

Union JR/ SR High School Injury Warning

CHEERLEADING

Warnings

The occurrence of head, neck and back injuries in cheerleading usually result from falls. The primary concern of coaches and cheerleaders is to understand all the possible causes for falling and take precaution to prevent falls. The secondary concern is to manipulate the fall should one occur

Another common cause of injury in cheerleading stems from incorrect somersaults. Multiple somersaults, with or without twists and in different directions are common in higher levels of cheerleading. Coaches and Athletes should be careful to prevent uncontrolled landings on head, neck, or back. Proper lead-ups should be stressed so athlete will be familiar with their position in the air relative to landing area.

Disorientation is another problem for cheerleaders. Practicing a maneuver many times helps develop awareness in somersaulting. In multiple somersaults, a competent spotter should be present. It is imperative that athletes keep their eyes open throughout the maneuver to locate the landing area.

This warning does not cover all potential injury possibilities in cheerleading, but it is an attempt to make the cheerleaders and parents aware that fundamentals, coaching, and proper conduct are important to their safety and enjoyment in cheerleading at Union Jr./ Sr. High School.

The information above has been explained to me and I understand the procedures of cheerleading. I also understand the necessity of using the proper techniques while participating in cheerleading.

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____