



2023-2024 GHS Cheer Tryout Application

Tryout Candidate and Parents,

We are excited for the upcoming year and pleased to see you are interested in becoming a part of the cheerleading squad at Garland High School. Garland is a school rich in tradition and school pride. As a cheerleader, you have the privilege of promoting school spirit amongst the students, parents, and alumni.

Garland has a winning tradition and the cheerleading squads are proud to support all of our teams as well as each other.

Cheerleading is a big commitment as cheerleading is a year round sport. We cheer through volleyball, football, and basketball seasons, which run from August to March. In addition to cheering at games, we attend camp in June and march in the Labor Day & MLK Parades, organize school pep rallies, promote school spirit and compete. As a member of the squad, you must be willing to give your time to practices, games, performances, and other cheerleading commitments.

As a Garland High School cheerleader, we expect you to be a role model for the student body. We expect cheerleaders to hold themselves to a high academic standard and follow all schools rules/policies.

Please look over the Cheerleading Handbook for all GISD high school cheerleaders, which is posted online soon and will be printed and given to families at the Parent & Candidate Meeting. All Garland High School Cheerleaders will be expected to abide by these standards and guidelines. Cheerleaders who fail to adhere to the standards and guidelines will be penalized, as being a GHS Cheerleader is a privilege and not a right. We take pride in our program and want the cheerleaders to represent Garland High School and our district in a positive light.

We look forward to tryouts and wish you the best of luck and Gig Em Owls!

Coach Allison Shepheard, M.S. – Varsity
aashephe@garlandisd.net

Coach Morgan Shaeffer- Junior Varsity
mshaeffer@garlandisd.net

IMPORTANT DATES

March 9, 2023

Thursday
GHS Library
6:30 pm

Mandatory Parent & Candidate Meeting *Mandatory for ALL candidates*

All candidates and at least one parent/guardian must attend.

March 21, 2023

Tuesday

Tryout Packet due by 6:00pm

to Coach Shepheard or Coach Shaeffer at Tryout Clinic.

March 21-23, 2023

Tuesday - Thursday
AD Gym - GHS
6 – 9 pm

Tryout Clinic

Registration begins at 5:30 pm.

*Tryout numbers will be drawn on Thursday.

All paperwork must be complete to participate in Tryout Clinics.

March 25, 2023

Saturday
Garland HS

GHS Cheerleaders Tryouts

Warm Ups 10:30-11am

Tryouts 11am-12:30pm

March 28, 2023

Tuesday
6:30 pm

Mandatory New Squad/Parent Meeting

First payment due! - \$500 (Cash or Money Order)

Fittings

April 3rd- May 18th, 2023

Mondays & Thursdays
Various Gyms @ GHS
5:30-7:30pm

Spring Practice

Varsity & JV 5-7pm

June 3-6, 2023

Monday-Thursday
TWU

NCA Leadership Camp- Varsity Only

Mandatory for Varsity. This is a bonding time for the teams and we appreciate parents respecting the sponsor's guideline of not attending camp events except for All American Tryouts.

June 7 & 8

AD Gym
5-8pm

Home Camp- Varsity & JV *Mandatory for ALL*

Varsity will lead camp style practices with leadership and bonding time.

August 1 & 3, 2023

AD Gym
5-7pm

Pre-School Year Practices *Mandatory for ALL*

Mandatory for all squads.

August 12th, 2023

Competition Routine Work Day *Mandatory for ALL*

September 4, 2023

January 13, 2024

Labor Day Parade *Mandatory for ALL*

MLK Parade *Mandatory for ALL*

January 2024

February 2024

UIL Competition *Mandatory for ALL*

Middle School Classic *Mandatory for ALL*

DRESS CODE FOR TRYOUTS

All candidates must wear:

- Plain white crew neck t-shirt (no visible logo)
- Solid black shorts
- White socks
- Athletic or cheer shoes
- Hair must be up in a secure high ponytail out of the candidate's face. To insure uniformity; no hair bows, ribbons, or any other accessories will be allowed.
- Natural makeup: at the very least, pink or red toned lips, blush or highlighter, natural eye shadow, & mascara.
- No jewelry allowed including facial piercings.

TRYOUT DAY

Saturday, March 25, 2023 at Garland High School

10:30-11am: Warm up in designated area

We will provide you with the number that you will wear for tryouts.
You are not allowed to switch numbers with another candidate.

11am-12:30pm: Tryout Time

These tryouts are closed to the public. No parents or friends will be allowed in the building at any time during tryouts. No exceptions. Candidates do not leave until you are dismissed. Same rules will be applied to Mock tryouts.

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.

TABULATION OF SCORES

Each judge will enter his/her scores into a scoring 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. A person not connected to the tryout will use a computer-generated formula to calculate scores district wide. Each candidate must score a minimum percentage of points in order to be placed on a cheerleading squad.

HS Junior Varsity – 40%

HS Varsity – 50%

NOTIFICATION

Final results for each school will be published on the GHS Cheer Tryout Canvas Page on Sunday evening, March 26th, 2023.

TRYOUT SEQUENCE OF EVENTS

The whole group of candidates will enter together and perform as a whole group to show the judges the material first.

GROUP CHANT:

Groups should consist of 3-4 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 nod of admin to exit.

GROUP DANCE:

Once the nod has been given, the school representative should start the music for the dance. Once this has been completed, the candidates should remain in their spots until they are told to leave.

INDIVIDUAL ENTRANCE:

Candidate number #1 should enter the gym and wait for notification from the admin that they are ready. After admin has 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 admin is 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 jump and then their third jump, giving the judges time to score each jump. Each high school candidate must perform a toe touch, a right hurdler, a left 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.

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.

Chant	20 points total
Motion Technique	10
Timing	5
Projection	5

Dance	15 points total
Motion Technique	10
Timing	5

Entrance	20 points total
Presence/poise	5
Tumbling run in	10
Spirit/Enthusiasm	5

Jumps	25 points total
Toe Touch	10
Right Hurdler	5
Left Hurdler	5
Choice jump	5

Cheer	20 points total
Motion Technique	10
Voice/projection	5
Incorporation	5

ESTIMATED CHEER COSTS

**** Actual costs will vary depending on squad sizes and availability of items ****

The estimated cost of cheerleading for one year is outlined below. Every effort has been made to keep these costs to a minimum. Final costs will be sent ASAP after squad numbers are finalized and I get that info back from the vendors.

First Payment- \$500 at New Squad Meeting March 28th, 2023 @ 6:30 pm.

Second Payment of \$500 for Varsity or remaining balance for JV is due April 17th, 2023 @ Practice.

Final Payment for Varsity of remaining balance is due May 8th, 2023 @ Practice.

All costs must be paid on time as we have deadlines for purchases to receive items in time for camp.

Refunds will not be given after items are purchased.

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

GHS provides the paper for signs. All other supplies for painting signs will be paid for by the cheerleader.

Varsity Cheerleader Cost Estimate- \$1400
Junior Varsity Cheerleader Cost Estimate- \$715

Example packages will be discussed at Mandatory Parent & Candidate Meeting

Some other items needed and to be purchased individually:

Nike Pro Tights (leggings) ALL BLACK- at least 1 pair

Nike Pro Shorts (spandex) ALL BLACK- at least 3 pairs

White Nike Crew Socks- at least 3 pairs (TALL SOCKS)

Cheer Shoes (Varsity or Nfinity)

Performance Makeup (See 2023-2024 Hair & Makeup Policy)

2023-24 GHS Cheer Hair & Make Up Policy

GHS Cheerleading will have a set hair and make up policy to keep everyone in uniform. For the various activities' cheerleaders do, there will be different expectations for hair and make up. Presentation is an incredibly important part of enhancing a cheerleader's presence and building the atmosphere of a performance.

Hair Expectations

Hair expectations will be followed or cheerleaders will be benched. For example, if a cheerleader is told to have their hair up in a high ponytail there cannot be loose hairs left out around the face to "be cute". Hair is expected to be all the way up per the instructions given.

Practice

Varsity- Hair up and out of your face for safety purposes. No Hair Clips.

JV- Hair up and out of your face for safety purposes. No Hair Clips.

Games

Varsity- Various hair styles including: Half Up Half Down, High Pony, Low Pony (per Coach depending on the game). Bow needs to be facing forward and bobby pinned upright. Hair needs to be curled or straightened depending on game.

JV- High Pony unless the cheerleader has a short hair style that has hair falling above the shoulders in which they will do Half Up (per Coach depending on the game). Bow needs to be facing forward and bobby pinned upright. Hair needs to be curled or straightened depending on game.

Parades

Varsity- Half Up Half Down (per Coach depending on the parade). Bow needs to be facing forward and pinned. Hair needs to be curled or straightened depending on event.

JV- Half Up Half Down (per Coach depending on the parade). Bow needs to be facing forward and pinned. Hair needs to be curled or straightened depending on event.

Pep Rallies

Varsity- Various hair styles including: Half Up Half Down, High Pony, Low Pony (per Coach depending on the pep rally). Bow needs to be facing forward and pinned upright. Hair needs to be curled or straightened depending on event.

- Homecoming- Coaches choice.

JV- Various hair styles including: Half Up Half Down, High Pony, Low Pony (per Coach depending on the pep rally). Bow needs to be facing forward and pinned upright. Hair needs to be curled or straightened depending on event.

- Homecoming- Coaches choice.

Competition

Varsity- Various hair styles including: Half Up Half Down, High Pony, Low Pony (per Coach depending on the pep rally). Bow needs to be facing forward and pinned upright. Hair needs to be curled or straightened depending on event.

JV- Various hair styles including: Half Up Half Down, High Pony, Low Pony (per Coach depending on the pep rally). Bow needs to be facing forward and pinned upright. Hair needs to be curled or straightened depending on event.

***Male Cheerleaders- styles and facial hair will be discussed with male cheerleader and coach on an as needed basis.

Make Up Expectations

Practice

Varsity- No formal make up needed for practices unless notified by Coach.

JV- No formal make up needed for practices unless notified by Coach.

Games, Parades, Pep Rallies, & Competitions

Varsity & JV-

Lips- Covergirl Clean Fresh Tinted Lip Balm in the color 400 - "You're the Pom"

Eyes- Champagne colored eye shadow & Black Mascara (eye liner optional but simple only)

Cheeks- light blush and highlighter

Facial Piercings

Facial piercings will not be allowed during performances or during practices for safety and uniforms reasons. Spacers will only be allowed during non-stunting activities. No exceptions will be made.

****All hair and make up expectations are subject to change with notice per Coach. The coach will inform all squad members of changes to planned expectations as soon as possible.****

TRANSPORTATION

Transportation changes depending on the year. We will bus to all football and basketball games together.

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. Each high school team is required to attend UIL Spirit. The date for UIL is not set until after school starts.

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

CHEERLEADER CHECKLIST

Candidate Name:

Trying out for:

JV (9th-12th Grade)

Varsity (10th-12th grade)

All applications are due **by 6:00 pm on March 21, 2023** to Coach Shepheard (Room 413) at GHS or at the Tryout Clinic. Application materials are to be complete and turned in PRIOR to clinics. You need the following documents ALL COMPLETED in order and stapled together along with the checklist below.

_____ GISD Cheerleader Application and Emergency Contact Information (Pg 11)

_____ GHS Cheerleader Agreement Form (Pg 12)

_____ Social Media Contract and Picture/Video Form (Pg 13)

_____ 1st Semester Grades

_____ Attendance/ Discipline Profile (acquired from school's attendance office or Administration at your campus)

_____ Choice of School Verification (Only for students NEW TO GHS- Transfers and incoming 9th graders)

_____ JV Consent Form (Varsity Candidates Only) (Pg 14)

_____ Visual And Performing Arts Handbook Signature Pages (Pgs 15-16)

_____ Physical/Medical forms (Pg 17-18). New complete physicals will be due after May 1, 2023 but before start of the 2023-2024 school year.

_____ UIL Concussion Form (Pg 19)

Garland Independent School District Cheer Application

Name:

ID#:

Grade Next Yr:

Age:

Phone:

Parent/Guardian Name:

Parent Phone #

Parent Email:

Address:

City:

Zip:

Candidate 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 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 Signature:

GHS Cheerleader AGREEMENT FORM

I have read, understand, and had questions answered regarding this document as well as the Garland Independent School District High School Cheerleader Handbook and Procedures, the Garland High School Cheerleader Privileges, Traditions and Garland High School Cheer Addendum, and the Hair & Make Up Policy. I agree to follow the rules of the Handbook, Procedures, Privileges, Traditions, and GHS Cheer Addendum and represent my squad and Garland High School in a positive light. I realize the sponsors expect me to behave appropriately at school, during school functions or while in uniform and to follow all school rules and policies. I will work hard to maintain my grades so that I can be academically eligible throughout the year. I also understand that I am responsible for all financial obligations and their due dates. I also understand I must provide my own transportation to games and practices unless covered by Garland Independent School District (GISD) rules and regulations. I will be present for all practices and games. I understand that final decision regarding benching/ point deductions/ demerits/ etc. will be at the discretion of the sponsors, and/ or principals. 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 and agree to comply with the Garland Independent School District (GISD) insurance disclaimer.

Parent Signature

Date

Cheerleader's Signature

Date

I _____ have read the cheerleader guidelines/rules according to the GISD cheer Handbook. I understand each of them before tryouts and will abide by each rule. I also understand and accept each punishment given for each rule violation.

Parent Signature

Date

Cheerleader's Signature

Date

I understand that the uniforms are the property of Garland High School and if lost or damaged it is my responsibility to replace them. The uniforms may be altered without cutting the fabric, with the cheer coaches approval. Uniforms will be returned at the designated date and they will be clean.

Parent Signature

Date

Cheerleader's Signature

Date

SOCIAL MEDIA CONTRACT

Maintaining a higher standard of conduct will also include ensuring the GISD/Fine Arts Students' websites are appropriate. The internet is a worldwide, publicly accessible form of communication. Therefore, any communication such as Twitter, YouTube, Instagram, SnapChat, Vines, Tumbler, or any other photo/video sharing or social media site, etc. appearing on the internet is public domain, even if it is marked private. Per the GISD Code of Conduct, students are responsible for their personal websites and postings on others' websites. The areas of appropriateness will include, but not limited to, the following: language, sexual or other (abbreviated or alluding to); pictures, reference to sexually explicit conduct or content, bullying/harassment within school and to other campuses, clothing, alcohol, drugs, and/or tobacco, which includes e-cigs and vapes. Excessive amounts of postings during the school day and posting updates in the middle of the school day is unacceptable and will be considered if a principal/teacher review takes place. Messages, Snap Chats, pictures, etc. sent via text messages or any other form of communication can be used as a screenshot and therefore can be considered public domain. By sending any content electronically to someone else, you are giving them permission to use that information as they see fit so please be aware of what you are sending and to whom you are sending it to at any time. Any question of appropriateness will be decided by the principal and teacher.

Students selected as Fine Arts student performers must recognize this distinction as an honor and privilege and must be held accountable to a greater standard than that of the general school population. A student has no ordained right to participate in Fine Arts. It is a privilege that has been granted to the student and it is possible that the privilege can be taken away. In addition to the GISD Fine Arts Handbook, GISD Code of Conduct, and the standards outlined in the Fine Arts Code of Conduct will be in effect twenty-four hours a day, seven days a week, twelve months a year, in season and out of season, whether in school or school is not in session.

Parent Signature

Date

Cheerleader's Signature

Date

Video, Image, and Audio Release From

I _____ parent of _____ give my consent for her photographs, video images, and/or voice to be utilized for advertising, illustration, or publication on campus, district, and/or local media TV stations as appropriate. This includes but is not limited to GRS-TV, newspaper, daily announcements, advertising, and local news stations.

Parent Signature

Date

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 _____

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 _____

**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 below. 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 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.

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

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 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.

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

Candidate/Member Printed Name _____

Candidate/Member Signature _____

Date _____

Legal Parent/Guardian Printed Name _____

Legal Parent/Guardian Signature _____

Date _____

UIL Pre-Participation Physical will go here

UIL Concussion Form will go here