



Cheerleading Tryout Packet 2023-2024

Dear Parents and prospective Cheerleaders,

We are so excited about your interest in our Sachse Cheer Program!

We want to ensure that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be a Sachse Cheerleader. Candidates selected to be a member of the cheerleading squad are expected to commit for the full cheerleading year (tryout date to tryout date). SHS Cheerleaders must give 100%, and complete their commitments and responsibilities to SHS cheerleading before anything else. SHS 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, parades, preparation for homecoming festivities, games throughout the year, attendance at athletic playoff games, attendance at spring athletic events, 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.

We hope you will discuss the expectations and obligations of being an SHS cheerleader with your son/daughter and agree that Sachse 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 SHS a successful and memorable one. We look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to call or email one of us.

Sincerely,

Amanda Douglas, Varsity ardougla@garlandisd.net
Taylor Dyess, JV tdyess@garlandisd.net
Elaina Carter, JV & comp encarter@garlandisd.net

[**GISD Fine Arts Handbook**](#)

Important Mandatory Dates

Pre-Tryout & Tryouts

March 1 6 – 8:00 pm	Tryout Information Meeting for interested cheerleaders & parents SHS Auditorium
March 20-22 4:30-6 PM	Forms due before participation in the clinic - Turn in on Canvas or in person Tryout Clinic @ SHS gym
March 23 4:30-6:30 PM	Mock Tryouts
March 25 8:30 am	Tryouts at Garland High School
March 25	Announcement of cheerleader squads for 2023-2024 (available in Canvas)

Post- Tryouts- More info given at Made-it meeting	
March 29 6:00 PM	Mandatory <u>MADE IT Parent and Cheerleader</u> meeting @ SHS Auditorium - <u>1st Payment due ~\$600</u> (covers cost of camp clothes and camp deposit)
	Fittings: – This fitting is for camp clothes, sweats, shoes, and ordering additional cheer equipment.
April 12 th	Calendar Fundraiser money DUE Calendar Fundraiser should help with covering the 2 nd payment cost of camp, camp dinners, and/or a portion of choreography/music fees (if all days are sold on the 31-day calendar totals \$496)
April 13 th	2 nd payment due - \$150 (covers rest of camp for varsity), \$350 (covers rest of camp for JV)
April 6, 13, 20, 27 4:30-6	Practice for Camp and Spring Game
May 6 10:00 – 12:00	Cheer Pictures at Southern Images in Plano
May 4, 9, 11, 16, 18, 23	Practice for Camp and Spring Game
June 4, 5, 6, 7 Times TBD	Cheer Camp at SMU
Aug 8	First Day of School teacher appreciation breakfast
September 4	Labor Day Parade (Morning)
Homecoming Week	Saturday - Decorate the Cafeteria with signs Wednesday - Homecoming Community Parade & Pep Rally Thursday – Decorate gym with signs for pep rally Friday – pep rally and game

October 21 or 28	Sachse Fall Fest (Morning)
December 2	Cheer Mini Clinic
December 6	Sachse Holiday Parade (weeknight, usually a Wednesday)
January	UIL Competition (No competition practice can be missed in January)
January 13	UIL Chee Competition (Tentative) Mandatory for all MLK Day Parade (morning)
February TBD	Middle School Cheer Classic (mandatory for all)

We will have summer practices!!

Clinic Information

The clinic is mandatory for try-outs!

Tryout material will be taught, practiced & critiqued.

Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023
Learn material	Learn Material	Practice Material	Mock Try-outs
4:30-6 PM, SHS gym	4:30-6 PM, SHS gym	4:30-6 PM, SHS gym	4:30-6:30 PM, SHS gym

Attire:

- Athletic/cheer shorts, a T-shirt and tennis shoes/cheer shoes
- No half shirts or bra tops.
- No Nike Pros.
- No jewelry of any kind - including belly button rings, nose rings, Apple watches, etc.
- Hair should be up and secure.

Candidates

- Returning GISD students: you must have selected and been accepted to Sachse for the 2023-2024 school year.
- New to GISD: Make sure you have contacted Student Services and have that you have pre-enrolled for SHS. Documentation is required.

Additional Information:

- Clinic is mandatory for all eligible candidates only. No parents, friends, or ineligible candidates are allowed to attend.
- No recording 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 before participating in the clinic.

Tryouts

Date: Saturday, March 25, 2023

Time:

- Warm up and Tryout Times are TBD
- Your exact time will be determined by your tryout number which will be given on the third day of clinic

Location: Garland High School Gymnasium
310 S Garland Ave, Garland, Tx 75040

Attire:

- All Candidates - White crew neck t-shirt (no visible logos) tucked into shorts, white no-show socks, white shoes, white sports bra, hair in a ponytail, no bow, no nail polish, no jewelry
- Varsity Candidates → Solid orange athletic shorts (No Nike pros/biker shorts)
- JV → Solid Navy athletic shorts (No Nike pros/biker shorts)
- Numbers must be worn on your shirt at chest level. You will receive your number at clinic and you are not permitted to switch numbers. Failure to wear the proper number will result in disqualification.

Procedure: Warm-up

- There will be time to stretch, and mats to warm up tumbling.

Full Group Performance

- All candidates will perform chant cheer and dance to show the judges what the material will look like. No judging will take place at this time.

Group Performance

- Candidates will perform in groups of 3 or 4
- The candidates will walk out in numerical order.
- Candidates will perform the dance & chant, then exit.
- This procedure will continue for all groups.

Individual Performance




- Candidates will re-enter one at a time, beginning with number 1.
- Candidates will perform an entrance (with optional tumbling. There will be mats available in the tryout gyms for tumbling), a jump series (right hurdler, left hurdler, toe touch, optional jump), and a cheer. Jumps may be done in any order.
- In your cheer, you will be allowed to incorporate tricks. (Ex. Toe-touch jump, flip flop, standing back tuck, etc.)
- Exit

After candidates have completed both portions of their tryout, an administrator will dismiss the group. These tryouts are closed. Parents and friends may wait for their candidate outside of the building.

Results: Tryout results will be posted in the tryout Canvas page.

Judging Criteria

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>Toe Touch</u> <u>Left Hurdler</u> <u>Right Hurdler</u> <u>Optional Jump</u> <i>*The Optional Jump may be any jump that the tryout candidate chooses to execute</i>				<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>			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	<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>			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	<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</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															
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																																														
1-3	Motion levels off, lacking in sharpness, missed motions																																														
4-7	Average motion levels, needing more sharpness (placing motions)																																														
8-10	Good motion levels, sharp																																														
1-3	Motion levels off, lacking in sharpness, missing motions																																														
4-7	Average motion levels, needing more sharpness (placing motions)																																														
8-10	Good motion levels, sharp																																														
<u>Tumbling</u> *Refer to the GISD Jump/Tumbling Scoring Criteria			<i>**Refer to the GISD Jump/Tumbling Scoring Criteria</i>				<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>			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>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>			1-2	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	<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>		1-2	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 /enthusiasm																																														
5	YELLING words with tone changes /enthusiasm																																														
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																																														
1-2	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																																														
<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>Incorporation</u> <i>*Refer to the GISD Jump/Tumbling Scoring Criteria</i>			<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	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>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	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>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>		1-2	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
1-3	No energy/No Smile/No spirit																																														
3-5	Energetic/Smiling/Loud Spiriting																																														
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																																														
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																																														
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																																														

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)
1 Cartwheel	1-2 Back/Front Walkover or Cartwheel or Aerial		2 Double toe whipped
1-2 Round off	3-4 BHS	4-6 Level jumps	3 Toe BHS
3-4 Round off BHS	5-6 BHS x 2		4 Toe Back
5 Round off 2 BHS	7-8 Standing Back	7-10 Above level jumps	5 Toe BHS Back or better
6 Series (3 or more BHS)	8-9 BHS Back		
7 Round off BHS Back	10 Standing Full		
8 Series to back			
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.	

Cheer Squads

A. Varsity

- a. The Varsity Squad will be composed of sophomores, juniors and seniors.
- b. Candidates must score above the minimum score of 50 to earn a spot.
- c. Eight spots will be filled by the four top-scoring seniors and the four top-scoring juniors.
- d. Eight spots will be filled by the next highest scores.
- e. 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.
- f. The Varsity Squad will have a maximum of 22 members.

B. Junior Varsity

- a. The Junior Varsity Squad will be comprised of freshmen, and any sophomore, junior or senior who has agreed to accept a JV spot.
- b. Candidates must score above the minimum score of 40 to earn a spot.
- c. The JV Squad will be filled with candidates falling below the natural break and above the minimum score.
- d. The JV Squad will have a maximum of 30 members.

C. Additional Considerations

- a. All sophomores, juniors and seniors trying out must submit a signed letter of JV Intent before tryouts. This letter indicates whether or not they would take a spot on the JV Squad in the event they did not make Varsity.
- b. Any JV Squad consisting of more than 20 members may be, at the campus' discretion, divided into A and B squads.
- c. A and B cheerleader squads will be divided to cover more games. The make-up of these squads and the cheering schedule for each is left to campus discretion.
- d. If scoring results in a tie for the 22nd varsity spot or the 30th JV spot, all candidates with the tie score will be added to the squad.
- e. If a member of the cheerleading squad moves (or there is an opening for any reason), the principal and sponsor may fill the opening based on the tryout rank scores. Any replacement will take place on or before the first day of the first school term and is at the principal's and sponsor's discretion.

Cost

The estimated cost of cheerleading for one year varies per 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 newcomer to Sachse Cheer. Please keep this in mind when looking at the cost ranges. They 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, seasonal t-shirts, bows, poms, choreography fees, etc

These are approximations. There may be additional costs that arise throughout the year.

- Varsity ~ \$1000- \$1500
- JV ~ \$1000-\$1500

You will receive items only after they have been paid for in full.

Competition

We will be competing at the UIL Spirit Competition in January. All January practices are mandatory!

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.

All varsity cheerleaders will be expected to be on the competition team. We will hold tryouts for the remaining spots until we reach a team of 40. However, only 30 will perform at competition.

Practices for competition cheer are mandatory and will be on Monday nights. Additional costs for the competition team will be kept to a minimum and could include t-shirts and travel fees. We make every effort to fundraise for the bulk of these costs.

Sachse Standard of Uniformity (Hair, Makeup and Nails)

Hair			
Event	JVB	JVA	Varsity
Practice	Hair up & out of face.		
Game day @ school	Captain/Coaches decision		
Games	Ponytail with bow or ribbon Hair needs to be out of your face		Half up/half down with bow or ponytail with bow. Will be decided before game time.
Competition	High ponytail with bow/ribbon		

Makeup			
Event	JVB	JVA	Varsity
Homecoming	Face paint	Face paint	Face paint & glitter
Pinkout	Face paint & glitter		
Normal Game day	No glitter/face paint	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, 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 Labor Day Parade, Homecoming Community Parade, Sachse Christmas Community Parade, and Martin Luther King Parade (unless competition) is mandatory.

FOOTBALL

- A. Varsity cheerleaders will cheer at all varsity games including those during Fall Break.
- 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 will cheer at Homecoming and 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 by varsity only.

VOLLEYBALL

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

BASKETBALL

- A. All district varsity boys' and girls' games should be covered. Varsity is expected to cover all district basketball games except during holiday break.
- B. If a campus has a JV squad, they will be assigned JV home games.
- C. Playoff games will be covered.

OTHER ACTIVITIES

Additional activities such as community events, and spring athletic events, etc. will be at the discretion of the sponsor and the campus principal. Cheerleaders are required to attend each of these events.

The forms that follow must be completed online through CANVAS or turned in, in person.

Canvas code: PK788F

Garland Independent School District Cheer Application

Name_____ID#_____

Grade Next Yr._____Age_____Phone_____

T-shirt size S M L XL

Address_____City_____

Zip_____Email_____

School Enrolled for Next Yr._____

Participation in the GISD cheerleading program carries both a significant time and financial commitment. Each cheerleader is expected to meet all financial responsibilities identified by their specific campus. Dedication to, and the prioritization of, cheerleading is obligatory from all cheerleaders to meet the objectives of the program. Candidates selected to be a member of the squad are expected to maintain their commitment to the activity for the full cheerleading year. Prior to making commitments to be involved in other school activities, cheerleaders should carefully consider specific program requirements, as involvement in other activities may cause participation and time conflicts with cheerleading duties. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and sponsor will not be allowed to tryout for the next year on any GISD campus.

I understand the above and confirm that I have not voluntarily quit any cheerleading squad at any GISD campus.

**Student
Signature**_____

Parent/Guardian_____

For parents/guardians:

I understand that I/we will not be allowed in the building on the day of the video tryouts.

Parent/Guardian_____

The following items must be returned to the sponsor before clinics begin:

_____Application

_____Fine Arts Handbook Signature Pages

The following form must be completed online prior to tryout clinics:

Complete the Pre-Participation Physical forms: <https://www.garlandisd.net/content/athletics-spirit-groups>

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: SACHSE HIGH SCHOOL

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.

_____ I am a sophomore, junior or senior and I **do not want to be considered for a varsity position**. I want to only be considered for a JV position and I understand that that if I don't make that team, varsity consideration will not be given.

*All candidates applying for available positions must score at least 40%.

*All GISD cheerleader handbook rules apply.

Signature of Student _____ Date _____

Signature of Parent/Guardian _____ Date _____

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/UII Regulations).

_____ I have read and understand my behavior and conduct will be held to a higher standard on this team, both in and out of school.

_____ I have read and understand that I am required to attend all mandatory practices, performances, contest(s), and events. An unexcused absence will receive consequences.

_____ I understand that I am to ride to and from all events and performances on school transportation with my team. All members are to be picked up from the school after games/competitions/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 GISD Fine Arts groups will take precedence over any outside non-district group. This includes rehearsals and performances.

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.

Legal Parent/Guardian:

_____ I have received, read, and understand all of the information in this tryout packet and agree to abide by all rules and regulations regarding tryouts.

_____ I understand the judges' decision is final.

_____ I have received, read, and understand the Fine Arts Handbook and agree to abide by all rules and regulations of the Fine Arts Group.

_____ I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.net)

_____ I have received, read and understand the financial obligation and payments involved with my student being a member. I also understand that my student will not receive any items, but must still attend any events/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 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 the Standard of Uniformity (hair, makeup, and nails) that was established by a committee within the Fine Arts group.

_____ I understand that GISD Fine Arts groups will take precedence over any outside non-district group. This includes rehearsals and performances.

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.

Candidate/Member Printed Name _____

Candidate/Member Signature _____

Date_____

Legal Parent/Guardian Printed Name _____

Legal Parent/Guardian Signature_____

Date_____

Tryout Checklist

All forms should be turned in by 4:30 PM on March 20th on CANVAS or to Coach Douglas

If the tryout forms are not turned in by this time and date, with the appropriate signatures, you cannot tryout!

☐ Pre-Participation Physical Form

<https://garlandisd.rankonesport.com/New/NewInstructionsPage.aspx>

- **ALL CANDIDATES** must fill out the new pre-participation form through rank one.
 - Please note that cheerleading candidates are **NOT** required to have a **NEW** physical exam for tryouts unless they answer yes to questions 1, 2, 3, 4, 5, or 6. (1, 2, 5, 7, 11, or 17 on the Spanish form.) If none of these apply, they only need to turn in the first page. If they answer yes to any of these questions, they must have a physical exam and must turn in both pages of the form prior to tryouts.
- UIL Concussion Form through Rank one
 - GISD Application (Parent/candidate signatures required)
 - Junior Varsity Consent form (Varsity Candidates only/ incoming Sophomores, Juniors and Seniors)
 - Report card for cycle 3 showing cycle 1 & cycle 2 grades.
*Any student who was academically ineligible for any two grading cycles before tryouts must have approval to tryout.
 - Handbook Acknowledgment Forms
Please read over the handbook which can be found at <https://www.garlandisd.net/content/cheerleading>
 - Student must have selected Sachse HS as their choice of school and been accepted

23-24 SOCIAL MEDIA CONTRACT

As a Sachse High School cheerleader, your coaches, principals, teachers, and community hold you to a high standard of behavior. This high standard of behavior includes the use of social media such as Facebook, Google+, Flickr, Tik tok, Instagram, Twitter, Tumblr, SnapChat, Pinterest, etc. If you use social media and post pictures and/or printed material on your account, including, but not limited to, the use of drugs, alcohol, or sexual conduct, profanity, racial slurs, disrespectful comments regarding teammates, sponsors, and/or teachers, Sachse High School or Garland ISD, can, and will, result in immediate suspension and/or removal from the team. The sponsor and principal will decide the discipline. 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 a VAPA Student Performer must recognize this distinction is 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 VAPA. 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 VAPA Handbook, GISD Code of Conduct, and the standards outlined in the VAPA 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 _____