

Lakeview Centennial High School

Cheerleading Tryout Packet

2023-2024



*“Some people want it to happen, some wish it would happen,
others make it happen.”*

– Michael Jordan

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Dear Tryout Candidate and Parents/Guardians,

Thank you for your interest in the Lakeview Centennial Patriot Cheer Program. As a member of our program, students have the **privilege** of promoting school spirit and sportsmanship on our campus and in the community.

Cheerleading is a big commitment, as it is a **year-round** sport. So, we want to ensure that you, as parents/guardians and prospective cheerleaders, are aware of what it takes to be a member of the LC Patriot Cheer Program. Candidates selected to be a member of Patriot Cheer are expected to **commit** for the full cheerleading year (tryout date to tryout date). Members of our program cheer for multiple sports throughout the year, organize pep rallies, participate in parades, compete, host fundraisers, and much more. You must be willing to give your time and energy to all of our cheerleading obligations.

Members of our Cheer Program are also expected to be **leaders** for the student body by serving others and setting an example of good character. We expect our cheerleaders to hold themselves to a high academic standard and follow all school rules/policies.

Please look over the GISD Fine Arts Handbook which is posted online. Cheerleaders that fail to adhere to the standards and guidelines will be penalized, as being a Lakeview Centennial High School Cheerleader is a privilege and not a right. We take pride in our program and expect cheerleaders to represent LCHS and GISD in a positive light.

Lastly, we hope that you will discuss the expectations and level of commitment necessary to be a Patriot Cheerleader with your son/daughter. The LC Patriot Cheer Program is a **worthwhile** organization that provides countless opportunities for members to develop and enrich qualities that will prove beneficial later in life.

We wish you the best in your tryout experience! Please do not hesitate to email one of us with any questions or concerns.

Coach Brandie Parker - Varsity
bwparker@garlandisd.net

- Please read this packet in its entirety.
- Both the candidate and parent/guardian must sign all forms included in this packet.
- Join the LC Patriot Cheer Tryout Canvas.

Important Dates - Important Dates - Important Dates

When	Where	What
March 1, 2023 Wednesday 6:30pm	LCHS Cafeteria	Mandatory Informational Meeting All candidates and at least one parent/guardian <u>must</u> attend in order to tryout for LC Patriot Cheer
March 9, 2023 Thursday	Portable 10 - Parker	Tryout Packet Due by 3:00pm Under no circumstance will late or incomplete applications be accepted. Packets may be submitted before March 9, 2023, but not after.
March 20-23, 2023 Monday-Thursday 5:30pm-7:30pm	LCHS Main Gym	Mandatory Tryout Clinic Registration begins at 5:00pm M - W: school-appropriate t-shirt & athletic shorts with athletic shoes Tryout numbers will be drawn on Wednesday Mock tryouts on Thursday (wear tryout attire)
March 25, 2023 Saturday 12:30pm - 3:30pm	Garland High School 310 S. Garland Ave. Garland, TX 75041	LC Patriot Cheer Tryouts Solid white t-shirt & black shorts with athletic shoes
March 29, 2023 Wednesday 6:30pm	LCHS Cafeteria	Mandatory MADE IT! Meeting 2023-24 Cheerleaders and at least one Parent/Guardian <u>must</u> attend Get reusable attire approved by respective coach Payment #1 due (Cash/M.O.) - \$550
March 31, 2023 Friday 3:00 - 6:00	LCHS Cafeteria	Fittings Mandatory for all squads Parents/Guardians will not be permitted to enter the gym during fittings
April 3 - June 7, 2023 Mondays & Wednesdays 3:00-5:00 (V) 5:00-7:00 (JV/F)	LCHS Commons LCHS Small Gym LCHS Main Gym	Spring Practice April 3, 5, 12, 17, 19, 24, 26 April 26 - Payment #2 due (Cash/M.O.) - \$550 May 1, 3, 8, 10, 15, 17, 31 June 5, 7
May 2023	TBD	Spring Game
June 11-14, 2023 Sunday - Wednesday	Gaylord Texan 1501 Gaylord Trail Grapevine, TX 76051	NCA Cheer Camp Mandatory for all 2023-24 LC Patriot Cheerleaders Parents may attend show-offs/awards on the final day of camp We will take a GISD bus to and from camp.
July 24 & 26, 2023 Monday & Wednesday 10am - 2pm	LCHS Commons LCHS Small Gym LCHS Cafeteria	Summer Practice Mandatory for all squads June 26 - Payment #3 due (Cash/M.O.) - \$250
August 30, 2023 Wednesday	LCHS Commons 4th Period	Payment #4 due (Cash/M.O.) - \$50
September 4, 2023	Garland, TX	Labor Day Parade
January 4-6, 2024	Fort Worth Convention Center	2024 UIL Spirit State Championship
January 13, 2024	Garland, TX	MLK Parade
February 2024	Garland, TX	GISD Middle School Cheer Classic

*****The cheer calendar is subject to change.***

Tryout Clinic Information

What: Clinic - Tryout material will be taught

When: Monday, March 20, 2023 - Thursday, March 23, 2023

5:30pm - 7:30pm

Candidates must attend all four days of the clinic to be eligible to try out.

Where: Lakeview Main Gym

Attire: School-appropriate t-shirt, no crop tops or bra tops

Athletic shorts

Athletic shoes

Hair in a secure ponytail

No jewelry of any kind, including nose rings, belly rings, earrings, necklaces, etc.

Agenda:

3/20/23	3/21/23	3/22/23	3/23/23
Review cheer technique Learn chant Learn dance	Review cheer technique Review chant Review dance Learn cheer	Review cheer technique Review chant Review dance Review cheer Draw for tryout numbers	Mock tryouts *Wear tryout attire (solid white t-shirt, black athletic shorts, white athletic/cheer shoes)

Candidates: Returning GISD students - you must have been selected and been accepted to Lakeview for the 2023-24 school year.

New to GISD - Make sure you have contacted Student Services and have pre-enrolled for LCHS. Documentation is required.

All paperwork must be turned in by Thursday, March 9, 2023, to participate in the clinic.

The Tryout Clinic is open to eligible candidates only, and closed to the public. No parents, friends, or ineligible candidates are allowed to attend. No videotaping will be allowed, as memorization is an essential part of being a quality cheer candidate.

Tryout Day Dress Code

All candidates must wear:

- ★ Solid white t-shirt (no visible logo)
- ★ Solid black shorts
- ★ White socks
- ★ White athletic or cheer shoes
- ★ Supportive undergarments
- ★ Hair must be in a secure high ponytail, out of the candidate's face. To ensure uniformity, no hair bows, ribbons, or any other accessories will be permitted.
- ★ Natural makeup - at the very least, pink or red toned lips and mascara or natural-looking eyelashes.
- ★ No jewelry allowed, including earrings, nose rings, necklaces, belly rings, bracelets, etc.
- ★ Fingernails - "sports" length, neutral color (french tip, clear, or nude)

Tryout Day Information

What: GISD Cheer Tryouts - Lakeview Centennial Candidates

When: Saturday, March 25, 2023

12:30pm - 1:00pm

Warm-up in designated area

1:00pm - 3:30pm

Tryout time

Where: Garland High School
310 S. Garland Ave.
Garland, TX 75040

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 they are dismissed.

Five judges will be hired and compensated by the Director of Fine Arts for tryouts. Efforts will be made to reflect the diversity of the campus in selection of judges. 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.

More information regarding tryouts, scores, and notification can be found in the GISD Fine Arts Handbook.

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

Tryout Judging Criteria

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

ENTRANCE			JUMPS				CHEER			CHANT			DANCE																																																							
Presence/ Poise	Tumbling (During Run-In)	Spirit/ Enthusiasm	Toe Touch	Left Hurdler	Right Hurdler	Optional Jump	Motion Technique	Voice. Projection	Incorporation	Motion Technique	Timing	Projection	Motion Technique	Timing																																																						
5	10	5	10	5	5	5	10	5	5	10	5	5	10	5																																																						
<u>Presence/Poise</u> *Start at 5 points and for each item missing or lacking, knock down a point Shirt tucked in Shoes tied Proper Grooming Hair pulled out of face Energetic/upright walk Positive Posture <u>Tumbling</u> *Refer to the GISD Jump/Tumbling Scoring Criteria <u>Spirit/Enthusiasm</u> <table><tr><td>1-3</td><td>No energy/No Smile/No spirit</td></tr><tr><td>3-5</td><td>Energetic/Smiling/Loud Spiriting</td></tr></table>			1-3	No energy/No Smile/No spirit	3-5	Energetic/Smiling/Loud Spiriting	<u>Toe Touch</u> <u>Left Hurdler</u> <u>Right Hurdler</u> <u>Optional Jump</u> *The Optional Jump may be any jump that the tryout candidate chooses to execute **Refer to the GISD Jump/Tumbling Scoring Criteria				<u>Motion Technique</u> <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missed motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp</td></tr></table> <u>Voice Projection</u> <table><tr><td>1</td><td>Soft</td></tr><tr><td>2</td><td>Speaking words</td></tr><tr><td>3</td><td>Saying words loud</td></tr><tr><td>4</td><td>Yelling words but lacks tone changes /enthusiasm</td></tr><tr><td>5</td><td>YELLING words with tone changes /enthusiasm</td></tr></table> <u>Incorporation</u> *Refer to the GISD Jump/Tumbling Scoring Criteria			1-3	Motion levels off, lacking in sharpness, missed motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp	1	Soft	2	Speaking words	3	Saying words loud	4	Yelling words but lacks tone changes /enthusiasm	5	YELLING words with tone changes /enthusiasm	<u>Motion Technique</u> <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missed motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp</td></tr></table> <u>Timing</u> <table><tr><td>1-2</td><td>Timing off throughout (unable to pick up or threw off rest of group)</td></tr><tr><td>3</td><td>Ok timing (able to pick up)</td></tr><tr><td>4-5</td><td>Good timing with group</td></tr></table> <u>Voice Projection</u> <table><tr><td>1</td><td>Soft</td></tr><tr><td>2</td><td>Speaking words</td></tr><tr><td>3</td><td>Saying words loud</td></tr><tr><td>4</td><td>Yelling words but lacks tone changes (levels)/enthusiasm</td></tr><tr><td>5</td><td>YELLING words with tone changes (levels)/enthusiasm</td></tr></table>			1-3	Motion levels off, lacking in sharpness, missed motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp	1-2	Timing off throughout (unable to pick up or threw off rest of group)	3	Ok timing (able to pick up)	4-5	Good timing with group	1	Soft	2	Speaking words	3	Saying words loud	4	Yelling words but lacks tone changes (levels)/enthusiasm	5	YELLING words with tone changes (levels)/enthusiasm	<u>Motion Technique</u> <table><tr><td>1-3</td><td>Motion levels off, lacking in sharpness, missing motions</td></tr><tr><td>4-7</td><td>Average motion levels, needing more sharpness (placing motions)</td></tr><tr><td>8-10</td><td>Good motion levels, sharp, popping dance, exhibits individuality</td></tr></table> <u>Timing</u> <table><tr><td>1-2</td><td>Timing off throughout (unable to pick up or threw off rest of group)</td></tr><tr><td>3</td><td>Ok timing (able to pick up)</td></tr><tr><td>4-5</td><td>Good timing with group</td></tr></table>		1-3	Motion levels off, lacking in sharpness, missing motions	4-7	Average motion levels, needing more sharpness (placing motions)	8-10	Good motion levels, sharp, popping dance, exhibits individuality	1-2	Timing off throughout (unable to pick up or threw off rest of group)	3	Ok timing (able to pick up)	4-5	Good timing with group
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LC Patriot Cheer Standard of Uniformity

LC Patriot Cheer has set expectations to keep all members in uniform. For the various activities cheerleaders do, there will be different expectations for hair, makeup, nails, and colors. Presentation is an incredibly important part of enhancing a cheerleader's presence and building the atmosphere of a performance. Furthermore, hair, nails, and jewelry can be safety hazards.

1) Hair Expectations

- a) Male Cheerleaders - if hair is long, it must be in a neat and secure bun or ponytail. Facial hair should be neatly groomed.
- b) Female Cheerleaders

Event	Freshmen (JV-B)	JV-A	Varsity
Practice	Hair secure and out of face	Hair secure and out of face	Hair secure and out of face
Game Day @ School	High ponytail with bow	High ponytail with bow, or Half up/half down with bow	High ponytail with bow, or Half up/half down with bow, or Hair down
Games	High ponytail with bow	High ponytail with bow *Homecoming - Half up/half down with bow	High ponytail with bow, or Half up/half down with bow, or *Basketball Season - Low ponytail with bow
Parades, Competition, pep rallies, etc.	High ponytail with bow	High ponytail with bow	High ponytail with bow

c) General Guidelines

- i) Hair must be pulled back completely and tightly secured and not fall or become loose while performing cheer activities, i.e. stunting, jumping, tumbling.
- ii) Hair must not have wisps/loose hair falling around the face.
- iii) Bows will be worn at every performance or event, regardless of hair length, and must be facing forward and pinned.
- iv) A braid or twist leading into the ponytail is not permitted.
- v) Extensions must be blended and be the same color as your natural hair.
- vi) Braids must be able to be styled in the required hairstyles.
 - (1) Box braids are ideal for hair to be pulled back into a high ponytail or half up/half down style.
 - (2) Corn Rows must be styled in a way that will go into a high ponytail or half up/half down style, depending on what the coach has requested for that week's events.
- vii) Sew-in's or quick weaves must be able to be pulled back into a high ponytail or half up/half down style depending on what the coach has requested for that week's events.
- viii) No wigs will be allowed (ex. Medical).
- ix) No unnatural hair color will be allowed at performances/events. If you are unsure please ask your coach first.
- x) Beads worn in hair are permitted, if they are worn in a manner that does not interfere with the safe execution of stunting or tumbling. The beads must be school colors (clear, royal blue, goldenrod, white).

2) Make-up Expectations

a)

Event	Freshmen (JV-B)	JV-A	Varsity
Game Day @ School	Natural	Natural	Natural Spirit tattoos
Games	Mascara/natural lashes Pink or red lip color Face paint	Mascara/natural lashes Pink or red lip color Face paint Glitter	Mascara/natural lashes Pink or red lip color Face paint Glitter Rhinstones Spirit tattoos
Parades, Competition, etc.	Mascara/natural lashes Pink or red lip color	Mascara/natural lashes Pink or red lip color	Mascara/natural lashes Pink or red lip color

b) General Guidelines

- Make-up must be age-appropriate and natural-looking. If you have any questions, please ask your coach.
- Make-up must compliment the LC Patriot Cheer uniform.
- Lashes should look natural and be of natural color and length (no longer than 9mm).
- Lip color should be a pink or red shade that compliments your skin tone.

3) Fingernail Expectations

- Nails must be a “sports length” throughout the year.
- For practices, games, performances, and competitions, nails must be a neutral color (french tip, clear, or nude).

4) Jewelry Expectations

- Jewelry is not permitted during practices, games, performances, and competitions. This includes but is not limited to: earrings, nose rings, necklaces, belly rings, bracelets, rings, and anklets.
- Band-aids will not be used to cover piercings. Members may use spacers and should schedule fresh piercings around the cheer calendar.

The coach reserves the right to instruct the cheerleader to fix their hair, make-up, fingernails, and/or jewelry and issue demerits if the cheerleader is not in compliance.

Any violation of the LC Patriot Cheer Standard of Uniformity will result in demerits that cannot be removed by merit points.

Always communicate with your coach if you are unsure about any of these expectations.

LC Patriot Cheer Expectations

1) NCA Cheer Camp

- a) Camp is mandatory for all members of LC Patriot Cheer. It is our opportunity to build strong bonds and grow through adversity.
- b) Not attending camp will result in removal from the team.

2) Communication

- a) Members of LC Patriot Cheer and their parents/guardians are expected to use the Remind app to communicate.
- b) The calendar will be on a Google Doc. Members and their parents/guardians will be expected to check the calendar regularly.

3) Attendance

- a) Members of LC Patriot Cheer are expected to notify their coach **in writing, at least 5 days in advance**, of any tardies or absences.
- b) Regardless if the tardy/absence is excused or unexcused, the member may be removed from the performance.

4) Outside Activities

- a) 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).
- b) 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.
- c) The cheerleader must work out the conflicts with both coaches and provide a conflict calendar PRIOR to the event.
 - i) ****THERE MUST BE A 50/50 SPLIT IN AFTER SCHOOL EVENTS BETWEEN TIME FOR CHEER AND THE SPORT/SCHOOL-SPONSORED CLUB/ORGANIZATION.**
 - ii) Communication must be initiated by the cheerleader.

5) Transportation

- a) All members are expected to travel to and from games/competitions/performances/events on school buses.
- b) 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. Be respectful of the teacher's time and contact the teacher if you are running late to pick up your student.
 - i) Repeated tardiness of pick up will result in a principal/teacher review with the parent/guardian and benching or removal may be possible.

LC Patriot Cheer Estimated Costs

The estimated cost of cheerleading is for one year and varies for each squad, as well as years of involvement. The costs will be broken down into multiple payments, and all payments are non-refundable. Every effort has been made to keep the cost to a minimum. There will be additional costs that arise throughout the year.

Payment	Date	Amount (will vary by squad, but should not exceed the number shown)	Description
#1	March 29, 2023	\$550 (cash or money order only)	Camp Fees
#2	April 26, 2023	\$550 (cash or money order only)	Camp/Practice Gear - backpack, cheer shoes, bows, briefs, sports bras, 3 shorts, 3 shirts, socks, water jug, poms
#3	June 27, 2023	\$250 (cash or money order only)	Winter Gear - hoodie, game day shirt, fleece headband, pink out shirt, pink out poms, pink bow, rain jacket
#4	August 30, 2023	\$50 (cash or money order only)	Activity Fee - team-building, locker room needs, pep rally needs, etc.

- **Members will not receive any items until the respective balance has been paid in full, and therefore will not be able to perform until payment is received.**
- **GISD provides uniforms and sweatsuits, but the cheerleader is responsible for all alterations needed, as well as any damages to the uniforms that may have occurred throughout the year.**
- **Booster Club - Generally, Booster Clubs raise funds to provide food, gifts, apparel, etc. for members. LC Patriot Cheer does not have a Booster Club at this time, so additional costs will fall on the cheerleader and their parent/guardian.**

G&SD 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.

LC Patriot Cheer Candidate Checklist

Candidate Name:

Trying out for:

JV-B (9th)

JV-A (10th-12th)

Varsity (10th-12th)

All applications are **due by 3:00 pm on March 9th, 2023** to Coach Parker (Portable 10) at LCHS. 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.

_____ LC Patriot Cheer Candidate Checklist (p. 13)

_____ GISD Cheerleader Application (p. 14)

_____ Social Media Contract and Picture/Video Form (p. 15)

_____ GISD Handbook Signature Pages (pp. 16-17)

_____ 1st Semester & 3rd Cycle Grades

_____ Attendance/ Discipline Profile (acquired from school's attendance office)

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

_____ JV Consent Form (Varsity Candidates Only) (p. 18)

_____ Media Release Form (p. 19)

_____ Pre-Participation Physical Form (pp. 20-21) New complete physicals will be due on or after April 1, 2023 but before our first practice.

_____ Concussion Acknowledgement Form (p. 22)

GISD Cheer Application

Please print legibly and neatly.

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 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 _____

For parents/guardians: I understand that I/we will not be allowed in the building on the day of the tryouts.

Parent/Guardian _____

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 Form

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

G&SD Handbook Signature Page

INSERT HERE

G&SD Handbook Signature Page

INSERT HERE

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 _____

Media Release Form

file:///C:/Users/mzkwa/Downloads/Media%20Parent%20Response%20Form%20ENGLISH.pdf

INSERT HERE

Pre-Participation Physical Form

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

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Pre-Participation Physical Form

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INSERT HERE

Concussion Acknowledgment Form

https://www.uiltexas.org/files/athletics/forms/Concussion_Acknowledgment_Form.pdf

INSERT HERE