An injured Pom member must still attend practices and games, and wear her uniform on game day.

### **Practices:**

- ✓ Attendance is required at all scheduled practices.
- ✓ The coach will schedule practices.
- ✓ Bi-weekly practices will begin shortly after try-outs and run through the end of the school year. It will resume a few weeks before school starts and continue until the end of basketball season.
- ✓ Be in place, dressed and ready to warm-up at the scheduled time of practice.
- ✓ Be dressed in proper attire – black athletic bottoms, red or blue school appropriate top depending on practice day, cheer shoes, no jewelry, hair up.
- ✓ Keep fingernails short.
- ✓ Always perform with the safety rules taught by the coach.
- ✓ Team members who are absent from practice for any reason may be removed from the routine at the coach's discretion.

**Practice behavior must be geared toward learning and cooperation during the entire practice. Wasting time, complaining, distracting and/or endangering other squad members will not be tolerated. Pom Members are expected to FOCUS, LISTEN and follow the coaches and captains' directions at all times.**

### **Practice Mats:**

- ✓ The practice mats are to be out and ready to go at the start of practice when directed by the coach.
- ✓ **All** team members are to help get out and put away the practice mats.
- ✓ Squad members must not ever get inside the mats as they are being rolled.

### **Performance Rules:**

- ✓ The coach will determine the level of curriculum learned and performed by the team.
- ✓ The team is never allowed to perform any routines at a game that are not approved by the coach.

### **Uniforms and Appearance:**

- ✓ The ICMS uniforms are borrowed. They may be altered, but no fabric may be cut away. Each uniform is designed to go up one or down one size. Uniforms will be ordered to fit one size larger so it can be altered.
- ✓ If a team member starts to outgrow the uniform, or if the skirt becomes too short, the uniform must be altered or replaced.
- ✓ Jewelry is prohibited while in the ICMS Pom Squad uniform.
- ✓ If a member loses, damages, stains, or destroys any part of the required uniform, they will be responsible for replacing that part immediately. The coach should be notified as soon as an item is lost – replacement takes time.

- ✓ The uniform is to be worn only at school events when designated by the coach. It is not to be worn as a Halloween costume by anyone.
- ✓ Uniform items are NOT to be worn by anyone other than the Pommie, this includes all items
- ✓ While in uniform, a squad member may not wear heavy makeup. Nail polish should complement, not clash with, the uniform. Makeup, hair and nail polish are subject to approval by sponsor.
- ✓ No items such as photo buttons or pins may be worn on the cheer uniform.
- ✓ Pom shoes should be kept clean. Pom shoes are light and delicate. If they become too worn or stained, they need to be replaced. Pom shoes are not to be worn outside of Pom activities.
- ✓ Squad members who have lost or misplaced uniform items will not be allowed to take part in events where those items are worn by the team.

### **Warm-Ups:**

- ✓ The Pom Squad warm up is the only acceptable jacket to be worn with the Pom uniform.
- ✓ The jacket is a legal ICMS uniform item and may be worn with standard uniform attire.
- ✓ Bring the warm-ups (both top and bottom) in the cheer bag to every event.

### **Ineligibility:**

- ✓ A Pom Squad member will be placed on academic probation if any one or more of their grades falls below a "C."
- ✓ The member and their parents will be notified when academic probation occurs. They will have one week to bring up the grade or grades.
- ✓ If the squad member is still on the academic probation list after one week, they will become ineligible and will not be allowed to participate until grades are brought up.
- ✓ An ineligible squad member will attend practices, wear their uniform to school on game days, attend the game and stay with the squad but will not be allowed to cheer or perform. They will sit with the coach and do homework.
- ✓ If a squad member is ineligible for three consecutive weeks, they may be dismissed from the squad.
- ✓ Any pom squad member that is suspended for any length of time will be ineligible to perform at a game for one week following the date of return from suspension.
- ✓ Any squad member that is suspended more than once will be dismissed from the squad.

### **Transportation:**

- ✓ Each squad member is responsible for their own transportation to practices, games or other events at which they will perform.
- ✓ Each squad member is responsible for telling their parent the appropriate time to be picked up. If the sponsor has to wait more than 20 minutes for a parent to arrive, the squad member will not be allowed to perform at the next game or event. If this occurs 3 times there will be a meeting between parent, coach, pommie and an administrator.
- ✓ Each squad member is required to inform the coach with whom they will be leaving after a game or event.

### **Dismissal:**

- ✓ Excessive absenteeism from practices, appearances and/or games may result in dismissal.
- ✓ A squad member may be dismissed due to drinking, smoking, fighting, or any behavior that reflects negatively on ICMS or the ICMS Pom Squad.
- ✓ Engaging in conduct that is detrimental to cooperative teamwork or otherwise disrupting harmonious relationships on the team will be grounds for dismissal.
- ✓ Any squad member that is dismissed or quits the squad will be barred from trying out for the next year's squad.

## Parent/Student Signature Page

- **Student agreement to comply with the ICMS Pom Squad Constitution & Code of Conduct:**

**I have read the ICMS Pom Squad Constitution & Code of Conduct and I agree that I will at all times abide by these rules as long as I am a member of the ICMS Pom Squad.**

- I have read this packet.
- I promise to uphold the high standards of the squad in a way that will be a credit to my school.
- I realize that failure to uphold these rules may mean dismissal from the squad.
- I will take responsibility for my behavior and actions.
- I understand that Pom Squad requires work, and it is my job to maintain a positive attitude even when I don't feel like it.
- I will not complain if a decision does not go my way.
- I will respect the coach(s) and the adults in charge.
  
- **Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

- **Parent agreement to comply with the Parent/Pom Squad Constitution & Code of Conduct:**

**My child has expressed a sincere desire to become a Pom Squad Member at ICMS. If selected, there are certain responsibilities and obligations that must be assumed in order to maintain the high standards of the ICMS Pom program and to remain a member of the squad.**

- I have read the rules and regulations set forth by the Pom Squad constitution and code of conduct.
- I will, insofar as I am able, see that these rules and regulations are carried out.
- I agree that my child will participate in all responsibilities as listed.
- I agree to provide the financial support necessary for my child to be an ICMS Pom Squad Member.
- I agree to provide the necessary transportation for my child to be an ICMS Pom Squad Member.
- I agree to be supportive of the sponsor, coach, and administrative decisions.
- I will keep my parent hours current.
- I will encourage and expect my child to stay positive at all times and to respect the decisions of the coach and administrator.
- I hereby give \_\_\_\_\_ permission to tryout and take part in Pom Squad activities at ICMS.
  
- **Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**INDEPENDENCE CHARTER MIDDLE SCHOOL  
2019-20 POM SQUAD CLINIC/TRYOUT  
APPLICATION & WAIVER FORM**

NAME OF STUDENT: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

SCHOOL NOW ATTENDING: \_\_\_\_\_

MEDICAL CONDITION(S) THAT MAY NEED ATTENTION (I.E. ASTHMA, DIABETES,  
SEIZURES): \_\_\_\_\_  
\_\_\_\_\_

Fees: A \$25 fee is charged for this clinic. Payment can be made with cash, money order or check (made payable to ICMS).

I understand that I will be expected to obey the guidelines for this clinic and tryouts as set forth on the previous page. I will conduct myself with good sportsmanship at all times and will follow the directions of the clinic staff. I further understand that these tryouts will be judged fairly and impartially to the best of the ability of the judges.

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**WAIVER FOR POM SQUAD CLINIC/TRYOUTS AND PARTICIPATION IN POM SQUAD ACTIVITIES:**

I understand that Independence Charter Middle School's staff, instructors, volunteers and the Independent School District No. 89 of Oklahoma County, Oklahoma, are not responsible for any medical expenses that might result from injuries to my child while participating in Pom Squad activities during the 2019-2020 school year and during clinic/tryouts in May 2019.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



**Teacher Name:** \_\_\_\_\_  
(for 5<sup>th</sup> graders – homeroom teachers/for ICMS students – core teacher i.e. Language Arts, Math, Social Studies, Science)

**Student Name:** \_\_\_\_\_ **School:** \_\_\_\_\_

The person listed above is trying out for Pom Squad at ICMS. Since attitude and personality are so important to an ICMS Pom Squad, we ask that you take a moment to carefully evaluate this student and mark your opinions below. These forms will be used as part of the try-out score and will be held as strictly confidential. On or before May 3rd please return the form by US Mail or school mail to: ICMS, 3232 NW 65<sup>th</sup> St., Oklahoma City, OK 73116. Teachers at ICMS should return the forms to Ms. Stinson. Thank you for your help. Your opinion is valuable.

**1 – Poor    2 – Below Average    3-Average    4 – Above Average    5 – Excellent**

_____ Attendance and punctuality	_____ Cooperative attitude (works well with others)
_____ Honesty and dependability	_____ Shows leadership qualities
_____ Class/hall conduct	_____ Personality and enthusiasm

How well do you feel this student will represent ICMS as a Pom Squad member? \_\_\_\_\_

Other comments: \_\_\_\_\_

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

**5<sup>th</sup> Grade:** Does this student have and maintain a C or above? YES NO

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**Teacher Name:** \_\_\_\_\_  
(for 5<sup>th</sup> graders – homeroom teachers/for ICMS students – core teacher i.e. Language Arts, Math, Social Studies, Science)

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_____ Attendance and punctuality	_____ Cooperative attitude (works well with others)
_____ Honesty and dependability	_____ Shows leadership qualities
_____ Class/hall conduct	_____ Personality and enthusiasm

How well do you feel this student will represent ICMS as a Pom Squad member \_\_\_\_\_

Other comments: \_\_\_\_\_

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

**5<sup>th</sup> Grade:** Does this student have and maintain a C or above? YES NO

**Teacher Name:** \_\_\_\_\_  
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_____ Attendance and punctuality	_____ Cooperative attitude (works well with others)
_____ Honesty and dependability	_____ Shows leadership qualities
_____ Class/hall conduct	_____ Personality and enthusiasm

How well do you feel this student will represent ICMS as a Pom Squad member? \_\_\_\_\_

\_\_\_\_\_

Other comments: \_\_\_\_\_

\_\_\_\_\_

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

**5<sup>th</sup> Grade:** Does this student have and maintain a C or above? YES NO

-----  
**Teacher Name:** \_\_\_\_\_  
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_____ Attendance and punctuality	_____ Cooperative attitude (works well with others)
_____ Honesty and dependability	_____ Shows leadership qualities
_____ Class/hall conduct	_____ Personality and enthusiasm

How well do you feel this student will represent ICMS as a Pom Squad member \_\_\_\_\_

\_\_\_\_\_

Other comments: \_\_\_\_\_

\_\_\_\_\_

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

**5<sup>th</sup> Grade:** Does this student have and maintain a C or above? YES NO

# How much does Pom Squad cost?

**Estimated Annual Cost:** (See below for breakdown of funds due and dates)

This amount is for the 2019 – 2020 pom season. Much of this cost is due at the beginning of the season so that the necessary pieces can be ordered. Please be prepared to pay the amounts due as they are requested. Late payments will result in a delay of materials needed. Direct inquiries for financial assistance to an administrator. The amounts due must be paid before cheer items can be released to the team member. Below is a break down of the items to be purchased through the school and the items that need to be purchased individually. **Veteran Pom Squad members do not have to purchase warm ups, briefs, bags or shoes if last years are still in good condition.**

Items Purchased from School:

2 pair briefs	\$15.00
Cheer shoes	\$35.00
Cheer bag	\$45.00
Cheer bows (2)	\$15.00
Cheer Warm Ups	\$150.00
Poms	\$35.00
S&H fees	\$15.00
One Time Activity Fee	\$20.00
<b>Total New members</b>	<b>\$330.00*</b>

**(this is an estimated cost until we complete all orders and confirm exact costs)**

\*These start-up costs are divided into two payments of **\$165** due on May 14th and **\$165** due on May 30th.

Items purchased by Individual:

1 Black Racer back bra (must not show under uniform top) and low cut all white socks.

## **Other Costs**

- Pom members are responsible for buying replacement items for ones that are lost or damaged.
- At many of the games, an admission fee is charged for parents and siblings. (\$3-\$5 per person)
- Alterations that may be necessary for uniforms. All uniforms must be returned in original size.

# How much time does Pom Squad take?

Pom Squad members will start a summer camp before school starts. At that time, bi-weekly practices will resume and continue until the end of basketball season, usually February. There are approximately 8 football games and 20 basketball games. There are usually 3-4 pep rallies each year and a few special events. Pom Squad members are required to attend all of the above listed events. Coach Wiley will have a practice schedule and game schedule at the first practice and will make all mandatory events know within two weeks of the date.

# Inherent Risk Sheet

## Inherent Risks of Pom Squad Membership

Independence Charter Middle School wants to make certain that all participants and their parent or guardian are fully aware of the various inherent risks involved in Pom Squad Performances. It is important that participants know certain risks cannot be eliminated without destroying the unique character of this activity; some danger is involved in performing; and on occasion, participants do suffer injury. It is not the intent to frighten participants or reduce their enthusiasm for the activity, but it is important that participants be informed of the nature of the activity. Injuries that can occur in performances include, but are not limited to, the following: blisters, muscle strains, tendon and ligament damage, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, loss of eye sight, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

Be sure to consistently abide the following guidelines:

1. Never perform unless a coach or coach's designee is present.
2. Always warm-up appropriately before Pom Activities (practice and games) by jogging and stretching.
3. Do not attempt anything that you don't know how to perform safely and that has not been approved by the coach.
4. Always use attentive spotters when stunting.
5. Always perform in an area free from obstruction.
6. Always use mats or a grassy area during practice.
7. Do not stunt on uneven ground, wet surfaces and concrete.
8. Never talk, laugh or mess around when performing a stunt.
9. Report all injuries and or chronic conditions to the coach as soon as they occur.
10. Follow all trainer and doctor recommendations.
11. Lift weights to increase strength and guard against injuries.
12. Always wear shoes and clothing appropriate for Pom Squad Activities.
13. Never wear jewelry of any kind or chew gum when cheering, at practice or games.
14. Always have your hair pulled back from your face and shoulders.
15. Lead cheers at the appropriate time so you will be aware of ball and players' positioning to prevent possible injury.

I have read the preceding warning and understand the importance of abiding by the safety guidelines listed above. I understand that cheerleading/Pom Squad is a HIGH RISK SPORT involving many risks of injury, including but not limited to those risks outlined above, and that participation in Pom Squad is voluntary. In consideration of Independence Charter Middle School permitting my child/ward to try-out for the ICMS Pom Squad and to engage in all activities related to the team, including, but not limited to, trying out, practicing, performing, or competing in performances I hereby assume all the risks normally associated with performing and agree to hold the school, its employees, agents, representatives, coaches, and volunteers harmless from any and all actions, causes of action, debts, claims, demands of every kind and nature whatsoever which may arise from such risks. The terms hereof shall serve as a release for my heirs, estate, executor, administrator, assignees, and for all members of my family.

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_