

Pulaski County Special School District

925 East Dixon
Little Rock, Arkansas 72216
501-490-2000

North Pulaski High



Mills University



Jacksonville



Robinson Senators



Sylvan Hills



Oak Grove High

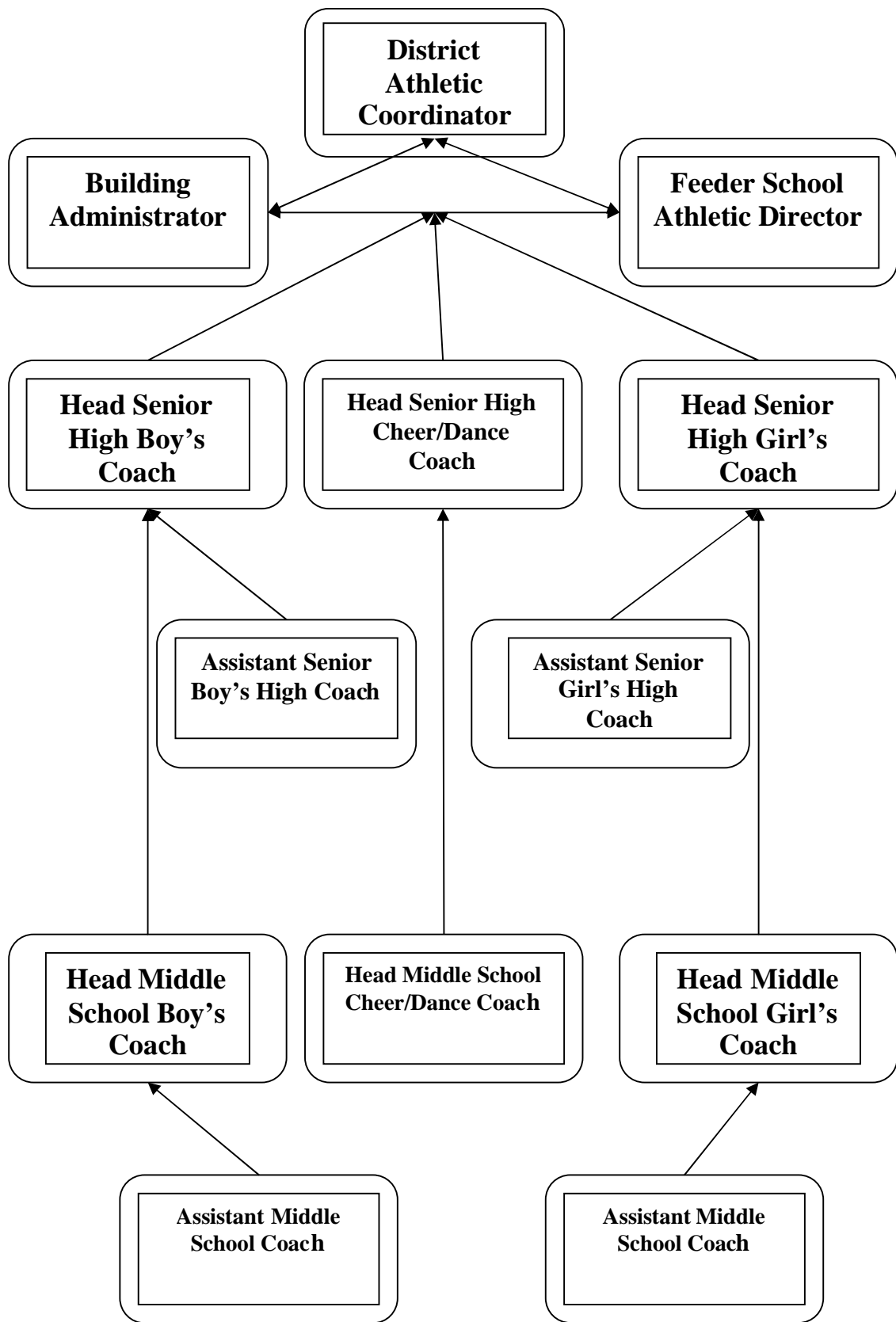


Pulaski County Special School District

Cheer and Dance Handbook

**Pulaski County Special School District
Cheer and Dance Handbook
Table of Contents**

Organization Chart	2
 Handbook	
Philosophy and Objectives.	3
Uniforms	4
Jewelry/Headgear	4
Attendance	4
Pre-Season Parent Meeting	4
Safety	5
Insurance and Physicals	5
Medical Procedures	5
Hazing	6
Sportsmanship	7
Transportation	8
Dress Code	9
Tryouts (Eligibility)	9
Tryouts (Implementation)	10
Tryouts (Officers)	11
Participation After Selection	12
Merits	14
Demerits.	14
Procedures For Giving Demerits.	15
Dismissal.	18
Grading System	19
 Parent Forms	
Physical Forms	20
Medical History Forms	21
Emergency Permission Form.	23
Parent Consent Form	24
Media Release Form	24



Pulaski County Special School District Cheer and Dance Handbook 2007-2008

The purpose of the Pulaski County Special School District Cheer and Dance Handbook is to provide an understanding and appreciation of the program and to enhance communication among the coaches/sponsors, athletes and parents. This handbook contains most of the practices, policies and regulations that govern Cheer and Dance activities in the Pulaski County Special School District. The entire handbook will be reviewed annually by the Cheer and dance Committee, and the Administrative staff.

Cheerleading and Dance exists to promote and uphold school spirit, unity and pride. They are ambassadors for their school and are expected to follow standards. Pulaski County Special School District is committed to maintaining an excellent Cheer and Dance program.

In order for a student to participate in any AAA sanctioned activity in Pulaski County Special School District, both the student and the parents or guardians must sign the Parental Consent section of the Athletic Physical form. Signing the form indicates an agreement that all the policies, procedures and regulations in this Handbook are understood and will be followed.

Pulaski County Special School District attempts to provide opportunities for all students who wish to participate. Students in grades 9 -12 are eligible to participate.

UNIFORMS

Uniforms may not be worn to school without approval of the Coach and the building administrator. Uniforms must be returned in satisfactory condition no later than one week after the final event of the season. If possible, coaches should collect all uniforms and equipment at the conclusion of the season. Parents of students will be responsible for uniforms not returned after the one-week period. Any charges for uniforms lost or not returned will be added to the student's account.

JEWELRY/HEADGEAR

No headgear or other ornamentation shall be worn except as approved by the Coach or Building Administrator for special circumstances. The prohibited items include, but are not limited to: do-rags, caps, bandannas, visors, other head coverings, sunglasses, soft or hard jewelry, body/facial piercing and visible tattoos.

ATTENDANCE

Every student is expected to be at all practices and contests. Any athlete leaving school during the day will be required to check out through the school office. An athlete who is at school but unable to participate will be required to be with that particular activity unless excused by a staff member.

In order to practice or participate in an event, students must attend a minimum of 1/2 day or have a valid excuse.

PRE-SEASON PARENTS MEETING

The coaches will conduct a **pre-season meeting** at the beginning of each athletic season. The dates and times of these meetings will be listed in the school calendar as well as notification by the coaches at least two weeks in advance. Parents are encouraged to attend the pre-season meeting. If for some reason, neither parent can attend the scheduled meeting, they may schedule a private meeting with the coach as soon as possible. Coaches will be able to discuss their goals, along with team rules and regulations. Lines of communication with the coach and parents will be established at this time.

SAFETY

Pulaski County Special School District strives to provide students a safe and orderly environment in which to participate. Consequently, all coaches and administrative personnel have a responsibility to reduce and/or eliminate all potential safety hazards. It is vital to understand that participation involves inherent risks. Coaches and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries. They should respond to unexpected circumstances according to guidelines set forth in this handbook. All cheer coaches will be safety trained and become certified by August 1.

INSURANCE and PHYSICALS

Adequate insurance coverage for a student is the **responsibility of the parent or guardian**. Pulaski County Special School District offers an optional Student Accidental Insurance Plan that covers after-school sports accidents and injuries. Payment for the supplemental insurance will go directly to the company; PCSSD is not responsible for payment. The Athletic Physical Form has an insurance disclaimer that must be signed by the parent or guardian before a student participates in try-outs, practices or games. No student may begin any phase of the athletic program (practices, or other activities) without obtaining permission from a physician and completion of the Emergency Information Form. **The physical must be completed for each upcoming school year or activity.** A new physical must be completed each year. Walk in physicals are available for a minimal fee at various family clinics. The Physical Form will be filed in the office, and the parent or student at their request may obtain a copy of the physical. Copies of the Insurance Disclaimer and Emergency Medical Form will be issued to the coaches to carry with them to all away games. Blank copies of the Physical form may be obtained from either the coach or the school office.

Website: www.k12studentinsurance.com

MEDICAL PROCEDURES

All participants in the program must have completed a physical examination, and been cleared by a physician to participate.

1. A current physical form must be completed before the student can participate.
2. The Pre-Participation History section of the physical form is a required part of the examination, and must be completed as part of the physical examination.

3. Emergency Medical Authorization Form – This form must be completed and signed by the parent/guardian prior to participation, and returned to the coach. The form will be with the coach at all practices and contests. This form will provide the coach with necessary medical emergency information in the event of injury or illness.

4. Accident Report – All injuries requiring medical attention must be reported to the coach or school medical official. An Accident Report must be filed with the school nurse or building administrator within a 24-hour period (or next school day) if the athlete seeks or is administered medical treatment.

5. Medical Reinstatement – When a student has had a serious injury or illness and has been restricted because of a physician, A physician's note is required before the individual will be allowed to return to practices or contests. The note must indicate the date when participation may resume. Reinstatement notes must be processed through the school nurse or building administrator.

HAZING

Hazing is a very serious act and will not be permitted or tolerated by any member of a team. Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization. Hazing refers to any activity expected of someone joining a group that humiliates, degrades or risks emotional and/or physical harm, regardless of the victim's willingness to participate.

The following are some examples of hazing:

Deception, silence periods with implied threats for violation, deprivation of privileges granted to other members, requiring new members to perform duties not assigned to other members, socially isolating new members, expecting certain items to always be in one's possession, verbal abuse, threats, asking new members to wear embarrassing or humiliating attire, expecting new members to perform personal service to others, sexual simulations, beating, expecting illegal activity, wedgies, etc.

Hazing perpetrators are subject to appropriate disciplinary action, including but not limited to, suspension or dismissal from the team. Hazing is covered by the PCSSD Policy against Harassment, Intimidation, or Bullying.

SPORTSMANSHIP

At Pulaski County Special Schools, team and individual competition contribute significantly to the development of character and school spirit. Sportsmanship and fair play are important parts of this experience. We expect our coaches, players, faculty and students to represent their school in a manner that is respectful of others on and off the fields of competition. It is our desire and goal that we develop and practice the highest standards of courtesy, discipline, good sportsmanship, and the ability to act as good hosts and guests. We encourage enthusiastic support at all games within the boundaries of accepted good sportsmanship. We expect adult spectators to uphold the same high standards that we demand of our student supporters and players and to set good examples of sportsmanship.

The following guidelines have been established to help foster and promote good sportsmanship at Pulaski County Special School District.

THE ATHLETES SHALL:

1. Be courteous to opposing teams and all game officials.
2. Never give up, cheat, use inappropriate language or "grandstand."
3. Retain composure at all times and never leave the bench or enter the field or court to engage in any confrontation.
4. Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.
5. Play for the enjoyment of the game.
6. Understand and observe the rules of the game and the standards of eligibility.
7. Set high standards of personal conduct.
8. Respect the integrity and judgment of officials and accept their decisions without question.
9. Respect the facilities of host schools. Remember, we are their guests.

THE SPECTATORS SHALL:

1. Realize that they represent the school just as the players do, and therefore have an obligation to demonstrate through their behavior the practice of good sportsmanship.
2. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.

3. Recognize that since the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional wellbeing of the players through the medium of a contest, victory or defeat is of secondary importance.
4. Treat visiting teams and officials as guests, extending to them every courtesy. Treat them as you would like to be treated.
5. Be modest in victory and gracious in defeat.
6. Respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they observe them.

TRANSPORTATION and OUT OF TOWN LODGING/ MEALS

PULASKI COUNTY SPECIAL SCHOOL DISTRICT REQUIRES MEMBERS OF ATHLETIC TEAMS TO USE SCHOOL PROVIDED TRANSPORTATION TO AND FROM ALL AWAY GAMES AND OFF-CAMPUS PRACTICE AND GAME SITES.

Exceptions may be made in the following circumstances

This exception must be approved in advance. Requests for exceptions must be made on a school-provided form, which contains a release of liability clause. These forms may be obtained from the Athletic Director and are also located in the office.

- Parents or parent-designated adults may transport team members home after off site practices or games with **prior** knowledge and coach's consent.
- Parents or guardians must notify the coach that the student has a ride home. Other team members may ride home with the adult with prior written permission of their parent or guardian.
- The responsible adult must sign the athlete out before the athlete can leave.

The team member must take care of any responsibilities before departing.

- On the recommendation of team coaches and the Athletic Director, the Principal or his designated representative may allow a student to drive his or her private vehicle to a practice or home game.
- A student may drive other students from the practice or game site to home with the written permission of the parent of the student riders.

- When the practice or game is on a weekend or a day when school is not in session, the building administrator or the designee may approve a team coach's recommendation to have team members arrange their own transportation to games and/or practices.

The Building administrator may revoke that approval at any time during that season.

When team members are required to stay in motels/ hotels overnight, the team members may be responsible for paying the cost of the rooms. Team members may also be responsible for their own meal money. Pulaski County Special School District will provide transportation to all AAA approved in-state tournaments and games and also may pay for the coaches and bus driver's accommodations. Coaches may also receive meal money upon request.

DRESS CODE/SCHOOL DRESS

Students are representing Pulaski County Special School District when they are traveling to and from events and coming back to school for home events. They are required to dress in accordance with the school dress code for **Away Games** (when it is not appropriate to wear uniforms to the game). The students must be attired in proper dress code before they board the bus going to the game and returning from the game. For home games, the dress code applies before entering the building (see student handbook).

TRYOUTS (ELIGIBILITY)

- A. In order to tryout for cheerleader/dance the student must meet the following standards:
Be enrolled in Pulaski County Special Schools and **(Second Semester Grades 9 through 12)** At the end of each semester grading period, students must have a **"C" average (2.0)**. Students failing to meet these requirements may be put on a supplemental instruction program (SIP) (see AAA rules).**(First semester 9th)** Must pass four academic courses the previous semester, three of which shall be in the core curriculum areas (math, science, English, social studies) to be eligible.
(See Athletic handbook or AAA web site)
(<http://www.ahsaa.org/2006%20Spirit%20Manual.pdf>)

- B. A student trying out for cheerleader/dance team, attending cheerleader/dance team tryout workshops, or serving as cheerleader/dance team member shall present verification of a recent physical exam, completed annually by a licensed physician before engaging in any of the above.
- C. Members of cheerleading squads and dance teams must try out and be selected each year in order to remain in the cheerleading and dance team groups.
- D. Any cheerleader or dance team member who owes any money to the Cheer/Dance Team Activity Fund will not be allowed to tryout.
- E. Any student who attempts to learn or teach tryout cheers or dances prior to tryouts clinic will be disqualified from tryouts.
- F. A student will forfeit his/her right to participate on that day if the student is suspended or expelled from school, including in-house suspension.
- G. A member who quits or is dismissed from the group must participate in a meeting before being allowed to participate in future tryouts. The committee will consist of the student, parents, principal, cheer and dance coach, and one teacher who are presently teaching the student.
- H. Students trying out must be enrolled in the school before the student can tryout.

TRYOUTS (IMPLEMENTATION)

- A. Any student with more than two unexcused absences from practice will be dropped from tryouts.
- B. There shall be no evaluation by any staff member of the school holding tryouts toward determining the selection of cheerleader and dance team members

- C. The points awarded by judges during the tryouts will be the determining factor as to selection of members. However, an appropriate racial balance should be a consideration in the formation of cheerleader and dance team squad. If, in the opinion of the cheer and dance coach and principal, there must be additional consideration given to the racial balance of the squad after the scores are available, the principal and cheer and dance coach will affect an affirmative action plan.
- D. There should be a minimum of four judges, preferably six, **one may be the cheer coach**, with half being minority. An attempt will be made to use the most qualified judges possible. This may include cheer and dance coaches from other schools, former or present members of college squads and former members should be out of high school squads. (Former high school members should be out of high school long enough to insure they have no knowledge of any candidate).
- E. Tryout clinic and tryouts will be closed to all except students involved in tryouts, judges, cheer and dance coaches, and administrators.
- F. Tumbling cannot be choreographed into tryout material.
- G. Tryouts results will be available within 24 hours.
- H. Tryouts should be completed by May 1.

TRYOUTS (OFFICER)

Student must have at least one year experience on present squad to be eligible to try out for an officer. (Exceptions may be made by cheer or dance coaches).

The areas of critique for officers are:

- A. Tryout score
- B. Officer Routine
- C. Coaches evaluation

- D. Leadership ability (as determined through interviews by administrators and/or cheer and dance coaches, the same questions are asked each candidate).
- E. The total percentage of all areas must equal 100%.
- F. Officer tryouts will be included during cheer/dance tryouts.

Peer vote will not be used as a basis for selecting officers

PARTICIPATION AFTER SELECTION

- A. Students must continue to meet the Arkansas' Activity Association's and Arkansas Department of Education's Scholarship Requirements The previous semester grade point average is used for calculating eligibility.
(<http://www.ahsaa.org/2006%20Spirit%20Manual.pdf>)
- B. Students must be enrolled in cheer/dance class during the school day.
- C. A student becomes a member immediately following his/her selection. He/she is required to attend all meetings and practices. It will be the student's responsibility to notify the cheer and dance coach in advance of an absence or immediately thereafter in the case of emergencies.
- D. The time period affecting demerits and dismissal for all members is from initial selection to time of selection the following year. Members not re-selected will be governed by individual school guidelines for the remainder of the school year.
- E. Financial obligations after selection (per member):
 - 1. \$30 participation fee for Sr. High 9-12 (It is recommended that these fees be used to assist in transportation costs).
 - 2. A \$175 individual fee (plus the cost of shoes) that covers costs which include the following: personal items such as socks, turtlenecks, gloves; supplies such as paper, paint. And

poster board; tryouts costs; uniform repair; ect. The entire amount will be collected by the end of the school year (prior to uniforms being issued). Any exceptions must be approved by the building administrator or coordinator.

Expenses beyond \$175 are to be provided with team funds, fundraisers, local administrative support, etc.

3. **Both the participation fee and individual fee are nonrefundable.**
4. Cheer and dance coaches are encouraged to develop a payment plan for any students/parents that make such a request. However, all fees are due by the end of the year. Failure to pay above fees will result in student's removal from the squad.
5. The cheer and dance coach will submit an annual plan to the principal and activities coordinator, indicating projected income and expenditures. All fund raising activities must be approved by the principal.

FUNDRAISING: The PCSSD strongly encourages members of the cheerleading and dance teams to participate in fundraising. Cheerleading and dance team members will not be required to fundraise but will be responsible for all money owed.

Camp attendance is not required. However, students that attend camp must follow PCSSD cheer and dance handbook as well as Individual School Rules. All camp related costs must be paid prior to attending camp. Students who choose to attend a summer camp, upon returning, will be responsible for teaching the remaining members the new routines. The new routine selection and teaching process will be supervised by the local cheer and dance coach.

- F. Cheer and dance coaches have the authority and responsibility to withhold members from participation due to medical conditions. Students with medical problems must have a consent form from a licensed physician to continue participation

- G. Cheer and dance coaches have the authority and responsibility to withhold members from any performance based on poor performance or lack of practice time prior to performance.

Students who are selected to a team and transfer to Mills University are allowed to participate.

MERITS

- A. Merits are given to recognize achievements above and beyond requirements. All merits given must meet with the cheer and dance coach's approval. Five (5) merits negate one (1) demerit. Twenty-five (25) merits are the maximum a squad member may accumulate (from initial selection to time of selection the following year). Twenty-five (25) merits will negate five (5) demerits. Merits earned for purpose of negating demerits must occur before the accumulation of eleven (11) demerits.
- B. Cheer and dance coaches may use all, part, or add to the following list of merits.
 - 1. Attendance at special events: 1-5 merits (workshops, clinics, etc.)
 - 2. Extra games designated by cheer and dance coach: 1-3 merits
 - 3. Making quality poster: 1-3 merits
 - 4. Community service projects: 1-10 merits (documentation is required).
 - 5. Tutoring other squad members in academic subjects as well as spirit group skills: 1-5 merits
 - 6. Creating new dances, cheers and chants that are used by squad: 1-5 merits

DEMERITS

- A. Demerits are the units assigned for deficiencies in conduct or performance.
- B. The demerit period for all members is from the initial selection to the time of selection the following year.

Members not re-selected will be governed by individual school guidelines for remainder of school year.

- C. Demerits can only be assigned by the cheer and dance coach.
- D. Attendance at away athletic activities will not be required of dance team or cheerleaders if transportation is not arranged by cheer and dance coach. Any deviation from the designated means of transportation must be approved by the cheer and dance coach/administrator in advance. Failure to follow this procedure may result in dismissal from the squad.
- E. Individual schools have need of guidelines to accommodate their own circumstances. PCSSD recognizes this need and supports it. All individual school guidelines must be presented in writing to the PCSSD Coordinator of Activities for approval before the end of the year. Students and parents must be provided with a copy of school guidelines.

PROCEDURE FOR GIVING DEMERITS

The following procedure will be followed when demerits are issued:

1. The cheer and dance coach will notify the student, as soon as possible, when the demerit has been issued.
2. The cheer and dance coach will specify the number of demerits given and the specific rule violation.
3. The demerit will be documented within (5) class practices and the squad member will acknowledge (with signature) receipt of the demerit. The demerit form will be issued and sent home for parent signature.
4. A squad member will be counseled by the cheer and dance coach when he/she has a total of (5) demerit (excluding merits)
5. The parent or guardian will be notified when the student has received seven (7) demerits (excluding merits). Notification may be by a phone call, a letter to parents, or by a conference. However, documentation requiring a parent signature must follow notification.

The following appeal process will be followed when appealing demerit(s):

The squad member has two (2) school days from the point of notification to appeal the demerit(s) to the cheer and dance coach. If the appeal is not resolved, the cheer and dance coach and student will consult the school administrator. The administrator has the final decision at the local school.

The following items will receive demerits:

A. Failure to abide by all Arkansas Activities Association's safety rules will receive one (1) demerit for each offense including:

1. Students must warm up adequately before all activities.
2. Jewelry (covering jewelry is not an option).
3. Fingernails must be kept at a length suitable for safe participation, (only clear fingernail polish may be worn while in uniform).
4. The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.
5. Glitter that does not readily adhere on the hair, face, uniform, costume or body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed.
6. Students may not chew gum at practice or when in uniform.
7. Failure to abide by any additional Arkansas Activities Association.

B. Uniforms:

- | | |
|--|------------|
| 1. Each incorrect item | 1 demerit |
| 2. Each item omitted | 1 demerit |
| 3. Not having uniform clean and pressed | 1 demerit |
| 4. Exchanging of uniforms | 1 demerit |
| 5. Wearing any part of uniform with street clothes, including shoes. | 1 demerit |
| 6. Failure to wear uniform when designated | 4 demerits |

C. Projects, Fundraising, and Other Duties

- | | |
|---------------------------------|------------|
| 1. Failure to meet requirement | 3 demerits |
| 2. Lack of neatness of projects | 1 demerit |

D. Attendance at Games/Performances:

- | | |
|-----------------------------|-------------|
| 1. First unexcused absence | *5 demerits |
| 2. Second unexcused absence | *6 demerits |

* Every athlete is expected to be at all practices and contest. Any athlete leaving school during the day will be required to check out through the school office. An athlete who is at school but unable to participate will be required to

be with that particular activity unless excused by a staff member. In order to practice or participate in an athletic contest, students must attend a minimum of 1/2 day.

E. Tardiness:

Arriving after appointed time:	1 demerit
Arriving after games starts:	1 demerit
Arriving after end of first quarter:	3 demerits
Arriving after end of second quarter:	4 demerits
Tardiness in returning to squad after half time:	3 demerits
Leaving the game/practice more than 15 minutes before appointed time:	2 demerits

(Exceptions will be made for Majority to Minority transportation students).

F. Leaving squad before dismissal at game, practice, or meeting
3 demerits

G. Attendance at practice and meetings:

First unexcused absence*	3 demerits
Additional unexcused absences*	5 demerits each occurrence

H. Tardiness to practice and meetings:

Arriving after appointed time:	1 demerit
additional 15 minutes	1 demerit
	to a maximum of 3 demerits

I. Games and Practice Performance (be specific with documentation)

Poor performance:	2 demerits
Inattentiveness: (Including not paying attention at game or practice)	1 demerit
Not obeying cheerleading or dance team group rules:	2 demerits

J. Failure to dress out in designated practice attire for practices:
2 demerits

K. Unacceptable conduct
(Be specific with documentation)

Public display of affection:	1 demerit
Discourteous behavior:	1 demerit
Foul language:	4 demerits

Primping:	1 demerit
Eating or drinking while in uniform except at designated times:	1 demerit
Talking or being disruptive during the National Anthem or Alma Mater:	1 demerit
L. Friction among members: (Be specific with documentations)	3 demerits
M. Insubordination: (Be specific with documentation)	5 demerits
N. Poor Sportsmanship: (Be specific with documentation)	3 demerits
O. Out-of-School suspension from school: (Failure to fulfill other responsibilities due to suspension from school will not result in additional demerits).	7 demerits
P. In-School suspension:	2 demerits per day- not to exceed a total of 7 demerits.
Q. Possession or use of alcohol or illegal drugs, including tobacco products and any accessories, at school, during school cheer and dance coached activities, or while in uniform:	7 demerits

Students participating in camp or other summer activities will be under the PCSSD Handbook, as well as the PCSSD Secondary Handbook.

DISMISSAL

An occurrence of any one or more of the following circumstances will warrant dismissal from the team:

1. Failure to meet Arkansas Activities Association's and Arkansas Department of Education scholarship requirements.
2. Conviction of any violation of law.
3. Accumulation of eleven demerits. (Merits earned for the purpose of negating demerits must occur before the accumulation of fifteen demerits).
4. Any other serious violations included in the PCSSD Secondary Handbook.(Rule: Behavior Not Covered Above)

A squad member who receives notification of dismissal may file a written request with the principal for a hearing within ten days after the notice of dismissal is received by the squad member. Upon receipt of a request for hearing, the principal shall schedule a hearing not less than five (5) nor more than ten (10) school days after the request has been served on the principal. At the conclusion of the hearing, the squad member's dismissal shall be either upheld or rejected. The dismissed squad member may appeal from this hearing to the Board of Education.

GRADING SYSTEM

Cheerleading and dance team is a non-academic grade which is not included in the calculation of grade point average. Therefore, a "P" for passing and an "F" for failing will be issued.

Pulaski County Special School District Physical Evaluation/History Form

HISTORY

Date _____

Name _____ Sex _____ Age _____ Date of birth _____

Grade _____ Sport _____

Personal physician _____

Physician's Address

Physician's Phone

Explain "Yes" answers below:

1. Have you ever been hospitalized? Yes ___ No ___
2. Are you presently taking any medications or pills? Yes ___ No ___
3. Do you have any allergies (medicine, bees or other stinging insects)? Yes ___ No ___
4. Have you ever passed out during or after exercise? Yes ___ No ___
5. Have you ever been dizzy during or after exercise? Yes ___ No ___
6. Have you ever had chest pain during or after exercise? Yes ___ No ___
7. Do you tire more quickly than your friends during exercise? Yes ___ No ___
8. Have you ever had high blood pressure? Yes ___ No ___
9. Have you ever been told that you have a heart murmur? Yes ___ No ___
10. Have you ever had racing of your heart or skipped heartbeats? Yes ___ No ___
11. Has anyone in your family died of heart problems or a sudden death before age 50? Yes ___ No ___
12. Do you have any skin problems (itching, rashes, acne)? Yes ___ No ___
13. Have you ever had a head injury? Yes ___ No ___
14. Have you ever been knocked out or unconscious? Yes ___ No ___
15. Have you ever had a seizure? Yes ___ No ___
16. Have you ever had a stinger, burner or pinched nerve? Yes ___ No ___
17. Have you ever had heat or muscle cramps? Yes ___ No ___
18. Have you ever been dizzy or passed out in the heat? Yes ___ No ___
19. Do you have trouble breathing or do you cough during or after activity? Yes ___ No ___
20. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc)? Yes ___ No ___
21. Have you had any problems with your eyes or vision? Yes ___ No ___
22. Do you wear glasses or contacts or protective eye wear? Yes ___ No ___
23. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? Yes ___ No ___
 ___ Head ___ Shoulder ___ Thigh ___ Neck ___ Elbow ___ Knee ___ Chest ___ Forearm
 ___ Shin/Calf ___ Back ___ Wrist ___ Ankle ___ Hip ___ Hand ___ Foot
24. Have you had any other medical problems (infectious mononucleosis, diabetes, etc.)? Yes ___ No ___
25. Have you had a medical problem or injury since your last evaluation? Yes ___ No ___
26. When was your last tetanus shot? _____
27. When was your last measles immunization? _____
28. When was your first menstrual period? _____
29. When was your last menstrual period? _____
30. When was the longest time between your periods last year? _____

Explain "Yes" answers:

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Date _____

Signature of athlete _____ Signature of parent/guardian _____

SUBS\SCHOOLS\MAY\MEDFORM

Pulaski County Special School District Physical Evaluation/History Form

FORM B

Physical Examination _____ Date _____

Name _____ Age _____ Date of birth _____

COMPLETE	LIMITED	Height _____ Weight _____ BP _____ / _____ Pulse _____				
		Vision (R) 20/ _____ (L) 20/ _____ Corrected Y N Pupils _____				
			Normal	Abnormal Findings		Initial
		Cardiopulmonary				
		Pulses				
		Heart				
	Lungs					
	Tanner Stage	1	2	3	4 5	
	Skin					
	Abdominal					
	Genitalia					
	Musculoskeletal					
	Neck					
	Shoulder					
	Elbow					
Wrist						
Hand						
Back						
Knee						
Ankle						
Foot						
Other						

Clearance: A. Cleared
 B. Cleared After completing evaluation/rehabilitation for _____
 C. Not cleared for: _____Collision _____Contact
 _____Noncontact _____Strenuous _____Moderately strenuous _____Nonstrenuous

Due to: _____

Recommendation: _____

Name of Physician/Medical Personnel _____ Date _____

Address _____ Phone _____

Signature of Physician/Medical Personnel _____

SUBS\SCHOOLS\MAX\MEDFORM

FORM C

**Pulaski County Special School District
Physical Evaluation/History Form**

Master Problem List _____ Date Identified _____ Date Resolved _____

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Date Entrance Physical Examination _____

PAST MEDICAL HISTORY: Since your initial preparticipation physical examination have you had any of the following? (If yes, please explain what, where and when)

	Yes	No	Explanation
1. Presently taking medication (including birth control pills)?	_____	_____	
2. Allergic to medicine, food, bee-sting?	_____	_____	
3. Wearing any new appliances - glasses, contact lenses, dentures or hearing aids?	_____	_____	
4. History of braces, chipped teeth, bridges?	_____	_____	
5. New medical problem requiring treatment or medication?	_____	_____	
6. Surgical operations or accidents requiring medical help?	_____	_____	
7. Injuries directly related to sports participation? (If so, explain nature of injury)	_____	_____	
8. Recent fainting or dizziness while exercising?	_____	_____	
9. Recent head injury or loss of consciousness?	_____	_____	
10. (For women) Date of last menstrual period?	_____	_____	

REVIEW OF SYSTEMS: Please check if you have developed any new problem to the following areas of your body since your last physical exam.

Skin Neck Head Lungs Knees Eyes Heart
 Mouth/Throat Abdomen Hips, Legs, Feet Blood Urination, bowel
 Shoulders, arms, hands Genital (including menstrual for females)
 Nutrition, weight control Muscle strength, feeling Mental, emotional

I would like to meet with the team physician Yes No

I certify that the above information is correct to the best of my knowledge.

Student/Parent Signature _____

VITAL SIGNS:

Height _____ Weight _____

Vision Screening (optional) (R) 20/_____ (L) 20/_____ w/o Glasses
 (R) 20/_____ (L) 20/_____ with Glasses

Blood Pressure _____ Pulse _____

Other Testing: _____

REVIEW BY MEDICAL STAFF:

Approved for participation _____ Other disposition _____

Must see physician _____

Medical Personnel Signature _____ Date _____

I have reviewed and understand the individual eligibility rules and I am aware that with the participation in sports comes the risk of injury to my child/ward. I understand that the degree of danger and the seriousness of the risk varies significantly from one sport to another with contact sports carrying the higher risk. I have had an opportunity to understand the risk inherent in sports through meetings, written handouts, or some other means. He/she has student accident insurance available through the school (yes ___ no ___); has athletic participation insurance coverage through the school (yes ___ no ___); is insured by our family policy with:

Name of Company: _____

Policy Number: _____ Name of Policy Holder: _____

I am aware that participating in sports will involve travel with the team. I acknowledge and accept the risks inherent in the sport and with the travel involved and with this knowledge in mind, grant permission for my child/ward to participate in the sport and travel with the team.

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the school to perform a pre-participation examination on my child and to provide treatment for any injury or condition resulting from participating in athletics/activities for his/her school during the school year covered by this form. I further consent to allow said physician(s) or health care provider(s) to share appropriate information concerning my child that is relevant to participation in athletics and activities with coaches and other school personnel as deemed necessary.

Additionally I give my consent and approval for the above named student's picture and name to be printed in any high school or **PCSD** athletic program, publication or video.

PART V - EMERGENCY PERMISSION FORM

(To be completed and signed by parent/guardian)

STUDENT'S NAME _____ GRADE _____ AGE _____

HIGH SCHOOL _____ CITY _____

Please list any significant health problems that might be significant to a physician evaluating your child in case of an emergency

Please list any allergies to medications, etc. _____

Has student been prescribed an inhaler or epipen? _____

Is student presently taking medication? _____ If so, what type? _____

Does student wear contact lenses? _____ Please list date of last tetanus shot _____

EMERGENCY AUTHORIZATION: In the event I cannot be reached in an emergency, I hereby give permission to physicians selected by the coaches and staff of _____ High School to hospitalize, secure proper treatment for and to order injection and/or anesthesia and/or surgery for the person named above.

Daytime phone number (where to reach you in emergency) _____

Evening time phone number (where to reach you in emergency) _____

Signature of parent or guardian _____ Date _____

Relationship to student

***Emergency Permission Form may be reproduced to travel with respective teams and is acceptable for emergency treatment if needed.**

I certify all the above information is correct _____

Revised May - 2005

Parent/Guardian Signature

Athletic Parental Consent Form

Student's
Name _____ **Grade** _____

Sport _____ **School**
Year _____

CONSENT

I/we hereby give consent to my son/daughter to participate in the above listed interscholastic sports program during the above listed school year. I/we also give permission for **Emergency Medical Treatment** by the team physician, school nurse, athletic trainer, hospital, and allied medical personnel for conditions arising in athletics. I/we realize that such activity involves the potential for injury that is inherent in all sports. I/we acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of school rules, injuries are still a possibility. On rare occasions these injuries can be so severe as to result in total disability, paralysis or even death. I/we acknowledge that I/we have read and understand this warning. Further, I/we will not hold Pulaski County Special School District, or its representatives responsible in any way for injuries that may occur to my son/daughter because of his/her participation in the sport listed above.

Further, I/we also give permission for medical information regarding my son/daughter to be shared between the districts physician, nurse, athletic trainer, athletic director, and coach.

Signature of Parent or Guardian _____ **Date** _____

MEDIA COVERAGE

I hereby grant permission for the release of videotapes, audio recordings, and photographs that could identify my child by name, to the school district and the media for the use in news stories as it pertains to my child and Pulaski County Special School District. I also grant permission for my child to be interviewed by the school district and the media as it pertains to Pulaski County Special School District.

Signature of Parent or Guardian _____ **Date** _____