



**2026-2027**

**TRYOUT PACKET**

# Table of Contents

Page 2	Letter to the Candidates and their Parents
Page 3	Important Mandatory Dates
Page 4	Tryout Clinic Information
Page 5	Tryout Day Dress Code
Page 5	Tryout Day Information
Page 6	Tryout Sequence of Events
Page 6	Tryout Judging Criteria
Page 7	Drill Team Standard of Uniformity
Page 9	Drill Team Expectations
Page 10	Drill Team Estimated Costs
Page 12	GISD Drill Team Activities
Page 13	Tryout Checklist
Page 14	GISD Drill Team Application
Page 15	Social Media Contract
Page 16	Video, Image, Audio Release Form
Page 17	GISD Handbook Signature Page
Page 19	Media Release Form
Page 20	Pre-Participation Physical Form
Page 21	Concussion Acknowledgment Form
Page 23	Cardiac Awareness Form
Page 25	GISD Travel Form

Dear Parents/Guardians and SHS Swingster Hopefuls,

Thank you for your interest in the Sachse Swingsters Varsity Drill Team. We are excited for the opportunity to work with you during the tryout process!

Swingsters is a high energy, fast paced and competitive spirit program at Sachse HS. The dancers, along with the director are focused, driven, and passionate about producing exceptional performances. Hustling with purpose and having a strong work ethic are essential expectations for our team.

Being a Swingster is more than performing—it requires discipline, commitment, and dedication. Our program focuses on preparing students for life after high school by building character, confidence, adaptability, and leadership skills. Swingsters learn the importance of kindness, responsibility, and accountability while creating unforgettable memories and lifelong friendships. As representatives of our school and community, you will be looked up to as role models and expected to lead with pride, respect, and integrity. You will have the opportunity to perform at football and basketball games, community events, competitions, and our spring show. In addition, the team enjoys holiday parties, a year-end banquet, and possible trip opportunities. Joining this program means committing to hard work for both personal and team improvement, and having the passion and desire to be part of something special.

Please read through this packet carefully to ensure you are well informed before auditioning for the program.

If you have any questions, please email me at [Twilliams2@garlandisd.net](mailto:Twilliams2@garlandisd.net).

I look forward to meeting you all!

Sincerely,  
Terah Williams  
Sachse Swingsters Director

**GISD Fine Arts Handbook Link:**

<https://garlandisd.net/media/19482/download?inline>

Scan QR Code



- Please read this packet in its entirety.
- Both the candidate and parent/guardian must sign all forms included in this packet.
- Attend the optional prep clinic classes: March 3, 11, 23, and 31 from 5-6PM (SHS).
- Join the Drill Team Tryout Canvas: <https://garlandisd.instructure.com/enroll/4M36M6>.

# Important Dates - Important Dates - Important Dates

When	Where	What
<b>March 3, 2026</b> Tuesday 5-6pm	SHS Cafeteria	<b>Prep Clinic</b> <b>(recommended, but not required)</b> Free dance clinics will be offered to help prepare candidates for tryouts. The dance clinic will be 1 hour long to assist you with dance and kick technique.
<b>March 11, 23, &amp; 31, 2026</b> 5-6pm	SHS Main Gym	<b>Prep Clinic</b> <b>(recommended, but not required)</b> Free dance clinics will be offered to help prepare candidates for tryouts. The dance clinic will be 1 hour long to assist you with dance and kick technique.
<b>March 24, 2026</b> Tuesday 6pm	SHS Cafeteria	<b>Mandatory Informational Meeting</b> All candidates and at least one parent/guardian <b>must</b> attend in order to tryout for Drill Team
<b>April 14, 2026</b> Tuesday 3pm	SHS Dance Studio (Rm 506) <b>OR</b> Drop off at the front office between 7:30am-2:50pm	<b>Tryout Packet Due! No exceptions</b> All paperwork must be turned into Ms. Williams <b>on or before</b> Tuesday, April 14th at 3pm in order to participate in the mandatory tryout clinic.
<b>April 14-17, 2026</b> Tuesday-Friday 5pm-7pm	SHS Main Gym	<b>Mandatory Tryout Clinic</b> Check in begins at 4:30pm The tryout clinic will start promptly at 5pm Mock tryouts on Friday (wear tryout attire)
<b>April 18, 2026</b> Saturday 8:45am - 11:30am	Garland High School 310 S. Garland Ave. Garland, TX 75041	<b>Drill Team Tryouts</b>
<b>April 20, 2026</b> Monday 6:30-8:30pm	SHS Main Gym	<b>Mandatory MADE IT Meeting! &amp; Team Fitting</b> 2026-2027 Swingsters and at least one Parent/Guardian <b>must</b> attend Fitting for practice attire, and additional items (dance studio)
<b>May 5-14, 2026</b> Tuesdays & Thursdays 5:00-6:30pm	SHS Gym/Cafeteria	<b>Spring Practice</b> All new members must attend practices on May 5, 7, 12, 14
<b>May 15, 2026</b> Friday 6pm	Mustang Stadium	<b>Spring Game</b> 2026-2027 Swingsters will perform together as a team for the first time
<b>July 13-16, 2026</b> Monday - Thursday 8am-4pm	SHS	<b>Drill Team Camp</b> Mandatory for all 2026-2027 Drill Team members Parents may attend show-offs/awards on the final day of camp
<b>July 20-24 &amp; 27-31</b> <b>August 3-6, 2026</b>	SHS Gym/Cafeteria	<b>Summer Practice</b> Mandatory for all 2026-2027 Drill Team members
<b>September 7, 2026</b> Monday	Garland, TX	<b>Labor Day Parade</b>
<b>September 19, 2026</b> Saturday	Southern Images Photography	<b>Team Pictures</b>
<b>January 16, 2027</b> Saturday	Garland, TX	<b>MLK Parade</b>
<b>February - April 2027</b>	TBD	<b>Competition and Spring Show</b>

\*\*The Drill Team calendar is subject to change.

# Tryout Clinic Information

**What:** Clinic - Tryout material will be taught

**When:** Tuesday, April 14, 2026 - Friday, April 17, 2026  
5:00pm - 7:00pm

**Where:** Sachse HS Main Gym

**Attire:** School-appropriate athletic/dance Attire (all black)  
Athletic top, t-shirt (no crop or bra tops)  
Athletic leggings, shorts  
Athletic or dance shoes only  
Hair in a secure ponytail  
No jewelry of any kind, including nose rings, belly rings, earrings, necklaces, etc.

**Agenda:**

4/14/26	4/15/26	4/16/26	4/17/26
Learn the first half of tryout routine	Learn the second half of tryout routine	Review tryout routine Review technique	Mock tryouts ·You will wear you tryout attire

**Candidates:** Returning GISD students - you must have been selected and been accepted to Sachse HS for the 2026-2027 school year.

New to GISD - Make sure you have contacted Student Services and have pre-enrolled for Sachse HS. Documentation is required.

**Freshman, Sophomore, Junior or Senior** students enrolled at Sachse High for the 2026-2027 school year at the time of tryouts for the 2026-2027 school year are eligible to tryout.

Confirmation of SHS acceptance is required.

To receive the points on your pre-score, all applications are **due by 3:00 pm on Tuesday, April 14th, 2026.**  
**No exceptions will be made.**

The Tryout Clinic is open to eligible candidates only, and closed to the public. Candidates must be present each day. No parents, friends, or ineligible candidates are allowed to attend.

# Tryout Day Dress Code

All candidates must wear:

- ★ Solid black form fitted top/tank top (no visible logo)
- ★ Solid black leggings or dance pants
- ★ Footwear: barefoot, jazz shoes in any color or half soles in any color.
- ★ Supportive black sports bras should be worn. No bra straps or stomachs showing!
- ★ Hair must be in a secure low ponytail with a middle part. No fly aways. Hair in the ponytail may be wavy, curled, braided, straight etc. as long as it is neat.
- ★ Performance makeup: eyeshadow, mascara, blush that matches your skin tone, and natural-looking eyelashes. Red lipstick (no lip gloss)
- ★ No jewelry allowed, including earrings, nose rings, necklaces, belly rings, bracelets, etc.
- ★ Fingernails - “sports” length, neutral color (french tip, clear, or nude)
- ★ Candidate tryout number safety pinned to your shirt on the stomach area. Director will provide tryout # and safety pins.

# Tryout Day Information

**What:** GISD Drill Team Tryouts

**When:** Saturday, April 18, 2026

8:45am

Arrival Time

9:00am - 9:25am

Warm-up in designated area

9:30am - 11:30am

Tryout time

**Where:** Garland High School  
310 S. Garland Ave.  
Garland, TX 75040

**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.

Three judges will be hired and compensated by the Director of Fine Arts for tryouts. Efforts will be made to reflect the diversity of the campus in selection of judges. Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts.

More information regarding tryouts, scores, and notification can be found in the GISD Fine Arts Handbook.

# Tryout Sequence of Events/Judging Criteria

Tryouts will be held on **Saturday, April 18, 2026** at Garland High School inside the Main Gym. You will arrive at the front of the school at 8:45am dressed and ready to go. When you arrive, please check in with the director to receive your tryout number.

The tryout dance will consist of three sections: 1.) Dance routine for both Varsity and JV 2.) Kick combination for both Varsity and JV 3.) Advanced dance section. All candidates wanting to be considered for Varsity must execute all three sections for the judges. All candidates wanting to be considered for JV must execute the first two sections for the judges. The whole group of candidates will enter together and perform as a whole group to show the judges the material first. You will then enter and tryout in small groups. Each candidate must stay until the end of tryouts in order to allow for judging callbacks as needed if deemed necessary. You may not leave until you are dismissed by the director. Please make sure the holding area is left clean.

All dancers are required to come to the tryout clinic, and required to try out in order to be selected for the 2026-2027 team. If a candidate scores below all minimum scores they are strongly recommended to be placed in the dance class for the school year.

If your dancer is selected for the team, they must abide by rules outlined by the GISD Fine Arts Handbook. The rules are constructed to uphold fairness and consistency in all aspects of drill team across the district. Each candidate and parent must read and discuss, at length, as well as agree to abide.

## **JUDGING CRITERIA:**

<b>60 points</b>	<b>Jazz Tryout Dance</b>
<b>30 points</b>	<b>Kick Combination</b>
<b>5 points</b>	<b>Left Split</b>
<b>5 points</b>	<b>Right Jump Split (or up to 3 points for Right Split only)</b>

**\*\*The director's score will be factored into the final tryout score\*\***

Results will be posted over the weekend on the Canvas tryout page after verification by Fine Arts. Results could take up to 72 hours.

# Drill Team Standard of Uniformity

Drill team has set expectations to keep all members in uniform. For the various activities drill team members do, there will be different expectations for hair, makeup, nails, and colors. Presentation is an incredibly important part of enhancing a drill team member's presence and building the atmosphere of a performance. Furthermore, hair, nails, and jewelry can be safety hazards.

## 1) Hair Expectations

Event	Hair Style
<b>Practice</b>	Hair secure and out of face
<b>Football Games</b>	Half up/half down (in the designated place) with all sides back. Hair secure & out of face Low ponytail (depending on heat temperatures)
<b>Parades, Competition, Pep Rallies, Special Performances, Spring Show, etc.</b>	Low ponytail with middle part. Hair in the ponytail may be wavy, curled, braided, straight etc. as long as the ponytail is slicked back and neat

### a) General Guidelines

- i) Hair must be pulled back completely and tightly secured and not fall or become loose while performing drill team activities.
- ii) Hair must not have wispsies/loose hair falling around the face.
- iii) Extensions must be blended and be the same color as your natural hair.
- iv) 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 director has requested for that week's events.
- v) Sew-in or quick weaves must be able to be pulled back into a high ponytail or half up/half down style depending on what the director has requested for that week's events.
- vi) No wigs will be allowed (ex. Medical).
- vii) No unnatural hair color will be allowed at performances/events. If you are unsure please ask your director first.
- viii) 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).

## 2) Make-up Expectations

Event	Make-up
Game Day @ School	Natural
Football Games	Black mascara (natural lashes) Eye Shadow in shades of brown, gold, peach that match your skin tone Blush that compliments your skin tone Red lipstick that compliments your skintone. Do not add lip gloss
Parades, Competition, Pep Rallies, Special Performances, Spring Show, etc.	Black mascara (natural lashes) Eye Shadow in shades of brown, gold, peach that match your skin tone Blush that compliments your skin tone Red lipstick that compliments your skintone. Do not add lip gloss

### a) General Guidelines

- i) Make-up must be age-appropriate and natural-looking. If you have any questions, please ask your director.
- ii) Make-up must compliment the drill team 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.

## 3) Fingernail Expectations

- a) Nails must be a "sports length" throughout the year.
- 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 will not be used to cover piercings. Members may use spacers and should schedule fresh piercings around the Drill Team calendar.

The director reserves the right to instruct the Drill Team member to fix their hair, make-up, fingernails, and/or jewelry and issue demerits if the Drill Team member is not in compliance.

Any violation of the Drill Team Standard of Uniformity will result in demerits that cannot be removed by merit points.

Always communicate with your director if you are unsure about any of these expectations.

# Drill Team Expectations

## 1) Drill Team Camp

- a) Camp is mandatory for all members of drill team. It is our opportunity to build strong bonds and grow through adversity.
- b) Not attending camp will result in removal from the team.
- c) Game day preparations, football routines, pep rally routines and other material will be learned during summer practices and camp.

## 2) Communication

- a) Members of drill team and their parents/guardians are expected to use the Band app and email to communicate.
- b) The calendar will be on a Google Doc as well as the Band app. Members and their parents/guardians will be expected to check the calendar regularly.

## 3) Attendance

- a) Members of drill team are expected to notify their director **in writing (via email), at least 5 days in advance**, of any tardies or absences.
- b) Regardless if the tardy/absence is excused or unexcused, the member may be removed from the performance.

## 4) Outside Activities

- a) If the candidate makes the Drill Team squad, they must complete their commitment to drill team before being released to any other activity they will be participating in. (This includes studio dance and/or jobs).
- b) Varsity Drill Team members cannot be on the squad and play varsity volleyball or varsity basketball. JV Drill Team members may play another JV or Freshman sport if there are minimal conflicts.
- c) The Drill Team member must work out the conflicts with both directors and provide a conflict calendar PRIOR to the event.
  - i) **\*\*THERE MUST BE A 50/50 SPLIT IN AFTER SCHOOL EVENTS BETWEEN TIME FOR Drill Team AND THE SPORT/SCHOOL-SPONSORED CLUB/ORGANIZATION.**
  - ii) Communication must be initiated by the Drill Team member.

## 5) Transportation

- a) All members are expected to travel to and from games/competitions/performances/events on 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 by the teacher. Be respectful of the teacher's time and contact the teacher if you are running late to pick up your student.
  - i) Repeated tardiness of pick up will result in a principal/teacher review with the parent/guardian and benching or removal may be possible.

# Drill Team Estimated Costs

The estimated cost of Drill Team 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	Description
#1	April 20, 2026	<p style="text-align: center;"><u>New Members</u> \$550 (online payment to Danzgear)</p> <p style="text-align: center;"><u>Veterans</u> \$80-\$100 (online payment to Danzgear) \$200 (payment to Swingsters Square Store)</p>	<p>Practice Attire/Gear. Price will vary based on individual items that are needed. All mandatory items are required for new members. <b>Veterans only need to purchase new or lost items.</b></p> <p>Includes: team shirt, team sweatshirt, practice tank tops, leggings, tights, poms, glitter backpack, poncho, dance slippers, warm-ups</p> <p>Team Camp (approximately \$200). The amount will be finalized after team tryouts.</p>
#2	May 21, 2026	<p style="text-align: center;"><u>New Members</u> \$485 (payment to Swingsters Square Store)</p>	<p>Team Camp (\$200). The amount will be finalized after team tryouts.</p> <p>Performance Items: field hat &amp; cover, field boots, earrings, choker</p>
#3	June 11, 2026  June 22, 2026	<p style="text-align: center;"><u>New Members/Veterans</u> \$150 (payment on your own)</p> <p style="text-align: center;"><u>New Members</u> \$125 (payment to Swingsters Square Store)</p> <p style="text-align: center;"><u>Veterans</u> \$100 (payment to Swingsters Square Store)</p>	<p>Team Shoes (approximately \$150). Price will vary based on the specific shoe.</p> <p>Performance Items: uniform cleaning fee, water jug carrier, performance joggers &amp; top</p>
#4	July 24, 2026	<p style="text-align: center;"><u>New Members/Veterans</u> \$70 (payment to Swingsters Square Store)</p> <p style="text-align: center;"><u>New Members</u> \$130 (payment to Swingsters Square Store)</p>	<p>Spirit Shirt Package: 3 shirts throughout the year (HOCO, Contest, Spring Show, etc.)</p> <p>Practice/Performance Items: leotard (wear underneath field uniform), rolling duffel bag</p>
#5	August 10, 2026	Remaining Balance	All payments must be paid off

**This is an estimate, items & pricing are subject to change. A detailed itemized list will be provided at a later date.**

- Members will not receive any items until the respective balance has been paid in full, and therefore will not be able to perform until payment is received.
- GISD provides uniforms, but the Drill Team member is responsible for all alterations needed, as well as any damages to the uniforms that may have occurred throughout the year.
- Optional items may be ordered after the total bill of required items is paid off.
- All items will be checked on the first day of summer camp.

## ADDITIONAL PURCHASES

### **Custom Team Shoes**

- The new captain and 1st Lieutenant will pick and design a new team shoe for the year. Once this has been finalized a link will be sent out for you to purchase your own pair. You will need your shoes by the first day of camp so please purchase them no later than **June 11th**. Estimated cost \$150.
- Black & white no show socks. These will be worn with your team tennis shoes.

### **Black Sports Bra/Strapless Bra**

- You will need to purchase a supportive black sports bra (razor back). You will be required to wear a black sports for ALL practices and performances. You will need a strapless nude/skin color bra for competition season.

### **Team Lipstick**

- You will need to purchase a RED lipstick that compliments your skin tone. You are required to wear red lipstick for ALL performances and events.

### **Water Jug**

- You will need to purchase a 64 fl oz (½ gallon) water jug in any color from Academy.  
Link: <https://www.academy.com/p/igloo-academy-sports-outdoors-latitude-64-fl-oz-jug?sku=charcoal-01-5-gallon>

# GISD Drill Team Activities

In accordance with UIL rules, high school Drill Team squads are only permitted to Drill Team at one contest per school week. It would not be a violation for Drill Team members to Drill Team 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 Drill Teams 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.

## **SUMMER CAMP**

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

## **DRILL TEAM COMPETITION**

The expectation is that all drill team members 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 varsity high school team is required to attend the TDEA Assessment. The dates for these events are not set until after school starts.

## **PARADES**

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

## **FOOTBALL**

A. Varsity Drill Team members will attend all varsity games.

B. Each junior varsity team must attend a minimum of 3 varsity games.

Attendance at all other varsity games is optional and at the discretion of the director and campus principal.

C. All GISD junior varsity drill teams must attend at least 5 GISD junior varsity football games. If there is only one director for Junior Varsity and Varsity drill team, less games can be attended as approved by the campus principal.

## **BASKETBALL**

All team members will attend to support and perform at home basketball games. Dates are determined when the basketball schedule is provided to the director. Performances will be at the discretion of the sponsor.

## **SPRING SHOW**

All team members are required to participate and attend an annual spring show. The spring show date, time, location, and theme will be announced by the teacher and approved by the campus principal.

## **OTHER ACTIVITIES**

Additional activities such as community events, etc. will be at the discretion of the sponsor and the campus principal. Drill team members are required to attend each of these events.

# Drill Team Candidate Checklist

**Candidate Name:**

To receive the points on your pre-score, all applications are **due by 3:00 pm on April 14th, 2026** to **Ms. Williams (Dance Studio/Room 506) at Sachse HS**. Application materials are to be complete and turned in before your participation in clinics. You need the following documents ALL COMPLETED in order and stapled together along with the checklist below. Failure to turn in by the deadline, absence from the clinics for any reason (other than with a doctor's note) will result in points deducted from your pre-score.

\_\_\_\_\_ Drill Team Candidate Checklist

\_\_\_\_\_ GISD Drill Team member Application

\_\_\_\_\_ Social Media Contract and Picture/Video Form

\_\_\_\_\_ GISD Handbook Signature Pages

\_\_\_\_\_ 1st Semester & 3rd Cycle Grades

\_\_\_\_\_ Attendance and Discipline Profile (acquired from school's attendance office)

\_\_\_\_\_ Choice of School Form (Only for students NEW TO SHS- Transfers and incoming 9th graders)

\_\_\_\_\_ Media Release Form

\_\_\_\_\_ Pre-Participation Physical Form - New complete physicals will be due on or after April 1, but before our first practice. **All students will be required to have a physical dated April 1 or later in order to TRY OUT.**

\_\_\_\_\_ Concussion Acknowledgement Form

\_\_\_\_\_ Cardiac Awareness Form

\_\_\_\_\_ GISD Travel Form

# GISD Varsity Drill Team Application

*Please print legibly and neatly.*

First & Last Name \_\_\_\_\_ ID# \_\_\_\_\_

Grade Next Yr. (2026-2027) \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

Are you enrolled and accepted to SHS? \_\_\_\_\_

Participation in the GISD Drill Team program carries both a significant time and financial commitment. Each Drill Team member is expected to meet all financial responsibilities identified by their specific campus. Dedication to, and the prioritization of, Drill Team is obligatory from all Drill Team members 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 Drill Team year. **Prior to making commitments to be involved in other school activities, Drill Team members should carefully consider specific program requirements, as involvement in other activities may cause participation and time conflicts with Drill Team duties.** Any Drill Team member who voluntarily quits the squad before the end of the Drill Team 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 Drill Team squad at any GISD campus.

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

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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

As a **parent/guardian** of a student who wishes to audition for the Swingsters Varsity Drill Team, I have fully read and understand the tryout packet and what is expected of my student. I realize my student will be required to attend summer camp, all practices and performances as scheduled, pass all classes each six weeks in order to remain eligible, make all team payments on time, and be picked up from all events on time. I understand that there are tryouts for each performance. I understand that my child will be expected to abide by the GISD Fine Arts Drill Team Handbook. If selected as a line member, I will support the director and school policy concerning the Varsity drill team.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Social Media Contract

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

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

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Drill Team Member's Signature

\_\_\_\_\_

Date

## Video, Image, and Audio Release Form

I \_\_\_\_\_ parent/guardian of \_\_\_\_\_ give my consent for photographs, video images, and/or voice to be utilized for advertising, illustration, or publication on campus, district, and/or local media TV stations for Garland ISD 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

## Cheer, 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:

Drill Team \_\_\_\_\_ 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 (director, 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 and affect my pre-score at next year's tryouts.

\_\_\_\_\_ 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/director. 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 (director, 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/UII 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/director. 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.

Thank you for your cooperation and support in celebrating the achievements of our National Merit Finalists.

---

**Student's Name(s)**

---

Parent/Guardian Signature

Date

# *Pre-Participation Physical Form*

<https://www.uiltexas.org/files/athletics/PrePhysFormRvsd2026.pdf>



# 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, 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



## FORMULARIO DE ACUSE DE RECIBO DE CONMOCIÓN CEREBRAL

Nombre de estudiante \_\_\_\_\_

**Definición de conmoción cerebral:** significa un proceso fisiopatológico complejo que afecta al cerebro y es causado por una fuerza física traumática o un impacto en la cabeza o el cuerpo que puede: (A) incluir una función cerebral alterada temporal o prolongada que resulta en síntomas físicos, cognitivos o emocionales o patrones de sueño alterados; e (B) implicar pérdida de conciencia.

**Prevención:** enseñar y practicar el juego seguro y la técnica adecuada.

- Siga las reglas del juego.
- Asegúrese de que se use el equipo de protección requerido para todas las prácticas y los juegos.
- El equipo de protección debe caber correctamente y ser inspeccionado regularmente.

**Signos y síntomas de la conmoción cerebral:** los signos y síntomas de la conmoción cerebral pueden incluir, entre otros: Dolor de cabeza, parecer estar aturdido o atontado, tinnitus (zumbido en los oídos), fatiga, dificultad para hablar, náuseas o vómitos, mareos, pérdida de equilibrio, visión borrosa, sensibilidad a la luz o al ruido, sensación de mareo o borroso, pérdida de memoria o confusión.

**Supervisión:** cada distrito designará y aprobará un Equipo de Supervisión de Conmociones cerebrales (COT). El COT debe incluir al menos un médico y un entrenador atlético si uno es empleado del distrito escolar. Otros miembros que pueden incluir: Enfermera de práctica avanzada, neuropsicólogo o asistente de médico. El COT se encarga de desarrollar el protocolo Regreso al Juego basado en evidencia científica revisada por pares.

**El tratamiento de la conmoción cerebral:** el estudiante-atleta/porrista deberá ser retirado de la práctica o participación de inmediato si se sospecha que

tiene una conmoción cerebral. Todo estudiante-atleta/porrista sospechoso de sufrir una conmoción cerebral deberá ser visto por un médico antes de puedan regresar a la participación de atletas o porristas. El tratamiento para la conmoción cerebral es el descanso cognitivo. Los estudiantes deben limita

la estimulación externa, como mirar televisión, jugar videojuegos, enviar mensajes de texto, usar computadora y las luces brillantes. Cuando todos los signos y síntomas de la conmoción cerebral se hayan despejado y el estudiante haya recibido la autorización escrita de un médico, el estudiante-atleta/porrista podrá comenzar el protocolo de Regreso al Juego de su distrito, según lo determinado por el Equipo de supervisión de conmociones cerebrales.

**Regreso al juego:** según el Código de Educación de Texas, sección 38.157:

A un estudiante retirado de una práctica o competencia interescolar de atletismo (incluidos, por regla de la UIL, los porristas) bajo la Sección 38.156 puede no permitir practicar o participar nuevamente después de la fuerza o el impacto que se cree que ha causado la conmoción cerebral hasta que:

(1) el estudiante haya sido evaluado, usando protocolos médicos establecidos basados en evidencia científica revisada por pares, por un médico tratante elegido por el estudiante o el padre o el tutor del estudiante, u otra persona con autoridad legal para tomar decisiones médicas por el estudiante;

(2) el estudiante haya completado con éxito cada requisito del protocolo de regreso al juego establecido en la Sección 38.153 necesaria para que el estudiante regrese a jugar;

(3) el médico tratante haya proporcionado una declaración por escrito que indique que, según juicio profesional del médico, es seguro para el estudiante para volver a jugar; y

(4) que el estudiante y el padre o el tutor del estudiante, u otra persona con autoridad legal para tomar decisiones médicas para el estudiante:

(A) haya reconocido que el estudiante ha completado los requisitos del protocolo de regreso al juego necesarios para que el estudiante vuelva a jugar;

(B) haya proporcionado la declaración escrita del médico tratante bajo la Subdivisión (3) a la persona responsable del cumplimiento del protocolo de regreso al juego bajo la Subsección (c) y la persona que tiene responsabilidades de supervisión bajo la Subsección (c); y

(C) haya firmado un formulario de consentimiento que indique que la persona que firma:

(i) haya sido informado y consiente que el estudiante participe en regresar a jugar de acuerdo con el protocolo de regreso al juego;

(ii) entiende los riesgos asociados con el regreso del estudiante a jugar y cumplirá con todo requisito continuo en el protocolo de regreso al juego;

(iii) aprueba la divulgación a las personas apropiadas, de conformidad con la Ley de Portabilidad y Responsabilidad del Seguro Médico de 1996 (Pub. L. No. 104-191), de la declaración escrita del médico tratante bajo la Subdivisión (3) y, en su caso, las recomendaciones de regreso al juego del médico tratante; y entiende las disposiciones de inmunidad bajo la Sección 38.159.

\_\_\_\_\_  
Firma del padre o el tutor

\_\_\_\_\_  
Fecha

# ARREST (SCA) AWARENESS

## The Basic Facts on Sudden Cardiac Arrest

### Website Resources:

American Heart Association:  
[www.heart.org](http://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.**

<p><b>What are the current recommendations for screening young athletes?</b></p> <p>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.</p> <p>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.</p> <p>The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1<sup>st</sup> and 3<sup>rd</sup> 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.</p>	<p><b>Are there additional options available to screen for cardiac conditions?</b></p> <p>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.</p> <p><b>When should a student athlete see a heart specialist?</b></p> <p>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.</p>	<p><b>Can Sudden Cardiac Arrest be prevented just through proper screening?</b></p> <p>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.</p> <p><b>Why have an AED on site during sporting events?</b></p> <p>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).</p> <p>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:</p> <ul style="list-style-type: none"> <li>➤ An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium</li> <li>➤ All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.</li> </ul>	<p>Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.</p> <p>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.</p> <p><b>Student &amp; Parent/Guardian Signatures</b></p> <p>I certify that I have read and understand the above information.</p> <p>_____ Parent/Guardian Signature</p> <p>_____ Parent/Guardian Name (Print)</p> <p>_____ Date</p> <p>_____ Student Signature</p> <p>_____ Student Name (Print)</p> <p>_____ Date</p>
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**GENERAL INFORMATION**

Campus:	Trip Destination:
Date(s):	Approximate times: Beginning _____ Ending _____
Purpose of trip:	
Method of Transportation:	Sponsor:

In consideration of the Garland Independent School District agreeing to take my child on the reference school-sponsored field trip, I/we hereby give approval for his/her participation. I/we understand that in Texas, parents are responsible for the cost of medical treatment for a student injured on school property or while participating on a field trip activity, unless the injuries result from the negligent use or operation of a motor vehicle owned by the district (Texas Tort claims Act, Section 101.051, and Texas Education code, Chapter 22.051). \*

Should the world situation make it necessary for the administration of the Garland ISD to cancel student travel, parents and students must understand that the school district assumes no financial responsibility for any monies lost due to this action.

I consent to the release of health-related information to non-district personnel serving as sponsors/chaperones for the purpose of providing information necessary for the care and supervision of my child.

In the event of an emergency while my child is on the school-sponsored trip or while participating in field trip activities, I hereby grant permission to school district employees to take whatever action is deemed necessary. In the event I cannot be reached, I authorize school district employees to give consent for my child to receive medical treatment.

**STUDENT INFORMATION**

Student's name:	ID#:	Grade:	Date of birth:
Street address:	City:	Zip code:	
Parent/guardian name:	Home phone:	Cell phone:	
Parent/guardian name:	Home phone:	Cell phone:	
Emergency contact other than parent:	Phone:		
Emergency contact other than parent:	Phone:		
Insurance Company:	Group #:	Policy #:	
Health problems:	Allergies:		
Medication/time (prescription only): #1	#2		

Please indicate if your child will be getting a sack lunch from the school cafeteria. Yes  No  Not Applicable

Printed name of parent/guardian: \_\_\_\_\_ Signature: \_\_\_\_\_

*\* All students are encouraged to purchase student accident insurance.*

Reminder Parents: All GISD chaperones going on field trips must apply online and be approved volunteers in the RAPTOR System prior to the trip.

*Sponsor will maintain possession of this signed form during the trip and a copy will be provided to the principal (or designee).*

Join our Canvas Page for tryout information, announcements & more!  
Click on the link or scan the QR code below:

<https://garlandisd.instructure.com/enroll/4M36M6>.

