

# Energizers Jump Rope Team 2017-18

## Requirements & Guidelines

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### Specific Tryout Information

- Tricks for try-outs will be modeled at the beginning of tryouts. There is also a video on the Energizer's website (go to BEE student club page for the link) showing the different skills & tricks students will be performing at tryouts.
- Students will be asked to perform these tricks as well as double & single bounce jumping. Students will also be asked to jump as long as they can without messing up to show their endurance.
- Tryouts will be on **Thursday, September 7** for **students 3<sup>rd</sup>-6<sup>th</sup> grades only!**
- Tryouts will **begin at 3:30 and end at 4:30.**
- At dismissal on September 7, your child will be called directly from his/her class to go to the gym. All students trying out should **come to school wearing tennis shoes. Your child will not be able to try-out if he/she does not have appropriate jumping shoes.**
- Parents/relatives, and/or friends are not allowed at the tryouts. Depending on the number of students trying out, tryouts on Thursday may go a little past 4:30 PM. Please be prepared to still arrive at 4:30 and wait in the car loop for your child. Please **do not** come into the school to wait for your child.  
**\*\*Please pick up your child in the car loop promptly at 4:30\*\***

### Team Practices, Performances, & Fees

- Afterschool practice will be once a week. Practice will be on **Tuesdays from 3:30-4:15.** Extra practices may be called when needed before special performances.
- Make plans to pick up your child promptly from practices at 4:15 each Tuesday. If an Energizer is late being picked up more than 2 times, they will not be able to stay on the team—no refunds will be given.
- Energizers' performances include: performing at PTA meetings, school programs/events, and parades.
- A **\$20 team fee** is required to be paid at the first practice. This fee covers one team t-shirt, one jump rope, one Energizers travel bag, and one water bottle. This fee will also go towards team costs & music.

### Grades & Behavior

- Each Energizer is expected to keep his/her grades in good standing. Only A's, B's, & C's are allowed on report cards to remain on the team. If grades fall below a "C" in any subject, he/she will be put on probation and will not be allowed to participate/perform until grades are improved with evidence from the next interim/report card.
- Classroom/school behavior is expected to be superior. 5 white slips in a quarter or an office referral/discipline report (major offenses outlined in BEE's "PBIS" plan) will exclude the Energizer from the next performance. It is the job of the Energizer to notify the sponsor of any discipline action.
- Any suspension from school will automatically be grounds for dismissal from the Energizers jump rope team—no exceptions or refunds.
- **Each member is expected to attend all practices and performances/events.**
  - Team Members are allowed 3 absences from any practices/performances. (2 excused & 1 unexcused) Excused absences include illnesses, doctor's appointments, and family emergencies. PLEASE send in a written note/doctor's note with the Energizer at the next practice explaining why they were out. If an Energizer reaches more than 3 absences for the year, this shall be grounds for dismissal from the Energizers jump rope team.
  - If an Energizer misses the practice prior to a performance, he/she will not be allowed to participate in that performance, even if it is excused. – no exceptions

**Mrs. Orillion and Ms. Davis**—Team Sponsors

**\*\*Please keep this page for your information and return the next page to your child's teacher or the school office.\*\***

**\*Energizers Jump Rope Team Tryouts: PERMISSION to Participate\***

This form is to be filled out completely and returned to your child's teacher or Bonne Ecole's school office by **Wednesday, September 6**, before the student is allowed to try-out, participate, compete, and/or perform.

**A student may not try out without a permission slip already turned in.**

The parent/guardian of \_\_\_\_\_ hereby gives permission for this student to participate in the Energizers jump rope team activities as long as the above requirements are maintained/adhered to.

**\*\*\*\*Parents, we ask that your child only attends try-outs if he/she can jump rope and has been practicing the tricks \*\*\*\***

**If your child can not attend practice on Tuesdays, we ask that he/she does not try-out as well.**

Team members will be notified by Monday, September 11 by one of the team sponsors.

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Student's name: \_\_\_\_\_

Student's grade: \_\_\_\_\_ Teacher's name: \_\_\_\_\_

Parent/Guardian's names: \_\_\_\_\_

Home address: \_\_\_\_\_

Home phone: \_\_\_\_\_

Mom's work phone: \_\_\_\_\_ Mom's cell phone: \_\_\_\_\_

Dad's work phone: \_\_\_\_\_ Dad's cell phone: \_\_\_\_\_

Emergency contact #1 \_\_\_\_\_ phone: \_\_\_\_\_

Emergency contact #2 \_\_\_\_\_ phone: \_\_\_\_\_

As in all activities, there is some risk of injury. Every reasonable precaution will be taken to provide for the safety and care of the student. In the event of an accident requiring emergency care, a reasonable effort will be made to notify the parent/guardian. I hereby authorize a representative of the Energizers jump rope team to make such arrangements necessary for my child to receive medical or hospital care, including necessary transportation. Under such circumstances, I further authorize the physician of the hospital to undertake such care and treatment as he/she considers necessary including hospitalizations, anesthesia, x-rays, injections and surgery. Furthermore, I understand that I will be financially responsible for any such treatment.

Please list and describe any medical condition or medical protocol we should know about:

\_\_\_\_\_  
I understand that it is each individual family's responsibility to transport or arrange transportation for their child to and from all practices and performances. I agree not to hold the St. Tammany Parish schools, sponsors, coaches, directors or anyone acting in its behalf, responsible for any injury occurring to the above-named student in the course of such extracurricular/co-curricular activities, including travel. I have read the above and agree to the conditions herein as the party responsible for the above named student, to all statements and terms. The information I have given is true and correct to the best of my knowledge.

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

\_\_\_\_\_  
Signature of parent/guardian

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

\_\_\_\_\_  
Signature of participating student