

Student Athlete Binder Checklist

Specialties

BASE
TOP
TUMBLER
DANCER

LAST NAME
FIRST NAME
TEAM(S)
GRADE

SEASON START

Signed Out Returned

Uniform Bodyliner #

Student Email

Student Phone

Uniform Skirt #

Parent Email

Parent Phone

Uniform Shell #

Parent Email

Parent Phone

Completed Date Expiration Date

UPDATED DURING SEASON

Physical EL2 Completion Date

EL3 Consent & Liability Signed Date

Completed Date Expiration Date

EL3CH Heads up & Heat Stress Signed Date

Physical EL2 Completion Date

EL3 Consent & Liability Signed Date

Cheer Constitution

Athlete Emergency Card

EL3CH Heads up & Heat Stress Signed Date

Transportation Waiver

OHS Student Athlete Handbook

MEDICAL ALERTS

NFHS COURSES

Completion Date Expiration Date

**Concussion Course

**Heat Illness

**Cardiac Arrest

Vaping & E-Cig

Bullying, Hazing, Inapp Behavior

Social Media Use

Sports Nutrition

ATHLETE RESPONSIBILITY TRAINING

Athlete Accountability

Assigned Date Expiration Date

Take Charge of Your Choices

Make Helpful vs. Hurtful ...

Discipline Yourself So Others...

Control the Controllables

Own & Learn from Your Mistakes

Follow Through & Finish the Job

Teammate Accountability

Assigned Date Expiration Date

Own Your Responsibilities and Role

Recognize/Respect Your Ripple...

Consider Consequences Before...

Eliminate Excuses

Have Your Teammate's Back

Keep Commitments & Deliver ...

Captain's Accountability

Assigned Date Expiration Date

Exploring Leadership

How to Lead by Example

Confidence

Composure

Character

How to be a Vocal Leader

Encourager-Confidence Builder

Encourager -Refocuser

Encourager-Team Builder

Enforcer

CHEER SKILLS

JUMPS

Beginner Level At Level Hyperextended

Prep Arms/Counts

T-Jump

Tuck Jump

Rt Side Hurdler

Lft Side Hurdler

Rt Front Hurdler

Lft Front Hurdler

Toe Touch

Pike Jump

Double Toe

Triple -

TUMBLING

Began Completed Mastered

Hand Stand

Cartwheel

Roundoff

Front Walkover

Back Walkover

Back Handspring

Back Tuck

Full

Layout