



2024-2025 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

February 27, 2024

6pm
GHS Library

Mandatory Parent & Candidate Meeting *Mandatory for ALL candidates*

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

March 4 & 7, 2024

AD Gym - GHS
6 – 9 pm

Tryout Clinic

Registration begins at 5:30 pm. TURN IN TRYOUT PACKET!!
All paperwork must be complete to participate in Tryout Clinics.
What to wear: Black Shirt & Shorts/Athletic Shoes/Hair up in Pony

March 18 & 21, 2024

6-8:30pm
Competition Gym

Material Review & Mock Tryouts

Run through all material & complete mock tryouts

March 23, 2024

Garland HS

GHS Cheerleaders Tryouts

Warm Ups 12:30pm
Tryouts Around 1pm
Squads will be announced by Tuesday March 26, 2024

March 26, 2024

Tuesday
6pm
Library

Mandatory New Squad/Parent Meeting

First payment due! - \$500 (Cash or Money Order) NO PERSONAL CHECKS!

April 4 - May 30, 2024

Mondays & Thursdays
Various Gyms @ GHS
6-8pm

Spring Practice

Varsity & JV

April 6, 2024

8-10am

Fittings @ GHS

Varsity Spirit & FlipDog Sports Wear

July 29-August 1, 2024

Monday - Thursday

NCA Leadership Camp- Varsity Only

Mandatory for Varsity

August 3-4, 2024

AD Gym

NCA Home Camp- JV

Mandatory for JV Varsity will have set days/times to attend
NCA Staff Led Camp @ GHS

August 31, 2024

AD Gym
12pm-6pm

Competition Routine Work Day *Mandatory for ALL*

Learn the competition routine as a team
Comp Team participants/alternates will be determined at a later date

September 2, 2024

January 18, 2025

Labor Day Parade *Mandatory for ALL*

MLK Parade *Mandatory for ALL*

January 16-18, 2025

February 2025

UIL Competition *Mandatory for ALL*

Middle School Classic *Mandatory for ALL*

TRANSPORTATION

We will bus to all football games, basketball games, performances off campus, etc together unless otherwise notified. If a cheerleader is coming to a cheer event late due to the participation in another UIL event, a parent may bring them but they will ride back to campus on the team bus.

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 participating in competition(s) can 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, but is typically held in January.

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.

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.

**Varsity Cheerleader Cost Estimate- \$1400
Junior Varsity Cheerleader Cost Estimate- \$900**

First Payment- \$500 at New Squad Meeting March 26, 2024 @ 6:30 pm.

Second Payment of \$500 for Varsity or remaining balance for JV is due April 23, 2024 @ Practice.

Final Payment for Varsity of remaining balance is due May 21, 2024 @ 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.

Example cheer 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 or spandex from Varsity Team Store

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

Cheer Shoes - Nfinity or Varsity Brand from Varsity Team Store

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

24-25 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. Additionally, hair can only be natural colors. Examples: blonde highlights or dark brown lowlights are fine. However, hair cannot be pink, red, gray, purple, etc.

Practice

Varsity- Hair up and out of your face for safety purposes and be mindful of length as it can also be a safety concern. No Hair Clips.

JV- Hair up and out of your face for safety purposes and be mindful of length as it can also be a safety concern. 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 or straight to the back depending on coaches want. 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 bobby pinned upright or straight to the back depending on coaches want.

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 bobby pinned upright or straight to the back depending on coaches want. 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 bobby pinned upright or straight to the back depending on coaches want. 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- Recommended Covergirl Clean Fresh Tinted Lip Balm in the color 400 - "You're the Pom"

Eyes- Champagne or naturally colored eye shadow with some shimmer & Black Mascara (eye liner optional but simple only)

Cheeks- light blush and highlighter

If make up is not worn for performances, cheerleaders are considered out of uniform and will be benched.

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.****

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 23, 2024 at Garland High School

Time: Warm up in designated area - 12:30pm

Time: Tryout Time - hoping to start between 1 -2pm

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 candidate will have a pre-score given to them by the director/coach.

Scoring - Each of the five judges will enter each candidate's scores into a spreadsheet. At the conclusion of the tryouts, a technical assistant will download all of the judge's individual score sheets into a master database. The score sheet will have a possible of 100 points and each candidate will be judged in following areas: Tumbling (10pts), Spirit (10pts), Jumps (30pts), Cheer (30pts), Dance (20pts)

When the tryouts are completed, only the campus administrator, technical assistant, and Fine Arts designee will be allowed in the tabulation location. When all scores are reviewed and ranked, the sponsors/coaches will be allowed to review the totals. No one else should be in the tabulation location. The district-wide formula for tabulating final scores should be as follows: Each judge may award up to 100 points total per candidate. **The high and low judge's scores will be dropped, and the remaining three scores will be averaged together with the coach's score, to get the candidate's average score.** In order to be placed on the cheer squad, after dropping the high and low scores from the judging panel and averaging with the coach's score, a candidate must earn 50 for varsity, 40 for JV A and JV B out of the possible 100 points and fall within the natural break.

HS Junior Varsity – 40%

HS Varsity – 50%

NOTIFICATION

Final results for each school will be published on the GHS Cheer Tryout Canvas Page by Tuesday evening, March 26th, 2024.

TRYOUT SEQUENCE OF EVENTS

CANDIDATE NUMBERING (HIGH SCHOOL ONLY)

All varsity only candidates will be numbered first, followed by varsity or junior varsity candidates, and then finally any junior varsity only candidates.

SEQUENCE OF EVENTS:

FULL GROUP PERFORMANCE

ALL candidates should walk in and perform the dance and cheer as a group in that order. It should be explained that this is only so the judges can see what the material should look like and that they will not be judged at that time. Full-out jumps and tumbling is not necessary but certainly welcome during this demonstration. Judges should put their pencils down during this time.

GROUP DANCE/CHEER:

Groups should consist of 3 candidates. They will 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. The Fine Arts designee will start the music for the dance. Once the nod has been given, the designated candidate should call for the group cheer to begin. Upon completion, the candidates should wait for the judges to finish scoring. The cheer will have a section(s) incorporating a jump(s) and/or standing tumbling (8-counts). 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.

INDIVIDUAL JUMPS:

Following the group performance of the dance and cheer, candidates will perform their jumps. Each candidate must perform a toe touch, a right hurdler/herkie, and a left hurdler/herkie. It will be determined by the campus whether it will be a hurdler or herkie. This will be performed one candidate at a time.

INDIVIDUAL RUNNING TUMBLING:

Once the jumps have been completed, each candidate will be offered a chance to tumble. All candidates will move to behind the mat in the back of the gym. When this is completed, all candidates will exit the gym.

TRYOUT MATERIAL CRITERIA:

Criteria mentioned should be given to the clinic instructor upon hire.

Cheers should have a place for an 8-count incorporating a jump(s) and/or standing tumbling.

Dances should be no longer than 8 - 12 eight counts total.

Tumbling

*If a skill is not executed properly, then points may be deducted into a lower scale

0	None
1	Cartwheel
1-2	Round off
3-4	Round off BHS
5	Round off 2 BHS
6	Series 3 or more BHS
7	Round off BHS Back
8	Series to Back
9	Layout or whip to back
10	Full or specialty full

Jumps

1-3	Below level jumps ^
4-6	Level jumps —
7-10	Above level jumps v

Incorporation

0	No incorporation
1	Toe touch x1/prop inc. poor
2	Toe touch x2/prop inc. good
3	Standing back handspring poor
4	Standing back handspring good
5	Jump to back handspring poor
6	Jump to back handspring good
7	Back tuck or back handspring to tuck poor
8	Back tuck or back handspring to tuck good
9	Jump to back tuck or back handspring poor
10	Jump to back tuck or back handspring good

Dance

Motion Technique
10 pts.

1-3	Motion levels off, lacking in sharpness, missed motions
4-7	Average motion levels, needing more sharpness
8-10	Good motion levels, sharp, exhibits individuality

Timing
10 pts.

1-3	Timing off throughout
4-7	Ok timing
8-10	Good timing with group

Jumps

Toe touch- 10 pts.
Right Hurdler/Herkie- 10 pts.
Left Hurdler/Herkie- 10 pts.

Spirit/Enthusiasm
10 pts.

1-5	No energy/No smile/No spirit
6-10	Energetic/Smiling/Loud spiriting

Cheer

Motion Technique
10 pts.

1-3	Motion levels off, lacking in sharpness, missed motions
4-7	Average motion levels, needing more sharpness
8-10	Good motion levels, sharp, exhibits individuality

Voice Projection
10 pts.

1-3	Soft/speaking words
4-7	Saying words loud/yelling words without enthusiasm
8-10	Yelling words with enthusiasm

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:

Candidate is trying out for: Junior Varsity (9th-12th Grade)

Varsity (10th-12th Grade)

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:

JUNIOR VARSITY CONSENT FORM GARLAND INDEPENDENT SCHOOL DISTRICT

CHEERLEADING PROGRAM

This document must be signed and returned to the cheerleader sponsor no later than the end of the school day before cheerleader tryouts. NO EXCEPTIONS!

Student's Name _____

GISD Campus _____

The candidate and parents/guardian have read and understand the 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 _____

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 the policies set forth and agree to 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 GISD. 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 Instagram, newspaper, daily announcements, advertising, and local news stations.

Parent Signature

Date

Fine Arts Handbook Signature Page will go here

UIL Pre-Participation Physical will go here

UIL Concussion Form will go here

Cardiac Form will go here

GISD Media Release Form goes here

Coach's Observation Form + Review 360 Report + Attendance Report will go here