

# **Cheerleading Tryout Packet**2022-2023

Dear Parents and Prospective Cheerleaders,

I am so excited about your interest in our Lakeview Cheer Program!

I hope that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader responsible for guiding student conduct at extracurricular activities and during the school day, both on and off campus. Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year (tryout date to tryout date). LCHS Cheerleaders must give 100%, and complete their commitments and responsibilities to LCHS cheerleading before anything else. LCHS 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, Lakeview Fall Fest, parades (Labor Day, MLK Day, etc.), preparation for homecoming festivities, games throughout the year, attendance at athletic play-off games, competitions 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.

I hope you will discuss the expectations and obligations of being a LCHS cheerleader with your son/daughter, and agree that Lakeview Centennial 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 LCHS a successful and memorable one. I look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to email me.

Sincerely,

Kenya Symonette kesymone@garlandisd.net

**District website for Fine Arts Handbook:** 

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

## **Important Mandatory Dates (subject to change)**

April 1	6:30pm - Parent and candidate meeting Google Meet  To join the video meeting, click this link: https://meet.google.com/pek-sjxe-ouj Otherwise, to join by phone, dial +1 631-743-5219 and enter this PIN: 939 532 390#
April 18	Forms due by 5:00 pm to Coach Symonette online or in room 2120. Information may be left at the front desk. with the receptionist.
April 25 - 28	Tryout clinic 5:30pm-7:30pm LCHS Gym
April 30	Tryout 7:30 am - 10:30 am at Memorial Pathways 2825 S. First Street Garland, Texas 75041
April 30	Results announced (Canvas)
May 3	Mandatory MADE IT Parent and Cheerleader meeting @ 6:30 <a href="https://meet.google.com/mug-sqeq-fqq">https://meet.google.com/mug-sqeq-fqq</a> Join by phone (US) +1 240-532-3709 PIN: 539 057 795#
May 5	<ul> <li>Mandatory Fittings: – This fitting is for camp clothes, sweats, shoes, and ordering additional cheer equipment.</li> <li>4:00 pm - 6:00 pm</li> </ul>
June 15	<u>Mandatory</u> - \$600 <u>Payment due (camp) Payment can be made in installments but full payment is due on June 15th</u>
June	Mandatory- Payment due (Shoes, poms, backpack, and mask) This will be discussed at out YOU MADE IT! Parent meeting to see if the team wants backpacks
July 18 - 21	Mandatory- Cheer Camp - The Gaylord
Aug 8	First Day of School
Sept 7	Labor Day Parade (morning)
January	MLK Day Parade (morning)
January TBD	UIL Competition
Spring 2023	TBD Competition

#### **Clinic Information**

What: Clinic – Tryout material will be taught

When: April 25 - 28

Where: Lakeview gym

Time: 5:30 pm - 7:30 pm

Attire: Athletic/cheer shorts, a T-shirt and tennis shoes are acceptable for the clinic.

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 Lakeview for the

2022-2023 school year.

New to GISD: Make sure you have contacted Student Services and have that you have

pre-enrolled for LCHS. Documentation is required.

Clinic is open to eligible candidates only. No parents, friends, or ineligible candidates are allowed to attend. No videotaping 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 prior to participating in the clinic. The sooner all paperwork is in, the sooner you will get into the clinic. If you cannot attend the mock tryouts, it is your responsibility to see Kenya Symonette (Room 2120) by April 28th for a tryout number. If you do not come by, it will be assumed that you are not trying out.

#### Clinic Agenda & Mock Tryout Agenda

April 25 - 27
Check in/Roll call
Demonstrate/Learn Dance
Learn Cheer and Chant
Review Material/Announcements

April 28th Mock Tryouts Receive Tryout Numbers

Receive Tryout Numbers

Announcements

#### **CHEER SQUADS**

#### A. Varsity

- 1. The Varsity Squad will be composed of sophomores, juniors and seniors. Select campuses will also include freshmen (Lakeview and Rowlett).
- 2. Candidates must score above the minimum score of 50 to earn a spot.
- 3. Eight spots will be filled by the four top scoring seniors and the four top scoring juniors.
- 4. Eight spots will be filled by the next highest scores.
- 5. 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.
- 6. The Varsity Squad will have a maximum of 22 members.
- **B.** Junior Varsity
- 1. The Junior Varsity Squad will be composed of freshmen, and any sophomore, junior or senior who has agreed to accept a JV spot.
- 2. Candidates must score above the minimum score of 40 to earn a spot.
- 3. The JV Squad will be filled with candidates falling below the natural break for varsity and above the minimum score.
- 4. The JV Squad will have a maximum of 32 members.

#### 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 Lakeview Cheer. Please keep this in mind when looking at the cost ranges. The majority of the costs 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, and season wear. There may be additional costs that arise throughout the year.

- Varsity \$900 to \$1500
- Junior Varsity \$1000 to \$1400

You will not receive any items purchased until the balance has been paid in full.

<sup>\*</sup>Please refer to Fine Arts Handbook for more information

#### Lakeview Cheer Hair & Make-up Policy

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

Makeup						
Event JV Varsity						
Homecoming	Face paint Face paint & glitte					
Pinkout	Face paint & glitter					
Normal Game day	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**

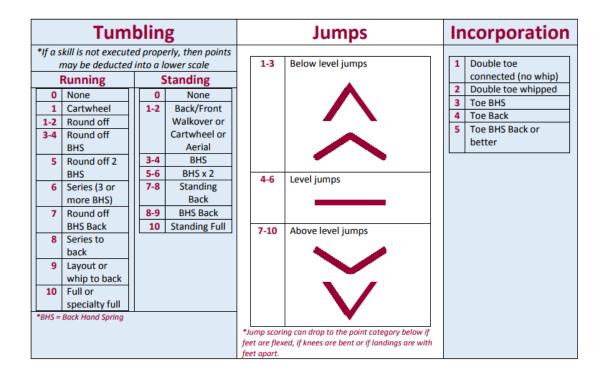
- A. Games can be covered by any squad at the discretion of the campus administration and sponsor.
- B. Playoff games should be covered.

#### **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.



CHEER

CHANT

DANCE

**ENTRANCE** 

**JUMPS** 

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Presence/ Poise	Tumbling (During Run-in)	Spirit/ Enthusiasm	Toe Touch		Right Hurdler	Optional Jump	Motio: Techniq		Voice. Projection	Incorporation	on 1	Motion Technique	Timing	Projection	Motion Techniqu	Timina
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Presence			Toe Touc	: <u>h</u>			Motio		<u>chnique</u>		N	<u> Motion</u>	Technique		Motion	n Technique
*Start at	t 5 points ar	nd for					1-3		otion leve	ls off,		1-3	Motion level		1-3	Motion levels
each iter	m missing o	r lacking,	Left Huro	ller				la	cking in				lacking in sh	arpness,		off, lacking in
knock do	own a point								narpness, r	nissed	╙		missed moti			sharpness,
Shirt tucke	ed in		Right Hu	rdler					notions			4-7	Average mot			missing
Shoes tied	ı						4-7		verage mo				needing mor			motions
Proper Gro			Optional	lump					vels, need	-	┈		(placing motion		4-7	Average
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	upright walk				,				lacing motion		IL		sharp			levels,
Positive Po	osture			tryout can	didate cho	oses to	8-10		ood motio							needing
			execute					ie	vels, sharp	)	Į	iming				more
Tumblin	_												Timing off thr			sharpness
,	o the GISD				Jump/Tur	nbling			ection				(unable to pick up rest of group)	or threw off	0.10	(placing motions) Good motion
Jump/Tu	ımbling Sco	ring	Scoring C	riteria			1 5	Soft			┈	-	Ok timing		8-10	levels, sharp,
Criteria							2 5	Speak	king words			_	(able to pick up)			popping
							3 5	Saying	g words lo	ud			Good timing v	with group		dance,
Spirit/Er	nthusiasm						4 )	Yelling	g words b	ıt lacks	-					exhibits
1-3	No energy/N	0					t	tone o	changes		l,	loice D	rojection			individuality
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	Loud Spiriting	, _					l t	tone o	changes		┈	-	eaking words		Himning	
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												4 Ye	lling words bu	it lacks tone		throughout
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									the GISD				vels)/enthusia			rest of group)
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																with group

## GARLAND ISD HIGH SCHOOL/MIDDLE SCHOOL CHEERLEADER TRYOUT

Date: Saturday, Apr 30, 2022

Time: 7:30 am- Arrival time for Lakeview, warmup begins at 8:00

Location: Memorial Pathways

#### **SEQUENCE OF EVENTS**

Each tryout should include a chant, a dance, and a cheer. All categories should be performed in sequence.

#### **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 during 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.

### **Tryout Checklist**

All forms should be turned in by 5:00 pm on April 12th to Coach Jones (room 118) at Lakeview Centennial High School or in the Canvas classroom. No tryout forms will be accepted after 5:00 pm on April 12th If the tryout forms are not turned in by this time and date, with the appropriate signatures, you cannot try out!

Print-Physical and Medical History <a href="https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd1_10_20.pdf">https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd1_10_20.pdf</a>
Cheerleader Application (Parent/candidate signatures required)
Junior Varsity Consent form
Print out/screenshot of current grades submitted with application.
Fine Arts Signature Pages (Parent/candidate signatures required) Please read over the handbook which can be found at <a href="https://garlandisd.net/media/15517/download?inline">https://garlandisd.net/media/15517/download?inline</a>
Student must have selected Lakeview Centennial HS as their choice of school and been accepted
Media Release Form
Print-UIL Concussion Acknowledgement Form https://www.uiltexas.org/files/athletics/forms/Concussion Acknowledment Form.pdf

## **Garland Independent School District Cheer Application**

Name		ID#	
Grade Next Yr	Age	Phone	
Address			_
City	Zip		
Email			
School Enrolled for Next Yr.			
cheerleader is expected to me and the prioritization of, cheerl	et all financial responsibilities ading is obligatory from a ember of the squad are exported making commitmently consider specific progration and time conflicts on the end of the cheerleast	ies identified by their solutions identified by their solutions in the cheerleaders to mean tain the cheerleading deciding year without the	uties. Any cheerleader who
I understand the above and co campus.	nfirm that I have not volun	tarily quit any cheerle	ading squad at any GISD
Student Signature			
Parent/Guardian			
For parents/guardians:			
I understand that I/we will no	ot be allowed in the build	ing on the day of th	e tryouts.
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 <a href="www.garlandisd.net">www.garlandisd.net</a> )
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/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 u 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 be 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
Handbook link is

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

#### 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 being placed in a Junior Varsity spot	e procedures and guidelines for a Varsity candidate
In the event that I do not score high enough to be selected for the varsity s	quad
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.	

#### MEDIA RELEASE

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
- Address
- · Telephone listing
- E-mail address
- Photograph
- Date and place of birth

- Major field of study
- Degrees, honors, and awards received
- Dates of attendance
- Grade level

- Most recent school previously attended
- Participation in officially recognized activities and sports
- Weight and height, if a member of an athletic team

#### 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	MI
Student ID#	Grade	
Parent signature		Date