

CHEER **NGHS**

NORTH GARLAND HIGH SCHOOL

Cheerleading Tryouts April 30, 2022

Step One: Read this packet in its entirety

Step Two: Parent and candidate must sign all forms included in this packet.

Step Three: Join the NGHS Cheer Tryout CANVAS

NOTE: UNDER NO CIRCUMSTANCE WILL LATE OR INCOMPLETE APPLICATIONS BE ACCEPTED.

Forms due April 11th by 5:00 p.m.

If you need any additional information, please contact:

Mrs. Sheckells Sci 2
cnshecke@garlandisd.net

Mrs. Rose Rm 118
jlrose@garlandisd.net

School Phone: 972-675-3120

TRYOUT INFORMATION PACKETS FOR EACH MIDDLE AND HIGH SCHOOL IN
THE GARLAND INDEPENDENT SCHOOL DISTRICT ARE AVAILABLE ON THE DISTRICT WEBSITE:
<https://sites.google.com/garlandisd.net/virtualtryouts/home>

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. **UIL Spirit State Championship (TBA - Mid January)**

PARADES

Participation in the Martin Luther King Parade (January 14, 2023) and Labor Day Parade (September 5, 2022) 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

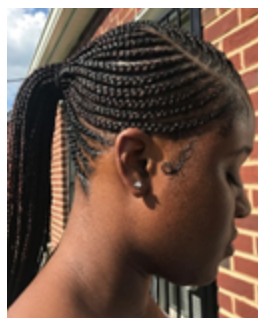
Additional activities such as community events, etc. will be at the discretion of the sponsor and the campus principal. Cheerleaders are required to attend each of these events.

- A. Cheer Camp - (TBA- June 2022)**

NGHS Cheer Hair and Make-Up Standard of Uniformity

A. Hair for Football, Volleyball, Basketball, Competition

- Male cheerleaders – if hair is long it must be pulled up, bun, high or low ponytail
- Varsity – High or low ponytail (Coach's discretion)
- Junior Varsity – High or low ponytail (Coach's discretion)
- All Cheerleaders
 - Braids must be a box braid in order for hair to be pulled back into a high or low ponytail.
 - Corn Rows must be placed in a way that will go into a high or low ponytail depending on what the coach has requested for that week's events.
 - Sew in's or quick weaves must be able to be pulled back into a high or low ponytail depending on what the coach has requested for that week's events.
 - No wigs will be allowed (ex. Medical)
 - No unnatural hair color will be allowed. If you are unsure please ask your coach first.
 - If you have any type of braids or twists, hair must still be able to be pulled up into the correct low or high ponytail.
 - Beads worn in hair are allowed if they are worn in a manner that does not interfere with the safe execution of stunting or tumbling. (Must be school colors)



B. Make-Up for Football, Volleyball, Basketball, Parades

- If your cheerleader does NOT wear make-up, they will NOT be required to wear make-up to these events.
- If they do wear make-up a natural age-appropriate look is required. If you have questions, please ask a coach.

C. Competition

- Make-up is preferred for competition due to harsh lighting, however if you do not allow your cheerleader to wear make-up, we will require them to wear a minimum of mascara and red lipstick. (exception male cheerleaders)

ESTIMATED COSTS

**** Actual costs will vary ****

The estimated cost of cheerleading for one year is outlined below. Every effort has been made to keep these costs to a minimum. ONLY CASH & MONEY ORDERS are accepted for the first payment.

Must be paid in full in order to attend camp.

Any New cheerleader will need to purchase all items.

If you are using cheer shoes from a previous year they must be approved by the coach

JV \$615

Camp \$210

Campwear \$50

Game Day Shirt \$20

Shoes \$90**

Poms \$25

Bows \$25

Ear Warmer \$15

Jacket* \$65

Brief * 30

Backpack \$60

Activity Fee \$25

Anything with an (*) asterisk can be reused from a prior year.

Anything with (**) asterisks can be [purchased on your own. Cheer shoes MUST be approved by the coach.

Red and Black shorts are required but are purchased on your own.

Male cheerleaders will deduct \$25 from the total price since they do not need bows.

Varsity \$615

Camp \$210

Campwear \$50

Game Day Shirt \$20

Shoes \$90**

Poms \$25

Bows \$25

Ear Warmer \$15

Jacket* \$65

Brief *

Backpack \$60

Activity Fee \$25

Anything with an (*) asterisk can be reused from a prior year.

Anything with (**) asterisks can be purchased on your own. Cheer shoes must be approved by the coach.

Red and Black shorts are required but are purchased on your own.

Male cheerleaders will deduct \$25 from the total price since they do not need bows.

GISD provides uniforms, but the cheerleaders are responsible for all alterations needed and any damages to the uniforms that may have occurred throughout the year.

NGHS provides the paper for signs. All other supplies for painting signs will be paid for by cheerleaders.

Garland Independent School District Cheer Application

CandidateName_____ID#_____

Legal Parent/Guardian Phone #_____ Cheerleader Phone # _____

Address_____City_____

Zip_____ Legal Parent/Guardian Email_____

Grade Next Yr. _____ Age _____ T-Shirt Size _____

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 try out 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_____

Garland Independent School District Fine 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 Fine Arts Group you are auditioning for/joining:

Cheer _____ **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 waived classes, to be eligible to perform. (Refer to TEA/UIL Regulations).

_____ I have read and understand my behavior and conduct will be held to a 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. 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 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 waived classes, to be eligible to perform. (Refer to TEA/UIIL Regulations).

_____ I have read and understand that my student's behavior and conduct will be held to a 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_____

For Parents/Guardians:

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

Parent/Guardian Name _____

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

_____ Application

_____ Fine Arts Handbook Signature Pages

_____ Pre-Participation Physical Form

The GISD Fine Arts Handbook will be available online.

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

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

Complete the Pre-Participation Physical forms:

<https://www.uil texas.org/files/athletics/PrePhysFormRvsd2.21.pdf>

(Also located on the tryout canvas page)

Tryout information for each middle and high school in GISD are available on the district website:

<https://garlandisd.net/programs-services/fine-arts/cheerleading>

Student Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

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 (Please Print): _____

GISD Campus: North Garland 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.

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

*All GISD Fine Arts handbook rules apply.

Signature of Student _____ Date _____

Signature of Parent/Guardian _____ Date _____

Notice



Regarding **Directory Information** and **Parent's Response** Regarding Release of Student Information

State law requires the district to give you the following information:

Certain information about district students is considered directory information and will be released to anyone who follows the procedures for requesting the information unless the parent or guardian objects to the release of the directory information about the student. If you do not want Garland ISD to disclose directory information from your child's education records without your prior written consent, you must notify the district in writing within ten school days of your child's first day of instruction for this school year.

This means that the district must give certain personal information (called "directory information") about your child to any person who requests it, unless you have told the district in writing not to do so. In addition, you have the right to tell the district that it may, or may not, use certain personal information about your child for specific school-sponsored purposes. The district is providing you this form so you can communicate your wishes about these issues.

[See *Directory Information* in the Student Handbook for more information.]

Garland Independent School District has designated the following information as directory information:

- | | | |
|---------------------------|--|--|
| • Student's name | • Major field of study | • Most recent school previously attended |
| • Address | • Degrees, honors, and awards received | • Participation in officially recognized activities and sports |
| • Telephone listing | • Dates of attendance | • Weight and height, if a member of an athletic team |
| • E-mail address | • Grade level | |
| • Photograph | | |
| • Date and place of birth | | |

Parent/guardian: Please select one of the choices below

- ☐ **I want directory information about my child released to the public.** Anyone requesting directory information for GISD students may receive it.
- ☐ **I want directory information about my child released only for district publicity.** This could include, but is not limited to: extracurricular activity publications, yearbooks, district/campus newsletters, campus directories, news releases to local media, media coverage, district/campus websites, district/campus videos, district/campus publications, district/campus social media and public recognitions.
- ☐ **I do not want directory information about my child released.** By marking this box, I understand that my child's name, photograph, etc., will NOT be included in district/school publications—including the yearbook—or released to the media. I also understand that this request must be made annually to be valid for each school year.

Student Name (please print)

Last First Middle Initial

Student ID# Grade

Parent signature Date




If this form is not returned within the specified timeframe above, the district will assume that permission has been granted for the release of this information.



Cheerleader Tryout Scoring Criteria

ENTRANCE			JUMPS				CHEER			CHANT			DANCE	
Presence/ Poise	Tumbling (During Run-in)	Spirit/ Enthusias m	Toe Touch	Left Hurdler	Right Hurdler	Optional Jump	Motion Technique	Voice. Projection	Incorporati on	Motion Techniqu e	Timing	Projection	Motio n Techni que	Timing
5	10	5	10	5	5	5	10	5	5	10	5	5	10	5
<p>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</p> <p>Tumbling *Refer to the GISD Jump/Tumbling Scoring Criteria</p> <p>Spirit/Enthusiasm 1-3 No energy/No Smile/No spirit 3-5 Energetic/Smiling/Loud Spiriting</p>			<p>Toe Touch</p> <p>Left Hurdler</p> <p>Right Hurdler</p> <p>Optional Jump *The Optional Jump may be any jump that the tryout candidate chooses to execute</p> <p>**Refer to the GISD Jump/Tumbling Scoring Criteria</p>				<p>Motion Technique 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</p> <p>Voice Projection 1 Soft 2 Speaking words 3 Saying words loud 4 Yelling words but lacks tone changes /enthusiasm 5 YELLING words with tone changes /enthusiasm</p> <p>Incorporation *Refer to the GISD Jump/Tumbling Scoring Criteria</p>			<p>Motion Technique 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</p> <p>Timing 1-2 Timing off throughout (unable to pick up or threw off rest of group) 3 Ok timing (able to pick up) 4-5 Good timing with group</p> <p>Voice Projection 1 Soft 2 Speaking words 3 Saying words loud 4 Yelling words but lacks tone changes (levels)/enthusiasm 5 YELLING words with tone changes (levels)/enthusiasm</p>			<p>Motion Technique 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, popping dance, exhibits individuality</p> <p>Timing 1-2 Timing off throughout (unable to pick up or threw off rest of group) 3 Ok timing (able to pick up) 4-5 Good timing with group</p>	

GSD Cheerleader Jump/Tumbling Scoring Criteria

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

APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3 Easter Sunday	4 Pre-Tryout Parent Meeting @ 5:30 Cafeteria	5	6	7	8 Good Friday	9
10	11	12	13	14	15	16
17	18 Tryout Paperwork Due	19	20	21	22 Video of Tryout Material to be loaded to CANVAS	23
24	25 Clinic 4-7 Practice Gym	26 Clinic 4-7 Practice Gym	27 Clinic Mock-Tryouts 4-7 Practice Gym	28 Open Gym 4 -6 Cafeteria	29 Open Gym 4-6 Cafeteria	30 Cheer Tryouts @ Memorial Pathway Warm-Up starts 10:30 am

- Middle School arrives as soon as possible.

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Payment 1 Due \$200 Teamleader Payment Due Mandatory Parent Meeting @ 5:30 in Cafeteria Practice/Fittings 3-5:30 Cafeteria	3	4	5	6	7
8 Mother's Day	9 Practice in Cafeteria Varsity @ 3:30 JV @ TBA	10	11	12	13	14
15	16 Practice in Cafeteria Varsity @ 3:30 JV @ TBA	17	18	19	20	21
22	23 Practice in Cafeteria Varsity @ 3:30 JV @ TBA Payment 2 Due \$200	24	25	26	27	28
29	30 Memorial Day	31				

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6 Final Balance Due	7	8 Early Release	9 NGHS Graduation @ 5:00 p.m. Last Day of School	10 Cheer Camp @ NGHS 8:00 am - 4:30 pm	11 Cheer Camp @ NGHS 8:00 am - 4:30 pm
12 Cheer Camp @ NGHS 8:00 am - 4:30 pm	13	14	15	16	17	18
19 Father's Day	20	21	22	23	24	25
26	27	28	29	30	1	2