
 **2023-2024** 

# **Cheerleading Application**



**Sam Houston  
Middle School**

## Timeline

Pre-tryout **MANDATORY** parent meeting: **March 8th** @ 5:30 in the SHMS cafeteria

Application (signed forms) due: **March 20th**

Tryout clinic dates: **3/20, 3/21, 3/27 & 3/28** from 4:15 - 6:00 PM in the SHMS small gym

Tryout date: **April 1st** @ Garland High School (must arrive at 11:45)

- Results could take up to 72 hours to post

Newly elected cheerleader parent meeting:

Uniform fitting: **April 8th**

Summer practices: **June 20th, 22nd, 27th & 29th** @ SHMS big gym

Summer camp: **July 18th - 20th** @ South Garland High School

Practices once school starts: **EVERY Wednesday** from 4:15 - ^ PM

Football games: once a week, **usually on Monday or Tuesday** nights

Basketball games: begin after football is over

Cheer classic (competition): **Mid February**

Parents/Guardians of Cheerleader Candidates,

Your child has either expressed an interest or has been recommended by SHMS to be a member of the Sam Houston Middle School 2023-2024 cheerleading squad. If selected, there are **certain personal and financial responsibilities and obligations**, which you and your child must assume in order to qualify and remain a member in good standing. This packet contains all of the information that you will need to know before making the decision on whether or not to allow your child to cheer. We hope that you, as a parent of a potential cheerleader, are aware of the time and energy it takes to be an effective student leader here at Sam Houston.

Because we believe our school and students are "Better than the Best!" We expect the cheerleaders to set good examples of student conduct at all times. We have set forth guidelines that will make our cheerleaders role models at our school. We want our cheerleaders to be exemplary citizens exhibiting high moral and academic standards.

It is our intention that after reading through this packet with your child, you will discuss the expectations and obligations of being a SHMS cheerleader with your child. Our organization helps students form friendships, improve communication skills, and develop leadership skills that will prove to be beneficial later in life.

We wish all candidates the best of luck. Please read this packet carefully and be sure you fully understand each rule and procedure BEFORE signing. The last pages of this packet must be signed and returned by **Monday, March 20th by 4:15PM to Mrs. Gibbs in room 302 or Ms. Lewis in room 208.** No late applications can be accepted!!!

We are looking forward to working with you and your children.

Kylie Gibbs  
Cheer Sponsor

Don Hernandez  
Principal

Lexi Lewis  
Cheer Sponsor

## Garland ISD Cheerleading Description

Being a cheerleader is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome, and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the GISD Student Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

## Cheerleader Expectations

Expectations for cheerleaders and other student leaders at Sam Houston Middle School are extremely high. Please make sure you have read this packet VERY carefully, as it describes the schedule requirements and rules for elected cheerleaders. There are several changes pending the District Constitution this year. Please pay attention to any updates you will receive. They will override anything stated in this packet. If you cannot abide by the schedule requirements and/or rules, please reconsider trying out.

### Grades:

Cheerleaders must maintain passing grades or risk extended probation/removal. .

### Time:

If elected, plan to spend an average of three hours per week practicing cheers, chants and dances for cheerleading performances.

### Transportation:

Each parent/guardian must arrange for his/her own child's ride to and from games, practices and cheerleading functions. You will be given a calendar for all cheerleading functions; therefore, parents are responsible for their child's timely arrival to events. **\*After three late arrivals/pick ups, a decision will be made by the sponsors and principal for possible removal from the squad.\***

### Attendance:

Do not plan to join the cheer team unless you plan to attend all games, practices and cheerleader functions. (Doctor's appointments without a doctor's note are not excused.)

## Mandatory Meeting Times

### Uniform Fitting:

All Cheerleaders MUST be present to be fit for their required uniform. If the Cheerleader is not present, they will be removed from the squad.

April 8th-time and location TBD. Cheerleaders and parents will be notified immediately of the place and time selected.

### Important Dates:

- All of the dates listed on this page are mandatory practice times. A calendar will be given out at the first practice with all of these dates and practice dates. These times will also be communicated through the SportsYou app! If you cannot attend a practice, it must be communicated to Coach Lewis and Coach Gibbs ahead of time, and approval must be granted.

**\*\*For any upcoming practices after school after the team has been determined, the cheerleader will be notified of specific dates & times.\*\***

### District Summer Camp-Naaman Forest High School

- July 18th @ 11:00am-5:00pm
- July 19th @ 11:00am-5:00pm
- July 20th @ 11:00am-5:00pm

### In house Summer Camp- REQUIRED DATES (Sam Houston Middle School) \*\*Food is provided\*\*

- Tuesday, June 20th @ 9:00am-2:00pm
- Thursday, June 22nd @ 9:00am-2:00pm
- Tuesday, June 27th @ 9:00am-2:00pm
- Thursday, June 29th @ 9:00am-2:00pm

**\*\*Please schedule summer vacations around all summer dates\*\***

### During Football Season:

Practice on Wednesdays 4:15 -6:00pm

Football Games-One day a week -> 5:00-8:30 PM (end time varies from game to game)

### During Basketball Season:

Practice on Tuesdays 4:15 - 6:00pm

Games TBA as we approach the season

### During Competition Season:

Practices on Thursdays 4:15pm-6:00pm

Competition will be in February

# PAYMENT PROCEDURE

Once on the team:

- Uniform/clothing fitting will be on April 8th (time is TBD)

An online locker room will be set up with each cheerleader's sizes and a link will be created for our team.

- You will be provided with a link that will take you to a website to enter in payment information
  - Payment for all cheer items will be ~ **\$300**
- You will also be provided a specific code for our school
- Payment will **ONLY** be accepted online via a card
- **NO cash** will be accepted or given to either coaches

We do understand that this is a big commitment in terms of money. You will have about a month after making the team to make the single time payment.

**\*\*If payment is NOT made by April 26th, cheerleader will be REMOVED from the team**

If there are any issues with making the payment, please communicate this as soon as possible so we can work out a solution.

As always, please let us know if you have any questions or concerns. It is always better to communicate! We cannot help if we do not know what is going on.

**Kylie Gibbs and Lexi Lewis**

## Tryout Requirements and Selection of Cheerleaders

Candidates are required to wear the following at tryouts:

- Black athletic shorts
- Solid white polo
- White athletic shoes
- White no-show socks
- Hair in a ponytail (No bows or headbands allowed)

**Parents will not be allowed in the building during any phase of the tryouts.**

After all tryouts are tabulated, each candidate will be given an envelope with instructions for how to find out the results of the tryouts. NO RESULTS WILL BE DISTRIBUTED AT THE TRYOUT SITE.

Every attempt is made to hire judges that have not worked with students in the Garland area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out.

Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

Each judge will enter his/her scores into a scoring spreadsheet. Those scores will automatically transfer to a master spreadsheet. The tabulation spreadsheet will automatically throw out the scores of the lowest and highest scoring judges. Results will be based on the average of the remaining three scores. Each candidate must score a minimum percentage in order to be placed on the cheerleading squad.



# **Cheerleader Tryout Application**

Due Date: All paperwork is due **Monday, March 20th** (4:15pm SHARP) at the first clinic! You will not be able to participate in clinics until we have this packet in our hands!!! \*If you have it completed before this date, feel free to bring it to room 208 (Lewis) or 302 (Gibbs.)

\*Please do not turn this packet in until ALL components are completed. \* No late applications will be accepted under any circumstances.

Name: \_\_\_\_\_

ID #: \_\_\_\_\_

Current Grade Level: 6th or 7th

Home

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

I have read and understand the tryout regulations, as well as the expectations for elected cheerleader, and I will abide by them. I also understand that a violation of any of these regulations will disqualify me from the tryout process.

As a parent of a possible Cheerleader, I have read and understand the expectations and regulations for cheerleaders. I also understand that a violation of the tryout process could disqualify my child.

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If you have any questions please contact:

Lexi Lewis ([alewis@garlandisd.net](mailto:alewis@garlandisd.net)) or Kylie Gibbs ([kgibbs@garlandisd.net](mailto:kgibbs@garlandisd.net))

## Candidate Release Form Parent

My child, \_\_\_\_\_ has my permission to be a Cheerleader at Sam Houston Middle School.

(Please initial in spaces provided)

\_\_\_\_\_ I understand that he/she must abide by the rules and regulations set forth by the sponsor and principal of Sam Houston Middle School and be present for all practices and games. It is my responsibility to have my child at all functions on time! In case of an emergency, I give permission for my child to ride with the sponsor and/or other parent when necessary. I have read the rules and regulations and understand that the violation of any of these rules may lead to a temporary or permanent suspension from the squad.

\_\_\_\_\_ I understand that qualified judges will evaluate my daughter/son and we agree to abide by the decision of the judges.

\_\_\_\_\_ I understand that if I have any concerns about the decisions made by the sponsor, I will contact that sponsor first. Only after contacting the sponsor, may I contact the Principal, Mr. Hernandez.

\_\_\_\_\_ I understand the costs involved as stated in the rules.

\_\_\_\_\_ I understand that by the very nature of the activity, cheerleading and gymnastics carry a risk of injury. Cheerleading activities require learned skills and behaviors. These will be taught, practiced, and documented as each participant achieves mastery prior to the performance of each skill. It should be made clear that even though mastery of objectives and skills has been reached, and safety precautions enforced, accidents still may occur. No matter how careful the participants and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and do hereby release Garland Independent School District and its employees from any liability due to accident, injury or illness should it occur. I also agree to support my child's efforts wholeheartedly throughout the season.

\_\_\_\_\_ As a Cheerleader, your child is covered at school-sponsored events by the school insurance, providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or take the additional school insurance.

\_\_\_\_\_ Upon making Cheerleader your child must present evidence of a current medical, physical examination. This must be less than 12 months old.

\_\_\_\_\_ I also confirm that my child has chosen Sam Houston Middle School for the 2016-2017 school year on their choice of school form.

\_\_\_\_\_ I have read the attached information packet and cheerleading constitution and rules. I also understand that every member of the cheerleading squad will be expected to follow these rules and regulations, and I agree to abide by these regulations. I understand I will not be allowed in the building on the day of tryouts. I understand that it is my responsibility to provide transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines for my child. I understand that it is my responsibility to meet all financial obligations by the deadlines set forth Sam Houston Middle School. Furthermore, I understand that being a cheerleader involves inherent risks, which could cause serious or catastrophic injuries or even death. I have also read and understand the GISD insurance disclaimer. I understand that if I have any questions or concerns regarding cheerleading, I should contact the appropriate sponsor. I understand and agree to abide by the GISD cheerleader constitution. Furthermore, I give my consent for the below named student to represent Sam Houston as a cheerleader and participate in extracurricular activities with knowledge of the responsibilities, conduct expectations and risks involved with being a SHMS cheerleader.

\_\_\_\_\_  
parent/guardian

\_\_\_\_\_  
date

\_\_\_\_/\_\_\_\_/\_\_\_\_  
parent/guardian

\_\_\_\_/\_\_\_\_/\_\_\_\_  
date

## Candidate

I am interested in being a cheerleader at Sam Houston Middle School. I understand the risks inherent to this sport. If elected, I promise to abide by the rules and regulations set forth by the sponsor and principal of Sam Houston Middle School. I promise to cooperate and follow the instructions of the cheerleading sponsor at all times.

I understand that cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit, and cooperation both within the schools and among schools. Members of these groups have a fundamental responsibility to play a leadership role in helping the school to achieve the worthwhile objectives of the schools activities.

Further, I understand that I am to behave in a manner that is becoming to me as an individual, as well as to the organization I represent. I should be aware that in or out of uniform I am a representative of the cheerleading squad, Sam Houston Middle School, and I agree to act accordingly.

I will:

- Be a leader and set an example for those around me.
- Remember SAFETY FIRST!!! NO COACH - NO PRACTICE!!!
- Follow a workout program designed for the development of strength in order to: prevent injury; increase strength and coordination, endurance, flexibility and confidence.
- Keep track of my academic progress (know when I need to get help or attend tutorials). I know that if I am not passing my classes, I am placing an undue burden on the rest of my squad.
- Attend and be on time to all practices and games.
- Promote school spirit.
- Remember that I am a member of a TEAM and there is no "I" in team.
- Give respect to ALL adults.
- HAVE FUN!!!

I, \_\_\_\_\_, am trying out for the position of cheerleader. I am aware of the time involved in being a SHMS cheerleader. I am prepared to give 100% and have a positive attitude throughout the year. I understand that my obligations as a cheerleader do not begin and end with football season, but begin with cheerleader tryouts and continue throughout the entire school year. Furthermore, I understand that it is my responsibility to provide my own transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines. I understand that as a cheerleader I am expected to behave in a manner that is becoming to me, as well as, to my squad. I also realize that grades are very important and that it is my responsibility to remain eligible. It wastes time, money, and energy when I am unable to perform. I have read and understand the attached information packet and GISD cheerleading constitution and rules. Furthermore, I have read the Cheerleader's Code of Conduct and understand my responsibility as a Sam Houston Cheerleader. I agree to follow and abide by all of these rules and regulations.

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\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Participant's signature

Date

**All paperwork is due no later than Monday, March 20th by 4:00 pm  
SHARP!!!**

# Teacher Referral

I recommend \_\_\_\_\_ to try out for the 2023-2024 Sam Houston Middle School cheerleading team. I believe that this student would be a good candidate for the SHMS Cheer team; this student shows that they are on time, reliable, and would make a good member of the team.

Teacher Name: \_\_\_\_\_

Reasons you recommend this student:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Teacher Signature:

\_\_\_\_\_

# Paperwork Checklist

Here is a list of the paperwork items that must be turned in for each candidate by **Monday, March 20th @ 4:15PM.**

- ☐ Application
- ☐ Parent Release Form
- ☐ Candidate Form
- ☐ Official Report Card
- ☐ Teacher referral by a current teacher
- ☐ Pre-participation Physical Evaluation (the first page of the physical)
- ☐ Concussion form
- ☐ Preparticipation physical form

(\*Athletics physicals here at Sam Houston will be in May. If you are involved in athletics, you will get yours then\*)

