

# LAHC



# CHEERLEADER

**Fill in this application completely  
Bring a photo!!**

**Any questions? Contact Coach Joy: 323-252-8344**

**LA Harbor College**  
***Cheerleader Agreement***

I, \_\_\_\_\_ have read the LA Harbor College Cheerleading Team rules and regulations and understand the requirements, expenses, and consequences of improper actions. I understand the following:

- The Coach/Coordinator has the final say in my participation on the team.
- This is a team effort and I may be called upon to help in some ways throughout the year/season which are within my capacity, and will make every effort to do my share of assisting in the team's success.
- I am required to aid in transporting cheerleaders if possible.
- I am required to pay the budget presented to me in order to participate.

I have received a copy of the Rules and Regulations of the LA HARBOR COLLEGE Cheerleading Team and have fully read and understand the requirements, and consequences of improper actions. I understand what is expected of me to remain a member in good standing as a member of the team. I will keep myself knowledgeable and informed of all rules, and events, and realize the consequences for poor behavior or inappropriate actions may be severe. I will also do all I can to respect my teammates, coach, school and all persons associated with LA Harbor College at all times.

I understand that by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head.

By signing below, I have read and understand the rules and regulations associated with cheering for LAHC. I also understand the risks involved in cheerleading and will not hold LA Harbor College or any of its personnel responsible in the case of accident or injury at any time.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**LA Harbor City College**  
**Cheerleading Application**

**\*\*PLEASE FILL IN ALL INFORMATION COMPLETELY!!**

Name: \_\_\_\_\_ Nickname: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Class Standing: \_\_\_\_\_ Units Next Semester: \_\_\_\_\_ GPA: \_\_\_\_\_

E-mail: \_\_\_\_\_ AIM: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Major: \_\_\_\_\_

**\*Please note that no height, weight or age requirements exist. Knowing the above information helps to assess the overall make-up of the squad.**

Any Previous Injuries: \_\_\_\_\_ Allergies: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Permanent Address (put 'same' to denote identical address as above)

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

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

**EMERGENCY CONTACT INFORMATION:**

Primary Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**\*\*For your secondary emergency contact, please list someone other parent/guardian.**

Secondary Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Do you have a job? ( ) yes ( ) no

Work experience: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you drive? ( ) yes ( ) no      Do you have a reliable car? ( ) yes ( ) no

How is your time management? ( ) poor ( ) needs work ( ) it's ok ( ) good

Gymnastics ability:

- Standing back handspring: ( ) yes ( ) no ( ) with spot
- Series of back handsprings: ( ) yes ( ) no ( ) with spot
- Standing back tuck: ( ) yes ( ) no ( ) with spot
- Layout back flip: ( ) yes ( ) no ( ) with spot
- Full twists: ( ) yes ( ) no ( ) with spot

Other: \_\_\_\_\_

Have you been a (check all that applies) : ( ) base ( ) flyer ( ) back-spot ( ) front-spot

Have you ever been a leader of a club, team, organization, etc? ( ) yes ( ) no

If yes, what: \_\_\_\_\_

What are your most advanced stunts: \_\_\_\_\_  
\_\_\_\_\_

Dance experience: \_\_\_\_\_  
\_\_\_\_\_

Other talents (Athletic, Dancing, Singing, Musical): \_\_\_\_\_  
\_\_\_\_\_

Scholastic, school, and community honors you have received: \_\_\_\_\_  
\_\_\_\_\_

Why do you want to be a Harbor College Cheerleader? What important qualities do you possess that would benefit the squad? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_