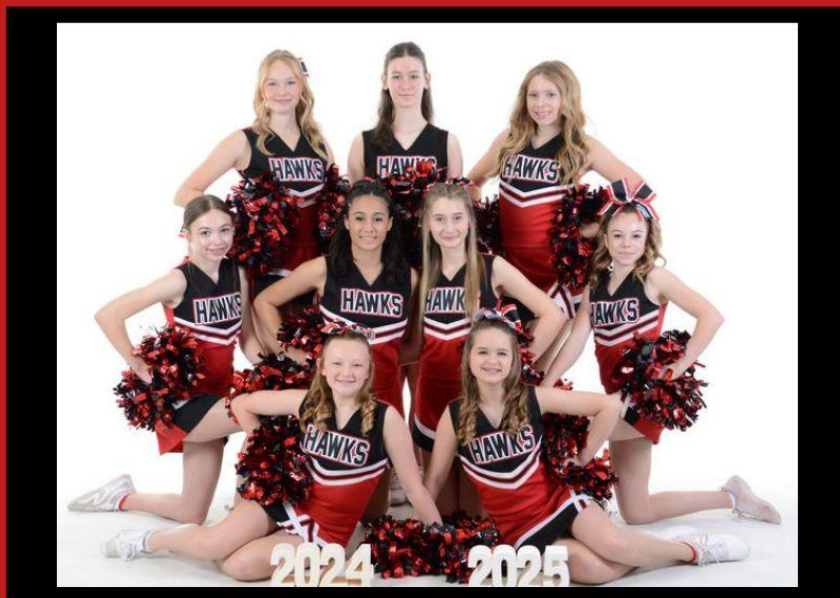


HMS Cheer Tryouts

Mandatory Parent Meeting



March 25th | 5:30-6:30
Cafeteria

**Please expect to stay the
whole meeting**

Do Not Print

Questions? See Mrs. Wilson in D26 or Ms. Reyes in C11

Hudson Middle School

2025-2026

Tryout Packet



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Hudson Middle School

Cheerleading Rules and Guidelines

Expectations

The Hudson Middle School Cheerleading Program has a rich tradition of producing athletes who succeed academically, excel on the field, and exhibit exemplary citizenship. Consequently, all members selected to represent our school are held to the highest of standards. In addition to adhering to the rules outlined in the GISD Fine Arts Handbook, members of our squad must also abide by the expectations set forth by our campus administrators and sponsors in the HMS Cheerleading Rules and Guidelines.

Eligibility

In order to be eligible to try out, students must meet certain behavioral standards. If a student has two or more office referrals for misconduct, disregard for authority, mistreatment of others, etc., he/she will NOT be allowed to try out. Once making the squad, the same standards will continue to apply.

Respect

The success of our program is dependent on one thing- respect. Respect for rules, respect for self, respect for others, respect for time, and respect for our mission and purpose. This respect must be mutual from coach, parents, and athlete.

Attendance

Unexcused absences from practices and games result in demerits. Absences are only excused for the following: personal illness with a doctor's note, death in family, illness in family that required out of town travel, funeral, approved college days, mandatory court appearance, and religious holidays. Cheerleaders are expected to stay for the duration of all cheer activities.

Punctuality

Cheerleaders are expected to be at all practices, games, and events at the time specified by the sponsor. Arriving late will result in demerits.

Uniformity

All members of the squad are required to wear what the sponsor/head cheerleader designates to practice and on game days, including hair style and bow. Failure to do so will result in demerits

·Nails should be worn in a "sports length", nails should be barely visible from palm angle. Acceptable colors: clear, French, or neutral

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Conduct

Online

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, TikTok, 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, Snapchats, 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.

Social media posts that contain negative commentary about Hudson Middle School or that do not reflect positively on the campus are also subject to disciplinary action(s). Any question of appropriateness will be decided by the principal and sponsor/coach.

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Cheerleaders are expected to behave in a respectful manner during practice and at events.

Consequently, they will not:

1. argue amongst themselves
2. disrespect one another verbally or nonverbally (eye-rolling, silent treatment, name-calling, etc.)
3. speak in a negative manner regarding the team, its members, coaches or assigned tasks

Note: Depending on the infraction. demerits may be issued.

Miscellaneous

Hudson Middle School cheerleaders are expected to yell the cheers/chants as well as perform with sharp, crisp motions and smiles. Failure to do so will result in immediate benching for the duration of the event (pep rally, performance, game, etc.)

Time: If elected, plan to spend an average of 3 hours a week practicing for performances, as well as 2-3 hours a week for games.

Transportation: Each parent/guardian must arrange for his/her own child's ride to and from *all* practices and functions. .You will be given a calendar for all cheerleader functions; therefore, parents are responsible for their child's timely arrival to events and prompt pick-up after events.

Attendance: Do not plan to try out for cheerleader unless you plan to attend *all* games, practices and cheerleader functions.(All-star practices and doctor's appointments are **not excused**. Please make sure you let the coach know with plenty of time if an absence is planned - demerits still may be issued.)

See demerit system set by the district in the handbook.

Keep in mind that being a cheerleader is a privilege to which one is elected. The strictest consideration for, and adherence to all rules is mandatory.

DO NOT PRINT

Competition Team

Tryouts for the competition team will take place in September after the competition material has been taught. A rubric will be used and will be available prior to the tryout. The number of cheerleaders taken for the competition team will depend on the natural break.

If a cheerleader does not make the competition team, they will automatically become an alternate. Alternates will still practice with the team and will travel to the competition(s). If there is a position in the competition team becomes vacant for any reason, the alternate with the highest score will take that spot.

TBD Competitions

UCA North Texas Regional November 2025

Dallas ISD Cheer Challenge December 2025

Garland ISD Cheer Classic February 2026

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Paperwork:

All required paperwork must be turned in to the appropriate coach by 4:00 pm on April 1st
(no exceptions)

Physical Evaluation (form attached to packet):

Pre-Participation Physical Evaluation – Medical History Form. Please notice that you are **NOT** required to have a physical exam 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 for tryouts.. If you answer yes to any of these questions, you must have a physical exam from a physician and must turn in **both** pages of the form.

- Due by April 1st
(candidate CANNOT attend clinic without form)

UIL Concussion Acknowledgment Form (form included in packet):

The understanding of sports-related concussion has evolved dramatically in recent years. Please read the following form acknowledging that you have reviewed the protocols in place for preventing, treating and returning to play after a concussion.

- Due with tryout packet on April 1st

Camp:

- Cheerleading camp is mandatory.
- We will be attending camp at
 - o KC's in Sachse on July 14 from 9am-4pm.
 - o Garland High School July 15-17 from 10am-4pm.
- Transportation is not provided by GISD.
- Cheerleader needs to bring water bottle. Snacks will be provided by coaches.

Expenses:

Cheerleaders are responsible for purchasing the required camp wear and the cost of cheerleading camp. Varsity camp wear fitting will be held on April 21, 2025 in C-11.

The cheerleader and a parent **must** be present for the fitting.

All practice/camp wear fees must be paid online to Varsity by April 24. **No exceptions!**

The full cost of camp is \$100, and is due by May 5th.

This can be paid in check or by a cashier's check made out to KC's Dance and Cheer Center.

***Payments not turned in on time could result in removal from the squad.

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Important Dates for HMS Cheerleading Tryouts

March 25, 2025: Parent & Candidate Meeting in the Cafeteria

- 5:30 - 6:30 pm
- A parent/guardian must attend the meeting unless PRIOR arrangements are made with the coach.
- Required paperwork will be distributed.

April 1, 2025: Cheer Interest Form/Paperwork Due

April 3, 2025 : Mandatory Tryout Clinic

- 4:30 - 6:00 pm in big gym
- Pre-participation form/physicals MUST be turned in by this date or candidate cannot attend clinic.
- Candidates will learn tryout dance and cheer.
- Attire:athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail
- If you exit the building for any reason you will not be allowed back into the building.

April 10, 2025: Mandatory Mock Tryout Clinic

- 4:30 -6:30 pm in big gym
- Candidates will practice the sequence of tryouts.
- Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail .
- If you exit the building for any reason you will not be allowed back into the building.

April 12, 2025: Tryouts at Garland High School (8:30 am)

- Must be wearing a solid white shirt, white shoes, and hair pulled back.

-7th Grade Wears Red Shorts -8th Grade Wears Black Shorts,

-(NO BOWS, NO Spandex as shorts/ NikePro Shorts)

- Warmup 8:30
- Tryouts 9:00
- Results posted in tryout Canvas by Monday, April 14

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Important Dates for Cheerleading Members

If you make a team please note the following dates:

April 15, 2025: New Cheerleader and Parent Meeting

5:30 in the Cafeteria

- Cheerleader Expectations
- 1st Team Photo (Wear a white top and jeans)
- Cane's Spirit Night
- Vertical Raise Meeting

April 21, 2025 in C-11

7th grade: 5pm

8th grade: 5:30pm

- Physicals Due
- Campwear Fittings (Varsity)
- Payment Portal Closes 4/24

May 5, 2025 in C-11

8th grade: 5 pm

7th grade: 5:30 pm

- TL uniform fittings
- Camp payment Due

CAMP

July 14, 2024 9am-4pm - KC's Day Camp in Sachse

July 15-17, 2025- GISD Camp at Garland High School

TBD Choreography Camp (1 Day)

Do Not Print

Payment Schedule

<i>Payment Details</i>	<i>Amount Due:</i>	<i>Due Date:</i>
Practice & Camp Wear- paid online to VARSITY	\$430	April 24
Camp Payment-Cashier's Check or Personal Check to KC's Dance and Cheer Center	\$100	May 5
	TOTAL	\$530

Camp Wear Package:

- 1 Black Shirt
- 1 Pink Shirt
- 1 Gray Shirt
- 1 Game Day Jersey
- 1 Pair of Black Shorts
- 1 Pair of Red Shorts
- 1 Pair of Spandex
- 1 Sublimated Bow
- 1 Personalized Backpack
- 1 Warm Up Suit (pants & jacket)
- 1 Pair of Red Lined Socks

Cheerleader Responsibility:

- All white cheer shoes
- Black and white sports bras
- Solid white no show socks

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Tryout Sequence Of Events

- Full Group Performance of dance & cheer
- Individual Tumbling
- Individual Jumps
- Group Dance (in group of 3)
- Group Cheer (in group of 3)

Changes from years prior:

- no personalized entrances scored by judges
- prescore will be considered after skill scores are met

TRYOUT ATTIRE

Must be wearing a solid white shirt, white shoes, and hair pulled back.

-7th Grade Wears Red Shorts -8th Grade Wears Black Shorts.
(NO BOWS, NO Spandex shorts/Nike Pro shorts)

What we are looking for at HMS cheer:

7th Grade:

- Must be loud & have sharp motions.
- Must have correct placement of motions.
(Specifically in the wrists and fists)
- Will be judged off of a left & right herkie and a toe touch
- must know material (choreography of dance & words and motions to cheer)

8th Grade:

- Must be loud & have sharp motions
- Must have correct placement of motions
(Specifically in the wrists and fists)
- Will be judged off of a left & right herkie and a toe touch
- Round off rebound recommended
- must know material (choreography of dance & words and motions to cheer)

Coaches will go off of the natural break of scores and will determine the number of athletes on each squad. Each grade level may have a maximum of 12 cheerleaders.

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Garland ISD Middle School Cheer Tryout Criteria

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. Right Hurdler/Herkie- 10 pts. 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;">Other jump poor</td></tr> <tr><td style="text-align: center;">2</td><td style="text-align: center;">Other jump good</td></tr> <tr><td style="text-align: center;">3</td><td style="text-align: center;">Toe touch poor</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">Toe touch good</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">Double toe touch poor</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Double toe touch good</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Tuck poor</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Tuck good</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Back handspring to tuck poor</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Back handspring to tuck poor</td></tr> </table>	0	No incorporation	1	Other jump poor	2	Other jump good	3	Toe touch poor	4	Toe touch good	5	Double toe touch poor	6	Double toe touch good	7	Tuck poor	8	Tuck good	9	Back handspring to tuck poor	10	Back handspring to tuck poor
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