



# **GISD High School Cheerleading Tryouts April 5, 2025**

North Garland Cheer Program Contacts:

**Ms. Williams -Varsity Coach**

[eswilliams@garlandisd.net](mailto:eswilliams@garlandisd.net)

**Ms. Martin - Cheer AP**

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**School Phone: 972-675-3120**

**TRYOUT INFORMATION PACKETS FOR EACH MIDDLE AND HIGH SCHOOL IN THE GARLAND INDEPENDENT SCHOOL DISTRICT ARE AVAILABLE ON THE DISTRICT WEBSITE:**

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

**GISD FINE ARTS HANDBOOK IS AVAILABLE ON THE DISTRICT WEBSITE:**

**<https://chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://garlandisd.net/media/17470/download?inline>**

**NOTE: UNDER NO CIRCUMSTANCE WILL LATE OR INCOMPLETE APPLICATIONS BE ACCEPTED.**

**Forms due March 24th by 3:00 p.m.**

**The following items must be returned to the sponsor  
before clinics begin:**

- Application
- GISD Fine Arts Handbook Signature  
Page
- Pre-participation Physical Form
- UIL Concussion Acknowledgement  
Form
- UIL Sudden Cardiac Arrest Awareness  
Form
- Media Release Form

## Cheer Season Timeline

- **Pre-tryout Meeting** ..... **Feb 24, 2025**
  - Where: NGHS Auditorium
  - Time: 6 PM
- **Application Due** ..... **Mar 24, 2025**
  - Return to Coach Williams at NGHS rm. 406
  - Time: 3 PM
- **Tryout Clinic** ..... **Mar 31- Apr 3, 2025**
  - Where: NGHS Practice Gym
  - Time: 5 to 7 PM
- **Tryouts** ..... **Apr 5, 2025**
  - Where: GHS
  - Time: 7:30 AM
- **Tryout Results Announced** ..... **April 5 - April 8, 2025**
  - Where: Tryout Canvas
- **Made-It (Mandatory Parent) Meeting** ..... **Apr 8, 2025**
  - Where: NGHS Auditorium
  - Time: 6 PM
- **Uniform Fittings** ..... **Apr 8-12, 2025**
  - JV: April 8, 2025 at NGHS after Made-It Meeting
  - VA: April 9, 2025 at NGHS at 3:30 PM
  - All: April 12, 2025 at GHS from 10 AM to 12:30 PM
- **Pre-Season Practices** ..... **April, May, June, July**
  - Spring: April 14, 16, 21, 23, 28, 30 & May 5, 7
  - Summer: June 30 & 31; July 1, 7, 8, 9, 14, 15, 16, 20, 21, 22
- **Summer Camp** ..... **July 21 - 24, 2025**
  - Moody Gardens Hotel & Convention Center
- **Raider Rush** ..... **August 2025**
- **Labor Day Parade** ..... **Labor Day 2025**
- **Regional Competition(s)** ..... **Fall 2025**
- **MLK Parade** ..... **January 2026**
- **UIL State Competition** ..... **January 2026**
- **Middle School Classic** ..... **February 2026**

## **CHEERLEADING 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.

### **PARADES**

Participation in the **Labor Day Parade and Martin Luther King Parade is mandatory.**

### **SUMMER CAMP**

Participation in all days of **summer camp is mandatory.** No exceptions are made for outside cheer teams or vacations.

### **FOOTBALL**

- A. Varsity cheerleaders` will cheer at all varsity games.
- B. JV cheerleaders will cheer at all JV games at the coach's discretion.
- C. JV & Freshmen cheerleaders may be asked to cheer at additional varsity games at the discretion of the campus.
- D. Freshmen games will be covered if there is a Freshmen squad.
- E. Playoff games will be covered.

### **VOLLEYBALL**

- A. Games can be covered by any squad at the discretion of the campus administration and coach.
- B. Playoff games may 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 coach.
- B. If a campus has a Freshmen squad, they will be assigned freshmen games.
- C. Exceptions to the above rules are as follows include
  - I. No out of town games on Monday through Thursday nights.
  - II. No cheering during the holiday break. This rule applies to basketball only.
- D. Playoff games will be covered.

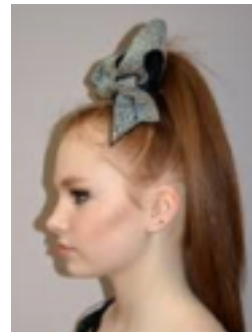
## **OTHER ACTIVITIES**

Additional activities such as community events, team socials, volunteer opportunities, etc. will be at the discretion of the GISD Fine Arts department, campus principal, and head coach. Cheerleaders are required to attend each of these events.

## NGHS Cheer Hair and Make-Up Standard of Uniformity

### **A. Hair for Football, Volleyball, Basketball, Competition**

- Male cheerleaders – if hair is long it must be pulled up in a bun or high or low ponytail
- Varsity – High or low ponytail; high or low pony with hair half- up (Coach's discretion)
- Junior Varsity/FR – High or low ponytail (Coach's discretion)
- All Cheerleaders
  - Wigs are not allowed unless for medical purposes.
  - No unnatural hair color is allowed. If you are unsure, please ask your coach first.
  - Beads, clips, headbands, and other hair accessories are not allowed.
  - If you have any type of braids or twists, hair must still be able to be pulled up into the correct low/high ponytail or half-up style.
  - Corn Rows must be placed in a way that will go into a high/ low ponytail or half-up style depending on what the coach has requested for that week's events.
  - Sew-in's/quick weaves must be able to be pulled back into a high/low ponytail or half-up style depending on what the coach has requested for that week's events.



### **B. Make-Up for Football, Volleyball, Basketball, Parades**

- If your cheerleader does NOT wear make-up, they will only be required to wear red lipstick to these events. If they do wear make-up a natural, age-appropriate look is required. If you have questions, please ask a coach.

### **C. Competition**

- Make-up is preferred for competition due to harsh lighting, however if you do not allow your cheerleader to wear make-up, they are required to wear a minimum of mascara and red lipstick (with the exception of male cheerleaders).

### **D. Nails**

- Nails must be sports-length and cannot go past the fingertips.
- Only nude, french-tip, or red is allowed; no (other) colors, gems, or designs.

## ESTIMATED COSTS

The estimated cost of cheerleading for one year is outlined below. Actual costs may vary. **ONLY CASH & MONEY ORDERS** are accepted for the first payment. **Each payment must be paid on time and in full to remain in the program.**

**Any New cheerleader will need to purchase all items. Returning cheerleaders costs will vary depending on if they choose to repurchase items.**

**Junior Varsity \$1520**

**Varsity \$1630**

<p><b>Camp \$650</b> <b>Apparel &amp; Accessories \$830</b></p> <ul style="list-style-type: none"><li>➤ Campwear (includes three practice uniforms)</li><li>➤ Game Day Jersey</li><li>➤ Warm-ups</li><li>➤ Backpack*</li><li>➤ Sweater</li><li>➤ Pink Out Socks</li><li>➤ Bows (3)*</li><li>➤ Body Liner</li></ul> <p><b>Uniform Sports Bra \$30**</b> <b>Shoes \$95**</b> <b>Briefs (red &amp; black) \$62**</b> <b>Activity Fee \$40</b></p>	<p><b>Camp \$650</b> <b>Apparel &amp; Accessories \$875</b></p> <ul style="list-style-type: none"><li>➤ Campwear (includes three practice uniform)</li><li>➤ Game Day Jersey</li><li>➤ Warm-ups</li><li>➤ Backpack*</li><li>➤ Sweater</li><li>➤ Pink Out Socks</li><li>➤ Bows (4)*</li><li>➤ Body Liner</li><li>➤ Uniform Socks*</li></ul> <p><b>Uniform Sports Bra \$30**</b> <b>Shoes \$95**</b> <b>Briefs (red &amp; black) \$62**</b> <b>Poms \$65</b> <b>Activity Fee \$40</b></p>
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Items to be purchased individually:

- Leggings\*
- Convertible Uniform Bra (VA)\*
- Practice Sports Bras (3+)\*
- Socks

Anything with an (\*) asterisk can be reused from a prior year.

Anything with (\*\*) asterisks can be purchased on your own. Cheer shoes **MUST** be approved by the coach.

**GISD provides uniforms, but the cheerleaders are responsible for all alterations needed and any damages to the uniforms that may have occurred throughout the year**

## Clinic & Tryout Attire

**Clinic:** During the clinic, candidates may wear shorts or leggings with a fitted t-shirt or tank. Athletic shoes (preferably for cheerleading) must be worn to participate in the clinic. Hair should be pulled back, out of the face into a ponytail.

**Tryouts:** Each girl will be required to wear a **solid white** fitted t-shirt or tank top with **black shorts (not spanx/bloomers)**, a plain red bow or ribbon, white no-show socks, and cheer shoes. If you do not own cheerleading shoes, tennis shoes are fine.

Dress appropriately (wear a sports bra, no bare midriffs, etc.). Be presentable with neatly brushed hair pulled into a high ponytail, natural makeup (optional), bow or ribbon (black, red, or white) and a smile! Absolutely no jewelry (If you have a new piercing, you will **not** be allowed to keep a ring/plug in it.). No gum. Phones will be left in bags and on silent.

**You may not wear any item of clothing that indicates prior membership on a cheerleading squad (except shoes). For example, shirts/shorts that say “North Garland Cheerleader” or anything with a competitive logo will not be allowed.**





# Garland ISD High School Cheer Tryout Criteria

## Tumbling 10 pts.

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

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

## 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.

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

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

### 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 spiriting

## 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 and inflection

# Garland Independent School District Cheer Application

Name \_\_\_\_\_ ID# \_\_\_\_\_

Grade Next Yr. \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

School Enrolled for Next Yr. \_\_\_\_\_

Participation in the GISD cheerleading program carries both a significant time and financial commitment. Each cheerleader is expected to meet all financial responsibilities identified by their specific campus. Dedication to, and the prioritization of, cheerleading is obligatory from all cheerleaders to meet the objectives of the program. Candidates selected to be a member of the squad are expected to maintain their commitment to the activity for the full cheerleading year. **Prior to making commitments to be involved in other school activities, cheerleaders should carefully consider specific program requirements, as involvement in other activities may cause participation and time conflicts with cheerleading duties.** Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and sponsor will not be allowed to try out for the next year on any GISD campus.

I understand the above and confirm that I have not voluntarily quit any cheerleading squad at any GISD campus.

Student Signature \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

For parents/guardians:

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

Parent/Guardian \_\_\_\_\_

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

**Student Name (Please Print)** \_\_\_\_\_

**Legal Parent/Guardian (Please Print)** \_\_\_\_\_

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

Cheer \_\_\_\_\_ Junior Varsity Drill Team \_\_\_\_\_ Varsity Drill Team \_\_\_\_\_

Step Team \_\_\_\_\_ World Dance Company \_\_\_\_\_

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

**Candidate/Member:**

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

\_\_\_\_\_ I understand that the judges' decision is final.

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

\_\_\_\_\_ I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access [www.garlandisd.com](http://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/UIL 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](http://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** \_\_\_\_\_

# NORTH GARLAND HIGH SCHOOL RAIDER CHEER SOCIAL MEDIA CONTRACT

The commitment to being a North Garland Cheerleader is both a privilege and a responsibility. These Social Media Standards are intended to provide parameters for our performers to rely on whenever representing themselves online. As a part of the Raider Cheer program, cheerleaders are not only a representative of themselves, but North Garland High School and GISD as well.

Maintaining a higher standard of conduct will also include ensuring the GISD/Fine Arts students' social media profiles are appropriate. The internet is a worldwide, publicly accessible form of communication. Therefore, any communication such as Twitter, YouTube, Instagram, SnapChat, TikTok, 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 online profiles and postings on others' profiles, websites, etc. The areas of appropriateness include, but are 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. Text messages, DMs, pictures, etc. can be 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 all times.

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Parent's Signature

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Date

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Cheerleader's Signature

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Date