Davidson High School

2026-2027

Cheerleader Tryout Package

Varsity Cheerleader Coach: Kim Finch

kfinch@mcpss.com

251-221-3084 x 23028

DAVIDSON CHEERLEADER TRYOUT ELIGIBILITY INFORMATION

1. Parents and athletes should attend a mandatory pre-tryout meeting on March 12, 2026, at 6 pm.
2. Parents and athletes should thoroughly read all information provided in the packet and agree to follow the rules and requirements prior to submitting packet.
3. All tryout paperwork must be fully completed and submitted no later than March 19, 2026, at 2:36 pm.
4. Athletes must meet all eligibility requirements
    a. All 9th-11th grade students must have attended Davidson High School during the 25-26 school year.
    b. 9th grade students coming from Clark and Barton should follow C and D guidelines.
    c. 8th grade students must live in Davidson's district and have intentions of attending school at Davidson for the 2026-2027 school year. (2 proofs of residence required)
    d. OR 8th grade students must show proof of acceptance into Davidson's EPIC or IB program for the 2026-2027 school year.
    e. All students must present a fully complete, CLEARED physical form. All physicals should be dated in March 2026.
    f. All students must have a 2.0 grade point average as set forth by AHSAA. Davidson students should submit a transcript, and middle schoolers should submit all quarter report cards for the 2025-2026 school year.
    g. All students should submit a printed attendance report for the 25-26 school year. If student has chronic absenteeism (more than 18 days in a year), please attach a statement regarding reason of absenteeism.
    h. Cash or Money Order in the amount of $35 for the non-refundable tryout fee.
    i. A letter signed by a current administrator noting ZERO discipline infractions during the 2025-2026 school year.
5. Athletes should attend all days of cheer tryout clinic (March 24-26) and the final day (March 27) for the official tryout.
6. Athletes should adhere to all appearance rules for tryouts – this includes practice/tryout wear AND hair, nail, and jewelry rules. (Those who fail to follow rules will be removed from the tryout roster.)
    a. Black athletic shorts
    b. Black athletic shirt (short sleeves) (sports bra under)
    c. White athletic shoes
    d. Black ribbon
    e. Hair must not be longer than waistband of shorts, secured in one ponytail
    f. Nails must be natural color and cut short to end of fingertips
    g. No jewelry
7. Tryouts are closed to the public. Athletes are not allowed to access phones during tryouts.
8. Clinic and tryouts will be held in the Davidson High School Gymnasium from 3:30 pm to 5:30 pm daily.

IMPORTANT DATES

- MARCH 12, 2026 — MANDATORY PARENT/ATHLETE PRETRYOUT MEETING
- MARCH 19, 2026 — PACKETS & TRYOUT FEE DUE
- MARCH 24-26, 2026 — TRYOUT CLINIC
- MARCH 27, 2026 — OFFICIAL TRYOUT

DATES FOR SELECTED TEAM MEMBERS

- APRIL 1, 2026 — FIRST PAYMENT DUE
- APRIL 1, 2026 — PARENT/ATHLETE MEETING
- APRIL 7, 2026 — UNIFORM FITTING
- APRIL 2026 — PRACTICE BEGINS
- MAY, 1, 2026 — SECOND PAYMENT DUE
- MAY 2026 — PRACTICE
- JUNE 1, 2026 — THIRD PAYMENT DUE
- JUNE 2026 — STUNT CLINICS WEEKLY
- JUNE 2026 — PRACTICE
- JUNE 28-JULY 1, 2026 — CHEERLEADER CAMP
- JULY 1, 2026 — FINAL PAYMENT DUE
- JULY 2026 — STUNT CLINICS WEEKLY
- JULY 2026 — PRACTICE

DAVIDSON HIGH SCHOOL CHEERLEADER CONSTITUTION

PURPOSE

The purpose of the Davidson High School Cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself.

PHILOSOPHY

The cheerleading program at Davidson High School is well respected and admired due to the behavior and attitude of its participants and its dedication to tradition, school spirit, and support. Cheerleaders are in a position of visibility and must therefore hold themselves to the highest standards of conduct and performance, both in and out of uniform. Cheerleaders who violate responsibilities or demonstrate poor conduct will forfeit participation or membership in the program.

The program seeks individuals who:

- Set a positive example and demonstrate friendship and respect toward fellow students
- Aspire to great level of performance and work hard to maximize potential
- Displays and maintains good sportsmanship throughout the seasons.

Harmony, hard work, and commitment must exist for the program to succeed. The Davidson High School cheerleading program cannot function unless its members are united with one another and dedicated to the responsibilities outlined in this constitution.

UNIFORMS AND APPEARANCE

1. Uniforms, practice wear, undergarments, outerwear, shoes, socks, ribbons, poms, and megs are to be purchased by the individual cheerleader by the deadline set by the coach.
2. Each cheerleader shall be responsible for the care of her own uniform. Uniforms must be clean and pressed for every event. Uniforms must be in good repair always (hems, zippers, buttons, seams).
3. All uniforms must be altered by a seamstress to ensure proper fit throughout the season.
4. The appropriate length and fit of the uniform will be determined by the coach.
5. Uniforms are only to be worn in conjunction with school activities. Uniforms should be removed before attending a social event after a game.
6. No part of a cheerleader uniform, including outerwear, may be worn by anyone that is not a current Davidson cheerleader.
7. Only approved cheerleader outerwear may be worn with cheerleader uniform.
8. Bloomers may not be worn as shorts. Sports bras may not be worn as shirts. Skirts may not be worn over warmup pants.
9. Non-uniform items may not be worn as substitute uniform items.
10. Lost uniform items must be replaced at cheerleader's expense.
11. Poms are required at all practices, games, and events.
12. HAIR
    a. Must be secure and out of face (no down, side pieces)
    b. Must be natural color (no gray, coca-cola red, blue, pink, green, burgundy, orange, white, purple, etc. allowed)
    c. Must be able to go into a ponytail
    d. Must NOT extend past the waistband of the cheer skirt, up or down.
    e. A ribbon must always be worn while in uniform.
13. NAILS
    a. Natural and artificial nails must be trimmed short (END OF FINGERTIPS)
    b. Polish is restricted to clear and French tip – white/black only
    c. Artificial nail shape restricted to ALMOND/natural shape
14. JEWELRY
    a. May NOT be worn during practice or events
    b. Includes – necklaces, bracelets, anklets, waist beads, watches, ALL piercings (face, body, ears)
15. Any visible tattoo is not permitted and will result in immediate dismissal.
16. Extreme makeup is prohibited. Extra-long lashes and thick strip lashes are not allowed. Make up must be natural looking.
17. Body paint for game day must be pre-approved by coach.
18. Shoes must be always kept clean.
19. Socks should be the color and length assigned by the coach.
20. All cheer items must be carried in a designated cheer bag to games and events.

ATTENDANCE

1. All practices are required.
2. All games and events are required.
3. Absences from practices, games, or events will result in demerits and missed performances at pep rallies, games, or other events at discretion of coach.
4. A doctor's note must be provided if practice, game, or event is missed due to illness.
5. Summer camp is mandatory. Failure to attend camp will result in dismissal from the team.
6. Summer practices are mandatory. Summer vacation dates must be provided to the coach TWO WEEKS in advance to be excused.
7. A cheerleader must have prior permission from the coach to miss any game or practice due to extenuating circumstances. Birthdays, family functions, hair appointments, and/or work will NOT be considered extenuating circumstances.
8. Competition practices and events, including a parent showcase are mandatory.
9. Cheerleaders must be present at school to be eligible to participate in practice, game, or event.
10. Cheerleaders must inform the coach when absent from school or if getting an early dismissal.
11. A cheerleader who is too ill to attend school, practice, game, or event would be considered too ill to attend any other event occurring at the same time.
12. On all road trips and away games, the cheerleaders will be under the supervision of the coach from the time she arrives until the time she is dismissed. The coach has the authority to instruct the cheerleaders to leave the premises of the school immediately after the game/event has ended to ensure safety.
13. Tardies to games will result in sitting out quarters at coach's discretion.
14. Tardies to practices will result in demerit points and missed performances.

TRANSPORTATION

1. It is the parent's responsibility to provide transportation to and from camp, clinics, practices, games, fundraisers, and events.

ROLE OF THE PARENT

1. Parents are encouraged to be supportive of the cheerleading program. Please assist your child in upholding the rules and expectations outlined in this document.
2. Parents must not try to regulate or direct any part of the cheerleading program.
3. Coaches are available and happy to discuss questions or concerns outside of practice, game, event times. Serious concerns may require administrative presence.

FINANCIAL OBLIGATIONS

1. Each cheerleader is responsible for the full cost of participating in the program. Balances must be paid in full by the date assigned by the coach. The full cost of camp and camp related items must be paid in full before the camp date. Cheerleaders are required to have a zero balance to try out for a second sport (same year) or cheerleading the following year. A zero balance will also be required to participate in graduation.
2. Once items are ordered, any cheerleader who quits or is dismissed from the team will still be responsible for any non-refundable camp costs or ordered items. Cheerleader gear may only be worn by an active cheerleader.

CHEERLEADER FEE FOR 2026-2027 SCHOOL YEAR

DESCRIPTION	COST	Additional if new to VARSITY
CAMP	$580	
UNIFORMS	$600	+ additional $600 if NEW VARSITY
SHOES	$120	
LINER and BLOOMERS	$100	
CAMP WEAR	$300	
POMS and RIBBON and SOCK	$100	
WARMUPS	$200	
STUNT CLINICS	$140	
COMPETITION COREOGRAPHY/FEE	$260	

TOTAL COST FOR JUNIOR VARSITY CHEERLEADERS (NEW OR RETURNING) $2400

TOTAL COST FOR NEW VARSITY CHEERLEADERS $3000

TOTAL COST FOR RETURNING VARSITY CHEERLEADERS $2400

Payments of $600 will be due on April 1st, May 1st, June 1st, and July 1st

FUNDRAISING

1. Various fundraisers will take place throughout the year to support the cheer program. Funds raised for the cheer program will be used or props, competition related expenses and fees, and various other expenses. Each cheerleader will be expected to support ALL cheer program fundraisers. Parental support in raising funds is vital and appreciated.
2. A Fundraiser for individual balance support will take place within the first month of team selection.

HEALTH AND STRENGTH

1. Team members are expected to maintain their health and strength to have the ability to cheer, tumble, and stunt. Regular conditioning and strength training is part of the cheer program. If ANY condition arises – physical, mental, or emotional – that interferes with the safety and function of a cheerleader, proper precautions will be taken to protect the safety of the cheerleader and other team members.
2. If a cheerleader becomes injured and is unable to practice and perform with the team, a medical release note must be submitted by a doctor to remove the cheerleader from activity and to clear the cheerleader back into activity. It is expected the injured cheerleader will remain in attendance to all functions, even though participation is limited or prohibited.
3. Cheerleaders should be prepared to perform any stunt, jump, or tumbling performed at tryouts at any event throughout the season.

SOCIAL MEDIA/TEAM COMMUNICATION

1. Team members must always demonstrate respect and good behavior. All interactions, including those on social media, must reflect decency, kindness, and integrity. All text, comments, photos, videos, reposts, and background music shared or posted via Instagram (including spam/private pages), Snapchat, Facebook, X, Tik Tok, You Tube, etc. must follow these guidelines.
2. Cheerleaders must not display any negative reflection of Davidson and the cheerleading program in any post on social media.
3. Members who choose to conduct themselves poorly via social media will be subject to disciplinary action and/or dismissal from the team.
4. All team communications through text messages must be monitored in a group with the coach. Cheerleaders should not have a private group chat that involves all team members. The same guidelines for social media should be followed in all group messaging systems – APPETEGY, BAND, and text messages.

GRADES

1. All cheerleaders should maintain C or higher averages in all classes throughout the school year. Progress reports and report cards will be monitored for academic progress. If at the time grades are checked, the cheerleader has below a C average, she will be required to attend tutoring until the grade is brought back to passing.
2. D or E on progress report will result in assignment to tutoring.
3. D on a report card will result in 5 demerits and 1 week of probation.
4. E on a report card will result in 10 demerits and 2 weeks of probation.

STUNT GUIDELINES AND RULES

Both Varsity and Junior Varsity Cheerleaders will be required to stunt. Davidson is approved to stunt at level 2. which is to full extension.

1. All team members, regardless of prior experience, will be required to follow stunting progression to ensure consistent proper execution of a skill or stunt before moving on to the next skill or stunt.
2. No cheerleader may stunt if he/she is not wearing the proper attire.
   Clothing should be fitted. Absolutely no jewelry of any kind is permitted. Medical alert bracelets must be taped and may be visible. Nails must be kept short, near the end of the fingers; artificial nails must meet requirements. Hair must be pulled up and away from face and shoulders. Hair devices must be secure (no claw clamps, no jeweled hair barrettes, or bobby pins). Cheer shoes must be worn to stunt.
3. The coach will determine who participates in specific stunt groups.
4. Every team member will learn the basic "how to" of stunting and will be placed in several positions for maximum learning a growth potential.
5. **Stunting may only be practiced or performed under the supervision and instruction of a certified coach.**
6. Whenever stunting is being practiced or performed, only those cheerleaders assigned to stunt by a coach may do so.
7. Only coaches may assign or change stunting positions or groups amongst team members.
8. There is no unnecessary talking allowed during stunting. Back spots will call out counts for execution.
9. A base must not hold objects in a hand that is supporting a top person.
10. No gum or candy may be chewed in mouth during practice or performance.

COMPETITION

1. All cheerleaders will participate in the game day division of regional and state competition.
2. Competition takes place in the months of October and November.
3. An additional UCA competition will be considered depending on funding and the skill level and commitment of the team.
4. Competition practices and events are mandatory.

GENERAL CONDUCT

The cheerleading program at Davidson High School is well respected and admired due to the behavior and attitude of its participants and its dedication to school spirit and support. Cheerleaders are in a position of visibility and must therefore hold themselves to the highest standards of conduct and performance, both in and out of uniform. Cheerleaders who violate responsibilities or demonstrate poor conduct will forfeit participation or membership in the program.

1. Possession or use of drugs, alcohol, tobacco, vape will result in immediate dismissal.
2. Any infraction resulting in suspension will result in immediate dismissal from the team.
3. Any infraction resulting in in-school suspension will result in 10 demerits (2 weeks probation).
4. Inappropriate behavior while in uniform will result in 5 demerits (1 week probation).
5. Inability to cooperate with the coach, captain, or team will result in 5 demerits (1 week probation).
6. Negative reflection on social media will result in 5 demerits (1 week probation). The severity of the violation may result in additional demerits and probation at coach's discretion.
7. Leaving practice, game, event without permission will result in 5-10 demerits (1-2 weeks probation) at coach's discretion.
8. Lying to the coach will result in 5 demerits (1 week probation).
9. Bad remarks from faculty will result in 3 demerits.
10. Poor attitude will result in 3 demerits.
11. Poor effort will result in 3 demerits.
12. Poor sportsmanship (taunting/disrespecting opposing team) will result in 3 demerits.
13. Lack of pep or smile will result in 1 demerit first three times and 3 demerits each additional time.
14. Public display of affection (hugging, kissing) in uniform will result in 2 demerits.
15. Use of phone during practice, game, event (without permission) will result in 2 demerits.
16. Eating at inappropriate time (chewing gum) will result in 2 demerits.
17. Inappropriate language will result in 2 demerits.
18. Unnecessary conversation with team or crowd during game or event will result in 2 demerits.
19. Attendance violations (team) will result in 1-5 demerits.
20. Appearance violations will result in 1-5 demerits. (Visible tattoo 20 demerits, immediate dismissal)
21. Grade violations will result in 1-5 demerits.
22. Stunting violations will result in 1-5 demerits.
23. Cheerleaders will not be permitted to participate in games and events if fees are overdue/unpaid.

DEMERITS, PROBATION, & DISMISSAL

In addition to immediate consequences for rule violations, a demerit system will be utilized for disciplinary purposes. This system assigns negative points for rule violations. All demerits will be assigned by the coach.

Probation will be defined as having to sit out one or more game or event due to violations.

Cheerleaders are still required to attend practices and events while on probation.

Cheerleaders on probation may not wear the uniform to school or participate in pep rallies.

Cheerleaders will sit out one (1) game after accumulating 5 demerits and two (2) games after accumulating 10 demerits. Probation will be effective immediately following the assignment of demerits.

Parents will be notified when a cheerleader reaches 10/15 demerits.

Cheerleaders receiving 15 demerits will be dismissed from the team.

Suspension from school will result in automatic dismissal from the cheer team.

Any cheerleader who is dismissed from the team or who quits the team will not be eligible to try out for cheerleading the following school year.

Davidson High School Cheerleading

Parent Agreement

2026-2027

If my son or daughter is chosen as a member of Davidson High School varsity or junior varsity cheer teams, I promise to encourage my child to promote school spirit, demonstrate good sportsmanship, follow the rules set forth in the cheerleading constitution, and represent Davidson High School in an honorable fashion. I will encourage my child to be responsible and plan to ensure he/she will attend and be prepared for all practices, games, events, and fundraisers.

I have read and fully understand the Davidson High School Cheerleader Constitution, Stunt Guidelines, and Demerit System. Further, I agree to abide by all the rules and policies that the documents detail.

I understand the financial obligation and agree to pay all money due for cheerleading expenses by the date set forth in this tryout packet.

I understand that my child may be removed from the team at any time due to misconduct and that if my child is dismissed from the team or voluntarily resigns from the team, I will forfeit all monies paid and will be responsible for any remaining balance due once items have been ordered.

I understand that as a cheerleader of Davidson High School, my child is expected to attend all scheduled practices, events, fundraisers, competitions, and games, including regional games and playoff games. In addition, my child may be required to perform at various pep rallies, orientations, parent nights, senior nights, community services events, feeder school pattern events, or any other event requested by administrator or athletic director.

I understand that summer camp and practices are mandatory.

As a parent, I agree to address any issues related to cheerleading with my child's coach. If I do not feel that the issue has been resolved, I may contact the athletic director next, and then the administrator in charge of cheerleading.

By signing this agreement, I affirm my commitment to the cheerleading program at Davidson High School. I understand that this commitment begins at the conclusion of tryouts and continues until the tryouts for the following school year.

Parent Name (printed): _____

Parent Signature: _____ Date: _____

Parent Name (printed): _____

Parent Signature: _____ Date: _____

***RETURN A HARD COPY OF THIS FORM**

Davidson High School

Cheerleading 2026-2027

Informed Consent, Waiver, Release, and Acknowledgement Agreement

Warning: *Cheerleading is a vigorous physical activity involving motion, rotation, and height in a unique environment, 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 his/her head, neck, or back.*

I/We, parent(s) and or legal guardian(s) of _____, who is a student at Davidson High School, wishes to participate in the Davidson High School Cheerleading Program. I/We voluntarily give my/our consent for such participation by my son/daughter.

Cheerleading is an activity that may involve airborne inversion of the body and therefore possesses increased potential that any one of the routines involving my/our child's participation could lead to serious injury, paralysis, or even death. I/We understand that my/our child 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 ability. These activities include but are not necessarily limited to a variety of tumbling maneuvers and a variety of mounts, tosses, and stunts requiring time coordination of more than one participant on the squad. 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. I/We understand that the inherent risks of cheerleading cannot be eliminated without jeopardizing the essential qualities of the activity/sport. I/We understand and appreciate the risks and still desire my/our child to participate.

I/We represent that to the best of my/our knowledge and belief, my/our child has no physical, medical, or psychological disability or other limitations that would restrict his/her ability to fully participate in this activity. I/We agree to notify immediately the appropriate school personnel in the event of any change in my/our child's health status. In the event of injury, I/we, as parent or legal guardian, authorize Davidson High School (representatives) to obtain necessary medical treatment for my/our child, and release and hold harmless releasees in the exercises of this authority. I further acknowledge that I/we will be responsible for all medical and related bills that may be incurred on my/our child's behalf.

I/We also understand that my/our child will be required to travel to locations off campus for the purpose of participating in cheerleading activities and the transportation must be provided by the parent.

I/We agree to and by signing this agreement release the coaches, advisors, volunteers, and staff of Davidson High School and the Mobile County Public School System from any claim of negligence by myself/ourselves, and my/our child, and from any liability arising from claims for damages for injure to my/our child and any claims for loss or damage to his/her property which may arise of his/her participation in this school sponsored program for the 2023-2024 year.

In Witness thereof, I/We have affixed my/our signatures to this agreement.

Parent/Guardian Name (Printed) _____

Parent/Guardian Signature _____

Date of Signature _____

Parent/Guardian Name (Printed) _____

Parent/Guardian Signature _____

Date of Signature _____

***RETURN A HARD COPY OF THIS FORM**

TRYOUT CHECKLIST

— Attend the pre-tryout parent/athlete meeting on March 12th, 6 pm, DHS lecture room

- TURN IN THE FOLLOWING BY MARCH 19th, 2:36 pm

— Application (white paper)
— Parent agreement (white paper)
— Informed consent, waiver, release and acknowledgement agreement (white paper)
— Completed physical – cleared and signed by doctor (white paper)
— Copy of front and back of insurance card
— Copy of transcript (grade 9-11 only)
— Copy of quarter 1, 2, and 3 report cards (8th grade only)
— Printed attendance report from 25-26 school year; note explaining chronic absences
— 2 proofs of residence in Davidson district (8th grade only) OR
— Acceptance letter for Davidson's IB or EPIC program
— Confirmation of ZERO discipline incidents 2025-2026 signed by admin. (this page)
— $35 tryout feel (cash, money order, or check made payable to Davidson HS)
— SECURE ALL ITEMS TOGETHER WITH A CLIP

Student Name _____ Date _____

The administrator's signature on this form is verification that the student listed above has had ZERO discipline incidences reported in Power Schools for the 2025-2026 school year.

_____ _____

ADMINISTRATOR'S PRINTED NAME ADMINISTRATOR'S SIGNATURE

Comments: _____

_____

ALABAMA HIGH SCHOOL ATHLETIC ASSOCIATION

Preparticipation Physical Evaluation Form

Revised 2018

Revised 2018

History

Name_____ Sex _____ Age_____ Date_____ Date of birth _____

Address _____ Phone_____

School _____ Grade _____ Sport _____

Explain "Yes" answers below:	Yes	No
1. Has a doctor ever restricted/denied your participation in sports?	☐	☐
2. Have you ever been hospitalized or spent a night in a hospital?	☐	☐
Have ever had surgery?	☐	☐
3. Do you have any ongoing medical conditions (like Diabetes or Asthma)?	☐	☐
4. Are you presently taking any medications or pills (prescription or over-the-counter?	☐	☐
5. Do you have any allergies (medicine, pollens, foods, bees or other stinging insects)?	☐	☐
6. Have you ever passed out during or after exercise?	☐	☐
Have you ever been dizzy during or after exercise?	☐	☐
Have you ever had chest pain or discomfort in your chest during or after exercise?	☐	☐
Do you tire more quickly than your friends during exercise?	☐	☐
Have you ever had high blood pressure?	☐	☐
Have you ever been told that you have a heart murmur, high cholesterol, or heart infection?	☐	☐
Have you ever had racing of your heart or skipped heartbeats?	☐	☐
Has anyone in your family died of heart problems or a sudden death before age 50?	☐	☐
Does anyone in your family have a heart condition?	☐	☐
Has a doctor ever ordered a test on your heart (EKG, echocardiogram)?	☐	☐
7. Do you have any skin problems (itching, rashes, staph, MRSA, acne)?	☐	☐
8. Have you ever had a head injury or concussion?	☐	☐
Have you ever been knocked out or unconscious?	☐	☐
Have you ever had a seizure?	☐	☐
Have you ever had a stinger, burner, pinched nerve, or loss of feeling or weakness in your arms or legs?	☐	☐
9. Have you ever had heat or muscle cramps?	☐	☐
Have you ever been dizzy or passed out in the heat?	☐	☐
10. Do you have trouble breathing or do you cough during or after activity?	☐	☐
Do you take any medications for asthma (for instance, inhalers)?	☐	☐
11. Do you use any special equipment (pads, braces, neck rolls, mouth guard, eye guards, etc.)?	☐	☐
12. Have you had any problems with your eyes or vision?	☐	☐
Do you wear glasses or contacts or protective eye wear?	☐	☐
13. Have you had any other medical problems (infectious mononucleosis, diabetes, infectious diseases, etc.)?	☐	☐
14. Have you had a medical problem or injury since your last evaluation?	☐	☐
15. Have you ever been told you have sickle cell trait?	☐	☐
Has anyone in your family had sickle cell disease or sickle cell trait?	☐	☐
16. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints? ☐ Head ☐ Back ☐ Shoulder ☐ Forearm ☐ Hand ☐ Hip ☐ Knee ☐ Ankle ☐ Neck ☐ Chest ☐ Elbow ☐ Wrist ☐ Finger ☐ Thigh ☐ Shin ☐ Foot	☐	☐
17. When was your first menstrual period?_____ When was your last menstrual period?_____ What was the longest time between your periods last year?_____		
Explain "Yes" answers: _____ _____ _____ _____ _____		

I hereby state that, to the best of my knowledge, my answers to the above questions are correct.

Signature of athlete _____ Date _____

Signature of parent/guardian _____

DUPLICATE AS NEEDED

FORM 5

Rev. 2018 *(The revised 2018 form is the official form accepted by the AHSAA.)*

Preparticipation Physical Evaluation

_____

Student's name

Rule 1, Sec. 14 — In order for a student to be eligible for interscholastic athletics, there must be on file in the Superintendent's or Principal's office a current physician's statement certifying that the student has passed a physical exam, and that in the opinion of the examining physician (M.D. or D.O.) the student is fully able to participate in interscholastic athletics (Grades 7-12). The AHSAA Physicians Certificate (Form 5 Rev. 2018) must be used. **A physical exam will satisfy the requirement for one calendar year through the end of the month from the date of the exam. For example, a physical given on May 5, 2025, will satisfy the requirement through May 31, 2026.**

Physical Examination

Height _____ Weight _____ BP ____ / ____ Pulse _____

Vision R 20 / ____ L 20 / ____ Corrected: Y N

Revised 2018

			Normal	Abnormal Findings
LIMITED		Cardiovascular		
		Pulses		
		Heart		
		Lungs		
		Skin		
COMPLETE		E.N.T.		
		Abdominal		
		Genitalia (males)		
		Musculoskeletal		
		Neck		
		Shoulder		
		Elbow		
		Wrist		
		Hand		
		Back		
		Knee		
		Ankle		
		Foot		
		Other		

Clearance:

A. Cleared

B. Cleared after completing evaluation/rehabilitation for: _____

C. Not cleared for: ☐ Collision
☐ Contact
☐ Noncontact ____ Strenuous ____ Moderately strenuous ____ Nonstrenuous

Due to: _____

Recommendation: _____

_____

_____

Name of physician _____ Date _____

Address _____ Phone _____

Signature of physician _____, M.D. or D.O. (Circle one)

(Form MUST be signed and dated by the attending physician even if physical was completed by a CRNP or PA.)