



# *Rowlett High School*

*Drill Team Tryout*

*2026-2027*



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## **RHS Varsity Silver Rhythm & JV Rhythmettes Tryout Informational Packet 2026-2027 School Year**

Dear Parents and Candidates,

The tryout date for the Drill Team at Rowlett HS will be Saturday, April 18, 2025. The tryout dance video will be released on April 21st for dancers to practice with after learning the dance at the clinic. Tryout clinic will be held after school from **5:30-7:30 pm in the RHS gym starting on Monday, April 13th through Thursday, April 16th**. All candidates must be present at these practices.

Tryouts on April 18th will begin at Garland High School @ **8:00am** and should end around **10:30 am**. Tryouts will be closed to all spectators. Each candidate must stay until the end of tryouts in order to allow for judging callbacks as needed if deemed necessary. The 2026-2027 Silver Rhythm Dancers Varsity 31st line and Rhythmettes 31st Line will be posted on the official RHS SRD social media accounts and Band later that same day.

There is not a “set” number of team members. The teams will be determined by the candidate’s score. The top scorers to the natural break, **will be on the Silver Rhythm Dancers Varsity team. *Varsity at RHS may consist of incoming Freshman, Sophomores, Juniors, and Seniors meeting the minimum score.* JV will be determined by the minimum score of 55 to the bottom of the natural break. Dancers scoring below 55 will be enrolled in Drill Team Prep and perform spring semester as our RHS Pep Squad.** All dancers are required to come to the tryout clinic, and required to try out in order to be selected for a team. If a candidate scores below all minimum scores they will automatically be placed in the Dance Team Prep class for the school year.

If your dancer is selected for either 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.

Sincerely,

Varsity Director Stefanie Cooper  
Silver Rhythm Dancers

JV Director Julianna Tamayo  
Rhythmettes

## VARSITY SRD Schedule for 2026-2027

\*Please read this carefully! This schedule is intended to give you and your family an idea of the commitment you will make in time and effort as a member. All items are subject to attendance policies, demerit system, and performance eligibility listed in the GISD Fine Arts Handbook.

SRD Practice Schedule: 6:30 – 8:40am – PRACTICE

8:40 – 9:00am - DRESS OUT FOR SCHOOL

**ALL PRACTICES AND PERFORMANCES ARE MANDATORY!** All members must be present in person for all practices, games, camps, pep rallies, competitions, community events, and fundraisers.

2026-2027 <u>Tentative</u> Dates	
March 11	Tryout Parent Information Mtng 6:00pm- <b>Required for all RHS Dance Team Hopefuls</b> (current and new) & Sign for attendance verification
April 13-16	RHS Dance Team Tryout Clinic! RHS Gym 5:30-7:30pm
April 18	GISD Drill Team Tryouts @ LakeviewHigh School 11:00 AM
<b>April 20</b>	<b>SRD Made it Meeting &amp; Fitting Night! SRD 4:30 Returning SRDs (parent(s) are highly encouraged to attend) <u>Payment Due for personal ALL items &amp; Line Camp.</u> 6pm NEW SRDs &amp; New Parent(s) Required <u>Payment Due for personal ALL items &amp; Line Camp.</u> Payment due for line camp &amp; \$150 for team store.</b>
May 4	Final Team Store Payment Due
May 23	Order Boots (online) & Pay Hat Invoice (individually in email provided @ Made it Meeting)
June 4-7	Officer Camp with Encore Productions (Frisco, TX)
June 8-11	Team Camp - <b>Mandatory No Exceptions (Home Camp @ RHS)</b>
June 11	7:00pm Meet the SRDs Showoffs
August- TBD	Meet the Eagles - <b>Mandatory No Exceptions - Prior to school starting MUST attend!</b>
August	Football Season: dancers will audition for each performance routine.
September	Labor Day Parade (if assigned by GISD Fine Arts)
September	Homecoming Game & Pep Rally
October	Senior Week Game - Pep Rally
December 6	Rowlett Christmas Parade & Basketball Season Performances
January 2026	MLK Day Parade (Saturday prior to MLK day) & Basketball Season
January - March	Contest Season 2-3 Saturday Practices to prepare for Contests
March - April	Contest/Spring Show 2023 Season
April	GISD Tryouts TBD by District Yearly & Officer Tryouts
May	Spring Game & End of Year Celebration!

\*SRDs practice on **Holiday/Staff Development Days** during football season and the months of **January and February**. Fundraisers will be throughout the year as needed. It is the expectation that each member participates fully to raise funding or agrees to donate the expected amount per month.

# JV Rhythmettes

**2026-2027**

- The Rhythmettes perform/participate at a mix of JV & Varsity football games with Varsity, Labor Day Parade, Rowlett Christmas Parade, MLK Day Parade, basketball games, and other community events. Rhythmettes may compete at a Regional contest as well as perform in the Spring Show at Varsity Director's discretion.
- The JV team practices during the class period and scheduled after school practices on Tuesday and Thursdays. JV may practice at 6:30am at Directors discretion for gym use.

**ALL PRACTICES AND PERFORMANCES ARE MANDATORY! All members must be present in person for all practices, games, camps, pep rallies, competitions, community events, and fundraisers.**

<b>2026-2027 Important Dates</b>	
Date	Event or Item Due
March 11	Tryout Parent Information Mtng 6:00pm- <b>Required for all RHS Dance Team Hopefuls</b> (current and new) & Sign for attendance verification
April 13-16	RHS Dance Team Tryout Clinic! RHS Gym 5:30-7:30pm
April 18	GISD Drill Team Tryouts @ LakeviewHigh School 11:00 AM
April 20	<b>Made it Meeting &amp; Fitting Night! 6:30-7:00 (parent(s)/guardian are required to attend) <u>Payment Due for personal ALL items &amp; Line Camp.</u></b>
May 4	Final Team Store and Line Camp Payment Due
June 8-11	Team Camp - <b>Mandatory No Exceptions (Home Camp @ RHS)</b>
June 11	7pm Meet the SRDs & Rhythmettes
August	Rettes Team Social before school starts & First Day
August	Football Season & Weekend practices TBD dancers will audition for each performance .
September	Homecoming Game & Pep Rally
September	Labor Day Parade (If assigned by GISD Fine Arts)
December	Rowlett Christmas Parade
January	MLK Day Parade (Saturday prior to MLK day)
Dec/Jan	Basketball Season
Feb	Contest Season
March	Technique/Tryout Prep & Show Prep
April	SRD Spring Show
April	Dance Team Tryout Season
	*Some evening social events such as team bonding parties and big/lil dinners will be scheduled throughout.
*Rettes may practice on Holiday/Staff Development Days during football season and the months of January and February. Fundraisers will be throughout the year as needed. It is the expectation that each member participates fully to raise funding or agrees to donate the expected amount per month.	

## RHS Dance Team Tryouts Clinic Information

- ★ Monday, April, 13<sup>th</sup> through Thursday, April 16<sup>th</sup> :
  - 5:30-7:30pm @ RHS gym Mandatory Tryout Clinic
- ★ Thursday, April 16<sup>th</sup>:
  - 5:30-7:30pm @ RHS gym Mandatory Mock Tryouts (Numbers will be assigned at this time)

During these practices, the graduating officers and Directors will teach a jazz & KICK dance combination to be performed for the judges on April 26th. All candidates should wear dance clothes for all practices. Supportive sports bra, appropriate undergarments, black OR tan jazz shoes, or half soles should be worn. Leggings are permitted. **Shorts are not allowed.**

**Monday, April, 13<sup>th</sup> by 5:30pm due to Mrs. Cooper @ clinic**

1. Tryout Application Form and Tryout Permission Form [Click To Access Form](#)
2. INITIAL AND SIGN THE GISD FINE ARTS HANDBOOK SIGNATURE PAGE (PLEASE GO TO [HTTPS://GARLANDISD.NET/MEDIA/16675/DOWNLOAD?INLINE](https://garlandisd.net/media/16675/download?inline) TO FIND THE GISD FINE ARTS HANDBOOK. READ CAREFULLY & COMPLETELY)
3. SUDDEN CARDIAC AWARENESS FORM [CLICK TO ACCESS FORM](#)
4. MEDIA RELEASE FORM (BACK OF PACKET) [CLICK TO ACCESS FORM](#)
5. FINE ARTS SIGNATURE (BACK OF PACKET) [CLICK TO ACCESS FORM](#)
6. CONCUSSION ACKNOWLEDGEMENT [CLICK TO ACCESS FORM](#)
7. UIL PRE PARTICIPATION PHYSICAL FORM [CLICK TO ACCESS FORM](#) \*\*MUST HAVE PRIOR TO THE TRYOUT CLINIC DATED APRIL 1-18<sup>TH</sup> TO PARTICIPATE IN CLINIC AND TRYOUTS.

**\*Saturday, April 18<sup>th</sup> - Tryouts will begin at 8:00am with expected arrival @ 7:30am. Everyone will meet at Garland High School at 7:30am.**

- ★ All candidates will need to wear the following for tryouts:
  - Black fitted shirt, black jazz pants or leggings, half sole, hair slicked back pony-tail, no ribbon or bow, and RED lipstick. **No jewelry is allowed.**
- ★ Each candidate will be known by an identification number and will try out in groups of 3-5.
- ★ Each candidate will perform the tryout dance. Each candidate will also demonstrate right & left splits.
- ★ Each candidate will be scored on a 100 point scale by 3 qualified judges from outside GISD.
- ★ Selection of team members will be based on their scores in the following categories:
  1. Jazz combination
  2. Kick combination
  3. Splits (Right & Left)
- ★ 2026-2027 Varsity Silver Rhythm Dancers will be posted on the SRD X (Twitter) and SRD Instagram by candidate number only, and JV Rhythmettes will be posted on the official Rhythmette Instagram.

→ Please read this packet in its entirety.

→ Both the candidate and parent/guardian must sign all forms included in this packet.

## **RHS Drill Team Uniformity of Appearance Standard**

In effort to assist dancers in abiding by all GISD Fine Arts Handbook guidelines a diverse committee of dancers, parents, and directors have determined team hair styles by season & performance type. It is the expectation that all dancers adhere to the required hairstyles to avoid demerits. Hair styles will be announced in advance and must be worn by all. It is not the dancer's choice between the styles presented below.

<i><b>Football Season</b></i>	<i><b>Contest Season</b></i>	<i><b>Spring Show/Audition Season</b></i>
<i>Low back/side double topsy-turvy no wispies (high temperature games)</i>	<i>Double Crown braid to low/mid bun or Ponytail. (Director Decision)</i>	<i>Slicked back high ponytail with rhinestone hair piece/rhinestones</i>
<i>½ up and ½ down curled or in braids (not braided to the scalp due to hat being worn)</i>	<i>High Ponytail curled with rhinestones.</i>	<i>Slicked back low ponytail with rhinestone hair tie &amp; hat for finale.</i>
<b><i>MakeUp</i></b>		
<i>Team lipstick (\$10-\$18) Black Eyelashes (\$10) Smokey Eye Shadow in Plum/Brown/Maroon color palette best for skin tone.</i>	<i>Foundation, concealer, blush, highlighter color palette best fit for skin tones. Bronzer not to be used in place of blush. Plus Football season makeup requirements. Team Lashes.</i>	<i>Same requirements as contest season. Dress rehearsal run through will determine adjustments to colors used with lighting if desired results are not achieved with stage lights.</i>
<b>Nail Polish must be light nude, french, clear, specific color selected by the director for all performances. Sport length extensions are acceptable. Photo examples available in the Team Band App.</b>		

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.

## 2) Communication

- a) Members of drill team and their parents/guardians are expected to use the Remind app to communicate.
- b) The calendar will be on a Google Doc. 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, 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.

## Varsity Drill Team Individual Expenses for 2026-2027

Listed below are the approximate totals for team expenses that will be required by all Varsity members for the 2026-2027 school year.

### Team Practice Clothes and Personal Wear Items – Paid in Team Store Online by Credit Card

- \* First year: Varsity member is approximately \$755
- \* Returning: Varsity member is approximately \$350
- \* Future SRD member after completing JV year: approximately \$605
- \* Camp, Technique, Contest, Spring Show: \$200-\$450 (estimate only)

GISD provides the official field uniforms. The estimated cost above includes personal items and custom fit items for field season (boots, dance shoes, tights, warmups, & hat etc). All items that are issued to the member are returned throughout the season. They must be cleaned according to specific care instructions before returning for safe storage. A cleaning fee of \$100 can be paid in place of cleaning the uniform on your own.

## GISD Uniform Cleaning Guidelines

All Field Uniforms: **HAND WASH ONLY!** No bleach or color safe bleach. Gentle detergent, hand wash in the sink or bathtub. The handwash cycle on the washing machine may not be used.

- Turn water on and add minimum clear detergent. Once the detergent is dissolved completely, put the uniform pieces of similar color and style in the water.
- Gently agitate the items in the water and allow to soak until you feel it is clean and odor free. Repeat the agitation process if odor or stains remain.
- Drain the water and then add fresh water to rinse out ALL remaining detergent. Water should run clear and clean. Lay flat to dry or you may hang to dry. They will drip water. **DO NOT** put it in the dryer!!!!

**All uniforms and costumes must be cleaned properly and returned throughout the year as designated by the Director.** (Example: sleeveless field uniforms will be cleaned and returned when the weather turns colder and inventoried back into storage.)

Payment	Due Date	Details	Description
#1	April 20, 2026	50% Due of Team Store Order (Remainder will be charged to credit card used 2 weeks after on May 4)	Practice & Performance Wear
#2	May 4, 2026	\$200 (cash or Zelle only)	Camp
#3	May 18, 2026	\$150 (cash or Zelle only)	Activity Fee
#4	August 7, 2026	\$100 (cash or Zelle only)	Football Meals

- **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.**
- **Booster Club - Generally, Booster Clubs raise funds to provide food, gifts, apparel, etc. for members**

# Junior Varsity Rhythmettes Individual Expenses for 2026-2027

Listed below are the approximate totals for team expenses that will be required by all JV members for the 2026-2027 school year.

## Team Practice Clothes and Personal Wear Items – Paid in Team Store Online

\*Cost of being on the JV team for required items is approximately: \$550

\*Camp, Contest, Spring Show, Award Ceremony, & Technique Clinics: \$200 (max estimate only)

Payment	Date	Amount	Description
#1	April 20th, 2026	50% Due of Team Store Order (Remainder will be charged to card used 2 weeks after on May 4)	Performance/Practice Wear
#2	May 4th, 2026	\$100 (cash or Zelle)	Line Camp
#3	May 18th, 2026	\$100 (cash or Zelle)	Activity Fee
#4	August 7th, 2026	\$70 (cash or Zelle)	Football Meals

### ADDITIONAL PURCHASES:

- **Team Backpack (Varsity and JV)**  
You will need to purchase a team backpack if you are new to the team for the 2026-2027 school year. You can send your payment of \$109.25 to boosterclub through zelle or pay in cash/check. We use these for practice, games, and performances!
- **Team Lipstick (Varsity and JV)**  
You will need to purchase a team red lipstick. You are required to wear lipstick for ALL performances and events. Link for lipstick color Maybelline Super Stay Vinyl Ink Color: ROYAL <https://bit.ly/4aRjb5A>
- **Tan half soles (Varsity and JV)**  
You will need to purchase half soles before line camp. You can find them in stores or online; amazon, academy, capezio, and other dance wear stores.  
<https://bit.ly/4syBlEg>
- **Boots (Varsity and JV)**  
You will need boots before school starts. We encourage you to break them in before we begin practicing in them. Make sure to purchase FULL SOLE boots.  
<https://bit.ly/49yOLYI>
- **Field Tights (Varsity and JV) order according to your darkest skin tone (summer color)**
  - Multi tone options here: Stirrup tights must be ordered:  
<https://blendzapparel.com/collections/dance-tights-stirrup-tights>
  - Fair Skin option here: Stirrup SUNTAN must be ordered:  
<https://bodywrappers.com/collections/ladies/products/dance-stirrup-tights-a32-c32-womens-girls?variant=38130449416363>
- **Body Tights (Varsity and JV)**  
You will need DARK SUNTAN body tights for pep rally (varsity) and spring semester.  
<https://bit.ly/4sDDFtQ>
- **Team Shoes (Varsity) Team Shoes Required**  
These will be our team shoes whenever we wear our pep rally outfits, team shirts to school, and warm-ups. Please be sure and purchase prior to the end of July.

# 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**

GISD has a rotation of participating schools for the yearly parades each year. Participation in the assigned 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**

## **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 5:30 pm on April 13, 2023** to the Director. 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)

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

\_\_\_\_\_ Pre-Participation Physical Form - New complete physicals will be due on or after April 1, but before the first practice.

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

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

# GISD Drill Team Application

*Please print legibly and neatly.*

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

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

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

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 team 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 team 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 \_\_\_\_\_

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 \_\_\_\_\_

# 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, Tumblr, or any other photo/video sharing or social media site, etc. appearing on the internet is public domain, even if it is marked private. Per the GISD Code of Conduct, students are responsible for their personal websites and postings on others' websites. The areas of appropriateness will include, but not limited to, the following: language, sexual or other (abbreviated or alluding to); pictures, reference to sexually explicit conduct or content, bullying/harassment within school and to other campuses, clothing, alcohol, drugs, and/or tobacco, which includes e-cigs and vapes. Excessive amounts of postings during the school day and posting updates in the middle of the school day is unacceptable and will be considered if a principal/teacher review takes place. Messages, 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.

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Parent Signature

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Date

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Drill Team Member's Signature

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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/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/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** \_\_\_\_\_





# SUDDEN CARDIAC ARREST (SCA) AWARENESS FORM

## 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.

**Arrhythmic 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 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.

### 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



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**



**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/UJL 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, makcup, 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:**

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**Candidate/Member Printed Name** \_\_\_\_\_

**Candidate/Member Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Legal Parent/Guardian Printed Name** \_\_\_\_\_

**Legal 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?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<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"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:		
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Has any family member or relative died of heart problems or of sudden unexplained death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
Have you ever been knocked out, become unconscious, or lost your memory?	<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"/>
If yes, how many times? _____			17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
When was your last concussion? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
How severe was each one? (Explain below)			<b>Females Only</b> <input type="checkbox"/> I choose not to provide written information on Question 19 but will discuss with a medical professional: 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? _____		
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Males Only</b> <input type="checkbox"/> I choose not to provide written information on Question 20 but will discuss with a medical professional: 20. Are you missing a testicle? _____ Do you have any testicular swelling or masses? _____		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <b>OPTIONAL: An electrocardiogram (ECG) is not required. By marking this box, I choose to obtain an ECG for my student. I understand it is the responsibility of my family to schedule and pay for such an ECG. I have read and understood the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form.</b>		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	<input type="checkbox"/>	<input type="checkbox"/>	EXPLAIN "YES" ANSWERS IN THE BOX BELOW (attach another sheet if necessary):		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>			
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>			
6. Are you under a doctor's care?	<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"/>			
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>			
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>			
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>			
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

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\***

	<b>NORMAL</b>	<b>ABNORMAL FINDINGS</b>	<b>INITIALS*</b>
<b>MEDICAL</b>			
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/