

WASHINGTON REDSKINS CHEERLEADING
REGISTRATION FORM

Cheerleaders Name: _____

Date of Birth: _____ Age: _____ as of Sept.1, 2018

Parent/Guardian Name(s): _____

Address: _____

Home Phone: _____

Cell Phone: _____

E-Mail*: _____

*Please provide a VALID email address – this will be the Coordinators' primary means of communication.

PARENTS APPROVAL TO PARTICIPATE

We, the undersigned, being the parent or guardian of the above named applicant, do hereby grant our permission for said applicant to CHEER with the Washington Redskins Midget Football Association in the Warren County Football League, Inc. I assume all risks and hazards incidental to such participation. I hereby waive, release and absolve the Association, sponsors, managers, coaches, supervisors, co-coordinators, referees, examiner, officers, other participants and persons from any claim arising from any injury to my child whether the result of negligence or for any other cause. I agree to abide by the Washington Redskins "Parents Code of Ethics". I agree to return the uniform issued to my child in good condition as when received, except for normal wear and tear. I understand I will be charged a fee for any uniform not returned as well as damaged.

*JV AND VARSITY SQUADS: I understand that my child will need medical authorization to participate. I also understand that this will need to be turned in before my child can participate in any practice or game.

I AGREE TO SUPPORT AND PARTICIPATE IN THE WORKINGS OF THE ORGANIZATION

DATE: _____

Parent/Guardian Signature

DATE: _____

Coaches Signature

Washington Redskins Cheerleaders Procedures/Rules & Regulations

Each season there are many questions regarding the procedures, rules and regulations for cheerleading.

Parents and Cheerleaders are required to sign and return the page in this packet that states you have read and understood what is expected of everyone during our season before you can participate in practice.

So please take the time to read this packet.

2018 Redskins Cheerleading Contacts

Coordinator: Crystal White (973) 525-8721 Email: crysvd@gmail.com

Fundraisers:

Each girl will be responsible to sell cookies. We need everyone's participation to raise money for the organization. This is our only fundraiser for kids to participate in. Prizes will be awarded for top sellers

Uniforms:

Parents and Cheerleaders must take care of the uniform assigned to them. These uniforms are to be washed in cold water and laid flat to dry. **Do not dry clean them, use fabric softener or put them in the dryer.**

A mandatory deposit maybe requested by the coordinator. Cheerleaders are responsible at the end of the season to return their uniform clean and without damage. All garment tags MUST remain in uniform, Do Not remove them.

Parents are responsible to purchase the following:

- White Low-Cut Socks
- Red Bloomers
- Black Bodysuit (snap closure, No Under Armour)
- White Athletic Supporting Sneakers (not sketchers) with laces

Games:

Cheerleaders are required to attend all games in complete uniform. If a cheerleader is late on a game day and misses half-time stunt warm ups either their position would change or they risk not performing at all. The head coach and the coordinator will meet and decide for that game.

Practices:

All practices are scheduled at the discretion of the Coaches. Parents will be given a practice schedule at the parents meeting. We are not starting until August so practices should not be missed (unless she is on vacation or ill, etc.) Cheerleaders must inform their coaches immediately of their vacation schedule or if they are unable to attend practices. If the cheerleader is not attending practices she cannot expect to participate in dances, hello cheers or half time. Parents are responsible for transportation of their child to and from practices (if your child is walking home we need a note from you). Each designated practice day will be assigned with specific practice attire colors.

Medical Authorization:

JV and Varsity cheerleaders will need medical clearance. The authorization form within this packet maybe used or you may obtain a letter from your doctor. The authorization must state they are physically fit to participate and any restrictions or medications if applicable. The authorization must contain either a doctor's seal or be on doctor office letterhead. Physicals must be completed every 365 days for athletic participation

2018 WASHINGTON REDSKINS CHEERLEADING TEAM RULES AND EXPECTATIONS

1. Each cheerleader will be expected to be at practice and games on time.

Cheerleaders must attend practices.

2. Any unexcused tardiness, absences or reason for missing a practice or game will result in the following: First offense: will be a warning.

Second offense: cheerleader will be benched for the first quarter of the game and will not be able to participate in the half time dance.

Third offense: cheerleader will be benched for the first half of the game and will not be able to participate in the half time dance.

Fourth offense: The head coach and coordinator will meet and the cheerleader may get a possible suspension from the squad.

3. To have an excused absence or tardiness, a cheerleader must notify their coach followed by a written note from their parent. We all have answering machines. Coaches must be notified in writing when taking vacation. Please give to the coach as soon as possible.

4. There will be NO TOLERANCE FOR BULLYING! There will be NO Warning!

5. If a cheerleader gets into any type of trouble in or outside of school it will be brought to the coordinators attention and possible suspension from the team. It is imperative that you use good judgments in and out of uniform.

6. Any cheerleader who misses practice (including vacations) must make arrangements with the coach to make up what they missed. It is not fair to hold up the rest of the squad from learning the dance or new cheers

7. No gum chewing, candy or eating while at practice or during games.

8. Uniform/Dress Code:

A. Do not wear jewelry to practice or games. Bracelets, watches, necklaces, rings, and /or earrings of any kind. No bright colored nail polish is allowed at games. If finger nail polish is not removed, you will be benched for the game. Due to safety concerns, fingernails must be kept at "sport" length.

B. Assuming your hair is long enough, it must be pulled back in either a pony tail or braided for all games.

Barrettes MUST be used to keep bangs out of face and eyes. Ribbons must be worn to every game, if supplied by the coach.

C. No colored socks are to be worn; the only socks and sneakers to be worn are those approved by the coaches. Sneakers MUST be WHITE and have a good support.

D. As a member of the Washington Redskins Cheerleading Team you are representing the Washington Redskins and the entire cheerleading squad. Uniforms MUST be worn appropriately. Please always use good judgment in and out of uniform.

Welcome to the 2018 Washington Redskins Midget Football and Cheerleading season. The Washington Redskins Association is a self-funded not-for-profit organization. We receive no monetary contributions from the town of Washington Borough or any of the other sending municipalities. Therefore, we must Raise All Funds necessary to run the organization. We require the parents, players, cheerleaders, and members of the organization to assist in raising funds. The Redskins organization has been in existence since 1960 because of dedicated volunteers and parents that have worked very hard to keep this organization running for the children. Our cost per participant is now approximately \$300.00 each for football and \$100.00 each for cheerleading.

Washington Redskins Association Responsibility: (Football and Cheerleading)

1. Purchases and/or refurbish equipment as needed.
2. Football helmet certification and stress testing each year. This is required by the league.
3. Provide supplemental insurance for each participant in our association.
4. Arrange for and rent fields for games and practice.
5. Provide game uniforms for all participants.
6. Purchase practice equipment as required.
7. Provide a Scholarship program for eligible High School seniors that have participated at the Bidy and Varsity levels a combination of three years or more. Both football and cheerleading participants are eligible. The scholarship program is funded through our two Scholarship fundraisers held by the association. (Spring and Fall)

Problems or Concerns:

If you experience any problem or concern, please contact the Head Coach of your child's squad. If the problem or concern cannot be resolved, you should then contact the Cheerleading Coordinator. The coaches are interested in your concerns and problems and are willing to assist you. The coaches want to make your child's experience enjoyable.

Registration:

1. To sign-up your child must be 1st grade of the current season.
2. Registration fees
 - a. 1 kid \$50.00(old) w/buyout \$125.00 Now \$80.00
 - b. 2 kid \$80.00(old) w/buyout \$230.00 Now \$150.00
 - c. 3 kid \$100.00(old) w/buyout \$250.00 Now \$210.00

Squads:

Varsity: 7th – 8th Grade
J. Varsity: 5th – 6th Grade
Pee Wee: 3rd – 4th Grade
Flag: 1st – 2nd Grade. **Must turn age 5 by Sept 1st 2018.**

**WASHINGTON REDSKINS CHEERLEADING
PROCEDURES/RULES & REGULATIONS**

This paper must be filled out and brought back the first day of practice along with the Medical Information Form.

Failure to do so, will exclude your child from practice. I, _____ Cheerleaders Name

and _____ Parents Name

Have read and understand the attached Procedures/Rules & Regulations packet. We hereby agree to participate in the Washington Redskins Program following the guidelines.

Parents Signature _____

Date: _____

Cheerleaders Signature: _____

Date: _____

***JV AND VARSITY SQUADS: The Medical Authorization must be turned in before any cheerleader can participate in any practice or game.**

MEDICAL INFORMATION FORM

NAME: _____

Age: _____

ADDRESS: _____

DOB: _____

PHONE: _____

Email: _____

SQUAD: _____

PARENT'S NAMES: _____

In case an emergency takes place, the following information is needed to properly treat your child should we be unable to reach you.

DOCTORS NAME: _____

PHONE: _____

DENTISTS NAME: _____

PHONE: _____

HOSPITAL PREFERENCE: _____

PHONE: _____

ALLERGIES (if known): _____

MEDICATIONS: _____

INJURIES: _____

EMERGENCY PHONE NUMBERS: Contact 1: _____

Contact 2: _____

*JV AND VARSITY SQUADS

WASHINGTON REDSKINS CHEERLEADING MEDICAL AUTHORIZATION

NAME: _____ DOB: _____ AGE: ____ HT: ____ WT: ____

ADDRESS: _____

PHONE:

Home: _____ Work: _____ Cell: _____

TEAM: WASHINGTON REDSKINS

MEDICAL APPROVAL TO PLAY

I, being a Physician of the above named applicant to determine her fitness to cheer with the Washington Redskins team in the Warren County Midget Football League, Inc., do hereby state that in my opinion, having made a thorough examination of said applicant is physically fit to cheerlead in said league.

Medications: _____

Restrictions: _____

Signature of Physician

Date

WARREN COUNTY MIDGET FOOTBALL LEAGUE ADULT CODE OF CONDUCT

As the parent or legal guardian of a child participating in the Warren County Midget Football League, I agree to abide by the following policies:

1. I will maintain a positive, cooperative, and respectful attitude, both in words and in actions, toward all individuals involved in youth sports events, and I will require all youths and adults with me at WCMFL events to do so as well.
2. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials and volunteers at every game, practice, or other youth sports event. Unsportsmanlike conduct includes, but is not limited to: fighting, booing, taunting, refusing to shake hands, or using profane language or gestures;
3. I understand that the purpose of the Warren County Midget Football League is to provide an enjoyable learning environment and the emotional and physical health of my child and all other participants will be the most important issue.
4. I acknowledge that the use of alcohol and illegal drugs will not be tolerated at Warren County Midget Football League games, scrimmages and practices. I will refrain from their use before and during such events and I will abide by the smoke-free policies of the locations where such events take place. I will require all youths and adults with me at such events to do so as well.
5. I will encourage my child/children to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will encourage my child/children to treat other players, coaches, officials, and spectators with respect, regardless of race, creed, color, sex or ability.
7. I will never ridicule or yell at my/our child/children, or any participants at a sporting event, for making mistakes or losing a competition.
8. I will respect the officials and their authority during games and will never confront, challenge, or argue with coaches or officials at the game field, and will take the time to speak with coaches at an agreed time and place.
9. I will remain in the spectator's area during competition.
10. I will refrain from coaching my child/children or other players during games and practices, unless I am one of the official coaches of the team.
11. Participation in the WCMFL for the 2018 season requires that all organizations agree to abide by the WCMFL By-Laws and decisions of the WCMFL Board, the Referees and Officials, and enforce such decisions within the organization. Participation in the WCMFL is voluntary, and upon application for a franchise in the WCMFL for 2018, all organizations agree to relinquish legal recourse and hold harmless the WCMFL Board Members, Member Organizations, Referees and Officials for interpretation and enforcement of the WCMFL By-Laws, as well as the decisions of the Board, Member Organizations, Referees, and Officials. Further, Member Organizations and those affiliated with Member Organizations agree that they will not in any way hold the WCMFL Board, Referees, Officials, or Coaches liable for any injuries or losses suffered while competing in or traveling to or from any WCMFL sanctioned event or function. Member organizations agree that initiation or threat of legal action against the WCMFL, the WCMFL Board, Member Organizations, Referees or Officials by or on behalf of a member organization, team, coach, parent or player, will result in immediate suspension of that organization from the WCMFL. The suspended organization will be prohibited from participating in any WCMFL sanctioned activities including games, practices, scrimmages, meetings and the All Star Game. Suspended organizations will be deemed to have forfeited any games missed due to this suspension and will be responsible for the entire amount of the referee's fees for forfeited games. I also agree that if I/we fail to abide by the aforementioned rules and guidelines, my child/children and I/we will be subject to disciplinary action by the Executive Board and that could include, but is not limited to, the following:
 - Verbal warning by official, head coach, and/or representative of the league;
 - Parental and/or player game suspension with written documentation of incident kept on file by the Recreation Committee •and the WCMFL;
 - Game forfeit through the Official or Coach;
 - Parental and/or player season suspension with NO REFUND or registration fees.

Parent's Printed Name: _____ Parents Signature: _____ Date: _____

(Return this page day of registration)

Cheerleader: _____

Squad: _____