

# Lewisville Independent School District

**The Colony High School  
4301 Blair Oaks Road  
The Colony, Texas 75056  
(469) 713-5178**

To Whom It May Concern:

I hereby give my consent for \_\_\_\_\_ to represent his/her school in cheerleading activities and to accompany the cheerleading squad, as a member, to other schools and activities.

I also give my consent and authorize the school or its representative to obtain, through a physician of its choice, such medical attention as is reasonably necessary for the welfare of the student, if he/she is injured or ill while in the course of school activities. I understand that the school is not financially responsible for any injury which may occur.

\_\_\_\_\_ Date

\_\_\_\_\_ Signature of Parent/Guardian

\_\_\_\_\_ Insurance Company

\_\_\_\_\_ Parent/Guardian (please print)

\_\_\_\_\_ Policy Number

\_\_\_\_\_ Address

\_\_\_\_\_ Notary

\_\_\_\_\_ City, State, Zip

\_\_\_\_\_ My Commission Expires

\_\_\_\_\_ Emergency Phone # (day & night)

This student is allergic to: \_\_\_\_\_

This form must be completed and on file with the sponsor before any student will be allowed to practice or participate.

It is essential that this authorization form be notarized in order for most hospitals or physicians to treat a student.

## INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals and medical releases must be on file with the coaches before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. **Never** stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. **Lift weights and maintain proper conditioning** to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum when cheering including practices and games.
15. Always have your hair pulled back from your face and shoulders.
16. Eat **nutritious** meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Take all activities seriously.

I have read the preceding warning. I understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

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

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

# TCHS CHEER BOOSTER CLUB

## Photography Consent Form for '20-'21

### TCHS Cheer Media Coordinator

I, hereby grant permission to the Media Coordinator for the TCHS Cheer Booster Club, the irrevocable right to use any images of my daughter/son, \_\_\_\_\_, pertaining to all TCHS cheerleading events/activities/games/fundraisers in all forms of media and in all manners, including electronic media (TCHS Cheer website), Newspaper Publication and/or lawful purposes.

❖ When publishing her/his name on the *website*, I would prefer only the following be used:

- First Name and Last Name
- First Initial, Last Name
- Last Initial, First Name
- First Name Only
- Last Name Only
- No Name At All

❖ When publishing her/his name in the *newspapers/sports magazine/LISD newsletters*, I would prefer only the following be used:

- First Name and Last Name
- First Initial, Last Name
- Last Initial, First Name
- First Name Only
- Last Name Only
- No Name At All

\_\_\_\_\_  
(Signature of Parent or Guardian - if subject under 18 yr. old)

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Thank You!**

**LEWISVILLE INDEPENDENT SCHOOL DISTRICT  
STUDENT ATHLETE TRAVEL INFORMATION**

**EMERGENCY INFORMATION**

Student's Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_, TX \_\_\_\_\_

Phone \_\_\_\_\_ Social Security # \_\_\_\_\_ Sex ( ) Male ( ) Female

Parent's Name – Mother \_\_\_\_\_ Father \_\_\_\_\_

Parent's Employer-Mother \_\_\_\_\_ Father \_\_\_\_\_

Daytime Phone(s)-Mother \_\_\_\_\_ Father \_\_\_\_\_

If parent/guardian cannot be reached, please notify: \_\_\_\_\_  
Name Phone

**INSURANCE INFORMATION**

Family Primary  
Insurance Company \_\_\_\_\_ Phone \_\_\_\_\_

Circle One: Individual Group HMO None Policy # \_\_\_\_\_ Group # \_\_\_\_\_

Primary Physician \_\_\_\_\_ Phone \_\_\_\_\_

Insured Parent/Guardian's Name \_\_\_\_\_ Employer \_\_\_\_\_

List any known ALLERGIES. (Medications, Foods, Etc.) Be Specific: \_\_\_\_\_  
\_\_\_\_\_

List any Medication taken on a regular basis: \_\_\_\_\_  
\_\_\_\_\_

The Lewisville ISD WILL NOT be responsible for medical or other costs related to injuries received by the above participant except to provide the insurance coverage outlined. No student will be permitted to participate in any practice, off-season program or contest prior to this document being on file with Lewisville ISD.

I hereby give my consent for \_\_\_\_\_ to compete in University Interscholastic League approved sports and travel with the coach or other representative of the school on any trips.

If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, trainer, nurse, hospital, or school representative: and I do hereby agree to indemnify and save harmless Lewisville ISD and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

\_\_\_\_\_  
Parent/Guardian Signature Date

\_\_\_\_\_  
Student Signature Date

## SOCIAL MEDIA CONTRACT

Social Media, such as Snapchat, Twitter, Facebook, Instagram, Pinterest, Tumblr, YouTube, KiK, WhatsApp, blogs, and others, are powerful tools of communication that have significant impact on your personal reputation as well as the reputation of TCHS Cheer. You and your parent/guardian must read and sign this contract acknowledging your responsibility to use Social Media responsibly as a member of TCHS Cheer. You are committing to following the guidelines below when using Social Media.

- ✓ Always be authentic (disclose and use your own identity). If you post personally, or on as TCHS Cheer, make sure you are aware of the Standards of Conduct stated in the TCHS Student Handbook as you share your personal views about yourself, other students, school personnel, or the school. Never post false, inaccurate or misleading information that could be taken as truth.
- ✓ Never pretend to be someone else when you post personally or as TCHS Cheer. Tracking tools enable supposedly anonymous posts to be traced back to the authors. Always be honest about yourself and views without providing personal information that could be used against you. Do not share information that could endanger you or someone else.
- ✓ Think twice before posting. Privacy does not exist in the world of Social Media. Consider what would happen if a post becomes widely known, and how that may reflect on your reputation, the reputation of your family and friends, the reputation of another student, and the reputation of TCHS or TCHS Cheer. Moreover, the information you place online could jeopardize your future when applying to college or even applying for a job. Colleges and employers are increasingly conducting online searches of applicants.
- ✓ Be respectful and thoughtful. As a student of TCHS Cheer, be mindful of the school's commitment to showing respect and dignity for all people and to the civil and thoughtful discussion of opposing ideas. Refrain from negativity and putting-down, criticizing and demeaning others. Abstain from posting any objectionable content that could be considered obscene, threatening, hostile, indecent or offensive, including written and graphic material. Treat others the way you would like them to treat you while posting on Social Media sites.
- ✓ Know the rules. Follow a code of ethics. Become familiar with the terms of service and policies of the Social Media sites and networks in which you participate and the appropriate code of ethics required for responsible online communications.
- ✓ Always remember that Cyber Bullying is the willful and repeatedly bullying or harassment of another person or persons' through the medium of Social Media, which includes, electronic text. Students who engage in Cyber Bullying on Social Media sites, including electronic text, may be subject to discipline by TCHS administrators and, if necessary, by The Colony Police Department as CYBERBULLYING is ILLEGAL. Remember the Golden Rule: "Do unto others as you would have them do unto you" when you post on any Social Media site.
- ✓ Should you receive any information regarding any possible danger or threat to the school, DO NOT CREATE A POST OR FORWARD IT. If at school, alert a teacher, counselor or administrator immediately. If at home, tell a parent and have them contact LISD or the Police. Forwarding any post that could cause alarm, widespread panic and emergency response could be a criminal offense.
- ✓ Should you violate any of these guidelines, not only are you violating TCHS's Student Code of Conduct, but your actions could also be criminal. By following these guidelines not only are you demonstrating good moral character, but you're also protecting yourself from criminal liabilities. Feel free to contact TCHS School Resource Officer (SRO) should you have any questions about the criminal aspects/penalties related to the misuse of Social Media. The following Texas Penal Code references apply to the types of offenses applicable to misuse of Social Media:
  - Sec 33.07 Online Impersonation (up to 3<sup>rd</sup> degree Felony)
  - Sec 42.06 False Alarm or Report (up to 3<sup>rd</sup> degree Felony)
  - Sec 43.261 Electronic Transmission of Cert. Visual. Material (up to Class A Misdemeanor)

\*By signing this contract, I agree to uphold all of the above guidelines!

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Student Signature

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Parent Signature



# NCA and NDA SUMMER CAMP PARTICIPANT RELEASE AND WAIVER



Type: PWI

Every Participant must have a completed and signed release form to turn in at registration on the first day of camp to participate. **ALL areas must be completed. Please photocopy and distribute to each person attending. Coach must retain a copy of each form to keep them with the team throughout the event.**

Minor's Name _____	Name of Parent / Legal Guardian _____ (_____)	Camp Dates _____	Graduation Year _____
Address _____	Parent/Legal Guardian Cell Phone Number _____	Location where you will attend camp, City, State _____	
City, State & Zip _____ (_____)	Parent/Legal Guardian Email Address _____	School/Group Name _____	
Phone Number _____	Parent/Legal Guardian Home Phone Number _____	School/Group Address, City, State, Zip _____	
Participant Email Address _____	<b>Participant Type:</b>		
<input type="checkbox"/> Yes, you have my permission to send me updates/newsletters from Varsity!	<input type="checkbox"/> Cheer <input type="checkbox"/> Dance		

**Liability Release.** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I \_\_\_\_\_, as a parent or legal guardian of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above camp to be conducted by Varsity Spirit LLC ("Varsity Spirit") d/b/a National Cheerleaders Association ("NCA") and/or National Dance Alliance ("NDA"). I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Varsity Spirit, Varsity Spirit's Corporate Sponsors (hereinafter "Sponsors"), the Hosting Site, (university, hotel, convention center, high school) on whose premises the Camp will occur (hereinafter the "Location") the affiliates of Varsity Spirit, the Location, and the respective directors, officers, representatives, members, agents and employees of Varsity Spirit, Sponsors, the Location and their respective affiliates (hereinafter collectively "Releasees") from any and all liability, whether caused by the negligence of the Releasees or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that Minor may incur or sustain during the Camp, all activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss of costs Releasees may have to pay as a result of any such action, claim, or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

**X** Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Medical Release.** I, in my own behalf and on behalf of minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the camp. In the event of such illness or injury, I authorize Varsity Spirit to obtain necessary medical treatment of the minor and hereby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of Minor for any illness or injury that Minor may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

**Appearance Agreement.** I understand that Varsity Spirit d/b/a NCA and/or NDA from time to time produces promotional material relating to its programs. I understand that as a participant and/or a spectator at the Camp, Minor may be included in videotapes, photographs, DVDs, podcasts, and videocasts taken during the Camp. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to Varsity Spirit d/b/a NCA and/or NDA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face, likeness, voice and appearance as part of the Camp, in advertising and promoting the Camp or in advertising and promoting similar future events. I further understand that neither Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, in my own behalf and on behalf of Minor, waive any right to inspect or approve any materials related thereto.

**Camp Rules.** I further acknowledge and understand that Varsity Spirit has established rules and regulations pertaining to conduct, behavior and activities of all Camp participants by which Minor and I agree to abide during the Camp, and that Minor and I will be responsible for his/her/my failure to abide by those rules and regulations. Minor and I have received, read and understand the Camp rules. Minor and I understand that violation of the rules can result in dismissal from Camp with no refund. Minor and I understand that Sponsors may distribute samples of their products at camp.

**Insurance and Payment.** We offer an accident policy to all students for a \$6.00 premium. The policy has no deductible and pays up to \$1,000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have insurance must purchase the Camp Accident Policy. This policy or other proof of insurance, is usually required to obtain medical treatment as we strictly adhere to this insurance requirement. Please check one of the following:

- YES, I want the Camper's Accident Insurance Policy, and I will bring \$6.00 premium to registration at Camp. **(Not available at Home Camps)**
- NO, I elect not to purchase the Camper's Accident Policy, and my insurance company, in the event of an accident, is listed below. If "NO" is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

Insurance Company: \_\_\_\_\_ Insurance Company Address: \_\_\_\_\_  
 Medical Insurance Policy/Group Number - REQUIRED: \_\_\_\_\_ Insurance Company Phone #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the Camp and that he/she shall consume the prescribed dosage for such medications. **Varsity Spirit will not administer or supply any type of medication at camp.**

Medications (if any): \_\_\_\_\_

Allergic to (if any): \_\_\_\_\_

I acknowledge that the Minor suffers from the following conditions: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_ Minor Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Emergency Information:** Name to contact: \_\_\_\_\_ Em Contact Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Cell Phone Number: ( ) \_\_\_\_\_  
 Daytime Telephone: ( ) \_\_\_\_\_ Evening Telephone: ( ) \_\_\_\_\_

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

**X** Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_ Relationship to Minor: \_\_\_\_\_

**X** I, identified above as Minor, acknowledge that I have read this Release and Waiver form.  
 Signature of Minor: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Address: \_\_\_\_\_ Date: \_\_\_\_\_



**Parent Permission form**

I \_\_\_\_\_ will be driving my child \_\_\_\_\_  
home from cheerleading camp at SMU on June 3<sup>rd</sup>.

I \_\_\_\_\_ cannot drive my child \_\_\_\_\_  
home from cheerleading camp on June 3<sup>rd</sup>. My child will be riding home with  
\_\_\_\_\_.

I agree to hold this parent, coaches, and Lewisville ISD harmless if injury or accident should occur to my child while in the care of this parent.

\_\_\_\_\_  
Signature of parent (please sign even if you are driving your own child)

\_\_\_\_\_  
Signature of parent driving your child  
(if you cannot take your child home)

\*This form is due to your coach no later than Friday April 29<sup>th</sup>!