



SCHRADE FALCONS

**Cheerleading Tryout Packet
2024-2025**

Dear Parents and Prospective Cheerleaders,

I am so excited about your interest in our Schrade Cheer Program!

I hope that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader responsible for guiding student conduct at extracurricular activities and during the school day, both on and off campus. Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year (tryout date to tryout date). SMS Cheerleaders must give 100%, and complete their commitments and responsibilities to SMS cheerleading before anything else. SMS Cheerleaders will have additional duties, which they will be required to perform throughout the school year. These duties will include (but are not limited to): fundraising events, cheerleading camp, Schrade Falcon Fest, parades (Labor Day, MLK Day, etc.), preparation for homecoming festivities, games throughout the year, attendance at tournaments, competitions and participation in various school and community service projects. A great amount of time and energy will also be asked of the parents/guardians in providing transportation to some of the activities and in other miscellaneous functions during the year. Cheerleading is a year round activity.

I hope you will discuss the expectations and obligations of being a SMS cheerleader with your son/daughter, and agree that Schrade middle school Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication, and develop group dynamics skills and responsibility. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support, we can work together to make this year at SMS a successful and memorable one. I look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to email me.

Sincerely,

Cleshon Jackson
cljackson2@garlandisd.net

District website for Fine Arts Handbook:
<https://garlandisd.net/media/15517/download?inline>

Important Mandatory Dates (subject to change)

Mar 27, 2024 6:30pm - Parent and candidate **MANDATORY**

Apr 1, 2024 Tryout packets are due, **NO EXCEPTIONS!**

April 1-5 Tryout clinics 4:30-6:30

Apr 6, 2024 Tryouts Warm-ups start at 8:45 am Tryouts start at 9:15 am

Please make sure your athlete is on-time. I will not allow anyone to try out after our window closes.

Apr 6, 2024 Results announced (Canvas)

May 2, 2024 Mandatory MADE IT Parent and Cheerleader meeting @ 6:30

May 3, 2024 Mandatory Fittings: – This fitting is for camp clothes, sweats, shoes, and ordering additional cheer equipment. 4:30 pm - 6:00 pm

May 24, 2024 Mandatory - Payments due, Payment can be made in installments but full payment is due on **May 24, 2024** **Absolutely no exceptions!**

July 18-20 Cheer Camp at Garland HS (competition gym)

Aug 12, 2024 First Day of class/meeting Athletes only 4:30-5

December Christmas parade TBA / Christmas Party TBA

Spring Cheer Classics

Clinic Information

What: Clinic – Tryout material will be taught

When: April 1-5

Where: Schrade gym

Time: 4:30 pm - 6:30 pm

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

Candidates: Returning GISD students: you must have selected and been accepted to Schrade for the 2024-2025 school year. New to GISD: Make sure you have contacted Student Services and have pre-enrolled for SMS. Documentation is required.

Clinic is open to eligible candidates only. No parents, friends, or ineligible candidates are allowed to attend. No videotaping will be allowed. We will provide a video of the routine performed by the choreographer and ensure it is accessible to all candidates.

All paperwork must be turned in prior to participating in the clinic. The sooner all paperwork is in, the sooner you will get into the clinic. If you cannot attend the mock tryouts, it is your responsibility to see Ms. Jackson (Room 504) by April 6th for a tryout number. If you do not come by, it will be assumed that you are not trying out.

Clinic Agenda & Mock Tryout Agenda

April 1-4

Check in/Roll call
Demonstrate/Learn Dance
Learn Cheer and Chant
Review Material/Announcements

April 5th

Mock Tryouts
Recieve numbers
Announcements

Cost

The estimated cost of cheerleading for one year varies for squad as well as years of involvement. The range listed is from the low end which would be the equivalent of a 2nd year Middle school cheerleader who does not have to replace anything, to the high end, which is a complete newbie to Schrade Cheer. Please keep this in mind when looking at the cost ranges. The majority of the costs will be broken down into multiple payments. Once items are ordered, that payment is non-refundable. Every effort has been made to keep these costs to a minimum. The stated costs include camp wear, and season wear. There may be additional costs that arise throughout the year. •Middle school cheer \$350-500. You will not receive any items purchased until the balance has been paid in full.

Schrade middle school Cheer Hair & Make-up Policy

Practice: Hair up & out of face.

Game day @ school: High Ponytail or half up/half down with bow

Games: High Ponytail with bow

Competition: High ponytail with bow

Homecoming: Face paint Face paint & glitter

Pinkout: Face paint & glitter

Normal Game day: No glitter/face paint Glitter

Nails:

Nails should be kept to a “sports length” throughout the year. For games, performances and competitions, nails must be neutral color, french tip or clear. If nails are not in compliance, cheerleaders will sit out of games and performances until corrected.

GARLAND ISD HIGH SCHOOL/MIDDLE SCHOOL CHEERLEADER TRYOUT

Date: April 6, 2024(Middle Schools), March 23, 2024(High Schools)

Time: 7:30-5:00 (Each school will have assigned time)

Location: Garland High School

CANDIDATE NUMBERING

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

MS/HS-Please do not start numbers over for your 7th grade/JV teams. There should only be one #1 per school.

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 Checklist

All forms should be turned in by 4:15 pm on April 1st to Coach Jackson (room 504) at Schrade Middle School. No tryout forms will be accepted after 4:15 pm on April 1st If the tryout forms are not turned in by this time and date, with the appropriate signatures, you cannot try out!

- Print-Physical and Medical History <https://www.uiltexas.org/files/>
- Cheerleader Application (Parent/candidate signatures required)
- Middle School Cheer Consent form
- Print out/screenshot of current grades submitted with application.
- Fine Arts Signature Pages (Parent/candidate signatures required) Please read over the handbook which can be found at <https://garlandisd.net/media/15517/download?inline>
- Student must have selected Schrade Middle School their of school and been accepted
- Media Release Form
- Print-UIL Concussion Acknowledgement Form https://www.uiltexas.org/files/athletics/forms/Concussion_Acknowledgment_Form.pdf

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 _____

For parents/guardians:

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

Parent/Guardian _____

**Garland Independent School District Fine Arts Handbook
Cheerleading, Drill Team, Step, and World Dance Company
Permission, Commitment, and Signature Page**

Student Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

Check the Fine Arts Group you are auditioning for/joining:

Cheer _____ **Junior Varsity Drill Team** _____ **Varsity Drill Team** _____ **Step Team** _____
World Dance Company _____

Please read each statement and initial. A candidate/member and a legal parent/guardian signature and date is required at the end of the statements.

Candidate/Member:

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

_____ I understand that the judges' decision is final.

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

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

_____ I have received, read and understand the financial obligation involved with being a member. I also understand that I will not receive any items, but I must still attend any events/performances, if I have not fulfilled my financial contract.

_____ I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by the teacher (coach, director, and sponsor).

_____ I have received, read and understand that I must pass all of my classes, with the exception of waived classes, to be eligible to perform. (Refer to TEA/UII Regulations).

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

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

_____ I understand that I am to ride to and from all events and performances on school transportation with my team. All members are to be picked up from the school after games/competitions/performances/events no later than 20 minutes after being dismissed by the teacher.

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

_____ I understand that 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 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 _____

Handbook link is.... <https://garlandisd.net/media/15517/download?inline>



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



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

Revised 2016

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