

Rowlett High School Cheerleader Tryout Packet 2022 - 2023



Varsity - Tracey Marchesoni

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Please read this entire tryout packet. Both the candidate and parent/guardian must sign this packet in multiple places, including the medical release form and GISD handbook, which can be found online. Forms should be turned in by **April 19, 2022**

GISD Handbook - <https://garlandisd.net/media/15517/download?inline>
Athletic Forms-<https://garlandisd.rankonesport.com/New/NewInstructionsPage.aspx>

RHS CHEERLEADER EVENT SCHEDULE

April 19	Tryout packets are due (including pre-participation form)
April 19	Candidate and Parent Meeting 6:30 RHS Library
April 25	Clinic @ RHS Gym 4:30-6:30pm
April 26	Clinic @ RHS Gym 4:30-6:30pm
April 27	Clinic @ RHS Gym 4:30-6:30pm
April 28	Clinic @ RHS Gym 4:30-6:30pm
April 30	Tryouts - Memorial - Warm Up 2:00-2:30pm Tryout 2:30-4:30pm
April 30	Announcement of Cheer Squads
May 3	Uniform Fittings - V-3:15pm, JV 4:30pm Cheer Locker Room \$ DUE
May 3	Made-It Meeting 7:00pm Library \$DUE \$150.00 camp deposit
May 9	Practice Starts (May 9, 11, 16, 18, 23, 25) 4:30-5:30
May 27	Spring Football Game
June 9-11	Camp @SMU
July 18-22	Cheer Practice 8:00-12:00pm
August 1-4	Practice 4:00-6:00pm
August 2	Signs Due
August 4	Meet the Eagles - Community Event
August 8	First Day of School
August 13	Picture Day - RHS Stadium
August 25/26	First Football Game

September 5	Labor day parade
September 30	Homecoming
January 14	MLK Parade
TBD	Competition

Note: These dates are subject to change based on administrative decisions regarding building schedules.

Attendance

Please review the GISD handbook regarding attendance. The cheerleader or parent must notify the coach, via email or text regarding an absence at least 2 days prior.

***All cheerleaders must be face to face learners.**

Practices

ALL Cheerleaders will be required to attend **ALL** after school practices. Practices during the school year will be on Tuesdays from 3:00pm-4:00pm. Other Practice dates will be added to the calendar throughout the year. It is imperative that Cheerleader and Parent/Guardian are checking it frequently. **ALL** Cheerleaders are expected to attend **ALL** Cheerleader activities. This includes all Playoff games.

Extracurricular Activities

If the candidate makes the cheer squad, they must complete their commitment to cheerleading before being released to any other activity they will be participating in. (This includes all-star cheer and/or jobs) Varsity cheerleaders cannot be on the squad and play varsity volleyball or varsity basketball. JV cheerleaders may play another JV or Freshman sport if there are minimal conflicts. The cheerleader must work out the conflicts with both coaches/sponsors and provide a conflict calendar **PRIOR** to the event.

****THERE MUST BE A 50/50 SPLIT IN AFTER SCHOOL EVENTS BETWEEN TIME FOR CHEER AND THE SPORT/SCHOOL SPONSORED CLUB/ORGANIZATION. **Communication must be initiated by the cheerleader.****

Competition Squad

RHS will compete in the UIL competition this year. All cheerleaders will perform with the competition squad. Competition participation is an expectation of GISD. Being a part of the competition squad is a huge responsibility. There will be additional practices scheduled that will take place at school, and potentially at an offsite location with our choreographer. MOST expenses will be covered by GISD.

Spirit Signs/Banners/Door Decorations

Each squad member will paint and decorate spirit signs, banners, and/or door decorations for the year.

Sponsors will provide a list of sayings for each cheerleader. Each cheerleader will provide his/her own paint brushes and paint. All signs must be painted in the RHS approved letter pattern and paint. Home Depot has the approved color (RHS Maroon and Navy) on file. Paint needs to be acrylic paint, no oil-based paint signs will be accepted.

Signs are due August 2, 2022. The sponsor will check for the following:

1. The name of the cheerleader on the back of the sign on **both** ends.
2. Saying written on the back of **both** ends.
3. Category written on **both** ends.
4. Saying is spelled correctly.
5. Painted and decorated **neatly**.
6. Sign rolled tightly with a rubber band.

*Detailed directions will be given after tryouts.

If any of the above sign requirements need to be corrected, the sign will need to be redone and turned in at the sponsor's discretion. Signs will be stored at school and used each week. HOCO banners will need to be completed during the school year.

Spirit Wear on Game Days

Spirit wear will be worn every game day. This will be set on a calendar prior to the football/basketball season. If there are any changes to a particular week a message will be sent to every squad member. All changes must be approved by the coach. Hair may be worn down by Varsity and JV must wear their hair in a ponytail. Jewelry may be worn with spirit wear however it must be minimal.

PANEL TRYOUTS

WHAT: Judges Panel Tryouts

WHO: ALL Candidates

WHEN: Friday April 30, 2022

WHERE: Memorial

Plain White T-shirt (**no visible logo**), Maroon Soffe (type) Shorts, White Socks, White Athletic Shoes, Hair must be pulled into a tight ponytail away from the face, NO ribbon, bow, or scrunchie, NO nail polish, NO jewelry

SEQUENCE OF EVENTS

Candidates will perform a chant, a dance, and a cheer.

FULL GROUP PERFORMANCE - All candidates should walk in and perform chant, dance, cheer as a group in that order. It should be explained that this is only so the judges can see what the material should look like and that they will not be judged at that time. Full-out jumps and tumbling is not necessary but certainly welcome during this demonstration. Judges should put their pencils down and no technology will be used at this time.

GROUP CHANT - Groups should consist of 3 or 4 candidates. They should enter the gym so that they end up standing in numeric order from left to right. (From the judge's viewpoint) There should be no tumbling or spirit during this time, only uniform walking. Once the nod has been given, the designated candidate should call for the group chant to begin. Upon completion, the candidates should wait for the judges to finish scoring.

GROUP DANCE - Once the nod has been given, the designated candidate should call for the dance to begin, or the school representative should start the music for the dance. Once the dance has been completed, the candidates should remain in their spots until they are told to leave. This will enable the judges to correspond the scores with the candidate numbers. The group categories mentioned above should be repeated until all groups have been performed.

INDIVIDUAL ENTRANCE - Candidate number #1 should enter the gym and wait for notification from the judges that they are ready. After the judges have nodded, the candidate should run in showing and soliciting spirit and enthusiasm doing whatever tumbling pass they wish if they are able. Once they are done with their entrance, they should stop in the center of the gym and wait for notification that the judges are ready for the next step. At this point, the judges will score the tumbling, spirit/enthusiasm, and the candidate's presence/poise. Presence/poise will include appearance with regard to the hair being out of the face, shirts tucked in if possible, shorts not being too short, proper shoes, facial expressions, etc.

INDIVIDUAL JUMPS: Once the nod has been given, the candidate should do whatever jump they wish to do first and then wait for a nod before doing their second, third and fourth jumps giving the judges time to score each one. -Each high school candidate must perform a toe touch, a right hurdler, a left hurdler, and a jump of their choice. -Each middle school candidate must perform a toe touch, left OR right hurdler, and a jump of their choice. The jump of their choice can include, but is not limited to, a jump that they have already performed. Tumbling stunts will not count as jumps.

INDIVIDUAL CHEER: Once the jumps have been completed and the nod has been given, the candidate should begin their cheer. The cheer will have a section(s) incorporating a jump(s) and/or tumbling. Candidates will be scored based on difficulty and execution. Candidates will also be judged on their smile, motion technique and voice projection during this time. Once the candidate has completed their cheer, they should exit the gym. No score will be given for an exit tumbling pass or spirit. As candidate #1 is walking out, candidate #2 should walk in and wait for the judge's nod. These steps should be repeated until all candidates have performed all categories mentioned to this point.

ESTIMATED COSTS

This will be discussed in greater detail at the "Made It" meeting after tryouts are complete and the squads are selected.**

Camp \$365.00 per person

Varsity Spirit Fashion - Fittings TBD

NEW VARSITY \$450.00 *

RETURNING VARSITY \$210.00 *

NEW JV \$300.00 *

RETURNING JV \$270.00 *

*Please note: all costs are an estimate. There will be a more detailed list after tryouts. Most costs will be paid up front, please be aware and prepared if your candidate makes the cheer team.

*Costs will vary per squad/per cheerleader. We will use items from previous years to try and cut costs.

All cheerleaders must make payment for each item before receiving items. If not, the cheerleader will not receive the item and therefore will not be able to perform until payment is received.

BOOSTER ACTIVITIES, GIFTS \$300.00-\$800.00 - this number depends on what activities/gifts/apparel etc. the cheerleader participates in. The booster provides lunches, dinners, decorating supplies and various other things throughout the year. We will have a detailed list at our first cheerleader and parent meeting.

CHEERING ACTIVITIES

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.

A. FOOTBALL SEASON

1. Varsity Cheerleaders- will cheer at all varsity games.
2. JV Cheerleaders - will cheer at all JV games at the sponsor's discretion. You may choose to cheer A or B team.
3. Freshmen games will be covered if there is a JV B cheerleader squad.
4. Playoff games will be covered.

B. VOLLEYBALL SEASON

1. Games can be covered by any squad at the discretion of the campus administration and sponsor.
2. Playoff games will be covered.

C. BASKETBALL SEASON

1. All district varsity boys and girls games will be covered. Squad assignments will be at the discretion of the campus administration and the sponsor.
2. If a campus has a JV B squad, they will be assigned either JV or freshmen games.
3. 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.
4. Playoff games will be covered.

D. COMPETITION

1. It is a district expectation that all cheerleaders attend competition.
2. It is at the sponsor's discretion to divide the team (if needed), select contests and categories and set dates.
3. Extra practices could be scheduled.

E. OTHER ACTIVITIES All Squads - It is the sponsor's discretion as to what other activities the cheerleaders will cheer. You are required to attend each of these events. As much advance notice will be given as possible.

Hair & Makeup Standard of Uniformity

Hair

All Performances

1. Preseason: High pony w/bow
2. Season (District Games): High pony w/bow
 - a. HOCO: Varsity may wear low pony w/bow or half up/half down. (If a HOCO Nominee, you may wear your hair down but will need to fix hair after ceremony, before the game)
 - b. Senior Night: Seniors can wear low pony w/bow or half up/half down

General Guidelines

1. Hair must be secured tightly and not fall or become loose while performing cheer activities, i.e. stunting, jumping, and tumbling.
2. Hair must not have wisps/loose hair falling around the face.
3. If hair length touches the shoulder it must be pulled up completely.
4. If hair length doesn't touch the shoulder, the sides must be secured back.
5. Bow will be worn at every performance regardless of hair length.
6. A braid or twist leading into the ponytail is acceptable for Varsity only.
7. Extensions must be blended and be the same color as your natural hair.
8. Braids must be able to be styled in the required ponytail. (communicate with your hairstylist)
9. Hair art needs to be approved by the coach beforehand.
10. Elastic sport bands for hair will be provided as needed. No other headbands may be worn.



No wisps



Touching
Shoulder



Not touching
Shoulder



High
Ponytail



Mid
Ponytail



Low
Ponytail

Make Up

Makeup must be worn at all cheer events. Makeup will consist of the following:

1. Eyes - must compliment the RHS uniform, must look natural, no heavy eyeliner around the entire eye, lashes must look natural and be of natural color and length (no longer than 9 mm).
2. Lips - must compliment the RHS uniform, must be worn for every performance, must be reapplied if necessary at half-time
Red/burgundy shade that compliments your skin tone.
3. Temporary Face Tattoos & Face Glitter - will be provided by the coach before every football game, and will also be worn at select basketball games. (Varsity only)

The coach reserves the right to instruct the cheerleader to fix their hair and issue demerits if the cheerleader is not in compliance.

Any violation of the Hair & Makeup Standard of Uniformity will result in 5 demerits.

These demerits **CANNOT** be removed by merit points.

If you are not sure if your hair or makeup meets the current guidelines, please speak with your coach.

****These guidelines are required by GISD and were developed specifically for RHS cheerleading by cheer parents, cheerleaders, cheer coaches, & RHS administration****

JUNIOR VARSITY CONSENT FORM

GARLAND INDEPENDENT SCHOOL DISTRICT CHEERLEADING PROGRAM

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 _____

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 cheerleader handbook rules apply.

Signature of Student _____ Date _____

Signature of
Parent/Guardian _____ Date _____

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/UII 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/performance/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/performance, 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/UIL 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/performance/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 _____

Garland Independent School District Cheer Application

Name_____ID#_____

Grade Next

Yr._____Age_____Phone_____

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 tryouts.

Parent/Guardian_____

ALL FORMS MUST BE COMPLETED BEFORE THE CLINIC BEGINS.