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# **2024 - 2025 TRYOUT PACKET**

## **MJHS CGIS MRIS**

### **+ MARYVILLE MIDDLE COMPETITIVE**

### *cheerleading teams*

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#### **COMPLETED PACKET DUE:**

**MJHS** : APRIL 10, 2024 BY 4:00PM

**CGIS** + **MRIS** : APRIL 17, 2024 BY 3:00PM

#### **TRYOUT DATES:**

**MJHS** : APRIL 17 - 19, 2024

**CGIS** + **MRIS** : APRIL 23 - 26, 2024

**COMP** : MAY 6, 2024

# MARYVILLE CHEERLEADING

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Dear Candidate and Parents/Guardians,

Thank you for your interest in being a member of the 2024 - 2025 Maryville Junior High School, Coulter Grove Intermediate School, Montgomery Ridge Intermediate School, and/or Maryville Middle Competitive Cheerleading teams. Please acquaint yourself with the enclosed information and expectations with regard to being considered for membership of the team(s). Cheerleading is fun, friendship, excitement, and a whole lot more. Being a MJHS/CGIS/MRIS cheerleader is a selected position including a large commitment of time and energy.

On the following pages, you will find a list of dates & events. The tryout application must be returned to the coaches or main office at MJHS/CGIS/MRIS no later than the dates listed on the cover page. Teachers and previous coach(es), when applicable, will be emailed an evaluation form to return before tryouts.

All interested candidates must complete the tryout application, complete a Consent to Participate Form, and Cheerleading Application in order to be eligible. Candidates must be available and in attendance for the entire cheer clinic unless the candidate is participating both MJHS and CGIS/MRIS tryouts, then attendance at CGIS/MRIS clinic is not required, but recommended. The tryout date is mandatory for all candidates.

Being a MJHS/CGIS/MRIS cheerleader is an honor. Cheerleading offers students an opportunity to build friendships, leadership, responsibility, and communication. As individual teams and together, we want to promote integrity, excellence, teamwork, and service. Together, we can make each cheerleading team successful and help lead our teams to victory!

We look forward to meeting each of you personally. If at any time you have any questions, please do not hesitate to contact any coach listed below!

Sincerely,  
MJHS, CGIS, and MRIS Cheer Coaches

**MJHS**

**Mackenzie Siperly**

**mackenzie.siperly@maryville-  
schools.org**

**CGIS**

**Katie Kite**

**katie.kite@maryville-  
schools.org**

**MRIS**

**Carly Lidvall**

**carly.lidvall@maryville-  
schools.org**

# **CHEERLEADING INFORMATION**

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All selected cheerleaders will be expected to abide by the rules and regulations set forth by the cheer coaches, athletic director, and administration of the team they are selected for. Cheerleaders who fail to adhere to the standards and guidelines will be penalized and can be dismissed from the squad.

All selected candidates are committing to cheer both regular and post season for football (MJHS) and basketball (MJHS, CGIS, MRIS). They must have a "C" average in all classes during tryouts and maintain a "C" average in all classes throughout the cheerleading season.

All cheerleaders **MUST** participate in all MJHS/CGIS/MRIS CHEER commitments and activities including cheer camps (stunt, tumbling, and skills), mat groups, practices, community activities, team building activities (some optional), regular season games, tournaments, and any other dates decided on by their coach(es). Please make cheerleading your priority, as any and all absences affect your entire team.

## **MARYVILLE MIDDLE COMPETITIVE CHEER TEAM**

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The Maryville Middle Competitive Cheerleading Team competes in the UCA Game Day Division!

Each cheerleader on the CGIS, MRIS, and MJHS sideline cheer teams will have the opportunity to try out for the Maryville Middle Competitive Cheerleading Team! Any cheerleader selected for the competition team can expect the following:

- EXTRA SUMMER PRACTICES
- EXTRA SUMMER CAMP/ CHOREOGRAPHY CAMP
- REGIONAL AND STATE COMPETITION
- NATIONAL HIGHSCHOOL CHEERLEADING CHAMPIONSHIP IN ORLANDO, FL\*
- EXTRA FUNDRAISING OPPORTUNITIES

More information to be distributed before our competition tryout in May!

\*Participation in the NHSCC competition is dependent upon Regional and State competition scores/placement

**MJHS**

**CGIS**

**MRIS**

# ANTICIPATED COST

This is an estimate for the 2024 - 2025 Cheer and Camp Fees

## MJHS

- **CAMP FEE: \$170**
  - Premier Athletics Half-time Camp
- **SUMMER STUNT CLASSES: \$150**
  - Tuesdays @ Premier Athletics West
- **ATTIRE: Approximately \$375**
  - Includes practice-wear, bows, spandex, cheer shoes, warm ups; other optional items available for purchase

**FIRST PAYMENT:** Attire Fee Due at Parent Meeting on 5/8  
Check Payable to MJHS

## CGIS

- **CAMP FEE: \$50**
  - 1 Day Sideline Camp @ CGIS, Instructed by MHS Cheer
- **ATTIRE: Approximately \$250**
  - Includes uniform, select attire; other optional items available for purchase

## MRIS

- **CAMP FEE: \$50**
  - 1 Day Sideline Camp @ CGIS, Instructed by MHS Cheer
- **ATTIRE: Approximately \$250**
  - Includes uniform, select attire; other optional items available for purchase

## COMPETITIVE

- **CAMP FEE: \$350**
  - VROC Camp @ Ft. Craig
- **SUMMER STUNT CLASSES: \$150**
  - Tuesdays @ Premier Athletics West
- **ATTIRE: Approximately \$65**
  - Nike Cheer Shoes available for purchase through MJHS- \$80 (Included in MJHS Sideline Cheer Fee)
- **COMPETITIONS:**
  - Regionals/ State- Approximately \$250
  - Nationals- Approximately \$1,800

**FIRST PAYMENT:** \$350 Camp Fee Due at Parent Meeting on 5/8  
Check Payable to MJHS

\*Fundraising opportunities are available to off-set the cost of competitions and camps.

# MANDATORY ACTIVITIES + DATES

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## MJHS

<b>Uniform Fitting</b>	May 8th	5:00 - 6:00	@ Ft. Craig
<b>Fundraising Parent Meeting</b>	May 8th	6:00 - 6:30	@ Ft. Craig
<b>Summer Stunt Practice</b>	Tuesdays	4:00 - 5:30	@ Premier Athletics West
<b>Summer Sideline Practice</b>	Thursdays	8:00 - 10:00	@ Ft. Craig
<b>Halftime Camp</b>	July 16th & 17th	TBD	@ TBD

## COMP

<b>Uniform Fitting</b>	May 8th	5:00 - 6:00	@ Ft. Craig
<b>Fundraising Parent Meeting</b>	May 8th	6:00 - 6:30	@ Ft. Craig
<b>VROC Camp</b>	July 17th July 18th	9:00 - 6:00 9:00 - TBD	@ Ft. Craig
<b>Summer Stunt Practice</b>	Tuesdays	4:00 - 5:30	@ Premier Athletics West
<b>Spring/Summer Practice</b>	May 8th & 15th	3:30 - 5:00	@ Ft. Craig
<b>Fall Practice</b>	Wednesdays	4:00 - 5:30	@ Ft. Craig

**MJHS Sideline and Maryville Middle Competitive Cheerleaders will have two different guaranteed Summer breaks: May 20 - 27 and June 24 - July 7 (TSSAA Dead Period).**

## CGIS

<b>Uniform Fitting</b>	May 7th	4:30 - 6:00	@ CGIS Room 1093
<b>Sideline Camp</b>	July 15th	9:00 - 4:00	@ CGIS Gym
<b>Fall Practice</b>	Tuesdays	2:45 - 4:00	@ CGIS Gym

## MRIS

<b>Uniform Fitting</b>	May 7th	2:50	@ MRIS
<b>Sideline Camp</b>	July 15th	9:00 - 4:00	@ CGIS Gym
<b>Fall Practice</b>	Tuesdays/ Thursdays	2:50 - 3:45	@ MRIS

# ATTENDANCE

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## MJHS

Each MJHS cheerleader will be allowed to miss:

- ONE Summer practice *excluding stunt practices at Premier Athletics*
- ONE Fall practice
- ONE *REGULAR SEASON* basketball game with prior notice to Coach Siperly

Any missed practices and/or games beyond the above policy without a *medical excuse* may result in drills, benching, probation, suspension, or removal from the team.

**\*ALL SUMMER CAMPS ARE MANDATORY IN ORDER TO PARTICIPATE.**

## CGIS + MRIS

Clinic and tryouts are mandatory.

Attendance at games, practices, and other required activities are expected to be a priority. Contact your coach with any extenuating circumstances prior to any missed games or practices.

If attendance becomes an ongoing issue, expect communication about setting up an attendance plan.

## COMPETITIVE

All competition practices are mandatory. Any missed practices without a *medical excuse* may result in drills, benching, probation, suspension, or removal from the competition team.

**ATTENDANCE OF VROC CAMP IS MANDATORY IN ORDER TO PARTICIPATE. ABSENCE WILL REQUIRE A MEDICAL EXCUSE. BEING ABSENT FROM CAMP WILL PLACE THE ABSENT CHEERLEADER AS AN ALTERNATE- THEY WILL NOT BE IN THE COMPETITION ROUTINE, UNLESS AN ATTENDING CHEERLEADER IS INJURED OR GETS SICK BEFORE A COMPETITION.**

# TRYOUT INFORMATION

Candidates must be available and in attendance for the entire cheer clinic unless the candidate is participating both MJHS and CGIS/MRIS tryouts, then attendance at CGIS/MRIS clinic is not required, but recommended. Tryout day is mandatory for all candidates. The entire clinic and tryout performance are closed. Only cheer candidates, coaches, judges, and tryout helpers will be allowed in the tryout area.

The candidates will be judged on their cheerleading skills through the performance of cheers, dances, jumps, and tumbling (standing and running back handspring recommended for MJHS team) during clinic and tryout performance. Candidates may be called back; therefore, candidates need to be available until all tryouts are complete. All results are confidential. Scores and selection for the 2024 - 2025 MJHS, CGIS, and MRIS cheerleaders will be tabulated and announced electronically on the following days:

MJHS- Friday, April 19 by 8:00pm

CGIS- Friday, April 26 by 8:00pm

MRIS- Friday, April 26 by 8:00pm

## TRYOUT SCHEDULE + ATTIRE

	<b>MJHS</b>	<b>MMSCC</b>	<b>CGIS</b>	<b>MRIS</b>
<b>PACKET DUE</b>	April 10th 4:00	-	April 17th 3:00	April 17th 3:00
<b>TEACHER RECS</b>	Emailed to Teachers	-	Emailed to Teachers	Emailed to Teachers
<b>CLINIC DATES &amp; TIMES</b>	April 17th - 18th 4:00 - 6:00	-	April 23rd - 25th 2:45 - 4:00	April 23rd - 25th 2:45 - 4:00
<b>CLINIC LOCATION</b>	MJHS Gym	-	CGIS Gym	MRIS Gym
<b>CLINIC ATTIRE</b>	Black shorts, white shirt, cheer/tennis shoes, hair in ponytail- NO JEWELRY	-	Athletic attire, tennis shoes, hair in ponytail- NO JEWELRY	Athletic attire, tennis shoes, hair in ponytail- NO JEWELRY
<b>TRYOUT DATE &amp; TIME</b>	April 19th 4:00 - finished	May 6th 4:00 - 5:30	April 26th 2:45 - finished	April 26th 2:45 - finished
<b>TRYOUT LOCATION</b>	MJHS Gym	Ft. Craig Gym	CGIS Gym	MRIS Gym
<b>TRYOUT ATTIRE</b>	Black short, white shirt, cheer/tennis shoes, hair in ponytail- NO JEWELRY	Black shorts, white shirt, cheer/tennis shoes, hair in ponytail- NO JEWELRY	Navy shorts, white shirt, cheer/tennis shoes, hair in ponytail- NO JEWELRY	Black shorts, white shirt, cheer/tennis shoes, hair in ponytail- NO JEWELRY

**All tryout attire is expected to be school appropriate.**

# **[TURN THIS PAGE IN]**

# **MJHS, CGIS, MRIS CONSENT TO PARTICIPATE**

My child, [ ], has my permission to try out and if selected to represent MJHS/ CGIS/ MRIS in the sport of cheerleading. My child and I understand that he/she must abide by the rules and regulations set forth by the cheer coaches, athletic director, and principals of the team they are selected for. Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to their school.

Cheerleading involves a tremendous time commitment and that the cheerleading season is a year-round obligation. Attendance is mandatory at all cheerleading activities; work or other extra-curricular activities are NOT excused absences. [EXCEPTIONS – other sports that are NOT during cheer season (football and basketball are cheer seasons). Coaches from other sports will contact cheer coaches to work out details.] Most likely, your child will be faced with making a choice or sacrifice during the cheerleading season. Before your child commits to cheering at MJHS/ CGIS/ MRIS, carefully weigh the importance of all activities to determine whether or not your child will have enough time to totally commit to the sport.

I understand

- my child must complete & submit all required paperwork by the assigned deadline
- my child's teachers will be asked to provide an evaluation of my child
- my child must have and maintain a "C" average
- my child must attend all clinic\* and tryout sessions to be considered for a cheerleading position
- my child will be evaluated by cheer coaches, or their designees, and we agree to abide by their decisions
- my child's tumbling (shown at tryouts) WILL be required to be performed on turf, track, and mats at all games and practices
- we will be responsible for the costs associated with cheerleading.
- my child must commit to cheer both football (MJHS) and basketball seasons including all district, regional, sub-state, and state tournament ballgames
- any cheerleader selected for the Maryville Middle Competitive Team must commit to all regular season and competitive obligations.
- my actions inside or outside of school can impact placement on the team.
- cheerleaders must be reselected each year
- the very nature of this activity carries a risk of physical injury

My child and I have read and fully understand the commitments required to be considered and selected for the MJHS/ CGIS/ MRIS cheerleading teams. If selected, we will honor these commitments and abide by the rules and regulations set forth by the cheer coaches, athletic director, and principals of the team they are selected for.

My child and I have read the information provided regarding tryouts, costs, and the standards of cheerleading at MJHS/ CGIS/ MRIS. My child and I understand that the violation of any of these rules may lead to drills, benching, probation, suspension, or removal from the team.

My child and I verify that this application is complete and consists of accurate information. My child and I understand and agree to the dates for all cheerleading commitments for the 2024-25 season.

**MY STUDENT WILL BE TRYING OUT FOR (CHECK ALL THAT APPLY):** Note: Rising 7th Graders can try out for MJHS and/or CGIS/MRIS  
[ ] MJHS Sideline [ ] MMS Competitive [ ] CGIS Sideline [ ] MRIS Sideline

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Signature of Candidate

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Date

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Signature of Parent/Guardian

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Date



# **MJHS, CGIS, MRIS** **CHEERLEADING APPLICATION**

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**Student's Name:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_

**Student's Cell Phone:** \_\_\_\_\_

**Student's School Email:** \_\_\_\_\_

**Grade Level (this year):** \_\_\_\_\_ **Homeroom Teacher:** \_\_\_\_\_

**Mother's/Guardian's Name:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Father's/Guardian's Name:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

# CURRENT ACADEMIC TEACHERS

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Please provide a list of your current teachers who will be requested to submit evaluations on your behalf. Please make sure you speak with each teacher to let them know that a cheerleading coach will be reaching out for a teacher evaluation. Evaluations are confidential.

\*Also note that all teachers from both Fall and Spring can/may be contacted by the coaches if there are academic concerns of any kind.

**Cheer Candidate Name:** \_\_\_\_\_

**Subject:**

**Teacher:**

English

\_\_\_\_\_

Science

\_\_\_\_\_

Math

\_\_\_\_\_

Social Studies

\_\_\_\_\_

**MJHS**

**CGIS**

**MRIS**

# EMERGENCY TREATMENT FORM

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## Emergency Treatment

Many hospitals and doctors will not treat a child without parental consent (unless in a matter of life or death). It is request that you complete the information below so that if your child requires a visit to the hospital while under the supervision of the school, the hospital will be allowed to treat the injury.

## Emergency Information:

Student's Name: \_\_\_\_\_ Sport: Cheerleading Sex: M \_\_\_ F \_\_\_

Grade: \_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Social Security #: \_\_\_\_\_ - \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Student's Cell Phone: \_\_\_\_\_ Student's Email: \_\_\_\_\_

Parents' Names: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

Father's Employment: \_\_\_\_\_

Father's Work Phone: \_\_\_\_\_ Father's Cell Phone: \_\_\_\_\_

Father's Email: \_\_\_\_\_

Mother's Employment: \_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_ Mother's Cell Phone: \_\_\_\_\_

Mother's Email: \_\_\_\_\_

Another Emergency Contact (not a parent): \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy & Group Number: \_\_\_\_\_

ALLERGIES and/or MEDICAL CONDITIONS:

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I authorize necessary treatment for my child, \_\_\_\_\_.

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

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



## ***Maryville Junior High School Athletics***

### Parental Waiver and Consent Form

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

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Sport

\_\_\_\_\_  
Official Grade (fall semester)

I, the parent/guardian of the student named above, hereby give permission for my child to participate in the team or camp indicated, and participate in all of the team's activities, as directed by the school/coach. I understand that my child will be obligated to attend regularly scheduled practices and games for the entirety of the season.

I understand that my child is responsible for her/his behavior at all times, and agree not to hold the school or any of its employees responsible for any expenses or damages incurred as a result of my child's behavior. I also understand that any violation of the school's code of discipline may result in exclusion from the team.

I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is fully capable of participating in the designated sport and my child has a current physical form on file. In signing this permission slip, I authorize school personnel to take reasonable action to safeguard the health and wellbeing of my child, including administering first-aid and, if necessary, obtaining emergency medical treatment. I understand the school will make every effort to contact me in the event professional medical treatment is required.

In addition to giving my full consent for my child's participation, I do hereby waive, release and hold harmless Maryville Junior High School, its officers, coaches, sponsors, supervisors, and representatives for any injury that may be suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto.

Parent name: \_\_\_\_\_

Contact: (Cell) \_\_\_\_\_ (Home) \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Contact: (Cell) \_\_\_\_\_ (Home) \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS

(Adapted from CDC “Heads Up Concussion in Youth Sports”)

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion/head injury.

**Read and keep this page.**  
**Sign and return the signature page.**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

*\*Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training*

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT HIS OR HER SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brains. *They can even be fatal.*

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

\* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.



## Student-athlete & Parent/Legal Guardian Concussion Statement

Must be **signed and returned** to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: \_\_\_\_\_

Parent/Legal Guardian Name(s): \_\_\_\_\_

After reading the information sheet, I am aware of the following information:

Student-Athlete initials		Parent/Legal Guardian initials
	A concussion is a brain injury which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a <i>health care provider*</i> to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

*\* Health care provider* means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal guardian

\_\_\_\_\_  
Date

## Sudden Cardiac Arrest Symptoms and Warning Signs

### What is Sudden Cardiac Arrest (SCA)?

SCA is a life-threatening emergency that occurs when the heart suddenly and unexpectedly stops beating. This causes blood and oxygen to stop flowing to the rest of the body. The individual will not have a pulse. It can happen without warning and can lead to death within minutes if the person does not receive immediate help. Only **1 in 10** survives SCA. If Cardiopulmonary Resuscitation (CPR) is given and an Automatic External Defibrillator (AED) is administered early, **5 in 10** could survive.



SCA is NOT a heart attack, which is caused by reduced or blocked blood flow to the heart. However, a heart attack can increase the risk for SCA.

### Watch for Warning Signs

SCA usually happens without warning. SCA can happen in young people who don't know they have a heart problem, and it may be the first sign of a heart problem. When there are warning signs, the person may experience:



If any of these warning signs are present, it's important to talk with a health care provider. There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops due to SCA, blood stops flowing to the brain and other body organs. Death or permanent brain damage can occur in minutes.

### Electrocardiogram (EKG) Testing

EKG is a noninvasive, quick, and painless test that looks at the heart's electrical activity. Small electrodes attached to the skin of the arms, legs, and chest capture the heartbeat as it moves through the heart. An EKG can detect some heart problems that may lead to an increased risk of SCA. Routine EKG testing is not currently recommended by national medical organizations, such as the American Academy of Pediatrics and the American College of Cardiology, unless the pre-participation physical exam reveals an indication for this test. The student or parent may request, from the student's health care provider, an EKG be administered in addition to the student's pre-participation physical exam, at a cost to be incurred by the student or the student's parent.



**While rare, SCA is the #1 medical cause of death in young athletes.**

### Limitations of EKG Testing

- An EKG may be expensive and cannot detect all conditions that predispose an individual to SCA.



- False positives (abnormalities identified during EKG testing that turn out to have no medical significance) may lead to unnecessary stress, additional testing, and unnecessary restriction from athletic participation.
- Accurate EKG interpretation requires adequate training.

*I have reviewed and understand the symptoms and warning signs of SCA.*

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Signature of Student-Athlete

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Print Student-Athlete's Name

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Date

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Signature of Parent/Guardian

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Print Parent/Guardian's Name

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Date