

# Cheerleader Information Packet

Dear Parents/Guardians of Cheerleader Candidates,

Your child has expressed an interest in becoming a member of the Jackson Technology Center 7th or 8th grade cheerleading squad for the 2025-2026 school year. If selected, there are certain personal and financial responsibilities and obligations, which you and your child must assume in order to qualify and remain a member in good standing. This packet contains all of the information that you will need to know before making the decision on whether or not to allow your child to try out. We hope that you, as a parent of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader at Jackson.

Because we believe our students and school are “better than the best!” we expect that cheerleaders set a good example of student conduct at all times. We have set forth guidelines that will make our cheerleaders role models at our school. We want our cheerleaders to be exemplary citizens exhibiting high moral and academic standards.

It is our intention that after reading through this pack with your child, you will discuss the expectations and obligations of being a cheerleader with your child. Cheerleading helps students not only harness their athletic ability, but also form lasting friendships, improve communication skills, develop leadership skills that will prove to be beneficial later in life.

We wish all candidates the best of luck. Please read this packet carefully and be sure you fully understand each rule and procedure **BEFORE** signing the application. The stapled application packet forms will be passed out at the pre-tryout parent meeting only and must be signed and returned by **Friday April 4, 2025**. No late applications will be accepted.

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**SCAN for 25-26 GISD  
Fine Arts Handbook**

**SCAN ME**



# Calendar of Upcoming Events

## March 25 - Mandatory pre-tryout PARENT & candidate meeting

Where: Jackson Cafeteria

Time: 6:00-6:30 pm

\*\*Applications will be passed out at parent meeting ONLY

## April 4 - Application Due date

Turn in to Coach Mikulec PGYM or Mrs. Cooksey room 162

## April 7 - 9 Cheer clinics - CLOSED sessions

Where: Jackson competition gym

Time: 4:15-6:00 pm

Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind) hair pulled back in ponytail

-Tryout clinic is mandatory for tryouts.

-The cheer and dance will be taught at clinics.

-Candidates tryout number will be chosen on the third day of clinic.

-No parents will be permitted at cheer clinics

## April 10 - Mock tryouts - CLOSED session

Where: Jackson competition gym

Time: 4:15-6:00 pm

Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind) hair pulled back in ponytail

-No parents will be permitted at mock tryouts

## April 11 - Open Gym - CLOSED session

Where: Jackson competition gym

Time: 4:15-5:pm

Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind) hair pulled back in ponytail

- This is to give candidates extra time to practice what they have learned in their groups or individually.

-No parents will be permitted open gym

## April 12 - Tryouts

Where: Garland High School

Time: **Warm up:** 12:00pm **Tryouts:** 12:30pm - 1:30pm

Attire: solid black shorts, solid white polo shirt or solid fitted t-shirt, athletic shoes, hair pulled back (no jewelry or bows)

-Candidates will be assigned a tryout number on the first day of clinic. Do not switch numbers! -Parents will not be permitted inside the building during tryouts.

**-Candidates will need to arrive at GHS 30 minutes prior to warm-up time.**

**Results will be announced within 72 hours of tryouts concluding.**

**Check the JTC Cheer Tryout canvas course for results.**

# Calendar of Upcoming Events (Post Trvouts)

## April 17 - Camp Wear / Uniform Fitting & Newly Elected Cheerleader and Parent Meeting

Where: FITTING: Room 162 / MEETING: Jackson cafeteria

When: FITTING 4:10-6:00pm / MEETING 6:00-7:00 pm

-Meeting is mandatory for students and parents

## April 21- Fundraiser Meeting

Where: Room 162

When: 8:00 am

-Meeting is mandatory for all cheerleaders

## April 22 - Practices Start - Physicals need to be completed

When: Tuesdays 7:30 - 8:30 am

Thursdays 4:15 - 5:30

Where: Jackson Competition Gym. (drop off behind gym)

Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind) hair pulled back in ponytail

\*Practice days for 25/26 school year are TBD.

## April 26 - Team Building Field Trip (Mandatory)

Where: Group Dynamics in Carrollton

When: 1- 6

Attire: Team shirt and leggings/athletic shorts, tennis shoes.

What to bring: pillow, water bottle, snacks (vending machines available)

## Summer Practice Dates

June 7th, June 28nd, July 19th

Where: Jackson competition gym

Time: 12:00pm - 3:00pm

Attire: athletic wear of any kind, athletic shoes (no crop tops or spandex shorts - no jewelry of any kind) hair pulled back in ponytail

## District Summer Camp (Mandatory) - July 15 - July 17

When: 10:00am - 4:00pm

Where: Garland High School

Attire: Practice Clothes TBD

## Viking 6th Grade Camp

When: 8:00am - 1:30pm

Where: JTC

Attire: TBD

## Saturday Practice Dates

8/23, 9/27, 10/25, 11/22, 12/13, 1/17/26, 2/7/26

## February 2026 - Cheer Classic Competition

# PAYMENT DEADLINES

**April 17 - Group Dynamix Lock-In Payment due - \$40 cash**

**May 2 - \$450 TeamLeader payment due**

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## Cheerleader Expectations

Expectations for cheerleaders and other student leaders at Jackson are extremely high. Please make sure you read your tryout packet VERY carefully, as it describes the schedule requirements and rules for elected cheerleaders. If you cannot abide by the schedule requirements and/or rules, please reconsider trying out.

**Grades:** Cheerleaders must maintain passing grades or risk extended probation/termination. Cheerleading squads follow the UIL eligibility guidelines.

**Time:** If elected, plan to spend an average of 4 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. Cheerleaders will ride the bus to the games with football players. 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, club sports, and doctor's appointments are **not excused**. Please make sure you let the coach know with plenty of time.) See new demerit system set by the district in the handbook.

**Practice Schedule:** \*\*subject to change based on athletics schedule and gym availability.  
*Football Season* (Aug-Oct) Thursday 4-6 pm and Friday 7:30-8:30 am  
*Basketball Season* (Nov- Jan) Tuesday 7:30-8:30 am and Friday 4-6 pm  
*Competition Season* (Feb) Thursday 4-6 pm and Friday 7:30-8:30 am  
1 Saturday practice a month

**Game Schedule:** \*Usually\* on Mondays/Tuesdays for football and Monday/Wednesdays for basketball. Cheerleaders will only cheer at 1 game per week.  
\*\*subject to change based on district scheduling.

**Communication:** Post tryouts all members will be required to download the Sportyou app as this will be where our calendar is updated and notifications of event and practice dates and times will be sent out.

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

**Competition Team:** Competition team members will be determined based on attitude, dedication to the team, ability, and football game performances such as smiling, motion sharpness, spiring, and memorization of cheers. Tryouts may be implemented to determine placement on team

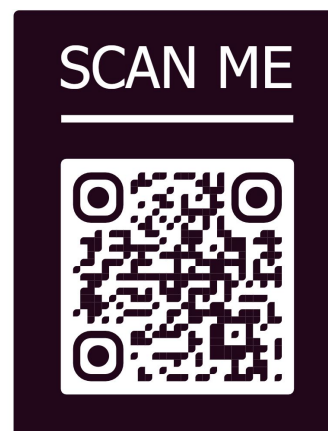
## **GISD FINE ARTS STUDENT CODE OF CONDUCT**

The Fine Arts student (Cheerleader, JV/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, 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.

**SCAN for 25-26 GISD  
Fine Arts Handbook**



# DISTRICT REQUIRED DEMERIT SYSTEM

The following benching/probation guidelines will be used:

Number of demerits	Consequence	Recording of Demerits
5 demerits	Warning	Document and Parent Contact
10+ demerits	Benched from Next Performance **1 benching until student reaches 15	Document and Parent Contact
15+ demerits	3 Week Probation **1 probation until reaches 20	Document and Parent Contact
20+ demerits	6 Week Probation **1 probation until student reaches 22	Document and Parent Contact
22 demerits	Removal from Team	

## Demerits

The following demerits may be erased with the earning of merits:

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	<u>Practice 1</u> <u>Performance 3</u>
Wearing any jewelry (including clear spacers) during <b>practice</b> and after a warning Excessive infractions (3+) will not require a warning.	1 per item
Moving or talking in performance line	2

## Demerits

The following demerits may NOT be erased with the earning of merits:

Rule Infraction	Demerit(s)
Not following instructions for stands, sidelines, and entering/exiting venue	<b>1</b>
Any inappropriate behavior, at school or school events, as outlined in the GISD/Fine Arts Student Code of Conduct and campus expectations	<b>5</b> out of uniform <b>10</b> in uniform
Wearing unacceptable nail length (safety issue) and hair to a <b>practice</b> *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.	<b>1</b> per item first offense <b>2</b> per item 2nd offense
Wearing nail polish or unacceptable nail length (safety) to a <b>performance</b> *Nails should be worn in a "sports length", nails should be barely visible from palm angle. Acceptable colors: clear, French, or neutral	<b>2</b> first offense <b>4</b> 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.	<b>2</b> per infraction **
Wearing any jewelry to a <b>performance</b> including clear spacers. Benched until corrected.	<b>2</b> per item
Lending uniform, sweats, t-shirts, or jackets to non-team members	<b>5</b>
Wearing uniform to non-team function without teacher approval	<b>5</b>
Failing to bring all required items to a practice/performance. This includes game day attire See page 3, Practice and Performances	<u>Practice</u> : <b>1</b> per item <u>Game</u> : <b>1</b> per item <u>Performance</u> : <b>2</b> per item
Having a cell phone, earbuds or a smart watch in practice or performance area without permission from the teacher	<b>2</b>
Leaving any practice/performance early without permission from teacher	<b>5</b>
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	<b>5</b> minor infraction <b>10</b> major infraction
Inappropriate or obscene social media posts	<b>5</b>
Office referral	<b>10</b>
Letting a non-member into locker room without teacher's permission	<b>10</b>
Unexcused absence from class period, practice outside school hours, or required performance/function	<u>Practice</u> : <b>3</b> <u>Performance</u> : <b>5</b> plus possible benching for next game

Reassignment Room **review and refer to GISD Policies	<b>15**</b>
N in conduct **review and refer to GISD Policies	<b>15**</b>
U in conduct **review and refer to GISD Policies	<b>20**</b>
Suspension from school **review and refer to GISD Policies	<b>20**</b>

## END OF DEMERITS

## Merit Guide

- a. Merits must be acquired prior to a 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.

<b>Approved Merits (approval of the teacher)</b>	<b>Merit (s)</b>
Conditioning (Spirit Builders )	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
Teacher assistant by appointment for 1 hour	2
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 hr per event
Assist with faculty dance, school talent show, etc	2 per hour, max 3 hr 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 hr 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 hr per event



# Middle School Cheerleader Tryout Sequence of Events

**Date: April 12, 2025**

**Time: Warm-up 12:00pm Tryout 12:30pm**

**Location: Garland High School**

## **FULL GROUP PERFORMANCE**

ALL candidates should walk in and perform the dance and cheer as a group in that order. This is only so the judges can see what the material should look like and that they will not be judged at that 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. Upon completion, the candidates should wait for the judges to finish scoring.

Once a nod from the judges has been given, the designated candidate should call for the group cheer to begin. The cheer will have a section(s) incorporating a jump and/or standing tumbling. 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. begin. Upon completion, the candidates should wait for the judges to finish scoring.

## **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 and a left hurdler. 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

Cheerleaders selected for the 2025-2026 Jackson Cheerleading squad will be announced by **April 15, 2025** in the Canvas course for tryouts.

Candidate Number	TUMBLING	SPIRIT	JUMPS			CHEER			DANCE		TOTAL
	Tumbling (0 - 10)	Spirit/Enthusiasm (0 - 10)	Toe Touch (0 - 10)	Left Hurdler (0 - 10)	Right Hurdler (0 - 10)	Motion Technique (0 - 10)	Voice Projection (0 - 10)	Incorporation (0 - 10)	Motion Technique (0 - 10)	Timing (0-10)	
1											0
2											0
3											0
4											0
5											0
6											0
7											0
8											0
9											0
10											0

**Tumbling  
10 pts.**

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

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

**Jumps**

1-3	Below level jumps Λ
4-6	Level jumps —
7-10	Above level jumps V

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

**Incorporation  
10 pts.**

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

**Dance**

**Motion Technique  
10 pts.**

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

**Timing  
10 pts.**

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

**Spirit**

**Spirit/Enthusiasm  
10 pts.**

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

**Cheer**

**Motion Technique  
10 pts.**

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

**Voice Projection  
10 pts.**

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