

Lyles Middle School



Cheerleader Tryouts

Please read this entire tryout packet. Both the candidate and parent/guardian must sign this packet in multiple places, including the medical release form and GISD handbook, which can be found online. Forms should be turned in by **April 3, 2024.**

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

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

2024-2025

Mandatory Parent Meeting

Wednesday, March 27, 2024

Lyles Library

5:30 P.M.- 6:00 P.M.

Check in beginning at 5:15 PM

Unless prior arrangements have been made with a sponsor, all candidates and parents are to attend the meeting on March 27th. Failure to attend this meeting or schedule another one before school at the sponsors' convenience will affect a potential candidate's ability to try out.

Paperwork

Physical Evaluation:

Pre-Participation Physical Evaluation – Medical History Form – Please note that you are NOT required to have a physical exam prior to tryouts unless you answer yes to questions 1, 2, 3, 4, 5, or 6. If none of these apply, you only need to turn in the first page. If you answer yes to any of these questions, you must have a pre-physical exam and must turn in both pages of the form with your application packet on Wednesday, April 3, 2024.

*Candidates selected to the squad must have a physical on file dated **AFTER April 1, 2024**.

Application and Release Forms:

All paperwork must be turned in by 4:30 p.m. on **April 3, 2024**.

Please return all paperwork to Coach Jean-Pierre in G-Office:

- ___Application
- ___Parent/Guardian Release Form
- ___Candidate Agreement Form
- ___Pre-participation Physical Evaluation
- ___UIL Concussion Form
- ___Fine Arts Signature Page
- ___Media Release
- ___Copy of most recent report card

Clinic

Only students who are academically eligible may attend the clinics.

- The clinic will be held in the practice gym on:
 - a. April 2 - April 5 from 4:30pm - 6:30pm
- Dress needs to be appropriate for moving and jumping. No tank tops.
- Hair must be in a ponytail, no jewelry, etc.
- Cheers, dance, and jumps to be used at tryouts will be taught at the clinic.
- **No video of the clinic will be allowed at any time.**
- **The clinic is a CLOSED event. Only candidates will be allowed in the practice gym.**
- A copy of the music will be provided for the candidates to practice

Garland ISD Middle School Cheer Tryout Criteria

Tumbling 10 pts.	Jumps	Incorporation 10 pts.																																																
<small>*If a skill is not executed properly, then points may be deducted into a lower scale</small>																																																		
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Middle School Cheerleader Tryout Sequence of Events

ANY DEVIATION FROM THE TRYOUT PROCEDURE/REQUIREMENTS MAY RESULT IN THE DISQUALIFICATION OF THE CANDIDATE.

Date: April 6, 2024

Time: 1:30-3:00

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.

Financial Responsibility

It is the responsibility of each cheerleader to meet all financial obligations. Every effort is made to make all expenses minimal. Failure to meet the stated financial obligations will result in a principal review which may lead to removal from the squad.

Estimated Costs for LMS Cheer 24-25

The estimated fees for cheerleading during the 24-25 school year is **\$150**.

The stated cost includes:	Other Miscellaneous Expenses
Camp Tuition Camp T-Shirts Football Game Day Lunches Warm Up Jacket Shoes Bows	Camp gifts Camp lunch Paint/Brushes Mums Holiday Dinner Secret Santa Teacher Appreciation Snack Bar End of the year Banquet

***Details will be available after tryouts regarding the opportunity for fundraising to assist in camp costs.

No personal checks will be accepted.

Cashier's checks or credit cards are accepted from our vendor for the warmups/camp clothing costs.

Required items that are not part of the above mentioned costs:

- All candidates who make the squad will need to purchase a ***solid black, racer back sports bra*** on their own that they must wear to the uniform fitting.
 - Sponsors will approve that the sports bra does not show while wearing the uniform
- Camp lunches

Football Season runs September-November. We will have at least one practice and one game to attend each week. Basketball Season runs November-February. We will have **at least** one practice and one game to attend each week. Competition is in February. It is mandatory for all Cheerleaders to participate and attend all competition practices.

Important Dates - Important Dates - Important Dates

When	Where	What
March 27, 2024 5:30pm	LMS Library	Mandatory Informational Meeting All candidates and at least one parent/guardian <i>must</i> attend in order to tryout for LMS Cheer
April 3, 2024	G Office	Tryout Packet Due by 4:30pm Under no circumstance will late or incomplete applications be accepted. Packets may be submitted before April 3, but not after.
April 2-5, 2024 Tuesday-Friday 4:30pm-6:00pm	Main Gym	Mandatory Tryout Clinic Registration begins at 4:20pm T - F. school-appropriate t-shirt & athletic shorts with athletic shoes Tryout numbers will be drawn on Wednesday Mock tryouts on Friday (wear tryout attire)
April 6, 2024 Saturday 1:30pm - 3:00pm	Garland High School 310 S. Garland Ave. Garland, TX 75041	LMS Cheer Tryouts Solid white t-shirt & black shorts with athletic shoes
April 10, 2024 Wednesday 6:00pm	LMS Cafeteria	Mandatory MADE IT! Meeting 2024-25 Cheerleaders and at least one Parent/Guardian <i>must</i> attend Payment #1 due (Cash/M.O.) - \$100
April 24, 2024	LMS	Payment #2 due (Cash/M.O.) - \$50
May 17, 2024	BIG GYM	Lyles Staff vs. Student Basketball Game
May 2024	TBD	LAKEVIEW Spring Game
July 2024	TBD	Summer Practice
JULY 18-20, 2024 10-4pm	Garland High School 310 S. Garland Ave. Garland, TX 75041	Cheer Camp
July 2024	Group Dynamics	\$35 - Team Building
July 22-24 2024 11-4pm	Lyles Middle School	Summer Practice
February 2025	Garland, TX	GISD Middle School Cheer Classic

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

If you have any questions please contact: Coach Jean-Pierre eajeanpi@garlanisd.net

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Lyles Cheer Expectations

1) Cheer Camp

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

2) Communication

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

3) Attendance

- a) Members 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).
- b) If playing other sports, cheerleaders 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) Parents are expected to transport their cheerleader to and from games/competitions/performances/events. NO Bus transportation provided.
- b) All members are to be picked up after games, competitions, performances, events no later than 15 minutes after being dismissed by the teacher. Be respectful of the teacher's time and contact the teacher if you are running late to pick up your student.
 - i) Repeated tardiness of pick up will result in a principal/teacher review with the parent/guardian and benching or removal may be possible.

Paperwork Checklist

Here is a list of the paperwork items that must be turned in for each candidate by 4:30 PM on WEDNESDAY, April 3, 2024.

- ◆ ____ Tryout Application
- ◆ ____ Parent Release Form
- ◆ ____ Candidate Form
- ◆ ____ Pre-participation Physical Evaluation
- ◆ ____ UIL Concussion Form
- ◆ ____ Fine Arts Signature Page
- ◆ ____ Media Release
- ◆ ____ Cardiac Form
- ◆ ____ **Official** Report Card (Cycle 3)

Cheerleader Tryout Application

Due Date: All paperwork is due before 4:30 pm April 3, 2024. *If you have it completed before this date, feel free to bring it to Coach Jean-Pierre in G-Office. Please do not turn this packet in until ALL components are completed. No late applications will be accepted under any circumstances.

Name: _____ Student ID #: _____

Current Grade Level: 6th or 7th

Home Address: _____

Parent/Guardian: _____

Contact number: _____

Email address: _____

Parent/Guardian: _____

Contact number: _____

Email address : _____

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.

Parent/Guardian Signature

Date

Cheerleader Signature

Date

Candidate Release Form-Parent/Guardian

My child, _____, has my permission to be a Cheerleader at Lyles Middle School.
(Please initial in spaces provided)

_____ I understand that he/she must abide by the rules and regulations set forth by the sponsors and principal of Lyles Middle School and be present for all practices and games.

_____ It is my responsibility to have my child at all functions on time! In case of an emergency, I give permission for my child to ride with another parent when necessary.

_____ I have read the rules and regulations and understand that the violation of any of these rules may lead to a temporary or permanent suspension from the squad.

_____ I understand that qualified judges will evaluate my daughter/son and we agree to abide by the decision of the judges.

_____ I understand that if I have any concerns about the decisions made by the sponsor, I will contact that sponsor first. Only after contacting the sponsor, may I contact the Asst Principal, Mrs. Craig.

_____ I understand the costs involved and my responsibility to meet all financial obligations by the deadlines set by LMS.

_____ I understand that by the very nature of the activity, cheerleading and gymnastics carry a risk of injury. Cheerleading activities require learned skills and behaviors. These will be taught, practiced, and documented as each participant achieves mastery prior to the performance of each skill. It should be made clear that even though mastery of objectives and skills has been reached, and safety precautions enforced, accidents still may occur. No matter how careful the participants and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and do hereby release Garland Independent School District and its employees from any liability due to accident, injury or illness should it occur.

_____ I agree to support my child's efforts wholeheartedly throughout the season.

_____ As a Cheerleader, your child is covered at school-sponsored events by the school insurance, providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or take the additional school insurance.

_____ Upon being selected as a Cheerleader your child must present evidence of a current medical, physical examination.

_____ I understand that the demerit point system will be followed with consistency.

_____ I understand that all final decisions regarding uniform, practices, and consequences are up to the sponsors and principal.

_____ I will ensure that the GISD-issued uniform is returned at the end of the season by the date specified by the sponsor; if lost or brought back in an unsatisfactory condition, **\$100** will be due that day to purchase a replacement.

I have read the attached information packet and cheerleading constitution and rules. I also understand that every member of the cheerleading squad will be expected to follow these rules and regulations, and I agree to abide by these regulations. I understand I will not be allowed in the building on the day of tryouts. I understand that it is my responsibility to provide transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines for my child. I understand that it is my responsibility to meet all financial obligations by the deadlines set forth by Lyles Middle School. Furthermore, I understand that being a cheerleader involves inherent risks, which could cause serious or catastrophic injuries or even death. I have also read and understand the GISD insurance disclaimer. I understand that if I have any questions or concerns regarding cheerleading, I should contact the appropriate sponsor first. I understand and agree to abide by the GISD cheerleading constitution. Furthermore, I give my consent for the above named student to represent Lyles as a cheerleader and participate in extracurricular activities with knowledge of the responsibilities, conduct expectations and risks involved with being a LMS cheerleader.

_____/____/____
Parent/Guardian Date

_____/____/____
Parent/Guardian Date

Candidate Agreement

(Please initial in spaces provided)

_____ I understand that I must abide by the rules and regulations set forth by the sponsor and principal of Lyles Middle School and be present for all practices and games.

_____It is my responsibility to be at all functions on time!

_____I have read the rules and regulations within this packet and the Garland ISD cheer constitution and understand that violation of any of these rules may lead to a temporary or permanent suspension from the squad.

_____I understand the risks inherent to this sport.

_____I promise to abide by the rules and regulations set forth by the sponsors and principal of Lyles MS.

_____I promise to cooperate and follow the instructions of the cheerleading sponsors and head cheerleaders at all times.

_____I understand that the demerit point system will be followed with consistency.

_____I understand that all final decisions regarding uniform, practices, and consequences are up to the sponsors and principal.

_____I understand that cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit, and cooperation both within the schools and among schools. Members of these groups have a fundamental responsibility to play a leadership role in helping the school to achieve the worthwhile objectives of the school's activities.

_____I understand that I am to behave in a manner that is becoming to me as an individual, as well as to the organization I represent. I should be aware that in or out of uniform I am a representative of the cheerleading squad, Lyles Middle School, and I agree to act accordingly.

I will:

- Be a leader and set an example for those around me.
- Remember SAFETY FIRST!!! NO COACH - NO PRACTICE!!!
- Follow a workout program designed for the development of strength in order to: prevent injury; increase strength and coordination, endurance, flexibility and confidence.
- Keep track of my academic progress (know when I need to get help or attend tutorials). I know that if I am not passing my classes, I am placing an undue burden on the rest of my squad.
- Attend and be on time to all practices and games.
- Promote school spirit.
- Remember that I am a member of a TEAM and there is no "I" in team.
- Give respect to ALL adults.
- HAVE FUN!!!

I, _____, am trying out for the position of cheerleader. I am aware of the time involved in being a LMS cheerleader. I am prepared to give 100% and have a positive attitude throughout the year. I understand that my obligations as a cheerleader do not begin and end with football season, but begin with cheerleader tryouts and continue throughout the entire school year. Furthermore, I understand that it is my responsibility to provide my own transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines. I understand that as a cheerleader I am expected to behave in a manner that is becoming to me, as well as, to my squad. I also realize that grades are very important and that it is my responsibility to remain eligible. It wastes time, money, and energy when I am unable to perform. I have read and understand the attached information packet and GISD cheerleading constitution and rules. Furthermore, I have read the Cheerleader's Code of Conduct and understand my responsibility as a Lyles Cheerleader. I agree to follow and abide by all of these rules and regulations.

Cheerleader's Signature

____/____/____
Date

Garland Independent School District Fine Arts Handbook

Permission, Commitment, and Signature Page

Student Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

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

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 may be required to ride to and from some 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.

If you have any questions please contact: Coach Jean-Pierre eajeanpi@garlandisd.net

_____ 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 may be required to ride to and from some 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 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.

Parent/Guardian Printed Name

Parent/Guardian Signature

___/___/___
Date

Cheerleader Printed Name

Cheerleader's Signature

___/___/___
Date

Social Media Contract

Maintaining a higher standard of conduct will also include ensuring the GISD/Fine Arts Students' websites are appropriate. The internet is a worldwide, publicly accessible form of communication. Therefore, any communication such as Twitter, YouTube, Instagram, SnapChat, Vines, Tumbler, or any other photo/video sharing or social media site, etc. appearing on the internet is public domain, even if it is marked private. Per the GISD Code of Conduct, students are responsible for their personal websites and postings on others' websites. The areas of appropriateness will include, but not limited to, the following: language, sexual or other (abbreviated or alluding to); pictures, reference to sexually explicit conduct or content, bullying/harassment within school and to other campuses, clothing, alcohol, drugs, and/or tobacco, which includes e-cigs and vapes. Excessive amounts of postings during the school day and posting updates in the middle of the school day is unacceptable and will be considered if a principal/teacher review takes place. Messages, Snap Chats, pictures, etc. sent via text messages or any other form of communication can be used as a screenshot and therefore can be considered public domain. By sending any content electronically to someone else, you are giving them permission to use that information as they see fit so please be aware of what you are sending and to whom you are sending it to at any time. Any question of appropriateness will be decided by the principal and teacher.

Students selected as Fine Arts student performers must recognize this distinction as an honor and privilege and must be held accountable to a greater standard than that of the general school population. A student has no ordained right to participate in Fine Arts. It is a privilege that has been granted to the student and it is possible that the privilege can be taken away. In addition to the GISD Fine Arts Handbook, GISD Code of Conduct, and the standards outlined in the Fine Arts Code of Conduct will be in effect twenty-four hours a day, seven days a week, twelve months a year, in season and out of season, whether in school or school is not in session.

Parent Signature

Date

Cheerleader's Signature

Date

Video, Image, and Audio Release 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