

Cheerleading Tryout Packet

2024-2025

Patriot Cheer

LAKEVIEW
CENTENNIAL

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, discipline, and effort."

- Jesse Owens, Olympian

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Dear Tryout Candidate and Parents/Guardians,

Thank you for your interest in the Lakeview Centennial Patriot Cheer Program. Members of this program earn the **privilege** to promote school spirit and sportsmanship on our campus and in the community.

Cheerleading is a **year-round** sport and requires **commitment**. So, I 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)**. We 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. They will be held to high academic and behavioral standards, different from the average student. This packet and the GISD Fine Arts Handbook both outline expectations. 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, I 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.

I wish you the best in your tryout experience! Please do not hesitate to email me with any questions or concerns.

Good luck!

Coach Parker

Head Cheer Coach

bwpark@garlandisd.net

GISD 24-25 Fine Arts Handbook:

<https://garlandisd.net/programs-services/fine-arts/cheerleading>

National Federation of State High School Associations:

<https://www.nfhs.org/activities-sports/spirit/>

- 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 Band group with the QR code below



Important Dates - Important Dates - Important Dates

When	Where	What
February 20, 2024 Tuesday 7pm - 9pm OR February 22, 2024 Thursday 7pm - 9pm	LCHS Cafeteria	Mandatory Informational Meeting All candidates and at least one parent/guardian <i>must</i> attend in order to tryout for LC Patriot Cheer
March 7, 2024 Thursday	Coach Parker LCHS Room 1246	Tryout Packet Due by 3:00pm Under no circumstance will late or incomplete applications be accepted. Packets may be submitted before March 7, 2023, but not after.
March 19-20, 2024 Tuesday-Wednesday 5:30pm-7:30pm March 21, 2024 Thursday 5:30pm-8:30pm	LCHS Main Gym	Mandatory Tryout Clinic Registration begins at 5:00pm Tues./Wed.: school-appropriate t-shirt & athletic shorts with athletic shoes Tryout numbers will be assigned on Wednesday Mock tryouts on Thursday (wear tryout attire)
March 23, 2024 Saturday 7:45am - 10am	Garland High School 310 S. Garland Ave. Garland, TX 75041	LC Patriot Cheer Tryouts Solid white t-shirt & black shorts with athletic shoes, no bow
March 26, 2024 Tuesday 6:30pm	LCHS Cafeteria	Mandatory MADE IT! Meeting 2024-25 Cheerleaders and at least one Parent/Guardian <i>must</i> attend Get reusable attire approved by respective coach Payment #1 due (Cash/M.O.) - \$600
April 6, 2024 Saturday 2:00pm-3:00pm (V) 3:00pm-4:00pm (JV)	GHS Library Garland High School 310 S. Garland Ave. Garland, TX 75041	Fittings Mandatory for all squads Parents/Guardians will not be permitted to enter the gym during fittings Payment #2 due (online) - \$650
April 8, 2024 Monday 3pm-5pm	LCHS Main Gym	Varsity Practice

April 12 & 13, 2024 Friday & Saturday 6:30pm-9pm (V)	LCHS Auditorium	Sweethearts Spring Show Performance Varsity Only
April 22 - May 29, 2024 Mondays & Wednesdays 3:00-5:00 (V) 5:00-7:00 (JV)	LCHS Commons LCHS Small Gym LCHS Main Gym	Spring Practice April 22, 29 May 1, 6, 8, 13, 15, 20, 22, 29
May 2024	TBD	Spring Game ALL Cheerleaders attend this game
VARSITY June 3-6, 2024 Monday - Thursday JV June 23-26 Sunday - Wednesday	Great Wolf Lodge	UCA Cheer Camp Mandatory for all 2024-25 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.
June 20, 2024 Thursday 10am - 1pm	LCHS Commons LCHS Small Gym	JV Practice Mandatory for all JV Cheerleaders
August 5 & 7, 2024 Monday & Wednesday 4pm-6pm	LCHS Commons LCHS Small Gym	All Squad Practice Payment #3 due (online) - \$200
August 15, 2024 Thursday		Payment #4 due (online) - \$200
September 2, 2024 Monday	Garland, TX	Labor Day Parade
September 4, 2024		Payment #5 due (cash/M.O.) - \$50
January 16-18, 2025	Fort Worth Convention Center	2025 UIL Spirit State Championship
February 2024	Garland, TX	GISD Middle School Cheer Classic

- **The cheer calendar is subject to change.**
- **The next few pages include the calendar from the 23-24 cheer year. It's a great example of how demanding the cheer year can be.**

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 23-24 Tryout Information Meeting 6:30pm	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Tryout Clinic 5:30pm - 7:30pm	21 Tryout Clinic 5:30pm - 7:30pm	22 Tryout Clinic 5:30pm - 7:30pm	23 Tryout Clinic 5:30pm - 7:30pm	24	25 23-24 Cheer Tryouts 12:30pm
26	27	28	29 MODE IT!!! Meeting 6:30pm	30	31 Fittings Varsity 3pm - 4pm JV 4:30pm - 5:30pm	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12 Practice 3:00-5:00 (V) 5:00-7:00 (JV) Main Gym	13	14	15
16	17 Practice 5:00-7:00 (All) Main Gym	18	19 Practice 5:00-7:00 (All) Main Gym	20	21 <i>New Seaters @ Couch Elementary at 1:15pm</i>	22 Spring Show Performance LCHS Auditorium 7:00pm
23	24 Practice 5:00-7:00 (All) Small Gym	25	26	27	28	29
30						

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						3 Volunteer Custard Sausage Track Club Track Meet @ Sachse HS 8am-3pm Mandatory for ALL
4	5 Practice 9am - 1pm (All) Main Gym	6 Practice 9am - 1pm (All) Main Gym	7 Practice 9am - 1pm (All) Main Gym	8	9	10
11 Cheer Camp	12 Cheer Camp	13 Cheer Camp	14 Cheer Camp	15	16	17 Team Photos LCHS 9am
18	19	20	21 GPWCD Cheer Camp Preparati on P-10 @ LCHS 8a-10a Mandatory y for ALL	22 GPWCD Cheer Camp LCHS 5:30p-9:3 Op Mandator y for ALL	23 GPWCD Cheer Camp LCHS 5:30p-9:3 Op Mandator y for ALL	24 GPWCD Cheer Camp LCHS 8:30a-1:3 Op Mandator y for ALL
25	26	27	28	29	30	

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 5:00-7:00 (All) Main Gym	2	3 Practice 5:00-7:00 (All) Main Gym	4	5	6 Lyles Pep Rally 9am-12pm
7	8 Practice 5:00-7:00 (All) Main Gym	9	10 Practice 5:00-7:00 (All) Main Gym	11	12	13
14	15 Practice 5:00-7:00 (All) Main Gym	16	17 Practice 5:00-7:00 (JV) 5:00-8:00 (V) Main Gym	18 Spring Game	19	20
21	22	23	24	25	26 LAST DAY OF SCHOOL	27
28	29 Memorial Day	30	31 Practice 5:00-8:00 (All) Main Gym			

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Welcome back teachers!!! All cheerleaders, Mascot, one manager 7:30am - 8:30am @ LCHS	2	3 Convocation Varsity cheerleaders, Mascot, one manager @ Guilwell 6:30am - 12pm *Bus leaves LC @ 6:45am	4 Parker's 10th Birthday	5
6	7	8 First Day of School	9 1st Cheer Class Period *Bring folder, combination lock, ankle weights, & final payment	10 11 Competitive n Team Packets available	12	
13	14 Competitive n Team Invaults 5th Period *must have signed packet to be eligible	15 JV Practice 3pm - 5pm	16 WINTER GEAR DISTRIBUTION FOR THOSE THAT HAVE PAID IN FULL. Varsity Practice 5th period - 5pm	17	18 Varsity Volleyball @ 4:30pm JV Volleyball @ 5:30pm	19 Stadium Photos 8am @ HBJ Competitive n Team Practice 9am - 1pm Main gym
20	21 Competitive n Team Practice 3pm - 5pm	22 JV Practice 3pm - 5pm	23 Varsity Practice 5th period - 5pm Freshman V. Frisco Memorial @ HBJ *Arrive to LC @ 3pm *Team Dinner by Booster @ 5:30	24 Varsity v. Frisco Memorial @ HBJ *Arrive to LC @ 4:30pm *Team Dinner @ Chipotle *Game starts @ 7pm	25	26
27	28 JV Practice 4th period - 5pm Cancelled	29 JV Practice 3pm - 5pm	30 Varsity Practice 5th period - 5pm JV v. Skyline @ HBJ *Arrive to LC @ 3pm *Team Dinner by Booster @ 7:30pm	31 Varsity v. Skyline @ Forester Stadium *Arrive to LC @ 4:30pm *Dinner on your own *Game starts @ 7pm		

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Middle School Cheer Camp 11a-5p *necessary info shared with those that signed up*	19 Middle School Cheer Camp 11a-5p *necessary info shared with those that signed up*	20 Middle School Cheer Camp 11a-5p *necessary info shared with those that signed up*	21	22
23	24 Fish Camp *ALL Cheerleaders, Mascot, & Managers 10am - 12:30pm Senior banners 2pm Team photo 2:30pm	25 Fish Camp *ALL Cheerleaders, Mascot, & Managers 10am - 12:30pm	26	27	28	29
30	31					

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Competition Team Practice 3pm - 5pm	3	4 Professional Photos <i>Package Deal</i> Starts at 2pm	5 Freshman v. North @ North *Arrive to LC @ 3pm *Game starts @ 5:30pm	6 Varsity v. North @ HBI (middle school night) *Arrive to LC @ 5:15pm *Dinner on your own *Game starts @ 7pm	7
8	9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break	14 Service Project - Garland Parks & Recreation Event 10:30am - 12pm
15	16 Competition Team Practice 3pm - 5pm	17 JV Practice 3pm - 5pm	18 Varsity Practice 5th period - 5pm F/AV v. Rowlett @ HBJ *Arrive to LC @ 3pm *Game starts @ 5:30pm/7pm	19 Varsity v. Rowlett @ HBI (visitor) *Arrive to LC @ 5:15pm *Dinner on your own *Game starts @ 7pm	20	21
22	23 Competition Team Practice 3pm - 5pm	24 JV Practice 3pm - 5pm	25	26 JV v. Wylie East @ Wylie Stadium *Arrive to LC @ 3pm *Game starts @ 5:30pm	27 Varsity Practice Senior Night Varsity v. Wylie East @ HBI *Arrive to LC @ 4:30pm *Dinner on your own *Game starts @ 7pm *JV attends this game*	28
29	30 Class Period - 1:00PM-2:00PM Ball chants & Jump Technique Competition Team Practice 3pm - 4pm	31				

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Labor Day Parade Mandatory for ALL	5 JV Practice 3pm - 5pm	6 Varsity Practice 5th period - 5pm Freshman v. Sachse @ Sachse *Arrive to LC @ 3pm *Game starts @ 5:30pm	7 Varsity v. Sachse @ HBI *Arrive to LC @ 4:45pm *Team Dinner @ Wing Stop *Game starts @ 7pm	8 Varsity v. GHS @ Williams Stadium *Arrive to LC @ 5:15pm *Dinner on your own *Game starts @ 7pm	9 Homeschooling Reading Practice 8am - 10:30am Competition Team Practice Main Gym
10	11 Homeschooling Reading Practice 5th Period - 5pm	12	13 Homeschooling Reading Practice 5th Period - 5pm	14 Freshman v. GHS @ NCHS *Arrive to LC @ 3pm *Game starts @ 5:30pm	15 Varsity v. GHS @ Williams Stadium *Arrive to LC @ 5:15pm *Dinner on your own *Game starts @ 7pm	16 Homeschooling Reading Practice 8am - 1pm
17	18 Homeschooling Reading Practice 5th period - 5pm	19	20 Homeschooling Reading Practice Class Period only F/AV v. South @ HBJ *Arrive to LC @ 3pm *Game starts @ 5:30pm/7pm	21 Homeschooling Varsity Practice Varsity v. South @ HBI *Arrive to LC @ 4:30pm *Dinner on your own *Game starts @ 7pm *JV attends this game*	22	23
24	25	26 JV Practice 3pm - 5pm	27 Varsity Practice 5th period - 5pm	28 JV v. Wylie @ Williams Stadium *Arrive to LC @ 3pm *Team Dinner by Booster *Game starts @ 7:30pm	29 Varsity v. Wylie @ Wylie Stadium *Arrive to LC @ 4:30pm *Dinner on your own *Game starts @ 7pm	30 Competition Team Practice 9am - 1pm Main Gym

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Art's Group: Ari, Paige, Olivia, Caitlyn, Keicy, Hannah Skyler's Group: Skylar, Mercedes, Yiretssi, Lillian, Ava, Patience Sophomore Group: Norris, Emely, Georgia, Lucie, Yazmin, Trinitee Efreshman Group: Mabelea, Emeri, Jamea, Stacia, Abigail, Adalyn, Madalyn, Kimberly			1	2
3	4		6	7	8	9 CUSD Preg -LH Showoff 10am Rowlett HS **arrive at IC at 5am
10	11	12 Varsity v. NGHS @ LGHS @ 5:30 (8)7pm (8) *Skyler Group *Arrive to LC @ 5pm	13	14	15	16
17	18 Winter Break	19 Winter Break	20 Winter Break	21 Winter Break	22 Winter Break	23 Winter Break
24	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break	30 Winter Break
31						

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Art's Group: Ari, Paige, Olivia, Caitlyn, Keicy, Hannah Skyler's Group: Skylar, Mercedes, Yiretssi, Lillian, Ava, Patience Sophomore Group: Norris, Emely, Georgia, Journee, Lucie, Yazmin, Trinitee Efreshman Group: Mabelea, Emeri, Jamea, Stacia, Abigail, Adalyn, Madalyn, Kimberly	Class Period: 1:30PM-2:50PM B-ball chains & Jump Technique JV v. Naaman @ HBJ *Arrive to LC @ 9pm *Game starts @ 7pm	Varsity v. Naaman @ Williams Stadium *Arrive to LC @ 5:15pm *Dinner on your own *Game starts @ 7pm	3	4 Competition Team Practice 9am - 1pm Commons
5	6 Competition Team Practice AS - 4pm Commons	7	8	9	10	11 Competition Team Practice 9am - 1pm Small gym
12	13 Competition Team Practice AS - 4pm Commons	14 Competition Team Practice 5pm - 7pm Commons	15	16	17	18
19	20 Thanksgiving Break	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 Thanksgiving Break	25
26	27		29	30		

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>Ari's Group: Ari, Paige, Olivia, Caitlyn, Kelsey, Hannah Skyler's Group: Skyler, Mercedes, Yreatesi, Lillian, Ava, Patience Sophomore Group: Norris, Emely, Georgia, Journee, Lucia, Yazmin, Trinitee Freshman Group: Makaela, Emeri, Jamea, Stacia, Abigail, Adalyn, Madalyn, Kimberly</p>						
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				23		
				24		

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				4	5	6
<p>Ari's Group: Ari, Paige, Olivia, Caitlyn, Kelsey, Hannah Skyler's Group: Skyler, Mercedes, Yreatesi, Lillian, Ava, Patience Sophomore Group: Norris, Emely, Georgia, Journee, Lucia, Yazmin, Trinitee Freshman Group: Makaela, Emeri, Jamea, Stacia, Abigail, Adalyn, Madalyn, Kimberly</p>						
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Tryout Clinic Information

What: Clinic - Tryout material will be taught

When: Tuesday, March 19, 2023 - Wednesday, March 20, 2023

5:30pm - 7:30pm

Thursday, March 21, 2023

5:30pm - 8:30pm

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

Where: Lakeview Centennial 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:

3/19/24	3/20/24	3/21/24
Review cheer technique Learn cheer Learn dance	Review cheer technique Clean cheer Clean dance	Review material Mock tryouts

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 7, 2023, to participate in the clinic and try out for the 24-25 team.

- 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 (no visible logo)
- ★ White socks
- ★ White athletic or cheer shoes (no shoe tags or rubber bands)
- ★ 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 (no longer than finger tip), neutral color (french tip, clear, or nude)

Tryout Day Information

What: GISD Cheer Tryouts - Lakeview Centennial Candidates

When: Saturday, March 23, 2023

7:45am - 8:30am

Warm-up in designated area

8:30am - 10am

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, after everyone has completed the tryout process.

Each candidate will have a pre-score given to them by the director/coach. The pre-score will be based on:

- Discipline (includes infractions for returning cheerleaders)
- Attendance (includes cheer event attendance for returning cheerleaders)
- Leadership (grades, attitude, spirit/enthusiasm, team player, sportsmanship)
- Tryout Clinic Effort

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)

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

Tryout 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.

Tryout Judging Criteria

★ Lakeview Centennial HS Cheer Candidates will do right and left hurdlers, NOT right and left herkies.

Tumbling 10 pts.	Jumps	Incorporation 10 pts.																																																
<p><small>*If a skill is not executed properly, then points may be deducted into a lower scale</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">0</td><td style="text-align: center;">None</td></tr> <tr><td style="text-align: center;">1</td><td style="text-align: center;">Cartwheel</td></tr> <tr><td style="text-align: center;">1-2</td><td style="text-align: center;">Round off</td></tr> <tr><td style="text-align: center;">3-4</td><td style="text-align: center;">Round off BHS</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">Round off 2 BHS</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Series 3 or more BHS</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Round off BHS back tuck</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Series to back tuck</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Layout or whip to back tuck</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Full or specialty full</td></tr> </table>	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 tuck	8	Series to back tuck	9	Layout or whip to back tuck	10	Full or specialty full	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">1-3</td> <td style="text-align: center;">Below level jumps ^</td> </tr> <tr> <td style="text-align: center;">4-6</td> <td style="text-align: center;">Level jumps —</td> </tr> <tr> <td style="text-align: center;">7-10</td> <td style="text-align: center;">Above level jumps v</td> </tr> </table> <p>Toe touch- 10 pts.</p> <p>Right Hurdler/Herkie- 10 pts.</p> <p>Left Hurdler/Herkie- 10 pts.</p>	1-3	Below level jumps ^	4-6	Level jumps —	7-10	Above level jumps v	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">0</td><td style="text-align: center;">No incorporation</td></tr> <tr><td style="text-align: center;">1</td><td style="text-align: center;">Toe touch x1 prop inc. poor</td></tr> <tr><td style="text-align: center;">2</td><td style="text-align: center;">Toe touch x2 prop inc. good</td></tr> <tr><td style="text-align: center;">3</td><td style="text-align: center;">Standing back handspring poor</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">Standing back handspring good</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">Jump to back handspring poor</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Jump to back handspring good</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Back tuck or back handspring to tick poor</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Back tuck or back handspring to tick good</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Jump to BHS tuck series poor</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Jump to BHS tuck series good</td></tr> </table>	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 tick poor	8	Back tuck or back handspring to tick good	9	Jump to BHS tuck series poor	10	Jump to BHS tuck series good
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 tuck																																																	
8	Series to back tuck																																																	
9	Layout or whip to back tuck																																																	
10	Full or specialty full																																																	
1-3	Below level jumps ^																																																	
4-6	Level jumps —																																																	
7-10	Above level jumps v																																																	
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1	Toe touch x1 prop inc. poor																																																	
2	Toe touch x2 prop inc. good																																																	
3	Standing back handspring poor																																																	
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LC Patriot Cheer Standard of Uniformity

LC Patriot Cheer has set expectations to keep all members in uniform and safe. 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. Safety rules are mandated and governed by GISD and the National Federation of State High School Associations.

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	JV	Varsity
Practice	Hair secure and out of face	Hair secure and out of face
Game Day @ School	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 *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

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) Bangs are not permitted.
- iii) Hair length will be monitored for the safe execution of tumbling and stunting.
- iv) Hair must not have wispsies/loose hair falling around the face.
- v) Bows will be worn at every performance or event, regardless of hair length, and must be facing forward and pinned.
- vi) A braid or twist leading into the ponytail is not permitted.
- vii) Extensions must be blended and be the same color as your natural hair.
- viii) 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.
- ix) 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.
- x) No wigs will be allowed (ex. Medical).
- xi) No unnatural hair color will be allowed at performances/events. If you are unsure please ask your coach first.

- xii) 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).
- xiii) Rhinestones are not permitted in the hair.

2) Make-up Expectations

a)

Event	JV-A	Varsity
Game Day @ School	Natural	Natural Spirit tattoos
Games	Mascara/natural lashes Pink or red lip color Face paint Glitter-infused make-up	Mascara/natural lashes Pink or red lip color Face paint Glitter-infused make-up Spirit tattoos
Parades, Competition, etc.	Mascara/natural lashes Pink or red lip color	Mascara/natural lashes Pink or red lip color

b) General Guidelines

- i) Make-up must be age-appropriate and natural-looking. If you have any questions, please ask your coach.
- ii) Make-up must compliment the LC Patriot Cheer uniform.
- iii) Lashes should look natural and be of natural color and length (no longer than 9mm).
- iv) Lip color should be a pink or red shade that compliments your skin tone.
- v) Rhinestones are not permitted on the face.

3) Fingernail Expectations

- a) Nails must be a "sports length" throughout the year. That means they should not be longer than the finger tip.
- b) For practices, games, performances, and competitions, nails must be a neutral color (french tip, clear, or nude).

4) Jewelry Expectations

- a) 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.
- b) Band-aids and/or tape are not permitted to be used to cover piercings.
- c) Spacers and plugs are not permitted. Members should schedule fresh piercings around the cheer calendar or be prepared for consequences.

5) Tattoos

- a) Tattoos may not be visible while in uniform.
- b) Band-aids, tape, wraps, make-up, etc. are not permitted to be used to cover tattoos. Members should schedule body art around the cheer calendar or be prepared for consequences.

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

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

LC Patriot Cheer Expectations

1) UCA Cheer Camp

- a) Participation in all days of summer camp is mandatory. No exceptions are made for outside cheer teams or vacations.
- 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 Band app to communicate.
- b) The calendar will be on a Google Calendar.
- c) It is the member's and their parent's/guardian's responsibility to ensure personal access to the Band group and the Google calendar.

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 GISD 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 Coach Parker. Be respectful of Coach Parker's time and contact her 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 26, 2024	\$600 (cash or money order only)	Camp Fees
#2	April 6, 2024	\$650 (online through Varsity portal)	Camp/Practice Gear - backpack, cheer shoes, bows, briefs, sports bras, 3 shorts, 3 shirts, socks (V), 2 bows
#3	August 1, 2024	\$200 (online through Varsity portal)	Winter Gear - sweatshirt, fleece headband, pink-out poms, pink bow, rain jacket
#4	August 15, 2024	\$200 (online through Team Leader portal)	Game Day jersey, warm-up set
#5	September 1, 2024	\$50	Activity Fee - team-building, locker room needs, paint, birthdays, etc.

- **The payment portals close by specific dates to ensure rapid processing. Members not paying on time will be left out of the order, and therefore will not be able to participate in events that require uniformity.**
- **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, but the cheerleader is responsible for all alterations needed, as well as any damages to the uniforms that may have occurred throughout the year. All uniforms must be dry-cleaned before returning them to LC Patriot Cheer.**
- **Booster Club - Our Booster Club will be responsible for raising funds for team water jugs, cold towel coolers at games, Homecoming needs, competition gifts & food, and banquet.**

GJSD 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 the UIL Spirit State Championship January 16-18, 2024.

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.
- C. JV cheerleaders may be asked to cheer at additional varsity games at the discretion of the campus.
- E. Playoff games will be covered by both Varsity and JV cheerleaders.

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.
- 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.

**Garland Independent School District
Fine Arts Handbook**

(MS/HS Cheer, Junior Varsity/Varsity Drill Team, Step, World Dance)

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** Student/Parent Signature Page will be given by the teacher.

Garland Independent School District

Fine Arts Handbook

(MS/HS Cheer, Junior Varsity/Varsity Drill Team, Step, World Dance)

Purpose

The purpose of the Garland Independent School District ("GISD") Fine Arts is to promote spirit and sportsmanship at school functions and to serve as a performing group representing our schools throughout the community, state, and nation.

Instructional and performance activities are affirmatively directed toward the development of individual member improvement, resulting in a highly skilled performance group. Each student selected must be cognizant of the time commitment and individual dedication demanded in striving for personal improvement and teamwork through responsibility and discipline.

Students are exposed to instruction, practices, performances, competitions, and community service opportunities that result in the development of responsibility, self-respect, and that encourage honest effort in striving for excellence. These opportunities also develop character, teamwork, and pride in quality performance and physical fitness by emphasizing the maintenance of high standards.

DEFINITION

Performance Year: The rules and procedures outlined in this handbook are in effect from the time the student is selected to the Fine Arts group until the tryout for the next school year. This does not include the academic guidelines. Academic policies are in effect for a school year. Teacher will include coach, director, and sponsor. Student/member will include Varsity/Junior Varsity/Middle School Cheerleaders, Varsity/Junior Varsity Drill Team, World Dance Company, and Step.

STATEMENT CONCERNING DISABILITIES:

It is the goal of the GISD Fine Arts Department to provide every qualified student with a disability an opportunity to try out for a program on a level that is equal to that of students without disabilities. We operate under the guidelines outlined by the United States Department of Education Office for Civil Rights (OCR) to ensure that all GISD Fine Arts programs adhere to the district's responsibilities under Section 504 of the Rehabilitation Act of 1973.

The GISD students' centralized tryout process is designed so every student is provided with an equitable and nondiscriminatory tryout experience. The tryout process is designed to assess the required level of skill and ability necessary for students to participate in each school's programs. GISD tryouts do not operate on the basis of any generalization, assumption, prejudice, or stereotypes about disability generally, or specific disabilities in particular. The tryout process is open to all qualified students.

Equal opportunity for participation is afforded to any qualified student seeking to try out for a position on a GISD team. GISD will provide reasonable modifications to ensure that every student is afforded an equal opportunity to participate in the tryout process unless doing so

fundamentally alters the tryout process. Requested modifications must not alter essential aspects of the tryout process or provide any student with an unfair advantage.

The GISD centralized tryout process is designed to assess fundamental team skills that are essentially necessary for the teams of each campus. The tryout process assesses a student's ability to learn and perform a specific routine within a set amount of time. The tryout process also assesses a student's ability to perform specific skills including, but not limited to, kicking, leaps, jumps, splits (slide, jump, etc.), motion technique, dance technique, projection, timing, and memory. These skills and abilities are scored according to standardized judging criteria which is used to assess every candidate equally.

INJURY, USE OF VIDEO, AND VIDEO USAGE GUIDELINES

- A. In the case of physical injury prior to the tryout, the Director of Fine Arts must be notified for permission to have any deviations in the tryout procedure. A video can only be used with prior approval from the Director of Fine Arts, and only in the case of an injury that impairs a student from fully participating in the tryouts. If a prior video is used, only a small segment of the video that shows the necessary skills or styles used during tryouts may be judged.
- B. A medical doctor's note indicating the specific skill the student is incapable of performing will be required prior to video use. The student must still be in attendance the day of tryouts.
- C. The judges shall be instructed to consider "absence of pressure," lack of physical/respiratory exertion, vocal ability, and note if a candidate is using a hard or spring floor when performing "specific skills" on video. A candidate must perform each individual "specific skill" required in the tryout to receive credit/points. No score reduction or credit shall be exercised due to the claimed injury. However, in light of the above considerations, a perfect score for any "specific skill" or category should be rare. Teachers will make these guidelines available to judges if a video is used for tryout.

FINANCIAL OBLIGATIONS

- A. Because Fine Arts groups are extracurricular activities, there are both financial and time commitments involved in being a part of a successful program. These commitments are spelled out clearly for each school in the packets that are distributed prior to tryouts. It is critical that students and parents understand the financial obligations of the organization and the timeline for submitting payments due for materials and/or activities before the student decides to try out for the team. Payment contracts may be requested.
- B. Any student who fails to make a payment on time will not be allowed to perform with the organization until such time that the financial obligation is satisfied.
- C. Any student who fails to make a payment on time will not receive an item or service ordered until such time that the financial obligation is satisfied.
- D. Any student who has not met their financial obligation for the current school year will not be allowed to try out for the team next school year.
- E. If a member chooses to not continue with the team or is removed from the team, the member will only be refunded for the portion of their expenses for items that have not been ordered.

PRACTICE AND PERFORMANCES

- A. All members must attend practice sessions as determined by the teacher. Absence from practice may result in a missed performance if the teacher determines that the absence has hindered the ability of the team to practice productively. Tardies to practices and performances will receive demerits.
- B. Members will be required to dress and practice in the correct practice attire. Practice wear will be decided by the teacher.
- C. Activities and practice time must be in accordance with TEA/UIJL Side-by-Side.
- D. Members should use discretion with their commitments to multiple extracurricular activities and should communicate potential conflicts with other teachers.
- E. There may be tryouts for each performance. The teacher will judge routines/skills. Factors such as attitude, manners, and effort will be taken into consideration as well as ability. Students unable to execute the routine/skill to the expected standard or who have exhibited excessive negativity regarding practices will not be chosen to perform. Placement in formations or lines is at the discretion of the director/coach.
- F. Members should strive to maintain a reasonable level of fitness.
- G. If a member is removed from the performance due to tryouts, absences, tardies, illness, attitude, or injury, that member must continue to attend practices and team performances in uniform unless the illness or injury prohibits them from doing so.
- H. A member may only perform if in the correct and complete uniform at the time of performance.
- I. A member must follow a standard of uniformity (hair, makeup, nails, etc.) that is developed and established annually by the teacher, a committee of team members, and will be approved by the principal.
- J. Members who have auditioned and passed on the prior week routine will not be disciplined for making mistakes that were clearly unintentional during the performance.

ATTENDANCE

- A. Absences— these rules govern all practices, events, and performances, including those not during school hours.
- B. Attendance at all activities and practices is mandatory.
- C. An absence is recorded if more than 20 minutes late.
- D. An unexcused absence from class periods and other practices receives demerits. Absences are excused for: personal illness with a doctor's note, death in family, illness in family that requires out-of-town travel, funeral, approved college days, mandatory court appearance, and religious holidays. The term "family emergency" will need explanation.
- E. Absence from practice will result in the student being benched from the next performance if the teacher determines the student's absence hindered the ability of the team to practice efficiently for that performance.
- F. Tardies will be recorded and will receive demerits. The only excused tardies will be those with notes from a principal or another teacher.
- G. Any absence approved by the administration for other school activities, including religious holidays, will not be recorded as an absence.
- H. Absences must be communicated in a manner requested by the teacher in advance. Failure to do so results in demerits. Members must keep the teacher informed of all

- I. conflicting school activities (field trips, approved college visit day, testing, meetings, etc.) in a timely manner. Failure to do so can result in demerits or inability to perform. Upon return from any absence, members must bring a note to the teacher from a parent or physician explaining their absence. Failure to do so results in demerits or inability to perform.
- J. Outside employment is not an excuse to miss any part of the performance group activities. Doing so constitutes an unexcused absence, and will result in demerits or inability to perform.
- K. Members cannot miss a band practice (drill team only) or the last practice before a performance. Doing so will result in the member's inability to perform or demerits.
- L. Members who are absent from school on a performance day for more than half a day are ineligible to perform. Exceptions will be approved for school field trips, religious holidays, and excused medical reasons. Regular medical checkups should be scheduled outside of team practice/performance dates.

TRANSPORTATION

- A. All members are expected to travel to and from games/competitions/performance/events on school buses (HS Only). Any exemption must be applied for at least 24 hours in advance, use the district form, be for a specific reason, and be approved by the campus principal. Members will be checked out by the teacher at the event. A picture ID will be required of the approved adult before a member can be checked out.
- B. Middle school cheer will be provided two buses in the Fall and 2 buses in the Spring.
- C. All members are to be picked up from the school after games/competitions/performance/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. Repeated tardiness of pick up will result in a principal/teacher review with the parent/guardian and benching or removal may be possible.
- D. Members are not allowed to be transported in the teacher's car.
- E. Booster clubs may provide charter buses at the club's expense if approved by the campus principal.
- F. If a member misses the bus to games/competitions/performance/events, they will not be allowed to join the team by using their personal transportation. Missing the bus is an absence. Absence demerits and other consequences will apply.

HEALTH ISSUES

If the teacher or an administrator suspects a potential or dangerous health condition, they have a right to ask for a doctor's examination at the member's expense and must obtain a doctor's release before continuing to participate.

- A. Participation will be reviewed when a medical or physical condition prohibits safe performance.
- B. Members may not be exempt from practice for longer than 3 days without a note from a doctor.

- C. If the member sits out of practice for medical reasons, they may not be eligible to perform.
- D. Medical devices prescribed by a doctor will be required in all rehearsals and performances. Failure of the member to bring their prescribed medical device will limit their ability to rehearse and perform.

INCLEMENT WEATHER

- A. In the event of inclement weather, it will be the responsibility of the teacher, in collaboration with the building principal, to make the decision to leave the event. The decision will be based on what is in the best interest of the students and their health and welfare.
- B. If a student voluntarily leaves an event, with or without a parent/guardian, they will be subject to the penalties as outlined in the Fine Arts Handbook.
- C. Cancellation of some events may not occur until the day of the event.

PARENTS/GUARDIANS/FAMILY MEMBERS

- A. The GISD Fine Arts Department holds to the belief that communication between teachers, members, and parents/guardians is of the utmost importance. Parents/Guardians have the right to be aware of all rules, guidelines, and expectations for both students and parents/guardians. Teachers have the right to know if a parent/guardian has a concern. Parents/guardians should discuss concerns with the teacher at the appropriate time and place.
- B. There are times when a conference with a teacher is required. If parents/guardians believe that a conference is necessary they must contact the teacher through school email and set up an appointment. A principal may be requested to attend the conference. **Parents/guardians must follow the chain of command.**
- C. All GISD rehearsals are closed to the public. Parents must obtain permission from the teacher and/or principal before attending any practice or class. Parents/guardians must adhere to the GISD visitor policy for any visit to campus or other GISD facilities.
- D. Under no circumstance should a teacher be approached by a parent/guardian before, during or after a practice or performance.
- E. If a parent/guardian chooses to not follow these guidelines, or if a parent/guardian contributes to repeated disruptions, a campus principal review will be required. Disruptions include, but not limited to, unannounced walk-in to a practice/performance area, derogatory language, threats, harassment, and parent/guardian/family member who uses social media as a means to threaten, harass, and bully a teacher, a member of the team, or the parent/guardian of another member. Parent/Guardian disrespect or harassment toward a teacher will not be tolerated.
- F. The campus principal review may result in the parent/guardian being banned from all activities or in a student being removed from the team.

SPECIALTY GROUPS

It is up to the discretion of each school to decide whether to offer specialty groups. Specialty groups are: officers, squad leaders, managers, kick lines, elite teams, travel teams, cheer

captains and other special groups. It is considered a privilege to be a part of these specialty groups. A separate handbook, approved by the campus principal, may be given to each member of a specialty group.

GISD FINE ARTS STUDENT CODE OF CONDUCT

The Fine Arts student (Cheerleader, J/V/ Drill Team, World Dance Company, and Step Performer) is a recognized representative of the individual school as well as the district and as such must demonstrate the highest levels of character and behavior. It is the responsibility of the campus administrator and teacher (coach, director, and sponsor) to maintain this high level of expectation. Mutual respect and politeness toward members within the team and GISD performance community are basic elements that contribute to the total success of the squad. Fine Arts students are expected to maintain positive relationships with all students, faculty and staff members, members of the general community, and other GISD groups. Students are expected to present themselves in a manner that reflects GISD accepted dress code, including guidelines for hair, tattoos, fingernails, and piercings. These guidelines have been established to ensure that every student is safe and not injured during a rehearsal or performance. A separate rehearsal/performance uniformity dress code will be in effect while the student is participating within the performance group. Any behavior considered detrimental to the reputation of the GISD Fine Arts Department can result in the dismissal of the student from the program. The determination of conduct detrimental to the reputation of the program will be made by the principal, teacher, board policies and applicable law. All Fine Arts students must follow the GISD Fine Arts Handbook, GISD District Code of Conduct, and the Fine Arts Student Code of Conduct.

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, Tumblr, 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.

ELIGIBILITY

- A. Fine Arts programs do not operate under Athletic UIL rules but are required to adhere to the UIL-TEA Side-by-Side. All issues regarding eligibility must be in line with the UIL standards of eligibility for extracurricular activities.
- B. A member who becomes academically ineligible two times during a school year will be considered on probation for the rest of that school year with regard to auditioning and performing with specialty groups. This will not include the courses designated in board policy as exempt.
- C. A member who becomes academically ineligible three times during a school year will be removed from the team.
- D. Potential candidates that have been assigned ISS, Suspension, or AEO the year prior to tryouts, must have director/coach and principal approval.

ACADEMIC PROBATION

- A. A member may be placed on academic probation for academic reasons as stated in the TEA/GISD policies.
- B. If a member is placed on academic probation, that member will also be on probation regarding the specialty groups and may not audition for or perform with such groups for the remainder of the academic probation term.
- C. Students who are placed on academic probation twice in one year will automatically be on probation with regard to specialty groups for the remainder of the school year.
- D. A member on academic probation will not be allowed to travel with the team for any reason.
- E. The member will not be allowed to wear the uniform.
- F. During the probationary period, the student must attend classes, work periods, and practices as scheduled during and before/after school hours. A member may participate in group fundraisers and banquets.

DISCIPLINARY PROBATION

- A. A member may be placed on disciplinary probation for indicated periods of time as described in this document.
- B. Reasons for probation can be but are not limited to, inappropriate personal web pages/social media accounts, In-School Suspension (1st Offense), harassment/bullying.
- C. A member on disciplinary probation will not be allowed to participate in auditions or performances of the team, or of specialty groups, as defined in the specialty groups section of this handbook.

- D. A member on disciplinary probation will not be allowed to travel with the team for any reason. Pre-paid trips can be an exception, but the member cannot perform/compete. A member on probation cannot expect any reimbursement.
- E. The member will not be allowed to wear the uniform.
- F. During the probationary period, the student must attend classes, work periods and practices as scheduled during and before/after school hours. A member may participate in group fundraisers and banquets.

REMOVAL¹

- A. A member may be removed from the performance team or placed on disciplinary probation by the teacher and principal for violation of the Standards of Conduct sections of this handbook.
- B. A member will be removed from the team on the third disciplinary/academic probation period in one year. Removal occurs once demerits reach 22 or more. If the student progresses to 22 or more demerits without having served other disciplinary actions, or during a disciplinary term, removal is still the result, and will be immediate.
- C. If a member of the team suffers loss of credit for the course because of excessive absences, they may be removed from the team subject to principal/teacher review.
- D. A member who is placed in the reassignment room more than one time during the school year will be subject to a principal/teacher review which may result in removal from the squad.
- E. A member who is suspended from school will have a principal/teacher/parent/student conference and may be removed from the team. Subject to conduct review.
- F. A member who is accused of harassment, bullying, theft, or terrorist threats will have a principal/teacher/parent/student conference and may be removed from the team. Subject to conduct review.
- G. A member who is placed in the alternative school will be removed from the team, effective on the date of placement.
- H. A member who is placed in the Juvenile Justice Alternative Education Program (expelled) will be removed from the team.
- I. Immediate dismissal: Citations for Minor in Consumption (MIC), Drugs or Alcohol Driving Under the Influence (DUI), Driving While Intoxicated (DWI), Minor in Possession of Tobacco, Drugs, Alcohol, Vaping, THC products or other illegal substances, other violations of the law (MIP), AEC placement, fighting at school, RAC (second offense), possession of weapons.
- J. Members who have been removed and those who voluntarily quit retain no rights to team awards, recognitions, etc., which are received after dismissal, although they may have accrued over the duration of the school term. They lose all privileges associated with membership, including attending team-only events, using facilities, and wearing school district purchased team attire.

¹ Mahanoy Area School District v. B.L., 594 U.S. ____ (2021), discipline regarding off-campus speech and behavior will be weighed in light of this recent U.S. Supreme Court decision.

- K. Any student removed from the team must also be removed from the class. Students will not be removed until all financial obligations are met and all uniforms and equipment are returned in good condition.
- L. A member who has been removed from the squad or voluntarily quits on any GISD campus will not be eligible to participate in the next tryouts without approval from the principal and teacher. Areas to be reviewed will include, but not be limited to, the reasons for the removal, academic grades, other discipline records, student attitude, and any other factors deemed relevant by the principal and the teacher.

DEMERIT SYSTEM

The following are considered rule infractions. Demerits are strictly used only to determine disciplinary probation periods and are not used for grading purposes. Demerits are given for one school year, tryout to tryout. After tryouts, each member's record is cleared. The only exception is if a disciplinary action (benching, probation) has been determined in the previous year but not yet served. In this case, the disciplinary action will become active on the first day of school of the next year, and then that student's record will be cleared.

- A. **Benching:** Member attends functions in uniform but will not take part in the team performance. With regard to pep rallies, football and basketball games, the member may perform in the stands with the team but may not perform in pre-game, half-time, or post-game performances or festivities. A benched member will be required to remain in the stands or in an area designated by the teacher. A member may participate in group fundraisers and banquets.
- B. **Probation:** Member is not allowed to participate in auditions or performances of the team or of specialty groups. The member is not allowed to travel with the team for any reason. The member may not wear the team uniform. The member must continue to attend classes, work periods, and practices as scheduled during and before/after school hours.
- C. If a member is academically ineligible at the time of benching due to disciplinary probation, the penalty will be served after the academic probation has been served.
- D. A member may be required to have a parent/guardian and teacher conference after the first 10 demerits.
- E. If a student receives an excessive amount of demerits that moves them to an advanced disciplinary level, they will also receive the consequence(s) from the level(s) they may have skipped.
- F. A parent contact may be by phone, letter, or email. It is the parent's/guardian's responsibility to check for these notifications.
- G. The following benching/probation guidelines will be used:

5	Warning	Document and Parent Contact
10+	Benched from Next Performance	Document and Parent Contact
		1 benching until student reaches 15

15+	3 Week Probation	Document and Parent Contact	1 probation until student reaches 20
20+	6 Week Probation	Document and Parent Contact	1 probation until student reaches 22
22	Removal from Team		

DEMERIT/MERIT GUIDE

The following demerit/merit guide will be used.:

RULE INFRACTION	DEMERIT(S)
Incorrect practice uniform	1 per item
Failure of student to dress out for practice	3
Chewing gum during practice or performance	2
Not returning any item with a due date	1 each day
Leaving a mess in practice, performance, or dressing area	2
Tardies to practice, performance/function/area ** Excessive tardies (3 or more) can receive benching	Practice 1 Performance 3
Wearing any jewelry (including clear spacers) during practice and after a warning	1 per item
Moving or talking in performance line	2

DEMERIT GUIDE - These demerits may not be erased with merits.

Not following instructions for stands, sidelines, and entering/exiting venue	1
Any inappropriate behavior, at school or school events, as outlined in the GISD/Fine Arts Student Codes of Conduct and campus expectations	5 out of uniform 10 in uniform
Wearing unacceptable nail length (safety issue) and hair to a practice *Nails should be worn in a "sports length" *Nails should be barely visible from palm angle. This is in accordance with NFHS Safety Guidelines. See page 4, Practice and Performances, I.	1 per item first offense 2 per item 2nd offense

Wearing nail polish or unacceptable nail length (safety) to a performance *Nails should be worn in a "sports length", nails should be barely visible from palm angle. Acceptable colors: clear, French, or neutral	2 first offense 4 2nd offense
Not notifying the teacher when of absences or not bringing a note upon return from absence. The manner of communication is determined by the teacher.	2 per infraction **
Wearing any jewelry to a performance including clear spacers. Benched until corrected.	2 per item
Lending uniform, sweats, t-shirts, or jackets to non-team members	5
Wearing uniform to non-team function without teacher approval	5
Failing to bring all required items to a practice/performance. This includes game day attire See page 3, Practice and Performances	practice 1 per item game day attire 1 per item performance 2 per item
Having a cell phone, earbuds or a smart watch in practice or performance area without permission from the teacher	2
Leaving any practice/performance early without permission from teacher	5
Insubordination (eye rolling, arguing, disrespect to faculty/staff, not responding, negative body language, ranting, repeated use of cell phone/smart watch w/out permission, non-compliance), leaving any group activity without permission	5 minor infraction 10 major infraction
Office referral	10
Letting a non-member into locker room without teacher's permission	10
Unexcused absence from class period, practice outside school hours, or required performance/function	Practice 2 Performance 5 plus possible benching for next game
Reassignment Room **review and refer to GISD Policies	15 **
N in conduct **review and refer to GISD Policies	15 **
U in conduct **review and refer to GISD Policies	20 **
Suspension from school **review and refer to GISD Policies	20 **

MERIT GUIDE

- A. Merits must be acquired prior to any demerit listed above. See the chart below.
- B. One merit will remove one demerit.
- C. It is up to the student to request possible merit earning opportunities and to provide proof as requested.

Approved Merits (approval of the teacher)	Merit (s)
Parent /Guardian Attending Booster Meetings	1 per meeting, Max 6
Conditioning	1
10 sets of 10 kicks/10 jumps	1
Creating posters/signs for events/fundraisers	1 per poster
Attending and helping at GISD events (literacy, back to school, etc)	2 per hour
Attending and supporting Fine Arts Group performances	1
Extra shift at team community service	2 per hour
Teacher assistant by appointment for 1 hour	2
Extra shift at a team fundraiser	2 per hour, max 3 hrs per event
Greeter at after school functions	2 per hour, max 3 hrs per event
Volunteer to organized closet, clean locker room, dance area, etc	2 per hour, max 3 hrs per event
Assist with faculty dance, school talent show, etc	2 per hour, max 3 hrs per event
Volunteer to bring supplies for events	1 per item
Team bonding game winners	1
After school technique/tutoring team members	2 per hour, max 3 hrs per event
Attending and supporting other school events to promote unity	2

Volunteer for outside community service (must be approved)

2 per hour, max 3 hrs per event

HANDBOOK CHANGES

The GISD Fine Arts Handbook is subject to change at any time due to court rulings, Texas Education Agency rulings or Garland Independent School District policy changes.

Appendix A: High School Cheer

SELECTION PROCESS

- A. The procedures for selection are based on the Board Policies of the Garland Independent School District and from the guidelines in this handbook. At the time of tryouts, one of two conditions must be met. The student must be enrolled in the Garland Independent School District and trying out at the school where the student is registered to attend for the next school year or if the student is currently not enrolled in GISD, but is registered at attend a GISD campus for the next school year, the student may try out at that campus. A student may only try out for one GISD school.
- B. Each sponsor/coach will be responsible for the preparation and distribution of a packet of information to be made available to all candidates. A MANDATORY parent meeting will be called by the sponsor/coach prior to tryouts. This information will include specific tryout dates, times, attire, and procedures. This information must be approved by the building principal and the Fine Arts Department prior to distribution. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process.
- C. Cheerleader candidates are required to submit the Pre-participation Medical Evaluation-Medical History form prior to tryouts. If the candidate answers yes to the questions outlined on this form, then the candidate must also complete the physical exam form. Once a candidate is selected as a member of the cheerleading squad, the member will be required to complete the physical form before the first practice but no earlier than April 1st. All members must complete this form each year. Most schools will offer low cost physicals through the athletic department.
- D. Potential candidates that have been assigned ISS, Suspension, or AEC the year prior to tryouts, must have director/coach and principal approval.
- E. All cheerleaders will be required to try out for the team each year. All candidates must be physically present at the tryouts. An individual's video can only be used in the case of injury. (see Injury and Use of Video, page 3)
- F. The Garland Independent School District will hold a tryout for the selection of high school cheerleaders. The goal of the tryout will be to provide a consistent, equitable and monitored tryout process for all high school cheer candidates across the district. Tryouts will be held during a designated week, Spring semester, as determined by the Director of Fine Arts, principals and sponsors/coaches. The date will not be during the week of six weeks and/or state-mandated testing. Every student wishing to try out must do so on this

- date with no exceptions. There will be no application fees or tryout fees for students trying out for Cheer.
- G. The school district will bring in judges to assist in the selection process. The Director of Fine Arts will have final approval of judges hired. There will be a five-member judging panel that will score candidates from each school. The high and low scores for each candidate will be thrown out. Each candidate must score 50 for varsity, 40 for JV A and JV B out of 100 points in order to be placed on a cheer squad. The number of candidates selected each year will be based on the number of candidates that fall within the natural break from the judging panel. In order to try out, a student must be at least a freshman and meet all State, TEA, and GISD requirements. Scores given to a student by an individual judge will not be changed by a sponsor/coach, principal, or the Director of Fine Arts. Complaints about any aspect of the tryout process are subject to the requirements of GISD Board Policy FNG (LOCAL). Copies of such policy may be obtained from the school principal.
- H. Each campus sponsor/coach and principal will establish a uniform tryout outfit. Every item of clothing should be carefully considered to insure equity, affordability, and safety for the students during the tryout procedure. This uniform should be limited to a plain white polo-style shirt or t-shirt with no visible logo, a solid colored short (style/color to be determined by sponsor/coach), and any type of white athletic shoe. Hair should be up and/or out of the candidate's face. Schools will not allow any accessory or addition (rings, bracelets, hair bows etc.) to the tryout outfit. No jewelry is permitted.
- I. Mats will be available in all tryout gyms. It is each candidate's choice to use or not to use the mats. Certified judges will be instructed to score each candidate on the difficulty and execution of the candidate's tumbling skills.
- J. Candidates selected to be a cheerleader are expected to make a commitment to the activity (camp, sporting events, competition, Martin Luther King Parade and Labor Day Parade, and special events) for the full year. Any cheerleader who voluntarily quits the team before the end of the school year will not be allowed to tryout at the next tryout session unless they have prior approval from the principal and sponsor/coach.

TRYOUTS

- A. Tryouts will be closed to everyone except judges, sponsors/coaches, principals, and Fine Arts designees. There will be no students, parents, or existing cheerleaders who are not part of the audition in the tryout room/area, nor will they be involved in the collection or tabulation of scores. Any deviation by the candidates from the tryout requirements may result in the disqualification of the candidate. PARENTS will not be allowed in the building during any phase of the tryouts.
- B. Judges – Five judges will be hired and compensated by the Director of Fine Arts for tryouts. A Fine Arts designee will be responsible for preparing a list of judges for each tryout location. Efforts will be made to reflect the diversity of the campus in selection of judges. Judges will be selected from qualified professionals and can include coaches from high school and/or college campuses. Professional judges with outstanding credentials and references will be hired for all tryouts. Outside judges should not be hired to judge tryouts if they have tutored or taught the cheer candidates during the

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current school year. Every attempt should be made to hire outside judges who have not worked with students from 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. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts.

- C. Each candidate will have a pre-score given to them by the director/coach.
- D. 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)
- E. Tabulation of Scores - 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. Scores given to a student by an individual judge will not be changed by a sponsor/coach, principal, the Director of Fine Arts, or the Fine Arts designee. Complaints about any aspect of the tryout process are subject to the requirements of GISD Board Policy FNG (LOCAL). Copies of such policy may be obtained from the school principal.
- F. Tryout results will be posted at each school in a designated area and online. A school designated area and an online address will be given to each candidate prior to leaving the tryout location.
- G. Requests for scores should be made through the school principal's office.

CHEER SQUADS

- A. Varsity
- The Varsity Squad will be composed of sophomores, juniors and seniors. Select campuses will also include freshmen.
 - Candidates must score above the minimum score of 50 to earn a spot.
 - The Fine Arts administration will review the scores for a natural break. The natural break will determine the size of the squad.
 - The Varsity Squad will have a maximum of up to 22 members.
- B. Junior Varsity
- The Junior Varsity Squad will be composed of freshmen, and any sophomore, junior or senior who has agreed to accept a JV spot.

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- 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 for varsity and above the minimum score.
 - d. The JV Squad will have a maximum of 32 members.
- C. Additional Considerations
- a. All sophomores, juniors and seniors (freshmen at certain campuses) 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 for the purpose of covering more games. The make-up of these squads and the cheering schedule for each is left to campus discretion.
 - d. Campuses with a JV B squad will be allotted a third cheer sponsor.
 - e. If scoring results in a tie for the 22nd varsity spot or the 32nd JV spot, all candidates with the tie score will be added to the squad.
 - f. 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.

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 requirement is that all cheerleaders will participate in competition. Failure to commit and participate in competition(s) may result in removal at semester. Tryouts may be held to determine competition groups etc. UIL Spirit competition is a requirement of the district.

PARADES

Participation in the Martin Luther King Parade and Labor Day Parade is mandatory.

SUMMER CAMP

Participation in all days of summer camp is mandatory. No exceptions are made for outside cheer teams or vacations.

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:
 1. No out of town games on Monday through Thursday nights.
 2. 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.

SPECIALITY GROUPS (Captains, etc.)

Refer to page 6 of the Fine Arts Handbook.

CHEER COSTS COVERED BY GISD

- A. GISD will provide each cheerleader with a uniform. Some squads will have additional pieces.
- B. Members are required to return the district-provided uniform pieces upon leaving the team, with a dated cleaning receipt attached, or must pay laundering fees as determined by the coach. As these uniform pieces are GISD property, failure to return them will result in disciplinary action by school administration.
- C. A record of all uniforms and equipment issued to members will be kept. Students will be assessed the replacement cost of items not returned. Items with excessive abuse and/or items deemed unusable or destroyed must also be replaced at the student's expense.

GISD IN-DISTRICT/OUT OF DISTRICT TRANSFERS

If a student transfers to Garland ISD or within Garland ISD, the transfer student must meet the following criteria for consideration:

- A. A transfer student must be registered and accepted by the new school.

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- B. A transfer can only occur if there are spots available on the new school's team.
- C. The transfer student and legal parent/guardian must contact the coach and request a tryout and transfer tryout packet.
- D. All tryout paperwork must be completed, signed, and dated prior to the tryout.
- E. The transfer student must have participated in tryouts and made the former cheer team. Tryout at the new school is required.
- F. The transfer student must include a letter from their former principal and head coach stating that they made the team in the spring and have a favorable conduct review. The transfer letter must also include contact information for the former principal and head coach.
- G. The transfer student must try out in front of the new coach and campus principal/principal designee. The same tryout material from the spring tryout will be required for the transfer student to learn, perfect, and perform for the evaluation.
- H. A transfer probation of three weeks or less will be required to verify acceptable conduct, grade/graduation credit eligibility, completion of tryout, and financial obligation review. A transfer probation can be extended if new cheer items are being ordered and have not been received.
- I. Once a transfer student is accepted as a member, performance placement, participation in trips or events, contest participation, and other performances will be at the discretion of the coach and principal. Every effort will be made to accommodate the new member.
- J. The coach and principal/principal designee will inform the student of the outcome of the tryout. If a student is not selected as a new cheer member, they may be accepted as a non-performing manager or will be transferred to a dance or physical education class. All tryout decisions are final.

SAFETY

Garland ISD cheerleaders will follow the National Federation of State High Schools Associations Spirit Rules Book.

LC Patriot Cheer Candidate Checklist

Candidate Name:

Trying out for: JV (9th-12th) Varsity (10th-12th)

All applications are **due by 3:00 pm on March 7, 2024** to Coach Parker (room 1246) at LCHS. **DO NOT EMAIL SCANNED COPIES**, as they will not be accepted. You need the following documents **ALL COMPLETED in order and stapled together.** **THIS PAGE SHOULD BE THE FIRST PAGE ON TOP** along with the other items on the checklist below.

_____ LC Patriot Cheer Candidate Checklist (p. 30)

_____ GISD Cheerleader Application (p. 31)

_____ Social Media Contract and Picture/Video Form (p. 32)

_____ GISD Handbook Signature Pages (pp. 33-34)

_____ 1st Semester & 3rd Cycle Grades (acquired from current school's administration)

_____ Attendance/ Discipline Profile (acquired from current school's administration)

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

_____ JV Consent Form (Varsity Candidates Only) (p. 35)

_____ Media Release Form (p. 36)

_____ Pre-Participation Physical Form (pp.37-38) New complete physicals will be due on or after April 1, 2023 but before our first practice.

_____ Concussion Acknowledgement Form (p. 39)

_____ Sudden Cardiac Arrest Awareness Form (p. 40-41)

Garland Independent School District Cheer Application

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 _____

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

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/UIIL 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 _____

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 _____



Date _____

Dear Parent/Guardian,

I, the undersigned, hereby grant permission to Garland ISD to use my child's photograph, name, and likeness in connection with their participation in GISD Fine Arts.

I understand that the photographs and/or videos, along with my child's name and likeness, may be used in various promotional materials, including but not limited to:

- Printed materials, such as brochures and flyers
- Digital media, including the organization's website, billboards and social media platforms
- Press releases and other public relations efforts

I acknowledge that using my child's photograph, name, and likeness is voluntary and that no compensation will be provided for such use. I further understand that once the materials are publicly available, Garland ISD cannot control their use by individuals or entities unrelated to the organization.

Garland ISD Release

By signing this release form, I acknowledge that I have read and understood its contents and agree to the terms outlined herein.

Student's Name(s)

Parent/Guardian Signature **Date**

PREPARTICIPATION PHYSICAL EVALUATION – MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers in the box below**. Circle questions you don't know the answers to.

<p>1. Have you had a medical illness or injury since your last check up or physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Have you been hospitalized overnight in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Have you ever had prior testing for the heart ordered by a physician? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever passed out during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had chest pain during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you get tired more quickly than your friends do during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had racing of your heart or skipped heartbeats? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had high blood pressure or high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been told you have a heart murmur? <input type="checkbox"/> Yes <input type="checkbox"/> No Has any family member or relative died of heart problems or of sudden unexplained death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No Has a physician ever denied or restricted your participation in activities for any heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever been knocked out, become unconscious, or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how many times? _____ When was your last concussion? _____ How severe was each one? (Explain below) _____ Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have frequent or severe headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had numbness or tingling in your arms, hands, legs or feet? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Are you missing any paired organs? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Are you under a doctor's care? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>9. Have you ever been dizzy during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>11. Have you ever become ill from exercising in the heat? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>12. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>13. Have you ever gotten unexpectedly short of breath with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have seasonal allergies that require medical treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>15. Have you ever had a sprain, strain, or swelling after injury? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you broken or fractured any bones or dislocated any joints? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, check appropriate box and explain below:</p> <table border="0"> <tr> <td><input type="checkbox"/> Head</td> <td><input type="checkbox"/> Elbow</td> <td><input type="checkbox"/> Hip</td> </tr> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td><input type="checkbox"/> Foot</td> <td></td> </tr> </table> <p>16. Do you want to weigh more or less than you do now? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>17. Do you feel stressed out? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><i>Females Only</i></p> <p>19. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between periods in the last year? _____</p> <p><i>Males Only</i></p> <p>20. Are you missing a testicle? _____</p> <p>21. Do you have any testicular swelling or masses? _____</p>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip																	
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<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee																	
<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf																	
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle																	
<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot																		

An electrocardiogram (ECG) is not required. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.

EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.
 If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.
 If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL
 Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

For School Use Only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (____ / _____, ____ / ____)
brachial blood pressure while sitting

Vision: R 20/ _____ L 20/ _____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's **MEDICAL HISTORY FORM** on the reverse side. *** Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only) if indicated			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.



CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student _____

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.
 – Follow the rules of play.
 – Make sure the required protective equipment is worn for all practices and games.
 – Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, chiropractor, physical therapist, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

- (1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- (2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 - (C) have signed a consent form indicating that the person signing:
 - (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
 - (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
 - (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
 - (iv) understands the immunity provisions under Section 38.159.

 Parent or Guardian Signature

 Date

 Student Signature

 Date



SUDDEN CARDIAC ARREST (SCA) AWARENESS FORM

The Basic Facts on Sudden Cardiac Arrest

Website Resources:

American Heart Association:
www.heart.org

Lead Author: Arnold Fenrich, MD
and Benjamin Levine, MD

Additional Reviewers: UIL Medical
Advisory Committee

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

Inherited (passed on from family) conditions present at birth of the heart muscle:

Hypertrophic Cardiomyopathy – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.

Arrhythmogenic Right Ventricular Cardiomyopathy – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.

Marfan Syndrome – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

Inherited conditions present at birth of the electrical system:

Long QT Syndrome – abnormality in the ion channels (electrical system) of the heart.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.

NonInherited (not passed on from the family, but still present at birth) conditions:

Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.

Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly, usually causes a loud heart murmur.

Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.

Wolff-Parkinson-White Syndrome – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

Conditions not present at birth but acquired later in life:

Commotio Cordis – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.

Myocarditis – infection or inflammation of the heart, usually caused by a virus.

Recreational/Performance-Enhancing drug use.

Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

Time is critical and an immediate response is vital.

- **CALL 911**
- **Begin CPR**
- **Use an Automated External Defibrillator (AED)**

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The **UIL Pre-Participation Physical Evaluation – Medical History form** includes ALL 14 of these important cardiac elements and is mandatory annually.

What are the current recommendations for screening young athletes?

The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.

The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.

Are there additional options available to screen for cardiac conditions?

Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.

When should a student athlete see a heart specialist?

If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

Can Sudden Cardiac Arrest be prevented just through proper screening?

A proper evaluation (Preparticipation Physical Evaluation - Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.

Why have an AED on site during sporting events

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:

- An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium
- All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.

- Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.

The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1 1/2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.

Student & Parent/Guardian Signatures

I certify that I have read and understand the above information.

Parent/Guardian Signature

Parent/Guardian Name (Print)

Date

Student Signature

Student Name (Print)

Date