

2016-2017 PENN STATE CHEERLEADING INFORMATION FORM
(Print clearly / If candidate is under 18 years of age, parent's signature also needed on all forms)
Proof of Fall 2016 enrollment to University Park must be provided with application

NAME _____ (first, middle, last)

PSU ID _____

LOCAL ADDRESS _____ CELL PHONE (____) _____

PARENTS NAME _____ PHONE (____) _____

PARENTS' email _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

DOB _____ HEIGHT _____ WEIGHT _____ EXP GRAD DATE _____

CLASS _____ (Fr, So, Jr, Sr) COLLEGE _____ MAJOR _____

GPA _____ EMAIL ADDRESS _____

HOMETOWN NEWSPAPER _____

IF YOU PLAN TO STUDY ABROAD, STUDENT TEACH, OR CO-OP, PLEASE
INDICATE WHICH SEMESTER: _____

***IF YOUR IMAGE HAS BEEN PORTRAYED IN ANY TYPE OF PUBLICATION
OR VIDEO WE MUST BE INFORMED PRIOR TO TRYOUTS.**

The following information is required prior to trying out:

INSURANCE CO _____

ADDRESS _____ PHONE (____) _____

CITY _____ STATE _____ ZIP _____

POLICY # _____ GROUP # _____

NAME OF INSURED _____

RELATIONSHIP TO STUDENT ATHLETE _____

PARENT'S EMAIL ADDRESS _____

HEALTH HISTORY

Have you ever had any shoulder, knee, back, ankle or other injury? If so, please be specific

Are you currently taking any medication? If so, please be specific

Any family history of the following:

(Y) (N)

☐ ☐ Sudden Cardiac Death _____

☐ ☐ Heart Problem _____ (Murmur, Mafans, Hypertrophic cardiomyopathy, Heart Attack < 50 years)

☐ ☐ Other medical problems that run in your family

Any History of the following:

(Y) (N)

☐ ☐ Asthma _____

☐ ☐ Diabetes _____

☐ ☐ Heat Stroke/Intolerance _____

☐ ☐ Seizure/Epilepsy _____

☐ ☐ Hypertension _____

I, the undersigned, understand that it is necessary for me to have medical insurance to be permitted to tryout for and participate in cheerleading tryouts at Penn State University. My parents, or I, have and will maintain medical insurance that will provide coverage for me in the event I am injured while trying out for or participating in cheerleading at Penn State University.

(Signature – student)

Date

(Signature – Parent if student is under the age of 18)

Cheerleading Try- Out Policy

1. Have a signed and completed physical within the last 6 months
2. Show Proof of a Sickle Cell Test (with a result)
3. Proof of Health Insurance
4. Sign Try- out waiver

All of these documents need to be turned in order for the athlete to participate in the Try- Out. The athlete has a 2 week grace period where they're eligible to practice (open Gym) before being officially added to the team (this is for NEW athletes to the team).

After being added to the official roster the student athlete will need to complete the PSU physical process by our team physician.

PARTICIPATION AGREEMENT
CHEERLEADING TRYOUTS 2016-2017

The cheerleading open gym/tryout is a strenuous physical activity. Health professionals recommend that all participants complete a physical exam or have a doctor's approval prior to beginning any exercise program and strongly urge all participants to have a graded exercise test prior to beginning any exercise program.

Participation in the cheerleading open gym/tryout involves strenuous physical activity including running and cardiovascular training. Possible injuries include, but are not limited to, muscle strains, back injuries, sprains, and more rarely, broken bones, strokes, cardiac malfunction and other types of catastrophic injury. All participants must assess their physical condition and the possibility of injury.

The safe conduct of any group activity, such as the cheerleading open gym/tryout is dependent upon the individual actions of each member of the group. The participant has an obligation to refrain from dangerous or disruptive activity that might endanger the participant or any other member of the group. The use of drugs, alcohol, or any other substances that might be dangerous or detrimental to the participant's performance as a member of this organization is strictly prohibited. In addition:

- A. The undersigned understands that he/she is fully responsible for any and all medical expenses that he/she might incur as a result of his/her participation in any of the cheerleading open gym/tryout activities.
- B. The undersigned certifies that he/she has adequate medical/hospital insurance that will cover any and all medical expenses resulting from his/her participation in any of the cheerleading open gym/tryout.
- C. The undersigned agrees that any travel conducted in conjunction with cheerleading Open gym/tryout activities is voluntary and discretionary. THE UNIVERSITY DOES NOT ASSUME ANY LIABILITY FOR SUCH VOLUNTARY TRAVEL.

INSURANCE COMPANY _____ POLICY # _____

- 1. The undersigned further agrees to conduct himself/herself in a SAFE and PRUDENT MANNER at all times while participating in the cheerleading open gym activities.
- 2. The undersigned has read and understands the importance of securing a physician's approval of the undersigned's participation in the cheerleading open gym/tryout activities prior to participation in those activities.
- 3. The undersigned has read this agreement and fully understands the risks involved with the cheerleading open gym/tryout activities and willingly agrees to accept and assume those risks during this cheerleading program and further agree to exonerate and save harmless PSU cheerleading, its officers, trustees, agents and employees from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with the undersigned's participation in and activities related to cheerleading.
- 4. The undersigned agrees to follow any verbal and/or written instructions provided by the Coaches and/or supervisors during each cheerleading open gym.

PARTICIPANT'S SIGNATURE

DATE

RELEASE OF ALL LIABILITY CLAIMS

In consideration of the PSU cheerleading providing instruction to me, attempting to further my knowledge and permitting me to participate in the cheerleading tryout, I, _____ (print name) hereby agree as follows:

1. I hereby covenant not to bring any action legal, equitable, or otherwise, or to make any claim of any nature whatsoever against Penn State University, its officers, trustees, employees, and agents, the cheerleading program and its officers, instructors, representatives and any other persons involved with the cheerleading program activities, whether directly or indirectly for any personal injury or injuries, including death or property damage which I or others might sustain in engaging in cheerleading activities necessarily or incidentally associated therewith.
2. I do hereby release and further discharge Penn State University, its trustees, officers, employees and agents and the cheerleading program, it's officers, instructors, representatives and any other persons, either directly or indirectly, of any responsibility or liability of any nature to me for any personal injuries, death or property damage which I may suffer or incur either directly or indirectly as a result of my participation in cheerleading tryout activities.
3. I MAKE THESE COVENANTS, RELEASES AND WAIVERS KNOWINGLY AND VOLUNTARILY WITH FULL KNOWLEDGE OF ANY EXISTING DANGERS IN TRAINING, PRACTICING, PLAYING, TRAVEL, AND ANY OTHER ACTIVITIES, WHICH DANGERS I HEREBY FURTHER EXPRESSLY VOLUNTARILY ASSUME.
4. I further make these covenants, releases and waivers to bind myself, my executors, heirs, administrators and assigns to the fullest extent.
5. I do execute this release with the intent to be legally bound hereby for myself and on behalf of my heirs, administrators, executors and assigns.

SIGNATURE _____

DATE _____

EMAIL ADDRESS _____

PHONE NUMBER _____

PENN STATE CHEERLEADER SIZING INFO

FEMALES:

Skirt Size _____

Shoes _____

Shell Top size _____

Warm ups _____

Body Suit _____

Winter Coat _____

Briefs _____

T-Shirts _____

Shorts _____

Sweatshirt _____

MALES:

Uniform Top _____

Pants _____

Shoes _____

Warm ups _____

Winter Coat _____

T-Shirts _____

Sweatshirt _____

Shorts _____

Women's Shell tops are measured by bust size (32, 34, 36 etc)

Men's Uniform Tops are measured by chest size (42, 44, 46 etc)

Bodysuits, briefs, shorts, pants, warm-ups, winter coats and t-shirts come in XS, S, M, L, XL, 2XL

Miscellaneous Info:

Favorite food or snack _____

Favorite TV show _____

Favorite Movie _____

Favorite Pastime _____