

Arlington High School Competition Cheerleading

NEW PARENT INFORMATIONAL MEETING TUESDAY, MARCH 27th at 6:30 AHS LIBRARY

Please be aware of the following before trying out:

- This is the nationally ranked AHS Competitive Cheer Program that consists of 2 squads: Junior Varsity and Varsity. It requires many hours of team practice and dedication.
- No one is guaranteed a spot on either squad. The coaches and sponsor(s) will determine the size of each squad during try-outs. Due to illnesses, injuries, grades, etc., we sometimes take more members than there are spots on the floor for competition. The coaches will determine alternates near competition time and will be based on ability and need. Just because you are/are not an alternate for one competition does not mean you will/will not be an alternate for another competition. All decisions made by the coaches are final and not open to discussion. All candidates must be willing to cheer for either team as selected at try-outs.
- Both squads cheer at all JV and Varsity Football games (respectively) and compete in Regional, State, National and other cheer competitions as determined by the coach and sponsor(s).
- Typically all incoming freshman are only eligible to try out for the Junior Varsity squad. This can be altered based on the number of athletes trying out or positions needed.
- The AHS Competitive cheer program is 100% funded by parents of the cheerleaders. The cost is appx. \$3,850 per year. \$385 monthly installments for 10 months (April thru January) are required to participate (see "Financial Responsibility" contained in the "AHS Competitive Cheer Information, Rules and Guidelines" for more details).
- Cheerleaders and parents must agree and abide by all bylaws, guidelines and rules of the AHS Competition Cheer program.
- If you have any questions please contact our sponsor Lacey Thron at lacey.thron@acsk-12.org or current booster president Sheila Essary at sheilaessary@gmail.com



Tryout Schedule (AHS Gym at 4:30 pm)

- Tuesday, April 10th : Cheer Clinic (4:30 pm until 7:00 pm)
- Wednesday, April 11th: Tumbling and Stunt Assessment (4:30 pm until appx. 7:00 pm)
 - Back handspring is the recommended minimum
 - More tumbling (standing back, back handspring back, round off back, round off back handspring tuck, running full, standing full, etc.) will provide more points for each candidate.
- Thursday, April 12th: Tryouts (dance, cheer, flexibility) (4:30 pm until candidate try-outs). Results will be posted on the AHS front door by 7:30 pm.
- Monday, April 16th – used uniform sale (6:30 pm)
- Tuesday, April 17th: first parent meeting at 6:30 pm in library (first payment of \$385 is due)
- Friday, April 20th - new uniform fitting (Varsity at 2:30; JV at 4:15/4:30 at AHS); Uniform payment will be due by May 1st.

Open gym is available at Memphis Pride on Tuesday (4/10) and Wednesday (4/11) from 7:30 until 8:30 pm for additional practice time.

All tryout sessions are closed to all persons other than candidates, judges, coaches, sponsors.

Upon notification of making the team, all cheerleaders must have a physical completed and signed by a physician dated on or after April 15th. All Physicals are due by April 30, 2017.

Forms/Requirements for try-outs (please turn in forms to Ms. Thron/Ms. Thron's office mailbox by **April 9th**):

- Completed forms: (please make copies of any forms you need for reference):
 - Signed Parent Agreement Form (page 7)
 - Signed Student Agreement Form (page 8)
 - Completed Cheerleader Information Sheet (page 9)
 - Signed Emergency Treatment Form (page 10)
 - Signed 8th Grade Principal Statement (**Only needed for current 8th grade students**) – page 11
 - Signed Cardiac Arrest Symptoms form (page 13)
 - Signed Concussion Form (page 16)
- Copy of health insurance card (front and back)
- \$20 tryout fee (payable to AHS Cheer)
- No outstanding financial obligation to AHS or any AHS booster club at the time of tryouts
- Attend all three days of tryouts (if there are conflicts, please contact Ms. Thron prior to try-outs. (lacey.thron@acsk-12.org)
- Be willing to try out for judges and agree to abide by the final decision of the judges, coaches, and sponsors.
- Due to the negative impact on the entire squad and program...a student may **not** tryout if they were previously dismissed or quit the team without approval from cheer coaches, sponsor and admin.

AHS Competitive Cheer Information, Rules and Guidelines

PRACTICES:

As they say...Practice makes perfect! All Practices are mandatory. Cheerleaders shall:

- Attend all practices.
 - Each team typically practices 4 to 5 days per week during the school year and 2 days per week during the summer. Advance monthly practice schedules will be distributed. Please schedule appointments on days/times that do not conflict with practice times as missing practice hurts the entire team. Missed practices excused or not excused may require additional conditioning. Additional practices may be changed or added at any time during the season. It is typical to schedule additional practices including weekends closer to competition dates.
- Practices will be held at the Memphis Pride gym during the summer months and on team tumbling days. Practices will be held at AHS during the school year except on team tumbling days. Practice times will vary and alternate between the two teams. Practice times and location are subject to change based on AHS and coach/sponsor availability.
- You cannot miss more than 4 summer practices. If a cheerleader is in town, practice is mandatory. There will be no practice from June 25th thru July 8th.
- You must attend overnight summer camp (June 15th thru 18th at Ole Miss). Parents are responsible for transportation. Cheerleaders may not drive themselves.
- Attend a minimum of 6 tumbling classes or private lessons over the summer break. Make sure cheerleader signs in for tumbling classes to receive credit for tumbling. Tumbling is an important aspect of the AHS cheer program. Cheerleaders are encouraged to improve and gain new tumbling skills over the summer while team practices are at a minimum. There is no additional cost to attend as many regular scheduled tumbling classes as you want in the summer at Memphis Pride.
- Attend one GAME DAY prep practice during the summer (to be determined)
- Participate in all elements of practice as determined by the coach including conditioning, tumbling, stunting, rolling/unrolling of mats, etc.
- Arrive on time, be dressed in proper practice attire and be ready for practice at start of practice (including having mats unrolled). When cheerleaders are late, the ENTIRE TEAM will run.
- Be responsible for transportation to and from practices

Weekly team tumbling is considered a practice; therefore it is mandatory for all cheerleaders.

Practices are not open to parents, friends, family members, etc. unless specified in advance by the coach and sponsors.

When practicing at school, all additional clothing items (sweats, jackets, etc.), cell phones, school bags or gym bags must be set along the wall in the rotunda. NO items are to be left in the school and CELL PHONES must be turned OFF during practice.

GAMES:

CHEERING AT THE FOOTBALL GAMES IS OUR #1 PRIORITY. EVERYTHING ELSE IS A PRIVILEGE!

Varsity cheerleaders cheer at all varsity football games including playoffs. JV cheerleaders cheer at all JV games. JV cheerleaders who are upper classman (11th and 12th grades only) will be allowed to also cheer at Varsity games as long as they are a returning AHS cheerleader from the previous year. JV Cheerleaders that meet this criteria must also cheer at weekly JV games and purchase a Varsity uniform. Cheerleaders should arrive at the game 30 minutes prior to game time. Cheerleaders are to devote their full attention to the game and not socialize. All cheerleaders are responsible for his/her own transportation to and from all games and must be fully dressed in their appropriate uniform.

EXCUSED ABSENCES FROM PRACTICE/GAMES/OTHER MANDATORY EVENTS:

A parent must notify a sponsor of the absence prior to the practice, game, or event. If checking out of school early due to illness, notification must be given before leaving school. Absence due to illness is only excused if you are contagious. Even if you cannot physically participate, you can see any changes made. Cheerleading activities are not planned around student jobs or other events. Working will not be an excused reason to miss or leave practice early. It is highly unlikely that a student will be able to work and maintain the practice schedule as expected. Withholding a child from practice, game, or competition should never be used as form on punishment from the parent. If you are required to sit out due to unpaid/late payments, you must still attend all practices, games, and/or competitions/events.

Excused or not, not being able to practice for any reason will cause the entire squad to suffer. As a coach and sponsor, we must be able to practice stunts and pyramids for the benefit of the entire squad. This may mean that someone is brought in to fill the vacant position no matter what the reason.

COMPETITIONS:

As with practices and games, all competitions are mandatory for cheerleaders including alternates. Traditionally, the AHS Cheer Teams participate in the following events:

- ✓ October/November – UCA Regionals (usually in Southaven, MS)
- ✓ November – TSSAA State Cheer Competition (requires travel to and lodging in Murfreesboro, TN)
- ✓ December – St. Jude Showcase (Memphis, TN)
- ✓ February – NHSCC National Competition (requires travel to and lodging in Orlando, Florida)
- ✓ Additional competitions may be added per coaches request & approval from sponsor & booster club board

Parents, relatives, friends and cheerleaders are **NEVER** allowed to speak with competition officials for any reason.

TRAVEL:

Throughout the year, the squad will travel to various destinations for games and competitions. In all cases, the sponsors and the coach will serve as chaperones and the cheerleaders will be their responsibility. All cheerleaders are representatives of Arlington High School and their behavior and dress should be exemplary at all times. The school conduct code is in effect when representing AHS. Conduct that is not in accordance with the school's policy shall be subject to disciplinary actions.

Final authority of all decisions regarding the AHS cheerleaders shall rest solely with the sponsors and coaches. All members will travel as a group. On overnight trips, rooming assignments are decided by the sponsors and coaches. Rooming assignments will not be changed once they are assigned.

Cheerleaders are not allowed to drive themselves to out of town camps, out of town competitions or out of town games. Parents are responsible for transportation to these events.

While at any competition or cheer function, the squad members are to remain as a group with the sponsors and coach. Cheerleader Competitions that require missing all or any partial of the school day is considered a field trip and follow field trip guidelines of AHS.

To keep cheerleaders focused at overnight competitions, all cheerleader phones will be taken up at the last team meeting before and during competition.

Cheerleader overnight hotel accommodations for State and airfare/hotel accommodations for Nationals will be made by the AHS board. Unless specified in advance by the AHS Board, no travel arrangements will be made for parents.

GRADES AND CONDUCT:

Arlington High School cheerleaders are expected to have exemplary attendance, promptness, and behavior in and out of the classroom. Any disciplinary issues will result in measures being taken at practice that may include additional running and/or conditioning after practice for the individual cheerleader and/or the entire team.

When in uniform, all cheerleaders must conduct themselves in an appropriate manner and represent the squad in a suitable way.

No profanity, abusive language or gossip will be tolerated.

Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of practice or competition would NOT be an appropriate time.

SOCIAL MEDIA:

No one is allowed to post music, choreography, routines, stunts, etc. on any websites or social media. This includes but not limited to Facebook, Twitter, Instagram, or YouTube, etc.

The sponsor, coach, or board members will be the only ones to submit pictures to websites and/or newspapers. Parents may submit pictures to the sponsor or board members.

STUDENT ACTIVITY PASS

All cheerleaders are required to purchase a Student Activity Pass from AHS (currently \$50). Checks for the SAP pass should be made payable to Arlington High School and will be due no later than school registration.

FINANCIAL RESPONSIBILITY

Competitive cheerleading is not funded by the school. Parents assume ALL financial responsibility. The estimated yearly fee to participate is \$3,850, payable in 10 equal installments of \$385 beginning in April thru January. While we make every attempt to stay within budget, some expenses can fluctuate and may require additional funds.

The monthly fee does not include the game day uniform, competition uniform, and warm-ups required to participate. These additional items can add up to an additional \$975 toward your financial responsibility and are paid directly to Varsity in May /June. Uniform costs can fluctuate depending on if you are a returning cheerleader, have the ability to purchase a used uniform (1/2 price) or new attire is required by the entire team. Typically uniforms can be used for more than one year.

Please remember that all of these costs are for a year's worth of participation, as opposed to other sports that operate for two or three months.

Monthly payments are due on the 1st of each month. Your first payment will be due at the first parent meeting in April and each month thereafter (April thru January). Each family will be given a monthly billing statement showing any credits or debits made to a cheerleader's account. It is required that the monthly fee be paid no matter the actual expenses or positive balance stated on your monthly statement. The financial obligation to the team is not to be taken lightly. We do not have extra money, so if your account is not paid on time, we cannot pay our coach, register for competitions, make travel accommodations, order necessary materials and sully the reputation of the cheer team, which is unacceptable. Costs associated with state hotel accommodations as well as National travel package (hotel and airfare) are included in your monthly fee. Team or individual meals while traveling are not included in your monthly fee.

Coaching fees are assessed as a flat rate per month. No adjustments will be made to coaching fees for any missed practices except for cheerleader injury. Adjustment for injuries are made only in cases where a physician prohibits the participation for more than 2 weeks.

If your full monthly payment is not received on time, the Treasurer will email a courtesy reminder. If the full monthly payment has not been received by the 15th of the month, the cheerleader will sit out of practices, games, and/or competitions until the delinquent account is paid in full. It is the responsibility of the parent to insure full payments are paid on time. If an account is consistently delinquent, it can result in dismissal from the squad. If parent falls on hard times, please discuss with Treasurer to see if any available arrangements can be made prior to allowing account to fall behind. We cannot guarantee additional available arrangements as this is dependent on timing and pending/upcoming expenses.

In the event that a cheerleader voluntarily quits the team or is dismissed for any reason, the cheerleader and her family will be held responsible for all outstanding debts owed to the team. Upon dismissal from the team, the Treasurer will send a final statement. Full payment on any outstanding debt is required within 15 days of the final statement. If the final statement indicates a positive balance in the cheerleader's account, all funds will be forfeited and considered team funds. No refunds will be given at any time.

Failure to pay any outstanding debts will be turned over to collection services in which parents are responsible for any fees associated with said collection. Any amount owed to AHS Cheer will result in a HOLD being placed on your student records, report cards, transcripts, etc.

All checks should be made payable to AHS Cheer

The AHS Booster Club will select and schedule fundraisers to be used for general funds. A general fund budget will be voted on by the members of the booster in the following month after new board elections. General funds are typically used for pay for expenses associated senior night, travel/accommodations associated with out of town competitions for coach(s), sponsor(s) and AHS administration, team equipment and other team expenses. Currently we have scheduled 2 general fundraisers: snow cone concessions at Varsity football games and the AHS winter formal. The Fundraiser Chair may add additional fundraisers depending on the need of our general funds. **All parents must work at least one Varsity game concession and the AHS winter formal. Failure to participate in these general fundraisers could result in a \$100 non-participation fee. Parents are also required to serve on one volunteer committee (fundraiser, senior night, winter formal, banquet, etc.) during the year.**

We have the option of adding additional fundraisers to assist with monthly fees however please note that all fundraisers are split equally among accounts no matter the how little or how much fundraising is completed by each member of the team.

DISCIPLINE AND DISMISSALS:

All disciplinary actions will be given based on the individual offense and its severity and will be determined by the coach and sponsors. Please remember that disciplinary problems could result in your child being an alternate or dismissed from the squad. The dismissal/addition of a team member is solely the sponsor and coach's decision.

Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.

GENERAL:

During the cheer year additional changes to policies, rules and/or guidelines may be necessary and will be based on the benefit to the overall Arlington High School cheerleading program.

All squad members must carry personal health insurance.

All squad and routine decisions are left to the discretion of the coach. The placement of the cheerleaders in stunts, pyramids, cheer, dance, and game positions etc. is the sole decision of the coach. Each and every cheerleader must be willing to do whatever task she is asked.

Cheerleaders must arrive at all practices, games, competitions or any scheduled event on time and in proper dress as determined by the sponsor or coach. Punctuality is a MUST. If a team member is late or not dressed properly, the entire team will run.

It is the parent's responsibility to know what is going on with your squad. Please check your emails regularly!

In order to protect the integrity of our program, our athletes, and our coaches, any negative behavior, commentary, or social media postings will be not be tolerated. If brought to the attention of the school sponsor, school coach, or AHS cheerleading board - behavior will be discussed on a one to one basis with the assistance of the principal if necessary. There is no room for negativity by any party in a nationally ranked program and could result in dismissal from the team.

All cheerleaders, family and friends will show good sportsmanship at all times.

-END-

AHS Cheer Team Parent Agreement Form

Arlington High School

My child, _____ (print name), has my permission to be a cheerleader at Arlington High School. I understand that my child must abide by the rules and regulations set forth by the sponsor, coach, administration of the school, the AHS By-Laws and by the information contained in all documents of the try-out packet. I understand that my child must be present for all practices, games, and competitions.

I understand no one is guaranteed a spot on the competition floor. I understand that due to illnesses, injuries, grades, etc., AHS Cheer sometimes takes more members than competition spots and alternates will be named near competition time. I understand alternates will be based on the overall need of the team and all decisions made by the coaches are final and not open to discussion.

I have read the AHS Cheer Information, Rules and General Guidelines and I agree to support these rules and requests.

I will see that my child has proper transportation to games, practices, competitions and events. I further understand that it may be necessary for my daughter to ride with other parents, other cheerleaders, the sponsor(s), or the coaches to events when necessary, and I grant my permission for these arrangements to be made and excuse any driver of any liability during the transport of my child.

I understand and assume responsibility for all financial aspects and costs involved in the sport of cheer.

I understand that the Cheer Team is a yearlong commitment beginning with tryouts and carrying through Nationals in February. While the sponsor and coach will not prohibit my child from participating in other school activities, clubs, or organizations, they will expect parents and cheerleaders to take responsibility for scheduling those events or any other appointments around practices, games, competitions, and events. Any legitimate scheduling conflicts with practices, games, competitions or events must be approved by the sponsor and coach at least two weeks in advance.

I agree to support Arlington High School's effort to promote high levels of student character, sportsmanship, leadership, and responsible behavior for all cheerleaders in and out of the classroom. I understand that if my child conducts themselves in such a manner that negatively affects the team, AHS or Arlington Community Schools the consequences could include dismissal. I will do my best to promote excellent behavior from my child and will set an example myself.

I realize the very nature of this sport carries a risk of injury, and I understand these risks. I will insure a passing sports physical is completed by a physician prior to any participation. I, as well as my heirs, and/or personal representatives agree to defend, indemnify, hold harmless, release and forever discharge Arlington High School, the Cheer Team sponsor(s), coach(s), any member of the AHS Cheer Booster, or any officers, agents, representatives and employees of Arlington Community Schools from and against any and all rights, claims, demands and actions or causes of actions, including attorney's fee and court costs, on account of personal injury or death which may result in my child's participation in this sport. I understand that the sponsor(s) and coaches will act in a manner that promotes my child's safety at all times. If my child sustains serious injury while practicing or performing with the Cheer Team, I understand that it is my responsibility to obtain medical examination for my child before my child can continue on with practices and performances. (In the event of an emergency, the sponsor(s) and/or coaches will arrange for emergency treatment.)

I understand and acknowledge that Arlington Community Schools does not provide health and accident insurance to cover participants of this program. I understand that participants are required to obtain full health insurance coverage prior to participation in this cheer program.

By my signature below, I hereby confirm my understanding, agreement, and adherence to the information above and all information contained within this try-out packet.

Parent Signature

Date

Parent Name Printed

Cheerleader's Name

AHS Cheer Team Student Agreement Form

Arlington High School

I, _____ (print name), am interested in being on the Cheer Team at Arlington High School.

I understand that I must abide, cooperate, and follow the instructions, the rules and regulations set forth by the sponsor, coach, administration of the school, the AHS By-Laws and by the information contained in all documents of the try-out packet.

I understand that I will be present and dressed appropriately for all practices, games, and competitions. I have read the AHS Cheer Information, Rules and General Guidelines and I agree to support these rules and requests.

I agree that I will not participate in gossip as it is better to address a problem than participate in idle gossip. I will not use profanity or abusive language. I will not post any negative behavior or comments on any social media. I will not post music, choreography, routines, stunts, etc. on any website or social media.

I understand that the sponsor(s) and coaches will act in a manner that promotes my safety at all times but recognize that there are still risks involved in participating in this sport. If I sustain injury while practicing or performing with the Cheer Team, I understand that it is my responsibility to obtain medical examination before continuing on with practices and performances. (In the event of an emergency, the sponsor(s) and/or coaches will arrange for emergency treatment.)

I understand that I am a constant representative of Arlington High School and the Arlington Community Schools and that my behavior will be that of a lady at all times, in and out of uniform. I will conduct myself (including social media) in such a way that my parents, school, and community are proud to have me represent them. I will strive to be an example for other students at Arlington High School at all times. I will set the highest of standards of sportsmanship and individual character at all possible times. ***I accept responsibility for my actions and understand there are consequences for inappropriate behavior, which could include additional conditioning by myself and/or my team as well as dismissal from the team.***

I agree to refrain from the possession, use, and distribution of any tobacco products, drugs (unless prescribed), alcohol, and controlled substances, both on and off school grounds during the school year. I understand there are consequences for any of these offenses which can result in additional consequences including dismissal from the team. I also realize that any possession, use, or distribution of any of these substances on school grounds or at a school sponsored activity will result in additional serious disciplinary consequences as outlined in the Arlington Community Schools Policies and Procedures and the Arlington High School Discipline Policy.

I understand that the Cheer Team is a yearlong commitment beginning with tryouts and carrying through Nationals in February. While the sponsor and coach will not prohibit me from participating in other school activities, clubs, or organizations, they expect that I will take responsibility for scheduling those events or any other appointments around practices, games, competitions, and events. Any legitimate scheduling conflicts with practices, games, competitions or events must be approved by the sponsor and coach at least two weeks in advance

By my signature below, I hereby confirm my understanding, agreement, and adherence to the information above and all information contained within this try-out packet.

Student Signature

Date

Student Name Printed

Witness (parent signature)

ARLINGTON HIGH SCHOOL
CHEERLEADER INFORMATION SHEET

Cheerleader's Name: First _____ Middle _____ Last _____

Address: _____

City: _____ State _____ Zip _____

Cheerleader's Home # _____ Cell # _____

Cheerleader's birthdate _____ Cheerleader's graduation year _____

Mother's Name _____ Address _____

Mother's Home # _____ Cell # _____

Father's Name _____ Address _____

Father's Home # _____ Cell # _____

Cheerleader resides with (circle one) : Mom Dad Both Legal Guardian* (complete section below)

*Legal Guardian Name _____ Address _____

* Legal Guardian Home # _____ Cell # _____

To insure you are kept up to date on all activities and/or changes, emails must be checked regularly (daily). Please advise the best email address or addresses to communicate important information.

1. Name: _____ Email address: _____

2. Name: _____ Email address: _____

3. Name: _____ Email address: _____

EMERGENCY TREATMENT, CONSENT FOR ATHLETIC PARTICIPATION & MEDICAL CARE

Athlete Information

Last Name _____ First Name _____ MI _____
Sex: [] Male [] Female Grade _____ Age _____ DOB ____/____/____
Allergies _____
Current Health Conditions _____
Medications _____
Insurance _____ Policy Number _____
Group Number _____ Insurance Phone Number _____

Emergency Contact Information

Home Address _____ (City) _____ (Zip) _____
Home Phone _____ Mother's Cell _____ Father's Cell _____
Mother's Name _____ Work Phone _____
Father's Name _____ Work Phone _____
Another Person to Contact _____
Phone Number _____ Relationship _____

Legal/Parent Consent

I/We hereby give consent for **(athlete's name)** _____ to represent **(name of school)** _____ in athletics realizing that such activity involves potential for injury. I/We acknowledge that even with the best coaching, the most advanced equipment, and strict observation of the rules, injuries are still possible. ***On rare occasions these injuries are severe and result in disability, paralysis, and even death. I/We further grant permission to the school and TSSAA, its physicians, athletic trainers, and/or EMT to render aid, treatment, medical, or surgical care deemed reasonably necessary to the health and well being of the student athlete named above during or resulting from participation in athletics.*** By the execution of this consent, the student athlete named above and his/her parent/guardian(s) do hereby consent to screening, examination, and testing of the student athlete during the course of the pre-participation examination by those performing the evaluation, and to the taking of medical history information and the recording of that history and the findings and comments pertaining to the student athlete on the forms attached hereto by those practitioners performing the examination. As parent or legal Guardian, ***I/We remain fully responsible for any legal responsibility which may result from any personal actions taken by the above named student athlete.***

Signature of Athlete

Signature of Parent/Guardian

Date

Principal's Statement (8th grade only)
Arlington High School

AHS Cheer policy states if there are any outstanding school fines, you will not be able to participate in the AHS Cheer program. In order for you to try out for the cheerleading at Arlington High School, all school fines must be paid and cleared.

TSSAA regulations state that a minimum of 5 courses must be passed in order to participate in any sport.

I _____ (student) and _____ (parent) have no outstanding obligations with _____ (school) or any other school (this includes outstanding fees for any school booster club within Arlington Community Schools. I have maintained my grades to comply with TSSAA standards.

Principal Signature

Date

Student Signature

Date

Parent Signature

Date

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of Sudden Cardiac Arrest on the previous page.

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian Name

Date