

**BETHEL PARK JR. CHEERLEADERS**  
**Registration & Health Form**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
(first) (m) (last)

ADDRESS \_\_\_\_\_

BIRTHDATE \_\_\_\_ - \_\_\_\_ - \_\_\_\_ GRADE IN FALL \_\_\_\_\_ AGE \_\_\_\_\_

MOTHER'S NAME \_\_\_\_\_ FATHER'S NAME \_\_\_\_\_  
(or guardian) (or guardian)

CELL PHONE NUMBER(S) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

SCHOOL NAME \_\_\_\_\_

**INSURANCE INFORMATION**

NAME OF HEALTH PLAN \_\_\_\_\_

SUBSCRIBERS NAME \_\_\_\_\_  
(first) (m) (last)

GROUP NUMBER \_\_\_\_\_ AGREEMENT NUMBER \_\_\_\_\_

**EMERGENCY CONTACT**  
**(DO NOT LIST YOUR HOME PHONE)**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

(\*WILL ONLY BE USED IN AN EMERGENCY)

**PERSONAL HEALTH INFORMATION**

PLEASE LIST ANY ALLERGIES OR SPECIAL NEEDS (MEDICAL OR OTHERWISE) THAT YOU FEEL THE  
COACHES SHOULD BE MADE AWARE OF & INSTRUCTIONS IF NECESSARY

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\* Registration Fees and Fundraising Fees are non refundable after May 1<sup>st</sup>, 2010.



RETURN THIS FORM TO REGISTER

**BETHEL PARK JR. CHEERLEADERS**  
**Rules and Responsibilities - Parent Section**

Parent  
initial  
each box

**PARENT SECTION – Please Initial the Box next to each section and sign the bottom**

- I, the parent or guardian, of the below named cheerleader for the B.P.J.C., hereby give approval to her participation in any and all league activities during the current season. I will assume all risks and hazards incidental to such participation; including transportation to and from the activities; and so hereby waive, release, absolve, indemnify and agree to hold harmless the league organization, sponsors, managers, coaches, and other participants. I am responsible for accidental/health insurance coverage.
  
- I grant permission to managing personnel or other league representatives to authorize and obtain medical care from any licensed physical, hospital, or medical clinic, should she become ill or injured while participating in league activities away from home, or at other times when neither parent is available to grant authorization for emergency treatment. I agree to have an adult present at all games and assume responsibility for my child.
  
- I understand that Registration Fees and Fundraising Fees are non refundable after May 1<sup>st</sup>. Only exception is a cheerleader registered that makes 8<sup>th</sup> grade cheerleading and notifies a board member by Uniform Fitting that the Registration Fee and Buy Out are Refundable. Fundraising Fees for girls who make 8<sup>th</sup> grade cheerleading is only refundable beyond May 1<sup>st</sup> only if fundraising items orders can be adjusted
  
- I understand that when I am attending ANY game, practice or organization function, I am representing the BPJC organization and will do so with dignity. I further understand that if I am yelling obscenities at any participant/coach, taunting any participant/coach, verbally confronting/assaulting any participant/coach, or otherwise engaging in any behavior which is not befit an adult, I will be asked to leave the game and may not be permitted to attend my child's future activities for a period of one season.
  
- I understand that there is a 24 hour rule for addressing coaches regarding any issues that I may have following any game or practice, and that I take responsibility for passing this information along to any friends or family members who may attend practices or games.
  
- I understand that all balances owed for Registration, Fundraising and Uniform must be paid in full prior to the start of camp for my cheerleader(s) to participate. Any checks returned for non sufficient funds require reimbursement of the face amount of the check plus all fees assessed at the current banking rates within 10 days, otherwise cheerleading privileges are suspended. I understand that if my cheerleader must withdraw after uniform pieces have been ordered, I am required to pay for uniform pieces ordered that cannot be returned or resold.
  
- Smoking at BPJC Events -- BP Rec policy prohibits smoking around participants during a Rec event. We have cheerleaders with health issues that are impacted. Please refrain from smoking at field level or within close proximity to the girls while practicing or cheering. We appreciate your support.
  
- I have read and understand the ATTENDANCE POLICY for practices and games and HARRASSMENT/BULLYING POLICY. If we cannot adhere to these requests, I understand my daughter will be released from the squad and she can register the following season.

PARENT/GUARDIAN  
SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**FRIEND/CARPOOL REQUEST** – Each cheerleader may request 1 other cheerleader who cheers at the same level. The cheerleader you request must select you in return for the request to be considered valid.

I request \_\_\_\_\_ for my Friend/Carpool request for this season

\*\* If your friend request requires an update after registration, please email [bpjccheer@live.com](mailto:bpjccheer@live.com) by July 1<sup>st</sup>.



**RETURN THIS FORM TO REGISTER**

**BETHEL PARK JR. CHEERLEADERS**  
**Rules and Responsibilities – Cheerleader Section**

**CHEERLEADER SECTION – Please initial each section and sign the bottom**

Violation of any of these rules will result in 1 demerit. Subsequent violations will result in additional demerits, suspensions and dismissal from the program.

**Conduct**

Cheerleader  
initial each  
box

1. Have a coach present, for any acrobatics, stunts or practicing of mounts.
2. Always show good sportsmanship.
3. While at any cheerleading practice, game or function; conduct yourself with dignity.
  - a. Profane or abusive language is prohibited.
  - b. Any form of substance abuse is prohibited.
4. Know all of your cheers, sidelines and dance routines. Inform your coach if you need additional help.
5. Show respect to your coaches, business managers, fellow cheerleaders and all others.
6. Food, gum or drink (other than water or clear sports drinks) is prohibited during practices, games or other cheerleading functions unless specified by your coach.

**Uniform:**

1. Keep all uniform pieces, including shoes and laces, clean and neat.
2. The skirt and vest is for cheerleading or school spirit activities only.
3. No one outside of the BP Hawkettes organization can wear your uniform.
4. Full uniform and ALL accessories, including jackets, must be in your cheerleading bag and available at all times.

**Appearance:**

1. Wear appropriate clothing for all practices
2. Sport-type shoes only (no zippers on shoes) with socks
  - a. Sports bra must have a shirt covering over top.
  - b. If any of these items are on your clothing, it cannot be worn for practice: denim, zippers, snaps, buttons or toggle tie pants.
3. No earrings or jewelry for practice, games or events.
4. Clear nail polish and light make up can be worn.
5. Hair must be pulled back, out of face and off of neck (no clips, hairpins, barrettes, beads or ribbons).
6. On Game Day – wear the uniform pieces designated by your coach.

\*\*I, the cheerleader, hereby agree to cheer for any squad I am assigned to. I will cheer in inclement weather. I will participate in all parades and all other activities deemed mandatory.

\*\* I have read and understand the ATTENDANCE POLICY for practices and games and HARRASSMENT/BULLYING POLICY.

CHEERLEADER  
SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

(If you daughter cannot sign her name, she can print it or please sign it for her.)



RETURN THIS FORM TO REGISTER

# BP Jr Cheerleaders

## Rules and Responsibilities – Harassment/bullying Amendment A

This Amendment becomes part of the BPJC Rules and Responsibilities effect August 2009.  
From our current Rules: Cheerleaders are required to show respect to your coaches, business managers, fellow cheerleaders and all others.

Harassment or bullying are both considered violations of the BPJC Rules and Responsibilities.

Bullying, physical, verbal, or relational intimidation of one member by one or more other members at any BPJC function is not allowed or tolerated. Bullies seek power by putting others in distress in some way.

Harassment is defined as the intent to annoy or alarm another person for no legitimate purpose. Harassment of any type (verbal, physical, or written) of one member by one or more other members at any BPJC function is not tolerated.

Expression that mocks or ridicules another person because of race, religious affiliation, handicap, gender, or national origin is also classified as harassment.

Incidents can be observed by coaches, other cheerleaders or parents and should be immediately reported to any Coach or Board Member. An immediate request to stop the behavior will be made when the incident is observed. Incidents reported after the fact will be dealt with immediately upon notification. When the incident involves multiple girls 'ganging up' on another, all girls reported are considered in violation and will be reprimanded.

### **Demerit System/Reprimand Policy –**

- **First offense** – Immediate request to the cheerleader(s) in violation of this rule to stop the behavior. Results in 1 Demerit. Notification made to parents of all cheerleaders involved to insure agreed upon corrective action is in place.
- **Second offense** – Immediate suspension of the cheerleader(s) in violation of this rule from the current BPJC event or the next BPJC event when the incident is reported after the fact. Results in 2 Demerits. Notification made to parents to insure agreed upon corrective action is in place.
- **Third offense** – Immediate suspension of the cheerleader(s) in violation of this rule. Notification made to parents. A special meeting of the Board, any impacted coaches, cheerleaders and parents must be held before the suspended cheerleader(s) can participate in any BPJC function.

**The Board reserves the right to remove cheerleader(s) in violation of this rule from our roster beginning with a First Offense in the event an agreed upon corrective action cannot be achieved.**

**\*\*THESE RULES ARE ENFORCED FOR THE SAFETY OF THE GIRLS AND FOR THE ENJOYMENT AND BENEFIT OF ALL ON THE SQUAD.**

\*\*\*\*Please keep this page for your records\*\*\*\*

# ATTENDANCE POLICY

LAST REVISED 02/2010

Cheerleading is a unique team sport. We don't have extra's on the bench waiting to play. Every girl has a role, and if someone is missing, the whole squad is thrown off. This is why attendance is so very important, and why we appreciate your support. We permit friend requests for carpool needs and provide you with contact information for your squad so no cheerleader should never miss a game, camp or practice because they do not have a ride.

## MISSED PRACTICES / CAMP ONLY

All notifications of absences must be submitted via email to [bpjrcheer@live.com](mailto:bpjrcheer@live.com) or by leaving a message on the Hotline 412-831-6800 X720. Notification must be given in advance for vacations or before camp ends on the miss date if it an unplanned miss. \*\* It is important that you use these two methods to inform us--telling one person one day at camp that you will miss another day of camp may not get communicated appropriately.

An absence for ANY reason is considered an absence (this means ANY reason at all---sickness, transportation problems, family emergencies, vacations, other activities---anything!)

You are allowed four (4) camp misses IF you notify us **BEFORE** camp begins. If you miss without prior notification, it automatically counts as the FIFTH absence, see below:

Fifth Absence: Sit out first half of upcoming game.

Sixth Absence: Sit out entire first game.

Seventh Absence: Dismissal from the program.

## MISSED PRACTICES / SEASON ONLY

We make every attempt to not schedule practices during the week once the second week of school starts. Once the football season starts, practices are held before the game. If you plan on cheering the game, you must plan on attending the practice session immediately before your game. You need to be there at the time specified so your coach can prepare /make adjustments as needed. If you miss the practice, you do not participate in half time for that game. \*\*\*If you are running late and will not be at the field for your arrival time, you must notify your coach before practice starts. Failure to notify a coach prior to the arrival time carries the same repercussions as a SECOND MISSED GAME (below).

## MISSED GAMES

When a girl misses a game, this affects the rest of the squad who is depending on her to perform stunts and the half-time show.

Missing ONE game is considered Excused as long as you notify the coach before practice for that week's game. If you do not notify your coach ahead of time, then it's not excused and you will be asked to sit out the first half of the next game.

Second missed game: Sit out entire next game. You attend the game in uniform and sit on the sidelines.

Third missed game: Dismissal from squad.

Any girl required to sit out a game or any part of a game and does not show up to the game ON TIME IN UNIFORM to sit her time out will automatically be dismissed from the program. Girls will "sit out" on the field with their coaches--not their parents or friends in the stands.

## LEAVING AFTER HALFTIME

All cheerleaders are expected to cheer for the entire game. ONE leave after halftime is excused for the season, but please notify the coach ahead of time. Further requests to leave after halftime will be met with the same repercussions as missing the second game as listed above and so on.

\*\*\* Please keep this page for your records\*\*\*