

**SSCA**  
**Information and Sign-Up Sheet**  
**Please Print Legibly**

Date: \_\_\_\_\_

How did you hear about us (Friend, Newspaper Ad, Website, etc.)? \_\_\_\_\_

Name of Student: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

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

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

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

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

Employer: \_\_\_\_\_ Employer Phone: \_\_\_\_\_

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

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

Employer: \_\_\_\_\_ Employer Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**MEDICAL INFORMATION**

Allergies: \_\_\_\_\_

Physical/Learning Disabilities: \_\_\_\_\_

**T-SHIRT SIZE**

**OFFICE USE ONLY**

**CLASS:** \_\_\_\_\_

**DAY/TIME:** \_\_\_\_\_

Registration Due	Tuition Due	Total Due	Total Paid	Payment Method	Staff Initials

**Southern Spirit, LLC**

**INHERENT RISK/ LIABILITY RELEASE FORM**

Every athletic activity has an inherent risk of injury. Cheerleading is no different. Cheerleading can remain reasonably safe as long as certain guidelines are followed. Cheerleading is an aerobic activity which includes jumping, stunting, motions, stretching, running, dance routines, and tumbling. Therefore, you must notify Southern Spirit, LLC if your child has any physical limitations in performing these activities. We require that all physical limitations must be on file with Southern Spirit, LLC before you may participate in practices, classes, events, competitions or activities. You must also keep your coaches informed of all injuries and/ or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in Cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving possible paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

**BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:**

NEVER practice, stunt, or tumble unless a coach or coach's assistant is present. Always warm up appropriately by jogging (or other specific exercises) and stretching. Do not attempt a skill that you do not know how to perform safely and that has not been approved by a coach. Always use an attentive spotter when stunting. Always cheer in an area free from obstruction. Report all injuries to the coach as soon as they occur. Follow all trainer and doctor recommendations. Exercise or lift weights when appropriate to increase strength and guard against injuries. Always wear protective clothes and shoes. No jewelry or gum during class or practices. Always have hair securely pulled back from face and shoulders.

In consideration of the Participant's participation in classes, events, competitions, and activities at Southern Spirit, LLC, I agree to be bound by each of the following:

I agree to comply with the rules of Southern Spirit, LLC. I will only allow the Participant to participate Southern Spirit, LLC classes, events, competitions, and activities for which he/she is physically and mentally prepared. Prior to participation, he/she will have prepared appropriately in order to perform the skills individually, and without injury. I herein, give my consent to Southern Spirit, LLC to provide medical attention, transportation, emergency medical services (with a medical staff or facility of its choice) as may be warranted during Participant's attendance. I am fully aware of the risks of cheerleading. I represent that the Participant is physically fit and voluntarily participating in this activity. I agree that Southern Spirit, LLC, along with agents, officers, and directors of these organizations will not be liable for any losses or damages occurring as a result of the Participant's participation and I agree to release them from the same.

By placing my signature(s) at the bottom of this form, I hereby release Southern Spirit, LLC and its members, managers, employees, agents, assigns, and successors-in-interest from liability for any injury, damage, loss, expense or cost, of any kind of nature, arising from the participant's participation in physical activities at Southern Spirit, LLC.

In consideration of Southern Spirit, LLC allowing my child to participate in its cheerleading and related activities, I, the Participant's legal Guardian, hereby covenant and agree to indemnify, hold harmless and release Southern Spirit, LLC, its members, managers, employees, assigns and successors-in-interest (the "Indemnitee") from any and all damages, lawsuits, liability, losses, costs and expenses, of any kind or nature, that may arise, now or in the future, from the Participant's participation in cheerleading and related activities with Southern Spirit, LLC. Furthermore, I agree to indemnify the Indemnitee on demand if legal action is commenced or threatened against Indemnitee and to bear all costs related to the indemnification of Indemnitee. Indemnitee shall retain all authority to control its legal defense and choose legal counsel for said defense. I waive the defenses of lack of consideration and insufficient consideration and agree that the consideration recited herein is sufficient in all respects for all covenants made by me herein.

**Medical Information:**

I am covered by a primary health/accidental/medical insurance program through \_\_\_\_\_, Signature of Participant  
\_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent/Legal Guardian  
\_\_\_\_\_ Date \_\_\_\_\_

**PHOTO RELEASE**

I hereby give my permission for Southern Spirit, LLC to use pictures of the Participant for the purpose of marketing and advertising Southern Spirit, LLC and its program. Means of advertisement may include, but are not limited to, the following: web site, facebook, local newspaper, etc. I release any and all rights of any kind or nature, including but not limited to, copyrights or moral rights, that I may have in the pictures and assign and transfer the same to Southern Spirit, LLC

Signature \_\_\_\_\_ Date \_\_\_\_\_

POLICIES AND PROCEDURES I have received a copy of the polices and procedures INITIALS \_\_\_\_\_