

**INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT**

# Tabernacle Christian School of Monroe, NC

Stephanie Linsday (Certified Advisor)  
Emily Coley (Coach)

**WARNING!**

**Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on her head, neck or back!**

I/We, \_\_\_\_\_ [Parent Name(s)], parents and/or legal guardians of \_\_\_\_\_ [Student Name], who is a student at Tabernacle Christian School of Monroe, NC wishes to participate in their cheerleading program, voluntarily give our consent for such participation by our daughter.

It has been adequately explained to us that cheerleading is an activity that may involve airborne inversion of the body, and therefore, there is an increased potential that any one of the routines involving our daughter's participation could lead to serious injury, paralysis, or even death.

We understand that our daughter is required to be in good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers, including somersaults, back handsprings and aerials; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the squad; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

We represent to you that, to the best of our knowledge and belief, our daughter has no physical, medical, or mental disability or other limitation that would restrict her ability to fully participate in this activity. We have been informed that our daughter must be examined by a physician prior to participation in these activities and we agree to such examination. We authorize you to arrange for a physical examination of our daughter by a qualified and licensed medical physician to preliminary qualify her as a participant in the activity. We further agree to notify immediately the appropriate school personnel in the event of any change in our daughter's health status.

We also understand that our daughter will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation will be provided to her by the appropriate school personnel. We consent to such school-sponsored transportation.

We agree to, and by signing this agreement, release the coaches, advisors, volunteers and staff of Tabernacle Christian School and the School Board from any claim of negligence by ourselves, our daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our daughter and any claims for loss of or damage to her property which may arise out of her participation in this school sponsored program for the (2025-2026) academic year.

In witness whereof, I/we have affixed our signatures to this agreement this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
(parent's and/or legal guardian's signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(parent's and/or legal guardian's signature)

\_\_\_\_\_  
(date)