

Banning Lewis Preparatory Academy Cheerleading 2025-2026 Policies



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Dear BLPA Cheer Candidate and Parents,

Thank you for your interest in trying out for BLPA Cheer! Our team is committed to raising school spirit and pride. Throughout the year, we will use our platform to promote interest in school functions and support school athletics. Aside from leading in spirit, we also aim to drive athleticism within our own program and we always strive for our personal best!

Participation with this program will require great energy, school pride, self-confidence and commitment. Developing an athlete to reach his/her potential requires both physical and mental training. In these programs, participants will not only learn cheerleading fundamentals, but will also be provided the tools to develop accountability, respect, leadership and compassion. Be prepared to be your best self while with the BLPA Stallion Cheerleaders!

BLPA Cheer is a 10 month cheerleading program. Please consider the time commitment this sport will require from both the student and parent. Your commitment will require active participation in summer practices, summer camp, after school practices, pep rallies, fundraisers, community service, team bonding, weekly games, and competitions. Due to the fact that cheerleading is a team sport, one person's inability to follow through on their commitment impacts the entire team. Please carefully read the contract below and consider all commitments before trying out, or accepting a position on our teams.

In this packet, you will find the 2025-2026 policies regarding eligibility, attendance, conduct, discipline and expenses. Tryout information can be found at the end of this packet, followed by all necessary forms for participation in the program. Please keep this packet to reference policies throughout the year.

We look forward to an exciting, productive, and enriching season, and wish every one of you the best of luck!

Please note, Rschools registration (including current physical) and fees will need to be completed in order to try out.

Sincerely,

Talor Grimaldo
BLPA Cheer H.S. Head Coach
tgrimaldo@blracademy.org

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Overview of Rules and Expectations

Please read the rules and expectations very carefully. All guidelines will be enforced. ***All rules and guidelines are subject to change at coaches' discretion.***

Expectations

- Cheerleaders are expected to be school leaders at all times and to uphold the highest personal standards. You must act in a respectable and professional manner at all times, remembering that you represent Banning Lewis Preparatory Academy, in and out of uniform. Cheerleaders are to practice good sportsmanship, promote school spirit among spectators and avoid negative reactions to things deemed unfair, such as losing. The cheerleading program is expected to display teamwork and unity at all events.
- You must treat coaches, teammates, teachers, referees, other athletic teams, volunteers, and your peers with respect at all times.
- You must be able to accept constructive criticism for the improvement of the team and yourself.
- Cheerleaders will reflect team effort rather than individual concerns.
- All social media accounts must respectfully and appropriately represent the cheer program and Banning Lewis Preparatory Academy.
- Coaching staff will set all formations and positions, and will make final decisions for choreography.

Practices

- You must eat prior to practice - no snacking during breaks.
- If an athlete is not in a specific stunt, tumbling pass, pyramid, or formation during practice, they are expected to be attentive, spotting, and still learning the material. Everything we do at practice should be done as a team.
- Athletes must arrive 5 or more minutes prior to the scheduled practice time in order to roll out mats and begin practice on time.
- Athletes must be in attendance at school on practice days in order to participate.
- Athletes must be fully dressed out in the correct outfit at the start of practice with hair up and **all jewelry** taken out.
- Sports bras are the only undergarments permitted at practice. Bralettes, bandeaus, or wired bras are not acceptable practice wear.

Games

- Athletes must be fully dressed out in the correct uniform; no show socks, hairstyle, bow, and poms at the start of each game with **all jewelry** taken out! If you are missing something from your uniform or wearing the wrong item this will result in benching during the **full game or until fixed!**
- All games are mandatory. Tardiness to a game will result in benching during the first quarter of that game.
- Cheerleaders should be familiar with all cheers, band dances, fight song and material, as well as game rules in order to lead the crowd at appropriate times.
- Varsity may attend away football games (at coaches discretion).
- Cheerleaders may not drink, eat, chew gum, comb hair, do makeup or visit with friends during performances or games.
- Bathroom trips should be taken before, during halftime, or after the game.

- Athletes who are not eligible may not cheer, but will be in uniform sitting on the sidelines, unless cleared by the Athletic Director.

Competitions

- The HS team will compete in local competitions throughout the season beginning as early as October. Competition season will be August-December for all local competitions. If we attend Nationals, the competition season will continue after winter break January-February. All competition events and practices will be mandatory for all competition team members.
- No cheerleader is guaranteed a spot on the competition floor. The maximum number of high school cheerleaders allowed at most is 20, but the minimum number is up to coaches.
- Below are factors which may contribute to coaches' decisions as to who may compete:
 - Attendance / tardiness to practices, games, and performances
 - Attitude during practices, games, cheer camp, and performances
 - Grades and GPA
 - Tumbling & stunting technique and skills
 - Execution of skills during practice, or at previous competitions and games
 - Communicating absences in a timely manner
 - Number of spots on the mat for the particular routine that has been choreographed
 - Injuries
- It is always a benefit to the team as a whole to have alternates in case of any emergency. Spots on the mat are never final and may be changed around as needed.
- Coaches' decisions as to who is a participant at competitions are not up for discussion or debate. Athletes are always encouraged to ask how they can improve in order to be a candidate for a spot.
- If any athlete arrives at a competition inappropriately dressed out, conditioning will occur the following practice.
- We will sit as a team before and after performances. Only at the coach's discretion, may athletes leave the team to visit family and friends.
- All cheerleaders are expected to carry themselves respectfully and with great sportsmanship. We will wish other teams good luck and cheer for them.
- Consequences will occur for any athlete who shows poor sportsmanship at, or following any competition.

Non-competition members

- During the competition season (September - January), non competition members do not practice often due to lack of space. They are still highly encouraged to join competition practices, or work on their own skills during this time.

Double Participation

- At BLPA, students are encouraged to be multi-sport athletes. If a cheerleader decides to participate in another sport, practices must be split up evenly (head coaches will discuss). It is important that cheerleaders come to practice energized and well-rested, as they are required to lift others in the air as well as execute tumbling skills.
- If you are to join any club, or outside of school sport, you must communicate this with the coaches ASAP, so that we can collaborate schedules with the outside party. You need to fill out [the CHSAA Form](#)

Coaches Availability

- Cheerleaders and parents with concerns or questions are asked to speak privately, directly, and respectfully with the coaches. Parents are urged to contact coaches concerning matters with their child that they cannot resolve satisfactorily on their own. Keeping in mind that our decisions are not always popular with everyone,

our focus is on what's best for the team, the program, and the school. All team/coach/parent communication will be done in person, through phone calls, or through the band app.

Eligibility

Both BLPA Cheer Teams will follow all BLPA eligibility criteria, which aligns with CHSAA, along with additional requirements as set forth by the cheer coach(es). Cheerleaders must adhere to the following requirements in order to remain eligible for the entire spirit season. Excessive ineligibility will result in immediate dismissal from the squad.

Attendance: Cheerleaders must not be excessively tardy or exceed absence limitations. More details in "Attendance."

Conduct: Exemplary behavior on and off campus must be upheld. Please see "Conduct" on page 5 for more details.

Grades

- The Head Coach will verify grades weekly. Cheerleaders must maintain a minimum GPA of 2.0 with no F's. If a cheerleader's GPA falls below 2.0 (but above 1.75) OR has one F, they will be put on probation until the next reporting period the following week.
- If cheerleaders are on probation for three weeks during the season, they will be dismissed from the squad. If a cheerleader's GPA is ever below 1.75 or has multiple F's, they will be ineligible and dismissed from the squad with no probation period.
- Grades are final once posted and changed grades will not be accepted, unless cleared by the Athletic Director. Grading periods are August 1st - November 1st (Football Season) and November 2nd - February 28th (Basketball Season).
- When it comes to grading, we expect and encourage students to *self advocate* for themselves to their teachers. If they are on the competition squad and become ineligible, they will automatically be moved to an alternate status, with no guarantee of being on the mat at competition.

Medical Clearance

- Any limitations and/or chronic health problems must be disclosed. All cheerleaders **must have a doctor's physical and all other athletic forms turned in by Apr 7, 2025 (Middle and High School) or they will not be allowed to try out.**

Attendance

- Absences can be the downfall of a great cheerleading squad! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous. Frequent unexcused absences will cost lettering and potentially their position on the team.
- If a cheerleader will be absent or tardy, the cheerleader or parent must call or message to notify the Head Coach as early as possible. If the cheerleader is sick and out of school for a half day or more, please notify the Head Coach at least two hours before the event. If the cheerleader is in school all day, you are expected to be in practice unless the coaches are given a medical note.

Excused Absences

- Cheerleaders are allotted **ten excused absences** from August - March.
 - *Extreme illness* (if you are feeling sick but still able to attend, activity at practice can be modified)
 - *Doctor ordered instructions* for non-participation due to illness or injury. A doctor's note is **required** for extended nonparticipation. It is strongly recommended that athletes continue to attend practice to be aware of additions or changes to a routine. As long as you are in attendance, absences will not be deducted from your allotted amount.
 - *School required grade-based obligation* (*Field trip, Make-Up test, Tutoring*). This does not include community service, projects or homework.
 - *Family emergencies* (funeral, hospitalization, etc.)
 - *Pre-notified family vacation* (minimum of two weeks' notice) for game day cheer. Family vacations **will not be excused** for the competition team.

Tardiness

- Coming late or leaving early is disruptive. As a result, stunt training is interrupted and last minute changes to routines may be required. Frequent tardiness could impact their position on the team.

Lettering

- All Varsity Game Team members with a G.P.A above a 2.0 with no D's or F's and completed the full year will receive a Varsity letter once their season is completed.
- All Varsity athletes must attend 90% or more of the games to letter.
- All Competition team members will receive a pin. **In order to be eligible to receive a letter you must remain on the team the full year.**

Schedule

Practice Schedule

- Practices may change or may be added in the event of necessary last-minute changes. Your flexibility and understanding is very much appreciated.

High School practices will usually be Monday - Friday 4:30 - 6:30 or 4:00 - 6:00

Middle School practice will usually be three days a week, 3:30 - 5:30.

- Cheerleading as a sport is very reliant on all members being present at every practice. It is the cheerleader's responsibility to balance schoolwork and cheer throughout the year.

Games

- The team will be cheering for both football games and basketball games. Football games for High School are typically Fridays or Saturdays starting in August and ending in November. Football games for middle school are after school during the week August - September.
- Basketball games (boys and girls) are played multiple days throughout the week, with the possibility of Saturday games from December to March (HS) and October-February (MS). The MS team will also cheer at some Volleyball games.

Cheer Camp

- High School Camp will be a sleepaway camp at UCCS, July 7th-10th. Cheer Camp for Middle School will be held on July 23rd to July 25th (all day) at BLPA. For competition team members, you must attend camp to go through the credential program in order to be eligible to compete at Nationals. This is now a nation-wide requirement. USA (along with UCA & NCA) will require teams to complete the **NFHS Squad Credentialing Program** offered at a Varsity Spirit Summer Camp. This is only offered at cheer camp and if it is not completed you will not be allowed on the competition team.

Conduct

By being a part of BLPA Cheer, you are accepting the fact that your actions are more prominent than those not associated with such an activity. **Exemplary** behavior is mandatory at all times, anywhere in the community and at all school functions where you are recognized as a representative of BLPA Cheer and Banning Lewis Preparatory Academy. Conduct and appearance must always exhibit the utmost respect for self, school, and the cheer program. This includes in person, over the phone **and** via social media.

Proper Conduct is outlined as follows:

- Be kind and respectful to others at all times regardless of outside influences.
- Always exhibiting good sportsmanship, despite the behavior of others.
- **Never** using profanities or inappropriate behavior at cheer events, while at school, while in uniform or via any type of social media. (i.e. physical altercations, posting inappropriate pictures)
- Refraining from public displays of affection at cheer events, while at school and while in uniform.
- Adhere to proper appearance at all times. Cheerleaders should always be properly attired for practice upon arrival. Uniform attire (shell, liner, skirt, warm-ups, briefs, shoes, white crew socks, hair bow) is required to be worn on all game days at school, games and rallies. Proper appearance also includes: no jewelry and nails must be trimmed so as to not extend past fingertips. Gum chewing during practice or games is not allowed. These are safety issues. Proper attire also includes following school dress codes on non-game days.
- Display exemplary behavior in practice and in class. This includes, but is not limited to, cooperation with and respect for authority, punctuality, and the utmost moral integrity.
- Follow the coach's direction to stay in assigned areas during events.

Discipline

Three Strikes Rule: Discipline will be based on a three strikes rule. One warning will be given for minor infractions (i.e. inappropriate attire). In the event of a serious infraction, the warning will be skipped and one strike will be given. Whether an infraction is minor versus serious is at the discretion of the coaches.

- First strike – cheerleaders will be notified.
- Second strike – cheerleader and parents will be notified.
- Third strike – will result in dismissal from the squad.

Strikes will occur for the following infractions:

- Any behavior contrary to the proper conduct mentioned above (see "Conduct" section)
- Unexcused absences OR excessive use of excused absences (see "Attendance" for more details)

- Improper or disrespectful behavior toward teammates, coaches, or other designated authority

Immediate Dismissal

- Suspension from school or other serious disciplinary action taken by BLPA administration
- The following infractions will result in immediate dismissal from the squad:
 - Use of tobacco products, including vapes / alcohol / illegal drugs
 - Improper use of prescription drugs
 - Harassment of another individual or improper use of social media

*If it is reported that any of the above behaviors are being conducted while a representative of BLPA Cheer, a conference with the administration and parents/guardians may be held to determine validity and possible dismissal. This policy is **not** limited to uses during school or cheer events.

*Each case of discipline will be judged individually. Every attempt will be made to discipline fairly and to make consequences of actions known ahead of time. The advisor, with the assistance of the administration if deemed necessary, has the final decision in any discipline.

Expenses

High school: \$1,000 (approx.)

Middle School: \$800 (approx.)

Includes: Uniforms accessories and warm ups (body liner, briefs, shoes, bows, bag, camp clothes, poms); Shipping, Handling, and Taxes; Cheer Camp, and yearly Athletic Fee to the school (2 seasons & \$155 each season)

- Middle School uniforms (shell and skirt) will be loaned out each year as they have been purchased by the athletic department. If you would like to purchase your own, it will be an additional \$195.
- High School uniforms (shell and skirt) will be loaned out each year as they have been purchased by the athletic department. If you would like to purchase your own, please let the head coach know ASAP.

Team Expenses

Regional & State competition registration fees, music, end of year banquet, and miscellaneous items such as signs and awards. Team fundraisers will be used to help cover these costs.

Ways to Cover Expenses

- *Covering your cheerleader's costs: Checks should be made out to BLA - in the memo a parent can add cheer if they wish.*
- *Sending sponsorship letters* to family, friends, or businesses. The sample letter will be provided after tryouts.
- *Fundraising* (Dog Wash, school dances, Mini Clinics, Concessions, etc.). Funds from fundraising will be used throughout the year for the team (dinner, team bonding, gifts etc) as well as for camp the following year (dependent on funds).

***Ideas for fundraisers and help coordinating fundraisers are always welcome!!**

Competing will only be possible as long as the team has the financial resources to support travel and registration costs. Please also note that any products that are purchased with fundraised monies, if not explicitly labeled as an individual fundraiser towards an individual's goods, are considered school property and **must be returned** at the end of the cheer season.

Invoices

- We will have an invoice for parents/guardians to sign off on before items are ordered. Camp Payment will be due at the end of MAY! The remaining balance will be due August 1st, 2025. **If payments are not paid in full your athlete will not be allowed to participate.** Please make payments to BLA (Checks - please write HS Cheer **OR** MS Cheer in memo line) or we accept cash. If this is a financial hardship for your family, please communicate with the Head Coach ASAP.

Clinics and Tryouts

High School Tryout Clinics will be April 7th-11th from 4:30-6:30 pm in the BLPA Gym Tryout day will be April 11th 4:00 until finished.

Results for High school teams will be posted Saturday April 12th on our BLPA Cheer Instagram/Facebook pages

Middle School Tryout Clinics will be April 14th-16th from 4:30-6pm in the BLPA Gym. Tryout day will be April 18th 4:30 until finished.

Results for Middle school team will be posted Saturday April 19th on our BLPA Cheer Instagram page.

Instagrams:

VARSITY - ***blpavarsitycheer***

JV - ***blpajvcheer***

MIDDLE SCHOOL - ***blpamiddleschoolcheer***

Eligibility: All candidates must be eligible in order to try out. Please see "Eligibility" on page 4.

Forms: Forms are at the end of this packet and are due to the front office BLPA no later than the Friday before Tryouts, including a current physical if one is not already on file. Your physical is good for 1 year from the date your physical was given. You may not try out if all forms have not been submitted.

- Student/Parent Permission & Agreement
- Liability Release Form (Consent Form)
- Pre-participation Physical (Due before tryout day)
- Off Season Waiver Form

Location: BLPA Gym (Clinics) BLPA Gym (Try Out)

Clinic and Tryout Attire: Participants should wear **black shorts, a white t-shirt or tank top, and athletic sneakers (cheer shoes are allowed).** Returning Cheerleaders should **not** wear any BLPA Cheer clothing. Hair should be tied up into a neat high ponytail and away from the face. Nails should not extend past fingertips. Cheerleaders may not chew gum or wear jewelry to clinics or tryouts. These are all safety issues.

Team Placement Announcements: Once the scores are calculated final placement of the teams will be posted on our Instagram pages. Those placements are final, and non-negotiable. Understand that cuts are a part of athletics and if a participant is cut we are more than happy to provide feedback/ recommendations for improvement.

Uniform Fittings: Will be April 25th at 3:30pm for middle school and 5:30pm for high school. This fitting is mandatory for athletes and we highly encourage a parent to attend to ensure prior fitting. If you do not attend, we are not responsible if your uniform does not fit.

Boys Tryout Score Sheet

Judge #: _____

Cheerleaders # _____	<u>Score</u>	Comments	Add'l Comments
<p><u>Cheer Ability (1-40)</u> Motion Technique/Sharpness, Projection/Voice Showmanship, Memory, Timing, Meg Use</p> <p>1-5 Lacking Technique and Overall Performance 6-10 Basic Technique and Overall Performance 11-16 Good Technique and Overall Performance 16-26 Great Technique and Overall Performance 26-40 Excellent Technique and Overall Performance</p>			
<p><u>Jumps (1-25)</u> 1-4 Lacking in Technique 5-8 Beginner Technique 9-12 Good Technique 13-16 Great Technique and Height 17-25 Clean, Sharp, Excellent Technique and Height</p>			
<p><u>Stunting (1-10)</u> Poise, technique, Overall Ability Level</p> <p>0-2 Beginner - no one man stunt 4-7 Intermediate - straight up extension or press up / any assisted coed 8-10 Advanced - one leg stunts, full down/up/ toss to hands unassisted or any unassisted coed</p>			
<p><u>Standing Tumbling (1-5)</u> Difficulty & Execution</p> <p>0-3 None, Back Bend, Back Walkover, Cartwheel, RO 4-5 BHS, 2BHS, BHS Tuck, Cartwheel T, Full</p> <p><u>Running Tumbling (1-5)</u> Difficulty & Execution</p> <p>0-1 None, Cartwheel, RO 2-3 RO: BHS, BHS Series, BHS Tuck, 4-5 RO: BHS layout, BHS Full, Series to Full</p>			
<p><u>Overall Impression (1-25)</u> Poise, Spirit/Energy, Overall Ability Level</p> <p>1-10 Beginner 11-15 Intermediate 16-25 Advanced</p>			
<p style="text-align: center;"><u>Recommendation:</u></p> <p style="text-align: center;"><u>VARSITY</u> <u>JUNIOR V</u></p>	<p style="text-align: center;"><u>Total:</u></p> <p style="text-align: center;">/100</p>	<p style="text-align: center;">Overall Comments:</p>	<p style="text-align: center;">Overall Comments:</p>

HS Girls Tryout Score Sheet

Judge #: _____

Cheerleaders # _____ High School	Score	Comments	Add'l Comments
<p><u>Cheer Ability (1-30)</u> Motion Technique/Sharpness, Projection/Voice Showmanship, Memory, Timing</p> <p>1-5 Lacking Technique and Overall Performance 6-10 Basic Technique and Overall Performance 11-16 Good Technique and Overall Performance 16-26 Great Technique and Overall Performance 26-30 Excellent Technique and Overall Performance</p>			
<p><u>Band Chant Ability (1-20)</u> Motion Technique/Sharpness, Projection/Voice Showmanship, Memory, Timing</p> <p>1-4 Lacking Technique and Overall Performance 5-8 Basic Technique and Overall Performance 9-12 Good Technique and Overall Performance 13-16 Great Technique and Overall Performance 17-20 Excellent Technique and Overall Performance</p>			
<p><u>Jumps (1-25)</u> 1-4 Lacking in Technique 5-8 Beginner Technique 9-12 Good Technique 13-16 Great Technique and Height 17-25 Clean, Sharp, Excellent Technique and Height</p>			
<p><u>Standing Tumbling (1-5)</u> Difficulty & Execution</p> <p>0-3 None, Back Bend, Back Walkover, Cartwheel, RO 4-5 BHS, 2BHS, BHS Tuck, Cartwheel T, Full</p> <p><u>Running Tumbling (1-5)</u> Difficulty & Execution 0-1 None, Cartwheel, RO 2-3 RO: BHS, BHS Series, BHS Tuck, 4-5 RO: BHS layout, BHS Full, Series to Full</p>			
<p><u>Overall Impression (1-25)</u> Poise, Spirit/Energy, Overall Ability Level</p> <p>1-10 Beginner 11-15 Intermediate 16-25 Advanced</p>			
<p><u>Recommendation:</u></p> <p>VARSIITY JUNIOR V</p>	<p>Total:</p> <p>/100</p>	<p>Overall Comments:</p>	

BLPA MS Cheer Tryout Score Sheet 2025

Cheerleaders #. _____ Middle School	<u>Score</u>	Comments
<p><u>Cheer Ability</u> Motion Technique/Sharpness, Projection/Voice Showmanship, Memory, Timing: 1-2 Lacking 3-4 Basic 5-6 Good 7-8 Great 9-10 Excellent</p>	/10	
<p><u>Dance Ability</u> Motion Technique/Sharpness, Projection/Voice Showmanship, Memory, Timing: 1-2 Lacking 3-4 Basic 5-6 Good 7-8 Great 9-10 Excellent</p>	/10	
<p><u>Jumps</u> 1-2 Lacking in Technique 3-4 Beginner Technique 5-6 Good Technique 7-8 Great Technique and Height 9-10 Clean, Sharp, Excellent Technique and Height</p>	/10	
<p><u>Overall Impression</u> Poise, Spirit/Energy, Overall Ability Level, Coachability 1-2 Lacking 3-4 Basic 5-6 Good 7-8 Great 9-10 Excellent</p>	/10	
<p><u>Tumbling</u> *Not required 0-Lacking: No tumbling 3-4 Basic: cartwheel, forward roll, back bind 5-6 Good: front or back walkover, Running Round-off, . 7-8 Great: standing back handspring or RBH (round off back handspring) 9-10 Excellent: standing tuck, running anything higher than RBH (round off back handspring)</p>	/10	
<p><u>Recommendation</u></p> <p>YES NO</p>	<p><u>Total:</u></p> <p>/50</p>	<p>Overall Comments:</p>

Student/Parent Permission Form & Agreement

My child, _____, has my permission to be a cheerleader (on Game Team and/or Competition Team) at BLPA for the 2025-2026 cheer season. I understand that he/she must abide by the rules and regulations of the BLPA Cheer Policies set by the cheer coaches and key administrators of Banning Lewis Preparatory Academy. I have read the BLPA Cheer Policies and understand that the violation of any of these rules may lead to temporary suspension or permanent dismissal from the squad. All disciplinary and academic issues will be resolved by the Head Coach separately and privately. I understand that all forms must be completed and submitted by the day before tryouts or my child will not be allowed to try out. I understand my child will be evaluated by qualified judges and we agree to abide by their decision.

I have discussed the time obligation with my child. I understand that as a team member, my child must be present at all functions and practices. I understand that the lack of attendance/punctuality will result in benching at games, suspension or dismissal.

By signing this document, I am stating that my child and I are ready to make the commitment to be members of BLPA Cheer and accept the conditions of all 2025-2026 BLPA Cheer Policies.

Parent/Guardian Signature

Date

Parent/Guardian Printed Name

I am interested in being a cheerleader and I understand the risks stated. I have read the BLPA Cheer Policies and promise to abide by all rules and regulations stated. ***I understand that by not following the handbook, I may be dismissed from the program.*** I promise to cooperate and follow all instructions of the coaching staff. I understand that I am solely responsible for remaining eligible throughout the year.

Student Signature

Date

Student Printed Name

**You may wish to make a copy of this form for your records*

INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

WARNING!

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back!

I/We, _____, parents and/or legal guardians of _____, who is a student at Banning Lewis Preparatory Academy and wishes to participate in their cheerleading program, voluntarily give our consent for such participation by our son/daughter. It has been adequately explained to us that cheerleading is an activity that may involve airborne inversion of the body and therefore there is an increased potential that any of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that the activities in which our son/daughter will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, back handsprings and aerials; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

I agree to disclose any and all of my child's limitations and/or chronic health problems to the advisor for my child's safety. We have been informed that our son/daughter must be examined by a physician prior to participation in these activities and we agree to such examination. We are aware that our son/daughter must be granted medical clearance in order to participate. We are aware that this physical examination should be turned in no later than the day before tryouts. We further agree to immediately notify the Head Coach in the event of any change in our son/daughter's health status. We will get medical clearance for our child if requested at any point throughout the year.

We also understand that our son/daughter may be required to travel to locations off campus for the purpose of participating in cheerleading activities and the appropriate school personnel may provide that transportation to him/her. We consent to such school sponsored transportation.

We agree to, and by signing this agreement, release the coaches, volunteers, staff of Banning Lewis Preparatory Academy and the Board of Education from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in this school sponsored program for the 2025-2026 academic year.

In witness whereof, I/we have affixed my/our signature/s to this agreement.

(Parent's and/or legal guardian's signature)

(Date)

(Parent's and/or legal guardian's signature)

(Date)

Off-Season Waiver 2025-2026

INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

WARNING!

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back!

I/We, _____, parents and/or legal guardians of _____, who is a student at Banning Lewis Preparatory Academy and wishes to participate in their cheerleading program during the off season, voluntarily give our consent for such participation by our son/daughter. It has been adequately explained to us that cheerleading is an activity that may involve airborne inversion of the body and therefore there is an increased potential that any of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that the activities in which our son/daughter will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, back handsprings and aerials; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

I agree to disclose any and all of my child's limitations and/or chronic health problems to the advisor for my child's safety. We have been informed that our son/daughter must be examined by a physician prior to participation in these activities and we agree to such examination. We are aware that our son/daughter must be granted medical clearance in order to participate. We are aware that this physical examination should be turned in no later than the day before tryouts. We further agree to immediately notify the Head Coach in the event of any change in our son/daughter's health status. We will get medical clearance for our child if requested at any point throughout the year.

We also understand that our son/daughter may be required to travel to locations off campus for the purpose of participating in cheerleading activities and the appropriate school personnel may provide that transportation to him/her. We consent to such school sponsored transportation.

We agree to, and by signing this agreement, release the coaches, volunteers, staff of Banning Lewis Preparatory Academy and the Board of Education from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in this school sponsored program for the 2025-2026 academic year and summer of 2025.

In witness whereof, I/we have affixed my/our signature/s to this agreement.

(Parent's and/or legal guardian's signature)

(Date)

(Parent's and/or legal guardian's signature)

(Date)