THE EWING PUBLIC SCHOOLS

Ewing High School

ATHLETIC OFFICE
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Hi 8th Graders!

Are you interested in joining the cheerleading team at the high school? Coach Grimes and the cheer squad invite you to join their upcoming 2026 **Summer Workouts**!

This is the perfect chance for incoming freshmen to get involved, meet the high school team, and start preparing for the season.

The Details:

- **Dates:** July 8th through early August
- **Location:** Ewing High School

How to Sign Up:

1. **Sign Your Waivers:** Ensure your Off-Season Athletic Participation of Release of Claims Waivers are signed before attending.
2. **Join the Google Classroom:** Add your name to the spreadsheet in the classroom.
3. **Classroom Code:** `qtpe2gzf`

Stay Connected:

For important updates, schedules, and reminders, students are encouraged to follow Ewing High Cheer on Instagram **@ewinghighcheer**

We can't wait to see you there!

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900 Parkway Avenue, Ewing NJ 08618-2390
Phone 609-538-9800 Fax 609-882-8172
www.ewing.k12.nj.us

Ms. Lisa Sabo, Principal Ext. 2102
Shalieka Jarret, Assistant Principal Ext. 2109

PERMISSION FOR OFF-SEASON ATHLETIC PARTICIPATION AND RELEASE OF CLAIMS

Name of Applicant _____

Grade _____ Age _____

Address _____

Date of Last Physical Examination _____

Health History Asthma _____ Allergies_____ Other Medical Condition _____

If Yes Please Explain _____

Currently Taking Medication _____

As the parent or guardian of _____ (student's name), I do hereby request and authorize the Principal of Ewing High School to permit my child or ward to participate in Off Season Activities during the calendar year, 2026/2027. Also, I confirm that my child or ward has had a physical examination within the past year.

Realizing that such activity involves the potential for injury which is inherent in all sports, I acknowledge that even with the best coaching, use of most advanced protective equipment and strict observance of rules, injuries are still a possibility. I understand that the School Nurse and Athletic Trainer are not present during Off-Season Activities.

I do hereby accept full responsibility for his or her acts while so engaged and in consideration of permission granted _____ (child or ward) to participate in the above described activity. I hereby specifically release, defend, indemnify and hold harmless the Ewing Twp School Board of Education, collectively and individually, its agents, employees, and volunteers for any claims or liability for personal injury, fatal or otherwise, as well as and injuries to property, real or personal, caused by, occurring in connection with, or arising from the above described school activity.

I hereby give my permission that in case of an emergency, _____ (child or ward) may be taken to the hospital for treatment.

I, the undersigned, have read this release and understand all of its terms. I execute it voluntarily with full knowledge of its significance.

_____ Signature of Parent/Guardian Date _____

_____ Signature of Student Date _____

Please make note there is not an Athletic Trainer on site during these workouts