



**November 2025**

**Dear ParaCheer Spirit Athlete and Family,**

On behalf of ParaCheer Spirit NFP, I would like to congratulate you on being selected to represent the ParaCheer Spirit Team! We are excited that you will be a part of a program that represents emerging, new divisions in the Sport of Cheer - cheerleading and dance. We have a history and precedence of representing the Adaptive athlete at the ICU World Championships, Abilities Expos, Move United Conferences, UCA National High School Championship, ICU Pan American Championships, Virtual Clinics and other performances since 2018. We continue to work hard to be a strong, visible example of Adaptive Cheerleading and Dance, and ParaSport Cheer. These are the most prestigious events for our sport, in which you will be able to say you are a part of history. Congratulations!

With the honor of being selected as a member of the ParaCheer Spirit Team comes the incredible responsibility of representing our sport and more importantly our great global reputation as a US Nationals Team member. I know that you will rise to the occasion and set the kind of example that will make our sport and ParaCheer Spirit proud.

In preparing for our upcoming journey we have a lot to do:

- **Make Arrangements for ALL practices and performance dates:** it is imperative to attend all practices due to the nature of our sport and division, learning processes, safety for ALL athletes and general progression of acrobatics.
- **Athlete/Coach/Parent/Volunteer Code of Conduct:** It is extremely important to abide by the expectations set forth in the Athlete/Coach/Parent/Volunteer Code of Conduct. All members and/or a parent/guardian, if applicable, will be required to sign the code of conduct. ALL parents, family members, friends, athlete assistants, volunteers, MUST adhere and comply with the Code of Conduct with respect to ParaCheer Spirit and any organization we work with, to avoid any reflection on the athlete and possible dismissal from the team.
- **Fundraising:** All team members will be required to fundraise to cover costs of participation in ParaCheer Spirit. These may include individual and team costs for performances, travel, and general costs leading up to and including the ICU World Championships and other adaptive events, to continue to inform, educate and be a visual representation of Adaptive Abilities/ParaSport Cheer in the US and globally. ParaCheer Spirit may provide resources to assist athletes/teams to reach financial goals, but it is ultimately the individual's responsibility to meet financial requirements. Individuals can fundraise through donations or private sponsorship. All fundraising will be due by set deadlines.
- **Expenses:** May include coaches fees, membership dues, competition registrations, uniform packages, apparel, lodging, travel, meals, etc.
- **Media guide:** reference the section below.
- **Social Media:** reference the section below.
- **Medical and Health Information:** I, athlete/parent, will provide 1) a recent medical clearance within the last 6 months, to participate in athletic activity and 2) proof of current medical insurance. If needed, I will provide medical documentation of a disability or impairment classification for ParaCheer scoring and eligibility.

We will be sending you more information as it becomes necessary, but if you have questions, please use the communication app (BAND), refer to the website [www.ParaCheerSpirit.org](http://www.ParaCheerSpirit.org) , or email [ParaCheerSpirit@gmail.com](mailto:ParaCheerSpirit@gmail.com), and again, congratulations! We look forward to working with you soon!

Cheers,

The ParaCheer Spirit Coaching Staff



**“When something goes wrong, don’t blame others, FIRST look at yourself and what you can fix.”**

**“This is about WE, not me.” And “Make it work.”**

#### **Disability Etiquette.**

I, as a member of PCS and representation of PCS athletes and a disability sport, have reviewed the Disability Etiquette educational video, “Positive Interactions” and the educational presentation provided at any PCS event. <https://youtu.be/bLIHZUQPLAw>

#### **ParaCheer Spirit Athlete/Parent/Family/Friends/Assistant/Volunteer/Coach Code of Conduct**

Being selected as a member\* of ParaCheer Spirit is a privilege and not a right. All members selected to a ParaCheer Spirit (PCS) program must strictly adhere to this Code of Conduct in order to be a member and remain in good standing and thus enjoy the privileges associated with representing the PCS program. We, at PCS, reserve the right to revoke a membership for any reason or cause. ALL athletes, parents, family members, friends, athlete assistants, volunteers, and/or coaches (further known as MEMBER\*) MUST adhere, abide by and comply with the Code of Conduct with respect to ParaCheer Spirit and any organization we work with, to avoid any reflection on the athlete and possible dismissal from the team.

#### **(Zero tolerance, One Strike Policy).**

Code of Conduct provisions listed below. If a member disrespects or violates any of these rules, PCS has the right and will take appropriate action to assign penalties, suspend, or revoke the membership and thus all the rights and privileges associated with the same. I recognize that this code does not establish a complete set of rules or prescribes every aspect of (in)appropriate behavior. Therefore, I pledge and agree to the following:

- ParaCheer Spirit may, at times, be the US National Adaptive Abilities Team. We are not Team USA.
- I will provide medical documentation that I am able to physically perform the tasks asked of me by my coach and expected of me by my team. If I have expressed to my coach(es) or athletic trainer that I have an injury, I MUST have a doctor's clearance to participate in ALL stunts, tumbling, jumps or dance (all elements of cheerleading affected must be stated in doctor's note). I am healthy enough and prepared to do multiple full out run throughs of each routine.
- Athletes must be working out or doing physical therapy outside of practice to maintain a safe environment for all athletes.
- I understand that it is important to provide weekly workout accomplishments for team building and competitive strength and flexibility (what did you do to strengthen yourself for cheer or dance skills).
- Some environmental situations may be in the sun and heat - you must be able to participate and execute in those conditions. I will maintain a level of fitness and competitive readiness that will permit my performance to be at the maximum of my ability.
- Wheelchair users MUST follow ICU safety guidelines and rules, Ex: anti tip devices and wheel locks.
- In consideration of the participation in activities of PCS membership on teams organized, sponsored, or sanctioned by PCS, and participation in competitions, events, and other activities (international or domestic), including camps, clinics, exhibitions, programs or appearances for, on behalf of, or in representation of PCS, I will at all times display the conduct expected of me as a member and a representative of PCS. I will conduct myself in a manner that will not in any way bring disrespect, discredit, or dishonor to either myself, my team, PCS, my country, or the organizer of an event in which I participate.
- I will conform to all applicable local, state, and federal laws and regulations, and any rules, regulations, and codes that may be established for events, programs, and activities in which I participate, including those of PCS, USA Cheer, the International Cheer Union, the United States Olympic and Paralympic Committee (“USOPC”), the International Paralympic Committee (“IPC”) and/or any organizer of an event in which I participate, and I understand that I cannot be involved or associated with any act considered to be an offense under federal, state, or local laws; or a violation of the applicable rules, regulations, or codes of PCS, USA Cheer, the ICU, the USOPC, the IOC, the USADA, or the organizer of an event in which I participate.
- I will in no way share any personal information regarding the PCS Team athletes, coaches, volunteers, administration, or PCS Board of Directors to any person outside of the PCS Program, unless approved by said Director of PCS.
- I will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct.
- I will respect members of my team, coaches, volunteers, other teams, spectators, and officials, and engage in no form of verbal, physical, or sexual harassment or abuse.
- I will refrain from conduct detracting from my ability or that of my teammates to attain peak performance.
- I understand that appropriate and proper behavior is my responsibility at all times and that misconduct (i.e., inappropriate behavior, breaking rules, horseplay, theft, fighting, use of alcohol or drugs, use of profane language, gossiping about members, creating false narratives, etc.) may cause me (or my athlete) to lose privileges associated with a membership and participation with PCS.
- Athletes must not be drinking alcohol, smoking, drinking soda, using illegal substances, the night before a practice or competition.
- I agree to drug testing by the United States Anti-Doping Agency (USADA), USA Cheer; the USOC, the ICU, the IOC, or the World Anti-Doping Agency (WADA) or any other agency with applicable jurisdiction for drug testing any sanctioned event or activity in which I participate as a team member or individual. I acknowledge that I am subject to the USADA Protocol for Olympic Movement Testing. I understand that if I refuse drug testing or fail to report for scheduled drug testing, this will carry the same sanction as having tested positive for a banned substance.
- I understand that I cannot be involved with, nor have any association with transporting, possession, or unauthorized use of alcoholic beverages, illegal drugs, any USA Cheer/ICU/IOC banned medication or substances, or any substances or procedures in violation of the USADA Protocol.
- Without the prior written consent of PCS, I will not use, or grant a third party the right to use, for advertising or promotional purposes any of the names ParaCheer Spirit, WolffPack Cheer or Dance, ParaCheer Spirit Wolves, ParaCheer Cheer or Dance, any namesake likeness or



appear in television commercials, newspaper advertising, performances, or any other promotional materials while wearing my PCS Team uniform or any apparel associated with PCS or USA Cheer.

- I understand and agree that PCS has the right to use my photos, names and likeness for advertising, social media posts, promotions, educational purposes, etc.
- I will not give an interview to or share information with any media outlet, unless the Director of PCS has approved said outlet.
- I understand that I am responsible for being at all mandatory practices, events, and appearances, unless approved by the Director of PCS Teams and the Head Coach of the selected team. It is the responsibility of every member to stay informed regarding meetings, end of practice updates, texts, emails, group messages, etc. It is not the responsibility of the coach, Director, athlete, Board or any other parents.
- I understand that I must dress in PCS apparel for practices, performances, competitions, traveling, events and/or anytime I am representing PCS. NO JEWELRY unless part of a costume. Cheer females or males - Hair pulled back and secured away from face. All females - natural looking or USA Cheer makeup. Males- a shaved or trimmed facial appearance. No hats unless promoting Cheer, USA Cheer or PCS Wolves.
- I will show up to practice prepared, healthy and ready to safely execute all skills required and expected by the team. Athletes must attend team practices even if they are not cleared to participate but can travel and do day to day activities.
- Advance notice of expected absences is required. NO unexcused absences. Note that absences may not be approved and therefore could be reason for dismissal from the team. Missing an in-person/virtual practice may cause safety issues for the dance or cheerleading skills of yourself and teammates. Birthdays, anniversaries, weddings, baby showers, sibling honors, school cheer or dance practices/games/meets, all-star practices or competitions, other sports practices or meets, last minute choreography, other extracurricular activities, ETC are NOT acceptable absences. If you are missing more than ONE excused practice, you may not be eligible for a Competition Team. If unable to attend in person, you MUST video call into practice with "video on" and physically participate in practice. If unable to "video on" call, you MUST submit a medical note (nurse, doctor, medical professional).
- I will abide by all timelines - financial, practices, reporting times, deadlines. Any missed deadlines may result in dismissal from the team and/or program. Deadlines and timelines are important and respectful. Please meet all deadlines and timelines and arrive early to all functions.
- No cell phone use during practice! (Except if video calling into practice or capturing media for PCS use.) This creates a distraction for you and others, and may lead to safety concerns.
- No unauthorized recording of the members during active practice. Be advised that the coaches may be recording the team during a practice or team activity and inadvertently capture off camera conversations or unintentional visual interactions.
- No parent interaction on the cheer floor during practice so the athletes stay focused on the safety of the team.
- I will fulfill my financial responsibility to PCS and my teammates through fundraising, sponsorships or out of pocket funds regardless of standing or participation. I will be responsible for such financial obligation even if I am no longer a member of the PCS program. I also must do so in order to stay in good standing with the teammates and the PCS Program. Funding is essential for the program to function and I am committing myself (and/or family) to such an obligation.

#### **Skill requirements:**

Beginning, Introductory, Game Day or Virtual Team participating athletes: No requirements or experience necessary.

Intermediate Cheer Team Athletes: Each athlete must be able to self-propel themselves across a carpeted mat surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available- base of stunts, top/flyer in stunts, spot for stunts, tumbler, dancer, jumper.

Median and Advanced Cheer Team Athletes: Handstand for advanced and median flyers. Advanced and median team - physically strong enough to hold a person above your head with extended arm level AND/OR be able to physically prevent someone from falling onto themselves for the safety of all athletes. Ability to self propel yourself at medium to high level across the mat or out of the way of any athlete collision. Ability to resist or prevent an athlete from landing on yourself or the ability to catch yourself safely. (Traditional Team members are eligible based on the IPC/ICU Impairment guidelines).

Hip Hop Team Athletes: Each athlete must be able to self-propel themselves across a dance marley surface with moderate to advanced speed, be able to either bear weight in their upper body and core or hold their own weight through their legs and core/upper body while being held by other athletes, participate in partner tricks, solo inversions, dance lifts and have a strong desire to perform in front of a crowd as a team player. There are a variety of team roles/spots available.

**Expenses:** Athlete travel costs, lodging costs, competition costs, uniform costs, food costs, membership dues etc. are the responsibility of the member. These can occur during training dates or competition week and may be based on veteran versus new members. Updates will be made available to all members as they become available to ParaCheer Spirit. Expenses can be settled by fundraising, sponsorship, waived or paid in. The uniform fee amount is tbd by USACheer and is approximately \$400 and includes uniform, warmup, practice apparel package. The competition package amount is tbd by ICU and USACheer. Lodging and travel expenses are based on individual hotel rooming, flight or other travel arrangements. I acknowledge and agree to this and any updates made available to me via in person, electronically, on the website or in the PCS Handbook.

**PCS Membership Fee** - (PCS) Membership fee is approximately \$1600, either fundraised, sponsored, waived\* or paid in. The membership fee helps offset general costs for the program including but not limited to: team fees, waived fees, coaches fees, end of season expenses, meals, rental costs, practice costs and/or administrative costs. No prorating and funds cannot be refunded to athletes. Funds do not rollover to the next season or year of participation. I acknowledge and agree to this and any updates made available to me via in person, electronically, on the website or in the PCS Handbook.

**PCS General Sponsorship:** Any ParaCheer Spirit Athlete can raise awareness in their community by seeking a sponsor or donor of an amount of \$250 or more towards the team or individual obligation. Sponsors will receive a social media acknowledgement (Instagram and Facebook). These are due before or by April 1, 2026. The easiest method will be through fundraising items, equipment needs or our team GiveLively campaign. The funds raised contribute to the programs general fund for all annual expenses, participant funding requests, and help with visibility and promote awareness of our



mission. These sponsors should provide PCS with the name they want to use in the public acknowledgement. I acknowledge and agree to this and any updates made available to me via in person, electronically, on the website or in the PCS Handbook.

**Fundraising:** Members may participate in fundraising to meet their obligation to PCS and their teammates. No refunds or monies will be issued or returned to athletes. Members' fundraising account or PCS program account exists from annual program start date (Oct) through annual program end date (April), as long as the member continues as an active member. Any fundraising amounts can be used towards members' fee, coaches' expenses, competition fees, and/or uniform package. Each fundraiser may have specific rules and guidelines. Fundraising funds DO NOT rollover to the next season or year of participation. If an athlete cannot fulfill their commitment to PCS, all funds are deposited into the PCS Team general fund. Some PCS fundraising is tax deductible. I acknowledge and agree to this and any updates made available to me via in person, electronically, on the website or in the PCS Handbook.

### **ANNUAL USA Cheer Membership**

**(US National Team and/or PCS Athlete, Coach, Volunteer, Assistants etc, valid through May 2026).**

Athletes 17 years old and younger must obtain the *General Athlete Membership*, which includes all benefits of a USA Cheer Athlete Membership. <https://www.usacheer.org/membership/usa-cheer-membership> ;

Athletes 18 years of age and older must obtain the *Professional Membership*, which includes a background check and all benefits of USA Cheer Professional Membership. <https://www.usacheer.org/membership/usa-cheer-professional-membership> . Register and pay directly to the [www.USACheer.org](http://www.USACheer.org) website. Please let ParaCheer Spirit NFP know if you need registration assistance with this membership. Submit a screenshot or digital copy of your Membership ID with Number to [ParaCheerSpirit@gmail.com](mailto:ParaCheerSpirit@gmail.com) .

### **Additional Information**

#### **Coaches Fees:**

All coaches' fees and expenses are paid by the PCS Program membership fee.

**Practices:** (may change due to PCS or other organizations discretion for any reason including health concerns, facility availability or number of available athletes to perform). Virtual "Skills Check" schedule will be posted in the BAND group, texted or emailed out to participants. Please make sure your information is up to date and your notifications settings is on for the BAND app. Athletes must attend team practices even if they are not cleared to participate but can travel and do day to day activities.

**Events:** (may change due to PCS or other organizations discretion for any reason including health concerns, facility availability or number of available athletes to perform). In order to be eligible for the US National Team, an athlete MUST participate in at least 1 PCS event or PCS approved event. *Uniform* - ParaCheer Spirit Uniform may be provided for use for any event and must be returned unless already purchased. \$5 cleaning fee per event.

#### **Social Media Guidelines**

PCS realizes that many of you are on social media sites like Facebook, Instagram, TikTok, SnapChat etc. These are all great tools to alert your followers of your membership of the PCS Team. Please be mindful of what you are posting. Now that you have been selected, you now represent PCS (including all the future and previous accomplishments) and serve as a role model for all athletes in our sport. It is mandatory that you clean up/filter your previous social media and that you reflect PCS in a positive and healthy manner. You or any other organization cannot advertise you/yourself in the USACheer uniform unless prior approval to do so.

**Don'ts:** Do not post any inappropriate tweets, captions, comments or photos, this includes: posting derogatory, harassing, or insulting comments or photos about fellow team members, coaches, staff, competitors, OR photos or videos that contain nudity, underage drinking or drug use, provocative poses, inappropriate attire, etc. Do not post anything that would suggest you disagree with a PCS business decision. Keep in mind that promoting safety is always a priority. Support all safety rules and guidelines on all accounts. Do not claim to be a Paralympian or Olympian as cheer is not yet a Paralympic sport recognized by the USOPC. Do not post team choreography or team activities without PCS Director approval. Do not record or post members without their approval.

**Do's:** Follow all ParaCheer Spirit social accounts: Youtube page ParaCheer Spirit, Facebook: ParaCheer Spirit Midwest US, Instagram:

@Para\_Cheer\_Spirit, TikTok: ParaCheer Spirit, BAND app for communications, Follow USACheer on Facebook and Instagram.

Ask for approval before recording, posting or sharing any media. Please be available for communications on the specified text, email or application. Use proper athlete and disability terminology. Share/repost PCS accounts often. Keep your personal accounts appropriate, professional and dignified (This includes Snapchat!) Your personal account is subject to even stricter guidelines, as cheerleaders/dancers in the US and around the World typically add and watch your personal account as soon as they find out you are a member of the PCS Team which may represent the US National Team. We have a zero- tolerance policy for alcohol, partying, drugs, inappropriate solicitation or inappropriate language. This includes reposts.



## **2025 2026 ParaCheer Spirit WAIVER of Liability and Indemnification**

**Acknowledgement and Assumption of Risk:** The undersigned does hereby acknowledge that he/she is aware of the dangers and the risks to the participant's person and property involved in participating in the activity associated with the registration. The undersigned understands that this activity involves certain risks for physical injury to the participant, as well as risks regarding exposure to transferable viruses due to close contact with teammates. By participating in this activity, the undersigned acknowledges he or she may be increasing the risk of contracting the virus. This also includes the risk of entering any facility in which the program may use for any activity, including any airborne and non airborne bacteria, mold, pathogen, etc. The undersigned also understands that there are potential risks that may presently be unknown. Because of the dangers of participating in this activity, the undersigned recognizes the importance of complying, and agrees to fully comply with the applicable laws, policies, rules and regulations, and any supervisor's instructions regarding participation in this activity, including instructions related to social distancing precautions, wearing face coverings, physical separation, and sanitization.

The undersigned understands that ParaCheer Spirit NFP does not insure participants in the above-described activity, that any coverage would be through personal insurance, and ParaCheer Spirit NFP has no responsibility or liability for injury or illness resulting from this activity. The undersigned acknowledges that the participant voluntarily elects to participate in this activity with knowledge of the danger involved, and hereby agrees to accept and assume any and all risks of property damage, personal injury or illness, or death. In consideration for being allowed to voluntarily participate in the above-referenced activity, on behalf of myself, the participant, his/her personal representatives, heirs, next of kin, successors and assigns, the undersigned forever:

- a. waives, releases, and discharges ParaCheer Spirit NFP, its board members, agents, officers, and employees from any and all liability for the participant's disability, personal injury or illness, property damages, property theft, death or claims of any nature which may hereafter accrue to the participant, and the participant's estate as a direct or indirect result of participation in the activity or event; and
- b. defend, indemnify, and hold harmless ParaCheer Spirit NFP, its board members, agents, officers and employees, from and against any and all claims of any nature including all costs, expenses and attorneys' fees, which in any manner result from participant's actions during this activity or event.

### **Participants Responsibilities:**

Participants are encouraged to shower prior to arriving at an activity. Participants are encouraged to shower and wash their workout clothing immediately upon returning home.

Participants shall bring their own water bottle (labeled with First and Last Name), shoes, and towels.

Participants will have to complete a self-certification of any illness symptoms (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell). Participants should stay home if they have any symptoms. If symptoms are present, a participant will not be allowed to participate and may be sent home. In order to return to an activity, a release from a physician is required.

Participants will sanitize and/or clean hands etc, during or after close contact with any other person or persons.

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT IN CONSIDERATION** of being permitted to participate in any way in any cheerleading activity ("Activity") at any time during the current calendar year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree and represent that I understand the nature of cheerleading. Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. **FULLY UNDERSTAND** that: (a) Cheerleading ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the Activity.
3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the ParaCheer Spirit NFP, its administrators, directors, agents, officers, members, volunteers, team members, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the **RELEASEES** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT** I, or anyone on my behalf, makes a claim against any of the Releasees, I **WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

THE SIGNATURE PAGE BELOW IS REQUIRED IN ORDER TO TRYOUT FOR AND REMAIN A TEAM MEMBER.



## **HANDBOOK SIGNATURE PAGE**

I acknowledge that I have read, acknowledged and agreed to all information sheets, program handbooks, waivers and guidelines provided to me by ParaCheer Spirit (PCS) either in person or electronically, and any additional supplemental information sheets provided. I acknowledge and agree to any changes, updates or amendments posted via the website, texts, emails, verbally or handouts. I acknowledge and agree to all Health Guidelines. I acknowledge and agree to the ONE strike policy. I acknowledge and agree to submit a medical clearance and medical insurance in order to participate in the athletic activity. I acknowledge and agree to provide all financial commitments and obligations to the program. *Note: the agreement is binding to all current information listed on the website.*

ATHLETE NAME(S), SIGNATURE(S) AND DATE

ATHLETE NAME PRINTED HERE, PLEASE MAKE IT LEGIBLE	ATHLETE SIGNATURE AND DATE IN THIS BOX
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PARENT NAME(S), SIGNATURE(S) AND DATE IF APPLICABLE

IF UNDER 18, PARENT NAME PRINTED HERE, PLEASE MAKE IT LEGIBLE	PARENT SIGNATURE AND DATE IN THIS BOX
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## **EMERGENCY CONTACT FORM (PLEASE PRINT LEGIBLY FOR EASY READING)**

(COACHES must keep copies of this form for all members with them at all times.)

ATHLETE FULL NAME

Parent Name if applicable

ATHLETE NAME PRINTED HERE, PLEASE MAKE IT LEGIBLE	PARENT NAME PRINTED HERE IF APPLICABLE IN THIS BOX
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BIRTHDATE

CELL NUMBER and Parent Cell if applicable

ATHLETE BIRTHDATE PRINTED HERE, PLEASE MAKE IT LEGIBLE	ATHLETE CELL AND PARENT CELL IF APPLICABLE IN THIS BOX
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EMAIL

Parent Email if applicable

ATHLETE EMAIL PRINTED HERE, PLEASE MAKE IT LEGIBLE	PARENT EMAIL IF APPLICABLE, IN THIS BOX
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MAILING ADDRESS (street, city, state, zip)

STREET NUMBER AND NAME PRINTED HERE, PLEASE MAKE IT LEGIBLE	CITY, STATE AND ZIP IN THIS BOX, PLEASE MAKE IT LEGIBLE
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Athlete Allergies, Medicine and/or Limitations (food, etc.) PLEASE USE THE BACK OF THE SHEET IF NEEDED, and indicate below if there is information on the other side of the form.

ATHLETE ALLERGIES, MEDICATIONS, LIMITATIONS PRINTED HERE, PLEASE MAKE IT LEGIBLE	
ATHLETE ALLERGIES, MEDICATIONS, LIMITATIONS PRINTED HERE, PLEASE MAKE IT LEGIBLE	

## **EMERGENCY CONTACT**

Name

Relationship

Cell Phone Number

PRINT EMERGENCY CONTACT NAME AND RELATIONSHIP HERE MAKE IT LEGIBLE	EMERGENCY CONTACT CELL PHONE NUMBER
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