FGC Cheerleading Tryout Packet 2020-2021

The FGC Club Cheerleading organization is focused on enhancing cheerleading abilities and techniques on the college level as well as promoting school spirit through participation in athletics events, on campus functions and community events.

Please complete and email this packet to fgccheer@gmail.com. (You can scan it in as a pdf or just take a picture of each page and email it in with any supporting documents.)

For the videos you can email them to fgccheer@gmail.com, upload them to youtube and share the link within the email or text them to (386)365-0976 (iphone compatible). If sending multiple emails or texts please make sure you send your name in each message/email.

Summer Tryout Deadline will be July 1, 2020 but you can send in your submissions now. There will be a second virtual tryout date for the fall semester. Those submissions will be due September 15, 2020 by midnight.

Tryout Eligibility

1. Must be an FGC Student. Full or part-time students are both welcome. If you are not registered for any 2020 classes yet please provide proof of completion of your FGC application.
2. Must have a 2.0 GPA or higher (if this is your first semester in college then high school gpa will suffice).
3. Must be available for 75% of cheerleading activities such as volleyball and men's basketball games, practices, community events and various campus events.

Virtual Tryout Information

Please submit a video or multiple videos showing the following skills:

1. Toe Touch
2. Front Hurdler (either leg)
3. A chant of your choice; FGC school colors are green, white and gold and our mascot is a Timberwolf. Please switch out the words in your chant as needed for your submission.
4. A dance of your choice. Dance must be at least 4 8-counts long or a minimum of 20 seconds. Can be an original, something you already know or something you learn off of youtube. (Male athletes can submit a dance but it is not required.)
5. Any tumbling skills you have; running or standing. While tumbling is not required, it will be additional points on your score sheet.

If you are nervous, have any questions or concerns, or want further guidance on selecting a chant or dance; please feel free to shoot an email to fgccheer@gmail.com and we will answer whatever questions you may have.

General Information

Name_____ FGC Student ID # (If Known)_____

DOB_____ Cell Phone # _____

Email Address_____

GPA:_____

Uni-Sex T-Shirt Size_____ Athletic Shorts Size_____Fitted Shirt Size_____ Sports Bra Size_____

Compression Short Size_____

Medical and Emergency Information

Emergency Contact Name and Phone #_____

Health Insurance Provider _____ Policy #_____ Group #_____

List any and all current injuries or health related problems:_____

_____

_____

Experience/Skills

Cheerleading Experience (years + school/gym/studio name):
High School:_____

All-Star:_____

Dance/Gymnastics:_____

List Consistent Standing and Running Tumbling Skills on dead floor if applicable (No Spring/mats):_____

_____

_____

List Stunting abilities/experience and preferred position:

_____

_____

_____

Weight-lifting bench press max if known:_____

Please attach and submit a recent photo with your application so help us keep your face with a name.

Participants Assumption of Risk

In consideration for the benefits to be derived from my participation in FGC Club Cheerleading, I hereby acknowledge the following: (1) I am aware that cheerleading involves risks and injury can occur; (2) I am aware that playing or practicing in FGC Club Cheer will be a dangerous activity involving MANY RISKS OF INJURY; and (3) I UNDERSTAND THAT THE DANGERS AND RISKS OF PLAYING OR PRACTICING MY SPORT INCLUDE, BUT ARE NOT LIMITED TO DEATH, SERIOUS NECK AND SPINAL INJURIES, WHICH MAY RESULT IN COMPLETE OR PARTIAL PARALYSIS, BRAIN DAMAGE, SERIOUS INJURY TO VIRTUALLY ALL INTERNAL ORGANS, BONES, JOINTS, LIGAMENTS, MUSCLES, TENDONS, AND OTHER ASPECTS OF THE MUSCULAR SKELETAL SYSTEM AND SERIOUS INJURY OR IMPAIRMENT TO OTHER ASPECTS OF MY BODY, GENERAL HEALTH, AND WELL-BEING. I further understand and acknowledge that the dangers and risks of playing or practicing my sport may result not only in injury, but serious impairment of my future abilities to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life.

Because of the danger of participating in Florida Gateway College Club Cheerleading, I acknowledge and understand the importance of following rules and regulations established by Florida Gateway College. I hereby agree to obey such rules, regulations, and instructions. I further acknowledge that I am in good physical condition and do not know of any condition or reason that I should not participate in my sport.

I RECOGNIZE AND ACKNOWLEDGE THAT FLORIDA GATEWAY COLLEGE AND THE STUDENT LIFE DEPARTMENT DO NOT CARRY ANY TYPE OF ACCIDENT OR HEALTH INSURANCE POLICY ON THE PARTICIPANTS IN FGC CLUB CHEERLEADING ACTIVITIES. I ALSO REALIZE THAT SPORTS INJURIES CAN BE CATASTROPHIC FOR THOSE WITHOUT PROPER MEDICAL COVERAGE.

I HEREBY RECOGNIZE AND ASSUME ALL THE RISKS ASSOCIATED WITH MY PLAYING OR PRACTICING MY SPORT AND RELEASE THE STATE OF FLORIDA, THE FLORIDA COLLEGE SYSTEM, FLORIDA GATEWAY COLLEGE BOARD OF TRUSTEES, FLORIDA GATEWAY COLLEGE, THE DEPARTMENT OF STUDENT LIFE, THE DIVISION OF STUDENT AFFAIRS, THE FLORIDA DEPARTMENT OF EDUCATION AND THEIR RESPECTIVE EMPLOYEES, AGENT REPRESENTATIVES, AND VOLUNTEERS FROM ANY AND ALL OBLIGATIONS, LIABILITIES, CLAIMS, DEMANDS, COSTS, AND EXPENSES, INCLUDING ATTORNEY'S FEES, OR DEMANDS OF ANY KIND OR NATURE WHATSOEVER WHICH MAY ARISE IN CONNECTION WITH MY PARTICIPATION IN ANY ACTIVITIES RELATED TO MY SPORT CLUB/FGC CLUB CHEERLEADING. I understand that the terms hereof serve as a release and assumption of risk for me as well as my heirs, estates, executors, administrators, and assignees.

In signing this agreement, I acknowledge and represent that I have read and understand it; that I sign it voluntarily and for full and adequate consideration, fully intending to be bound by the same; and that I am fully competent and at least eighteen (18) years of age or a current Florida Gateway College student.

I HAVE READ THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND AGREE TO BE BOUND BY IT.

_____ _____

Signature Date

_____

Print

Non-Hazing Agreement

Hazing is defined as: Any action or situation that recklessly, by design, or intentionally endangers the mental or physical health or safety of a student for any purpose including but not limited to initiation or admission into or affiliation with any student group or organization.

Hazing occurs if an individual or group causes or attempts to cause physical injury or other harm to a student including but not limited to emotional distress, or engages in any conduct which presents a threat to the student's health or safety.

Hazing occurs if an individual or group engages in an action or activity which has a tendency to or which is intended to demean, disgrace, humiliate, or degrade a student, which shall include but not be limited to, forced conduct that could result in extreme embarrassment, or other forced activity that could adversely affect the mental health or dignity of the student.

Hazing occurs if an individual or group's conduct that by design, intent or recklessness causes a student to be unable to reasonably to pursue or interferes with or attempts to interfere with a student's academic schedule or performance.

Hazing occurs if an individual or group causes, induces, pressures, coerces, or requires a student to violate the law or to violate any provision of Florida Gateway College regulations.

In response to allegations of hazing under this regulation it is not a defense that: a. The victim gave consent to the conduct b. The conduct was not part of an official organizational event or sanctioned or approved by the organization c. The conduct was not done as a condition of membership in the organization.

By signing, I understand that Hazing is not tolerated in any form, which includes but is not limited to acts committed by club officers, club members, coaches, or alumni.

_____

Signature

_____

Print

_____

Date