



Cheerleading Tryout Packet 2022-2023

Dear Parents and prospective Cheerleaders,

We are so excited about your interest in our Sachse Cheer Program!

We want to ensure that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be a Sachse Cheerleader. Candidates selected to be a member of the cheerleading squad are expected to commit for the full cheerleading year (tryout date to tryout date). SHS Cheerleaders must give 100%, and complete their commitments and responsibilities to SHS cheerleading before anything else. SHS Cheerleaders will have additional duties, which they will be required to perform throughout the school year. These duties will include (but are not limited to): fundraising events, cheerleading camp, parades, preparation for homecoming festivities, games throughout the year, attendance at athletic playoff games, and participation in various school and community service projects. A great amount of time and energy will also be asked of the parents/guardians in providing transportation to some of the activities and in other miscellaneous functions during the year. Cheerleading is a year-round activity.

We hope you will discuss the expectations and obligations of being an SHS cheerleader with your son/daughter and agree that Sachse Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication, and develop group dynamics skills and responsibility. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support, we can work together to make this year at SHS a successful and memorable one. We look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to call or email one of us.

Sincerely,

Rachel Sawyer, Varsity
Isis Muniz Ochoa, JV
Kristina DeLozier, JVb

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<https://garlandisd.net/media/15517/download?inline>

Important Mandatory Dates

Pre-Tryout & Tryouts

March 30 6:00 PM	Tryout Information Meeting for interested cheerleaders & parents SHS Auditorium
April 25 5-7 PM	Forms due before participation in the clinic- Turn in on Canvas Tryout Clinic @ SHS Cafeteria
April 26 5-7 PM	Tryout Clinic @ SHS Cafeteria
April 27 5:30-7:30	Mock Tryouts @ SHS GYM (Mandatory for any one new to Sachse Cheer. Optional for all returners)
April 30	Tryouts at Memorial Pathway ~8:30 AM
April 30	Announcement of cheerleader squads for 2022-2023 (available in Canvas)

Post- Tryouts- More info given at Made-it meeting

May 4 6:00 PM	Mandatory MADE IT <u>Parent and Cheerleader</u> meeting @ SHS Auditorium - <u>1st Payment due ~\$400</u>
	Fittings: – This fitting is for camp clothes, sweats, shoes, and ordering additional cheer equipment.
June 22-25	Cheer Camp - Great Wolf Lodge (Grapevine, Texas)
August 8	First Day of School and Teacher Appreciation Breakfast
September 5	Labor Day Parade (Morning)
October 22 or 29	Sachse Fall Fest (Morning)
December 7	Sachse Holiday Parade (weeknight, usually a Wednesday)
January	UIL Competition
January 16	MLK Day Parade (morning)

Clinic Information

The clinic is not mandatory for try-outs but is highly recommended.

Tryout material will be taught, practiced & critiqued.

Monday, Apr 25, 2022	Tuesday, Apr 26, 2022	Wednesday, April 27
Learn material	Practice Material	Mock tryouts (Mandatory for all newcomers to Sachse Cheer)
5-7 PM, SHS cafeteria	5-7 PM, SHS cafeteria	5:30-7:30 PM, SHS gym

Attire:

- Athletic/cheer shorts, a T-shirt and tennis shoes/cheer shoes
- No half shirts or bra tops.
- No Nike Pros.
- No jewelry of any kind - including belly button rings, nose rings, etc.
- Hair should be up and secure.

Candidates

- Returning GISD students: you must have selected and been accepted to Sachse for the 2022-2023 school year.
- New to GISD: Make sure you have contacted Student Services and have that you have pre-enrolled for SHS. Documentation is required.

Additional Information:

- Clinic is open to eligible candidates only. No parents, friends, or ineligible candidates are allowed to attend.
- No recording will be allowed. We will provide a video of the routine performed by the choreographer and ensure it is accessible to all candidates.
- All paperwork must be turned in before participating in the clinic.
- If you cannot attend the clinic, it is your responsibility to see Coach Sawyer (Room 134) by April 26 for a tryout number. If you do not come by, it will be assumed that you are not trying out.

Tryouts

Date: Saturday, Apr 30, 2022

Time:

- Our school begins at 8:30 AM
- Your exact time will be determined by your tryout number which will be given on the second day of clinic

Location: Memorial Pathway Academy
[2825 S First St, Garland, TX 75041](#)

Attire:

- All Candidates- White crew neck t-shirt (no visible logos) tucked into shorts, white no-show socks, white shoes, white sports bra, hair in a ponytail, no bow, no nail polish, no jewelry
- Varsity Candidates – Orange knit shorts
- JV & b- Navy knit shorts
- Numbers must be worn on your shirt at chest level. You will receive your number at clinic and you are not permitted to switch numbers. Failure to wear the proper number will result in disqualification.

Procedure: Warm-up

- There will be time to stretch, and mats to warm up tumbling.

Full Group Performance

- All candidates will perform chant cheer and dance to show the judges what the material will look like. No judging will take place at this time.

Group Performance

- Candidates will perform in groups of 3 or 4
- The candidates will walk out in numerical order.
- Candidates will perform the dance & chant, then exit.
- This procedure will continue for all groups.

Individual Performance




- Candidates will re-enter one at a time, beginning with number 1.
- Candidates will perform an entrance (with optional tumbling. There will be mats available in the tryout gyms for tumbling). , a jump series (right hurdler, left hurdler, toe touch, optional jump), and a cheer. Jumps may be done in any order.
- In your cheer, you will be allowed to incorporate tricks. (Ex. Toe-touch jump, flip flop, standing back tuck, etc.)
- Exit

After candidates have completed both portions of their tryout, an administrator will dismiss the group. These tryouts are closed. Parents and friends may wait for their candidate outside of the building.

Results: Tryout results will be posted in the tryout Canvas page.

Judging Criteria

ENTRANCE			JUMPS				CHEER			CHANT			DANCE																					
Presence/ Poise	Tumbling (During Run-in)	Spirit/ Enthusiasm	Toe Touch	Left Hurdler	Right Hurdler	Optional Jump	Motion Technique	Voice Projection	Incorporation	Motion Technique	Timing	Projection	Motion Technique	Timing																				
5	10	5	10	5	5	5	10	5	5	10	5	5	10	5																				
Presence/Poise *Start at 5 points and for each item missing or lacking, knock down a point Shirt tucked in Shoes tied Proper Grooming Hair pulled out of face Energetic/upright walk Positive Posture			Toe Touch Left Hurdler Right Hurdler Optional Jump <i>*The Optional Jump may be any jump that the tryout candidate chooses to execute</i>				Motion Technique <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missed motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp</td></tr></table>			1-3	Motion levels off, lacking in sharpness, missed motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp	Motion Technique <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missed motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp</td></tr></table>			1-3	Motion levels off, lacking in sharpness, missed motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp	Motion Technique <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missing motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp</td></tr></table>		1-3	Motion levels off, lacking in sharpness, missing motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp		
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			Incorporation <i>*Refer to the GISD Jump/Tumbling Scoring Criteria</i>																															

Tumbling				Jumps		Incorporation	
*If a skill is not executed properly, then points may be deducted into a lower scale							
Running		Standing					
0	None	0	None	1-3	Below level jumps	1	Double toe connected (no whip)
1	Cartwheel	1-2	Back/Front Walkover or Cartwheel or Aerial			2	Double toe whipped
1-2	Round off			4-6	Level jumps	3	Toe BHS
3-4	Round off BHS	3-4	BHS			4	Toe Back
5	Round off 2 BHS	5-6	BHS x 2	7-10	Above level jumps	5	Toe BHS Back or better
6	Series (3 or more BHS)	7-8	Standing Back				
7	Round off BHS Back	8-9	BHS Back				
8	Series to back	10	Standing Full				
9	Layout or whip to back						
10	Full or specialty full						
*BHS = Back Hand Spring				*Jump scoring can drop to the point category below if feet are flexed, if knees are bent or if landings are with feet apart.			

Cheer Squads

A. Varsity

- a. The Varsity Squad will be composed of sophomores, juniors and seniors.
- b. Candidates must score above the minimum score of 50 to earn a spot.
- c. Eight spots will be filled by the four top-scoring seniors and the four top-scoring juniors.
- d. Eight spots will be filled by the next highest scores.
- e. After the initial 16 spots have been filled, Fine Arts administration will review the next six highest scores for a natural break. If a natural break is present candidates above the break will be added to the squad.
- f. The Varsity Squad will have a maximum of 22 members.

B. Junior Varsity

- a. The Junior Varsity Squad will be comprised of freshmen, and any sophomore, junior or senior who has agreed to accept a JV spot.
- b. Candidates must score above the minimum score of 40 to earn a spot.
- c. The JV Squad will be filled with candidates falling below the natural break and above the minimum score.
- d. The JV Squad will have a maximum of 32 members.

C. Additional Considerations

- a. All sophomores, juniors and seniors trying out must submit a signed letter of JV Intent before tryouts. This letter indicates whether or not they would take a spot on the JV Squad in the event they did not make Varsity.
- b. Any JV Squad consisting of more than 20 members may be, at the campus' discretion, divided into A and B squads.
- c. A and B cheerleader squads will be divided to cover more games. The make-up of these squads and the cheering schedule for each is left to campus discretion.
- d. If scoring results in a tie for the 22nd varsity spot or the 32nd JV spot, all candidates with the tie score will be added to the squad.
- e. If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and sponsor may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of the first school term and is at the principal's and sponsor's discretion.

Cost

The estimated cost of cheerleading for one year varies for squad as well as years of involvement. The range listed is from the low end which would be the equivalent of a 2nd year varsity cheerleader who does not have to replace anything, to the high end, which is a complete newbie to Sachse Cheer. Please keep this in mind when looking at the cost ranges. They will be broken down into multiple payments. Once items are ordered, that payment is non-refundable. Every effort has been made to keep these costs to a minimum. The stated costs include fees for camp, camp wear, seasonal t-shirts, bows, poms, etc

These are approximations. There may be additional costs that arise throughout the year.

- Varsity - \$600- \$1000
- JV a - \$650-\$900
- JV b - \$950

You will receive items only after they have been paid for in full.

Competition

We will be competing at the UIL Spirit Competition in January.

The expectation is that all cheerleaders will participate in competition. Failure to commit and participate in competition(s) will result in removal at semester. Tryouts may be held to determine competition groups etc. A separate handbook, approved by the campus principal, will be given to each competition member.

All varsity cheerleaders will be expected to be on the competition team. We will hold tryouts for the remaining spots until we reach a team of 35.

Practices for competition cheer are mandatory and will be on Monday nights.

Additional costs for the competition team will be kept to a minimum and could include t shirts, travel fees and choreography. We make every effort to fundraise for the bulk of these costs.

Sachse Standard of Uniformity (Hair, Makeup and Nails)

Hair			
Event	JVb	JVa	Varsity
Practice	Hair up & out of face.		
Game day @ school	Ponytail with bow	Ponytail or half up/half down with bow	Hair up/half down or hair down
Games	Ponytail with bow	Ponytail with bow	Half up/half down with bow or ponytail with bow. Will be decided before game time.
Competition	High ponytail with bow		

Makeup			
Event	JVb	JVa	Varsity
Homecoming	Face paint	Face paint	Face paint & glitter
Pinkout	Face paint & glitter		
Normal Game day	No glitter/face paint	No glitter/face paint	Glitter

Nails

Nails should be kept to a “sports length” throughout the year. For games, performances and competitions, nails must be neutral color, french tip or clear.

If nails are not in compliance, cheerleader will sit out of games and performances until corrected.

Cheering Activities

In accordance with UIL rules, high school cheerleading squads are only permitted to cheer at one contest per school week. It would not be a violation for cheerleaders to cheer at a double header (two contests at the same site on one school night) or to participate in a pep rally prior to a contest and also lead cheers at the contest even though both occur during the school week. Friday night and weekend contests do not count toward the one contest per week rule.

CHEERLEADER COMPETITION

The expectation is that all cheerleaders will participate in competition. Failure to commit and participate in competition(s) will result in removal at semester. Tryouts may be held to determine competition groups etc. A separate handbook, approved by the campus principal, will be given to each competition member.

PARADES

Participation in the Martin Luther King Parade and Labor Day Parade is mandatory.

FOOTBALL

- A. Varsity cheerleaders`will cheer at all varsity games.
- B. JV cheerleaders will cheer at all JV games at the sponsor's discretion. You may choose to cheer for the A or B team.
- C. JV cheerleaders may be asked to cheer at additional varsity games at the discretion of the campus.
- D. Freshmen games will be covered if there is a JV B squad.
- E. Playoff games will be covered.

VOLLEYBALL

- A. Games can be covered by any squad at the discretion of the campus administration and sponsor.
- B. Playoff games should be covered.

BASKETBALL

- A. All district varsity boys and girls games should be covered. Squad assignments will be at the discretion of the campus administration and the sponsor.
- B. If a campus has a JV B squad, they will be assigned either JV or freshmen games.
- C. Exceptions to the above rules are as follows: a. No out of town games on Monday through Thursday nights. b.No cheering during the holiday break.
- D. Playoff games should be covered.

OTHER ACTIVITIES

Additional activities such as community events, etc. will be at the discretion of the sponsor and the campus principal. Cheerleaders are required to attend each of these events.

The forms that follow must be completed online through CANVAS. If you print this packet out, you will be required to upload the completed forms

Canvas code: CG3J9D

Garland Independent School District Cheer Application

Name_____ID#_____

Grade Next Yr._____Age_____Phone_____

T-shirt size S M L XL

Address_____City_____

Zip_____Email_____

School Enrolled for Next Yr._____

Participation in the GISD cheerleading program carries both a significant time and financial commitment. Each cheerleader is expected to meet all financial responsibilities identified by their specific campus. Dedication to, and the prioritization of, cheerleading is obligatory from all cheerleaders to meet the objectives of the program. Candidates selected to be a member of the squad are expected to maintain their commitment to the activity for the full cheerleading year. Prior to making commitments to be involved in other school activities, cheerleaders should carefully consider specific program requirements, as involvement in other activities may cause participation and time conflicts with cheerleading duties. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and sponsor will not be allowed to tryout for the next year on any GISD campus.

I understand the above and confirm that I have not voluntarily quit any cheerleading squad at any GISD campus.

Student Signature_____

Parent/Guardian_____

For parents/guardians:

I understand that I/we will not be allowed in the building on the day of the video tryouts.

Parent/Guardian_____

The following items must be returned to the sponsor before clinics begin:

_____Application

_____Fine Arts Handbook Signature Pages

The following form must be completed online prior to tryout clinics:

Complete the Pre-Participation Physical forms: <https://www.garlandisd.net/content/athletics-spirit-groups>

JUNIOR VARSITY CONSENT FORM

GARLAND INDEPENDENT SCHOOL DISTRICT CHEERLEADING PROGRAM

Varsity Candidates Only/ Incoming Sophomores, Juniors and Seniors

This document must be signed and returned to the cheerleader sponsor no later than the end of the school day before cheerleader tryouts. NO EXCEPTIONS!

Student's Name_____

GISD Campus_SACHSE HIGH SCHOOL

The candidate and parents/guardian have read and understand the procedures and guidelines for a Varsity candidate being placed in a Junior Varsity spot.

In the event that I do not score high enough to be selected for the varsity squad....

_____ I give my consent to be considered for a JV cheer position.

_____ I **do not** give my consent to be considered for a JV cheer position.

_____ I am a sophomore, junior or senior and I **do not want to be considered for a varsity position.** I want to only be considered for a JV position and I understand that that if I dont make that team, varsity consideration will not be given.

*All candidates applying for available positions must score at least 40%.

*All GISD cheerleader handbook rules apply.

Signature of Student_____ Date_____

Signature of Parent/Guardian_____ Date_____

**Garland Independent School District Visual and Performing Arts Handbook
Cheerleading, Drill Team, Step, and World Dance Company Permission, Commitment, and
Signature Page**

Student Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

Check the VAPA Group you are auditioning for:
Cheer X **Junior Varsity Drill Team** _____ **Varsity Drill Team** _____
Step Team _____ **World Dance Company** _____

Please read each statement and initial. A candidate/member and a legal parent/guardian signature and date is required at the end of the statements.

Candidate/Member:

_____ I have received, read, and understand all of the information in this tryout packet and agree to abide by all rules and regulations regarding tryouts.

_____ I understand that the judges' decision is final.

_____ I have received, read and understand the Fine Arts Handbook and agree to abide by all rules and regulations of the Fine Arts Group.

_____ I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.com)

_____ I have received, read and understand the financial obligation involved with being a member. I also understand that I will not receive any items, but I must still attend any events/performances, if I have not fulfilled my financial contract.

_____ I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by the teacher (coach, director, and sponsor).

_____ I have received, read and understand that I must pass all of my classes, with the exception of waved classes, to be eligible to perform. (Refer to TEA/UIL Regulations)

. _____ I have read and understand my behavior and conduct will be held to higher standard on this team, both in and out of school.

_____ I have read and understand that I am required to attend all mandatory practices, performances, contest(s), and events. An unexcused absence will receive consequences.

_____ I understand that I am to ride to and from all events and performances on school transportation with my team.

_____ I understand and agree to abide by the Standard of Uniformity (hair, makeup, and nails) that was established by a committee of my peers

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.

Legal Parent/Guardian:

_____ I have received, read, and understand all of the information in this tryout packet and agree to abide by all rules and regulations regarding tryouts.

_____ I understand the judges' decision is final.

_____ I have received, read and understand the Fine Arts Handbook and agree to abide by all rules and regulations of the Fine Arts Group.

_____ I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.net)

_____ I have received, read and understand the financial obligation and payments involved with my student being a member. I also understand that my student will not receive any items, but must still attend any events/performances, if I have not fulfilled my financial contract.

_____ I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by the teacher (coach, director, and sponsor).

_____ I have received, read and understand that my student must pass all classes, with the exception of waved classes, to be eligible to perform. (Refer to TEA/UII Regulations).

_____ I have read and understand that my student's behavior and conduct will be held to higher standard on this team, both in and out of school.

_____ I have read and understand that my student is required to attend all mandatory practices, performances, contest(s), and events.

_____ I understand that my student is required to ride to and from all events and performances on school transportation with their team. All members are to be picked up from the school after games/competitions/performances/events no later than 20 minutes after being dismissed by the teacher.

_____ I understand and agree to the Standard of Uniformity (hair, makeup, and nails) that was established by a committee within the Fine Arts Group.

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.

Candidate/Member Printed Name _____

Candidate/Member Signature _____

Date_____

Legal Parent/Guardian Printed Name _____

Legal Parent/Guardian Signature_____

Date_____

Tryout Checklist

All forms should be turned in by 5:00 PM on April 25th on CANVAS

If the tryout forms are not turned in by this time and date, with the appropriate signatures, you cannot tryout!

☐ Pre-Participation Physical Form

<https://garlandisd.rankonesport.com/New/NewInstructionsPage.aspx>

- **ALL CANDIDATES must fill out the new pre-participation form through rank one.**
- **Please note that cheerleading candidates are NOT required to have a NEW physical exam for tryouts unless they answer yes to questions 1, 2, 3, 4, 5, or 6. (1, 2, 5, 7, 11, or 17 on the Spanish form.) If none of these apply, they only need to turn in the first page. If they answer yes to any of these questions, they must have a physical exam and must turn in both pages of the form prior to tryouts.**

☐ UIL Concussion Form through Rank one

☐ GISD Application (Parent/candidate signatures required)

☐ Junior Varsity Consent form (Varsity Candidates only/ incoming Sophomores, Juniors and Seniors)

☐ Report card for cycle 3 showing cycle 1 & cycle 2 grades.

*Any student who was academically ineligible for any two grading cycles before tryouts must have approval to tryout.

☐ Handbook Acknowledgment Forms

Please read over the handbook which can be found at

<https://www.garlandisd.net/content/cheerleading>

☐ Student must have selected Sachse HS as their choice of school and been accepted