

Cheerleading Tryout Packet

2025-2026



"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

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**. **Cheer must be the top priority for those involved in multiple activities**. So, we 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. We take pride in our program and expect cheerleaders to **represent LCHS and GISD in a positive light**.

Lastly, we 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.

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

Good luck!

Coach Parker - Head Cheer Coach

bwparker@garlandisd.net

Coach Flack - Asst. Cheer Coach

eflack@garlandisd.net

GISD 25-26 Fine Arts Handbook:

<https://garlandisd.net/media/18325/download?inline>

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 for updates and communication.



Important Dates - Important Dates - Important Dates

When	Where	What
February/March 2025 Tuesdays 5:30pm-6:30pm	LC Main Gym	<p style="text-align: center;">FREE Technique Clinics</p> Any Middle & High School students interested in cheer may come work on motion and jump technique. *HIGHLY recommended for those new to High School cheer* 2/26, 3/3, 3/10 <p style="text-align: center;">Click here for waiver</p>
March 3, 2025 Monday 7pm-8:30pm OR March 24, 2025 Monday 6:30pm-8pm	LCHS Cafeteria	<p style="text-align: center;">Mandatory Informational Meeting</p> All candidates and at least one parent/guardian <i>must</i> attend in order to tryout for LC Patriot Cheer <i>Attendance will be taken, and the doors will lock 5 minutes after start time.</i>
March 28, 2025 Friday	Coach Parker LCHS Room 1246 Coach Flack LCHS Room 1119	<p style="text-align: center;">Tryout Packet Due by 3:00pm</p> Under no circumstance will late or incomplete applications be accepted. Packets may be submitted before March 28, 2025 but not after. *Packets <u>MAY NOT</u> be submitted electronically (email, Band)*
March 31 - April 2, 2025 Monday - Wednesday 5:30pm-7:30pm April 3, 2025 Thursday 5:30pm-8:30pm	LCHS Main Gym	<p style="text-align: center;">Mandatory Tryout Clinic</p> Registration begins at 5:00pm Mon/Tues/Wed: Learn material (school-appropriate t-shirt & athletic shorts with athletic shoes) <i>Tryout numbers will be assigned on Tuesday.</i> <i>Wednesday = OPTIONAL Open Gym</i> Thursday: Mock tryouts (wear tryout attire)

April 5, 2025 Saturday 8:45am - 11:30am	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
April 7, 2025 Monday 6:30pm - 8pm	LCCHS Library	Mandatory MADE IT! Meeting 2025-26 Cheerleaders and at least one Parent/Guardian must attend Get reusable attire approved by respective coach Payment #1 due (Cash/M.O.) - \$250 (camp)
April 9, 2025 3pm - 5pm	LCCHS	Varsity Practice
April 11 & 12, 2025 Friday & Saturday 6:30pm-9pm (V)	LCCHS Auditorium	Sweethearts Spring Show Performance Varsity Only
April 12, 2025 Saturday 2:30pm-3:45pm (V) 3:45pm-5:00pm (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 library during fittings
April/May 2025 Mondays 5:30pm-7:30pm	LCCHS Commons LCCHS Small Gym LCCHS Main Gym	Spring Practice 4/14, 4/28, 5/5, 5/12, 5/19
April/May 2025 Tuesdays 6:00pm-7:00pm	Bullitt Training Center 8900 Princeton Rd, Rowlett, TX 75089	Spring Practice 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 Payment #2: \$10 per class (cash or card) Cheerleaders are responsible for their rides to and from cheer camp. Parents/friends may attend/work out with us!!
April 23, 2025 Wednesday	Online	Payment #3 due (online) - \$600 (camp/practice gear) Prices will vary by cheerleader but will not exceed \$650.
May 2025	TBD	Spring Game ALL Cheerleaders attend this game
May 19, 2025 Monday	LCCHS	Payment #4 due (Cash/M.O.) - \$400 (camp - Varsity only)
May 24, 2025 Saturday	TBD	Volunteer at Garland Track Club Track Meet
July 2, 2025 10am - 1pm	LCCHS Gym	ALL Practice Payment #5 due (online) - \$325 (game day gear) Prices will vary by cheerleader but will not exceed \$325.

July 7-9, 2025 Monday - Wednesday	Rowlett High School	UCA Cheer Camp - JV Monday - Start Time: 12:00 PM, End Time: 6:30 PM Tuesday - Start Time: 9:00 AM, End Time: 4:00 PM Wednesday - Start Time: 9:00 AM, End Time: 4:00 PM Mandatory for all 2024-25 LC Patriot Cheerleaders Parents may attend show-offs/awards on the final day of camp Cheerleaders are responsible for their rides to and from cheer camp.
July 9, 2025 Wednesday 10am - 1pm	LCHS Gym	Varsity Practice
July 10-13, 2025 Thursday - Sunday	Great Wolf Lodge	UCA Cheer Camp - Varsity 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.
July 21, 23, 28, 2025 Mondays & Wednesdays 10am - 2pm	LCHS Commons LCHS Small Gym	Summer Practice
August 6, 2025 Wednesday 5:30pm - 7:30pm		Summer Practice Payment #6 due (cash/M.O.) - \$30 (game day shirt) Payment #7 due (online) - \$200 (winter gear)
August 2025 TBD	LCHS	Fish Camp & Community Pep Rally
September 1, 2025 Monday	Garland, TX	Labor Day Parade
November 2025	TBD	Competitions TBD
December 2025	TBD	Competitions TBD GISD UIL Show-Offs
January 15-17, 2026 (January 17, 2026)	Ft Worth Convention Center (Garland, TX)	2026 UIL Spirit State Championship (MLK Parade if we are not competing this weekend)
February 2026	Garland, TX	GISD Middle School Cheer Classic

- **The cheer calendar is subject to change.**
- **The cheer calendar is demanding, and all events are mandatory.**

Tryout Clinic Information

What: Clinic - Tryout material will be taught

When: Monday, March 31, 2025 - Wednesday, April 2, 2025
5:30pm - 7:30pm

Thursday, April 3, 2025
5:30pm - 8:30pm

Candidates must attend Monday, Tuesday, & Thursday 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:

3/31/25	4/1/25	4/2/25	4/3/25
Review cheer technique Learn cheer Learn dance	Review cheer technique Clean cheer Clean dance	OPTIONAL Open Gym	Review material Mock tryouts

Candidates: Returning GISD students - you must have been selected and been accepted to Lakeview for the 2025-26 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 Tuesday, March 28, 2025, by 3:00pm to participate in the clinic and try out for the 25-26 team. Packets MAY NOT be submitted electronically.

→ **The Tryout Clinic is open to eligible candidates only, and closed to the public. No parents, friends, or ineligible candidates are allowed to attend.**

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, April 5, 2025
8:45am - 9:30am Warm-up in designated area
9:30am - 11:30am Tryout time
- Where:** Garland High School
310 S. Garland Ave.
Garland, TX 75040

Tryout results will be posted at each school on the window at the front of the building and in the Tryout Band group. A school designated area and an on-line address will be given to each candidate prior to leaving the tryout location. GISD has up to 72 hours to post the results

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 based on prior attendance, discipline, grades, clinic effort, and demerits. This score will be added to all candidates that meet the minimum skill score in order to calculate the final rankings. 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

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.

Garland ISD High School Cheer Tryout Criteria

Tumbling 10 pts.	Jumps	Incorporation 10 pts.																																																		
<p><i>*If a skill is not executed properly, then points may be deducted into a lower scale</i></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;">2</td><td style="text-align: center;">Round off</td></tr> <tr><td style="text-align: center;">3</td><td style="text-align: center;">Back walkover/Front walkover</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">Round off 1 BHS</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">Round off series BHS</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Round off BHS tuck/layout</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Standing BHS</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Back handspring to back tuck</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Standing back</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Standing full</td></tr> </table>	0	None	1	Cartwheel	2	Round off	3	Back walkover/Front walkover	4	Round off 1 BHS	5	Round off series BHS	6	Round off BHS tuck/layout	7	Standing BHS	8	Back handspring to back tuck	9	Standing back	10	Standing 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 Λ</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 style="text-align: center;">Toe touch- 10 pts.</p> <p style="text-align: center;">Right Hurdler - 10 pts.</p> <p style="text-align: center;">Left Hurdler - 10 pts.</p>	1-3	Below level jumps Λ	4-6	Level jumps —	7-10	Above level jumps V	<p><i>*If a skill is not executed properly, then points may be deducted into a lower scale</i></p> <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 tuck poor</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Back tuck or back handspring to tuck 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 tuck poor	8	Back tuck or back handspring to tuck good	9	Jump to BHS tuck series poor	10	Jump to BHS tuck series good
0	None																																																			
1	Cartwheel																																																			
2	Round off																																																			
3	Back walkover/Front walkover																																																			
4	Round off 1 BHS																																																			
5	Round off series BHS																																																			
6	Round off BHS tuck/layout																																																			
7	Standing BHS																																																			
8	Back handspring to back tuck																																																			
9	Standing back																																																			
10	Standing full																																																			
1-3	Below level jumps Λ																																																			
4-6	Level jumps —																																																			
7-10	Above level jumps V																																																			
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 tuck poor																																																			
8	Back tuck or back handspring to tuck good																																																			
9	Jump to BHS tuck series poor																																																			
10	Jump to BHS tuck series good																																																			

Dance	Spirit	Cheer																												
<p>Motion Technique 10 pts.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">1-3</td><td style="text-align: center;">Motion levels off, lacking in sharpness, missed motions</td></tr> <tr><td style="text-align: center;">4-7</td><td style="text-align: center;">Average motion levels, needing more sharpness</td></tr> <tr><td style="text-align: center;">8-10</td><td style="text-align: center;">Good motion levels, sharp, exhibits individuality</td></tr> </table> <p style="text-align: center;"> Timing 10 pts. </p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">1-3</td><td style="text-align: center;">Timing off throughout</td></tr> <tr><td style="text-align: center;">4-7</td><td style="text-align: center;">Ok timing</td></tr> <tr><td style="text-align: center;">8-10</td><td style="text-align: center;">Good timing with group</td></tr> </table>	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	1-3	Timing off throughout	4-7	Ok timing	8-10	Good timing with group	<p>Spirit/Enthusiasm 10 pts.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">1-5</td><td style="text-align: center;">No energy/No smile/ No spirit</td></tr> <tr><td style="text-align: center;">6-10</td><td style="text-align: center;">Energetic/Smiling/ Loud spiriting</td></tr> </table>	1-5	No energy/No smile/ No spirit	6-10	Energetic/Smiling/ Loud spiriting	<p>Motion Technique 10 pts.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">1-3</td><td style="text-align: center;">Motion levels off, lacking in sharpness, missed motions</td></tr> <tr><td style="text-align: center;">4-7</td><td style="text-align: center;">Average motion levels, needing more sharpness</td></tr> <tr><td style="text-align: center;">8-10</td><td style="text-align: center;">Good motion levels, sharp, exhibits individuality</td></tr> </table> <p style="text-align: center;"> Voice Projection 10 pts. </p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">1-3</td><td style="text-align: center;">Soft/speaking words</td></tr> <tr><td style="text-align: center;">4-7</td><td style="text-align: center;">Saying words loud/yelling words without enthusiasm</td></tr> <tr><td style="text-align: center;">8-10</td><td style="text-align: center;">Yelling words with enthusiasm and inflection</td></tr> </table>	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	1-3	Soft/speaking words	4-7	Saying words loud/yelling words without enthusiasm	8-10	Yelling words with enthusiasm and inflection
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																													
1-3	Timing off throughout																													
4-7	Ok timing																													
8-10	Good timing with group																													
1-5	No energy/No smile/ No spirit																													
6-10	Energetic/Smiling/ Loud spiriting																													
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																													
1-3	Soft/speaking words																													
4-7	Saying words loud/yelling words without enthusiasm																													
8-10	Yelling words with enthusiasm and inflection																													

Sample Scoresheets

Tryout Day:

Candidate Number	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)	TOTAL
1											0
2											0
3											0
4											0
5											0
6											0
7											0
8											0
9											0
10											0

Pre-Score:

New to GISD Cheer					Current GISD Cheerleaders					
Positive Role Model 25 possible points Includes: Administration evaluation of discipline				Score:	Model 25 possible points	Includes: Administration evaluation of discipline & PA Handbook infractions				
25 pts Superior	20 pts Above Average	15 pts Average	5 pts Below Average	0 Poor	25 Superior	24-16 Above Average	15-10 Average	9 and under Below Average	0 Poor	
Never assigned ISS, office referral, or detentions Superior Behavior	Never assigned ISS, office referral, 1 detention	Never assigned ISS, office referral, 2-3 detentions	Never assigned ISS, 4-5 office referrals or detentions	Assigned ISS, Suspension, AEC 7 or more detentions	Never assigned ISS, office referral, or detentions Superior Behavior	Never assigned ISS, office referral, 1 detention 1-2 minor infractions	Never assigned ISS, office referral, 2-3 detentions 3-5 minor infractions	Never assigned ISS, 4-5 office referrals or detentions 1 major infraction	Assigned ISS, Suspension, AEC 7 or more detentions 2 or more major infractions	
Attendance 25 possible points	2 pts deducted for each unexcused absence			Score:	1 detention/2 infractions-10 pts 1 detention/1 infraction-13 pts 0 detentions/2 infractions-20 pts 0 detentions/1 infraction-22 pts	3 detentions/3 infractions-10 pts 3 detentions/4 infractions-11 pts 3 detentions/3 infractions-12 pts 2 detentions/5 infractions-13 pts 2 detentions/4 infractions-14 pts 2 detentions/3 infractions-15 pts	1 major infraction-5 pts -5 detentions/7 infractions-6 pts -5 detentions/6 infractions-7 pts -4 detentions/7 infractions-8 pts -4 detentions/ 6 infractions-9 pts			
Academic Performance 25 possible points	All A's - 25 A/B - 23 B - 20 B/C - 18 C - 15 Any Failing grades (minus 5 from the list above)			Score:	Attendance 25 possible points	Minus 2 pts for each unexcused absence or missed event			Score:	
Clinic Effort 25 possible points For each category: Includes: 2 points for low ability 5 points for high ability	Includes: a) Attendance- 1 pt. for each day b) Punctuality- 1 pt. for each day c) Appearance- 1 pt. for each day d) Paperwork- 5pts if turned in on time (-1 pt. for each day late) e) Effort- up to 5 pts.	a) _____ b) _____ c) _____ d) _____ e) _____ TOTAL: _____		Score:	Academic Performance 25 possible points	All A's - 25 A/B - 23 B - 20 B/C - 18 C - 15 Any Failing grades (minus 5 from the list above)		Score:		
a) Attendance b) Punctuality c) Appearance d) Paperwork e) Effort					Clinic Effort 25 possible points For each category: 1-5 pts.	Includes: a) Attendance- 1 pt. for each day b) Punctuality- 1 pt. for each day c) Appearance- 1 pt. for each day d) Paperwork- 5pts if turned in on time (-1 pt. for each day late) e) Effort- up to 5 pts.	a) _____ b) _____ c) _____ d) _____ e) _____	Score:		

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 Half up/half down with bow	High ponytail with bow Half up/half down with bow Hair down
Games	High ponytail with bow *Homecoming - Half up/half down with bow	High ponytail with bow Half up/half down with bow Low ponytail with bow
Parades, Competition, pep rallies, etc.	High ponytail with bow Mid ponytail with bow	High ponytail with bow Mid 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 wisps/loose hair falling around the face.
- v) Hair must not have elaborate "edges" gelled to the forehead.
- vi) Bows will be worn at every performance or event, regardless of hair length, and must be facing forward and pinned.
- vii) A braid or twist leading into the ponytail is not permitted.
- viii) Extensions must be blended and be the same color as your natural hair.
- ix) 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.
- x) 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.
- xi) No wigs will be allowed (ex. Medical).
- xii) No unnatural hair color will be allowed at performances/events. If you are unsure please ask your coach first.

- xiii) 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).
- xiv) 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.

All expectations of uniformity are subject to change with at least 1 day's notice.

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) It is the member's and their parent's/guardian's responsibility to ensure personal access to the Band group.

3) Attendance - Everything we do is mandatory.

- 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. Notification does not excuse the absence or tardy.
- b) Regardless if the tardy/absence is excused or unexcused, the member may be removed from the performance.
- c) Informing the coach of a conflict/absence does not excuse anything. It is a gesture that allows the team to plan accordingly and maximize time.
- d) Any demerits for absences are not erasable with merits.
- e) Arriving late and leaving early may also earn demerits.
- f) 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.

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 other school activities, jobs, and/or all-star cheer).
- 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.**
 - 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	April 7, 2025	\$250 - cash or money order only	Camp Fees: *JV = \$250 total *Varsity = \$650 total (remaining due 5/19)
#2	Every Tuesday, starting April 15, 2025	\$60 (\$10 per practice) - cash or card	Cheer Boot Camp @ Bullitt Training Center
#3	April 23, 2025	\$600 - online through Varsity Spirit Fashion <i>Prices will vary by cheerleader.</i>	Camp/Practice Gear - backpack, bag tag, cheer shoes, bows, briefs, sports bra, 3 shorts, 3 shirts, socks
#4	May 19, 2025	\$400 (cash or money order only)	Remaining Camp Fees (Varsity only)
#5	July 2, 2025	\$325 (online through Team Leader portal) <i>Prices will vary by cheerleader.</i>	Game Day jersey, warm-up set, poms, pom tag
#6	August 6, 2025	\$165 (online through Varsity portal) <i>Prices will vary by cheerleader.</i>	Winter Gear - sweatshirt, fleece headband, pink-out poms, pink bow, rain jacket
#7		\$30 (cash)	Game Day Shirt
TOTAL		\$1830	Maximum cost for a brand new cheerleader

- 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.
- 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 Homecoming needs, competition needs, banquet, as well as other needs that arise throughout the year.

G&SD 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.

Concession Acknowledgment Form

1. I, _____, hereby acknowledge that I have received the concession described below from _____.

INSERT HERE

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 28, 2025** to Coach Parker (room 1246) or Coach Flack (room 1119) at LCHS. **DO NOT EMAIL SCANNED COPIES**, as they will not be accepted. You need the following documents **ALL COMPLETED in order and paper clipped together**. **THIS PAGE SHOULD BE THE FIRST PAGE ON TOP** along with the other items on the checklist below.

_____ LC Patriot Cheer Candidate Checklist

_____ GISD Cheerleader Application

_____ LCHS Cheerleader Agreement Form

_____ Social Media Contract and Picture/Video Form

_____ GISD Handbook Signature Pages

_____ Media Release Form

_____ Pre-Participation Physical Form ***New complete physicals will be due on April 14, 2025***

_____ Concussion Acknowledgement Form

_____ Sudden Cardiac Arrest Awareness Form

_____ 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)

INSERT HERE

THE UNIVERSITY OF MICHIGAN LIBRARY

ANN ARBOR, MICHIGAN

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 _____

INSERT HERE



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 _____



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.

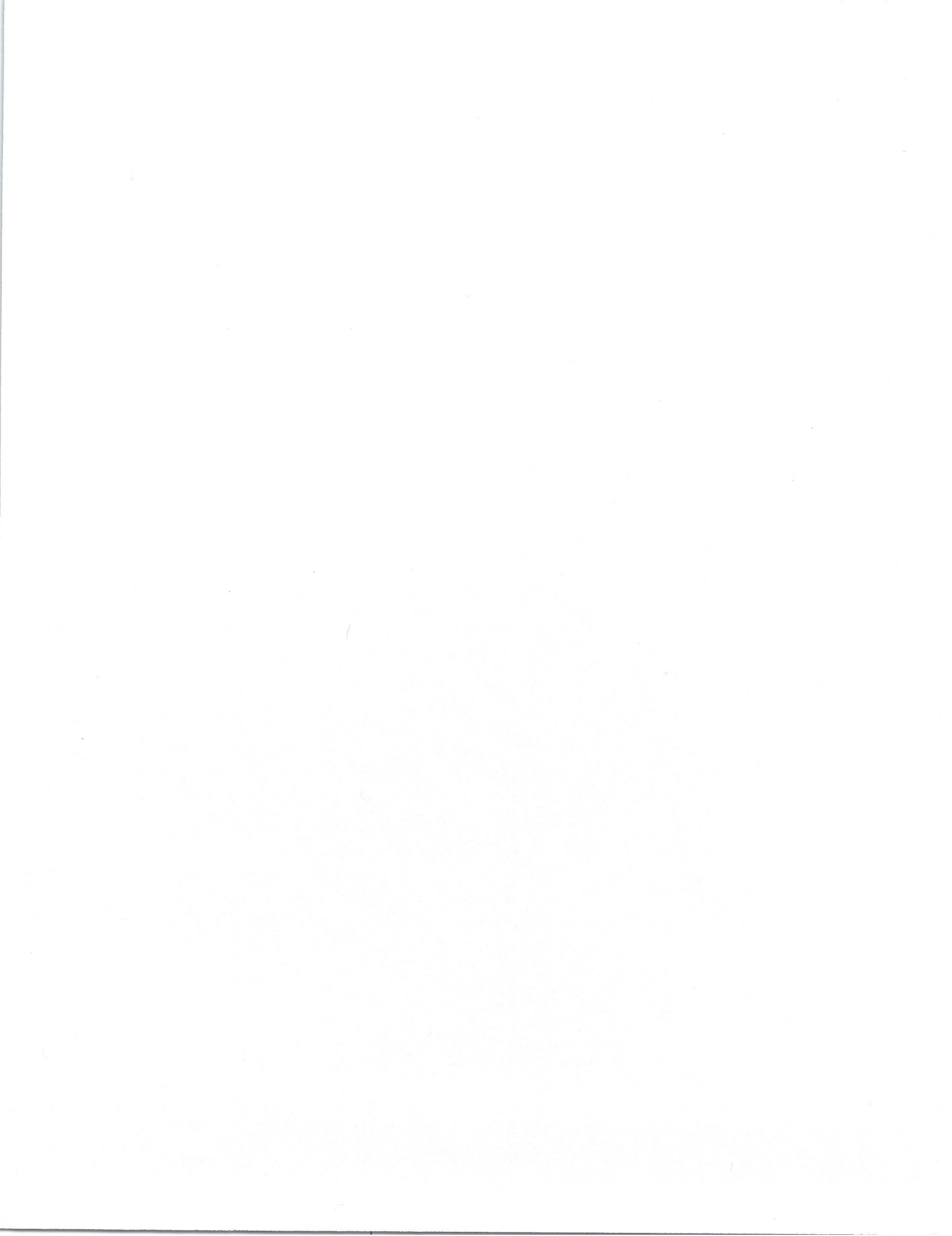
Garland ISD Release

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.

	Yes	No		Yes	No																		
1. Have you had a medical illness or injury since your last check up or physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>																		
2. Have you been hospitalized overnight in the past year? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>																		
3. Have you ever had prior testing for the heart ordered by a physician? Have you ever passed out during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden unexplained death before age 50? 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? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	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"/>	<input type="checkbox"/>																		
4. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many times? _____ When was your last concussion? _____ How severe was each one? (Explain below) Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs or feet? Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below: <table border="0" style="width:100%; margin-left: 20px;"> <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>	<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"/>	<input type="checkbox"/>
<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																						
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>																		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>																		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>																		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	<i>Females Only</i>																				
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	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? _____																				
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	<i>Males Only</i>																				
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	20. Are you missing a testicle? _____																				
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>	21. Do you have any testicular swelling or masses? _____																				

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.

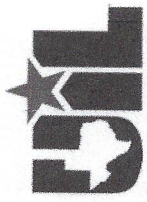
Parent or Guardian Signature

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

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