

Garland ISD

Grill Team
Tryout Info



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Dear Royal Legacy “Hopeful” and Parents,

We are excited to know that you want to audition to be a member of our award winning Varsity Dance/Drill Team. We feel that our drill team is one of the best organizations at South Garland High School because the team has worked very hard to maintain the high standards that have been established for over 50 years.

We know that for most of you, drill team may be a new experience, but we assure you that there are many rewards to being a member. As a Royal Legacy, your child will be held to a higher standard and will be regarded as a leader for the school. With that being said, Legacies must maintain high grades, behave and represent the team with manners and class, practice long hours, and attend numerous functions throughout the year. They will also develop lasting friendships with their teammates while working closely together, developing respect for one another, and creating countless fun memories! Besides our performances at football games, basketball games, community events, competitions and spring show, we have an end of the year awards ceremony, holiday parties, and possible trips. However, the biggest and best reward for a Royal Legacy is the development of self-confidence, school pride, and life-long friendships. In addition, the drill team will prepare you to be a well-rounded person who is responsible, self-motivated, and a positive contributor to the community.

It is our desire that your time as a Royal Legacy, whether it is one year or four years, be a rewarding and learning experience for you. Your decision to be a part of our family and school’s legacy is an important one. You must dedicate many hours of HARD WORK for personal and team improvement, but most importantly, you must WANT to be a Royal Legacy.

We hope to see you at tryout clinics!

Sincerely, Britney McDowell Royal Legacy Director
brmcdowell@garlandisd.net
972-926-2700 ext. 60535

GISD Fine Arts Handbook Link:

<https://garlandisd.net/media/16675/download?inline>

- Please read this packet in its entirety.
Both the candidate and parent/guardian must sign all forms included in this packet.
 - Join the Drill Team Tryout Canvas
<https://garlandisd.instructure.com/enroll/RFMDMH>
 - _____
-

Important Dates - Important Dates - Important Dates

When	Where	What	2
March 10, 2026 Tuesday 6:30pm	Cafeteria	Mandatory Informational Meeting All candidates and at least one parent/guardian <u>must</u> attend in order to tryout for Drill Team	
April 7, 2026 Tuesday	In Person at prep class or hand in before deadline to McDowell in dance studio	Tryout Packet Due by 5:00pm To receive the points on your pre-score, all applications are due by 5:00 pm on April 7th, 2026 to Director McDowell. Application materials are to be complete and turned in before your participation in tryout clinic week.	
April 13-16, 2026 Monday-Wednesday 5:00pm-7:00pm Thursday 5:00-8:00pm	EastGym	Mandatory Tryout Clinic Begins at 5:00pm (arrive early to be ready at 5pm) M - W: all black, t-shirt & athletic shorts/ leggings with athletic shoes Tryout numbers will be given on Wednesday Mock tryouts on Thursday (wear tryout attire)	
April 18, 2026 Saturday 1:00pm - 2:30pm	Garland High School 310 S. Garland Ave. Garland, TX 75041	Drill Team Tryouts Solid black, fitted, t-shirt/ tank/ or long-sleeve shirt, & black leggings with jazz or dance slippers (if you have them) or black socks	
April 29, 2026 Wednesday 5:00pm - TMS fittings & measurements begin 6:00pm - Parent Meeting	Cafeteria	Mandatory MADE IT! Meeting 2026-27 Drill Team members and at least one Parent/Guardian <u>must</u> attend Possibly Purchase Used Items from previous members 1st Round of Fittings!!!! TMS present to fit practice/ team attire Get Measured for Uniforms & Hats Payment #1 due (Cheddar Up/Cash/M.O.) - \$300	
May 12, 2026 Tuesday 5:00 - 7:30pm	Dance Studio	Fittings Mandatory for all squads Parents/Guardians will not be permitted to enter the studio during fittings	
May 18, 19, 20 Mon- Wed 5:00-7:30pm	EastGym	New Team Practice Dancers Begin learning Field Entrance, Stand Routines, & Traditions	
June 1-4, 2026 Monday-Thurs 8am-12pm	East Gym	Team Boot Camp Technique + Continue Learning Traditions June 2nd - Payment #2 due (Cheddar Up/Cash/M.O.) - \$200	
July 15-17, 2026 Wednesday- Friday 8am-12pm	East Gym	Boot Camp Mandatory for all 2023-24 Drill Team members Parents may attend show-offs/awards on the final day of camp July 15 - Payment #3 due (Cheddar Up/Cash/M.O.)	
July 20-22, 2026 Monday & Wednesday 8am-4pm Show-Off Wed. @ 5pm	EastGym	ADTS LINE CAMP Mandatory for ENTIRE Team (no vacations) Required to learn ALL field routines for football season	
July 23-24, 2026 Thurs.-Fri. 8am-12pm	EastGym	Team Practice Review Routines/ Prepare for Titan Extravaganza	
August 4, 2026	Garland, TX	Payment # 4 Due	
September, 1st 2026	Garland, TX	Payment #5 Due	
September 15th, 2026	Garland, TX	Final Payment Due (if any balance remains)	

September 7, 2026	Garland, TX	Labor Day Parade (TBD if we're chosen)
January 18, 2024	Garland, TX	MLK Parade (TBD if we're chosen)

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

Tryout Clinic Information

What: Clinic - Tryout material will be taught

When: Monday, April 13th - Thursday, April 16th, 2026
 5:00pm - 7:00pm - Mon-Wed.
 5:00 - 8:00pm - Thursday

Where: South Garland East Gym

Attire: School-appropriate t-shirt, no crop tops or bra tops
 Athletic shorts or leggings
 Athletic shoes, black socks, or dance shoes (if you have them)
 Hair in a secure ponytail
 No jewelry of any kind, including nose rings, belly rings, earrings, necklaces, etc.

Agenda:

4/13/26	4/14/26	4/15/26	4/16/26
Review Drill Team technique Learn 1st ½ of routine	Review Drill Team technique Review 1st ½ of routine Learn 2nd ½ of routine	Review Drill Team technique Review tryout routine Receive Tryout #'s	Mock tryouts *Wear tryout attire (solid black for-fitting attire, make up, red lipstick, ponytail

Candidates: Returning GISD students - you must have been selected and been accepted to **South Garland HS** for the 2026-27 school year.
 New to GISD - Make sure you have contacted Student Services and have pre-enrolled for South Garland HS. Documentation is required.

To receive the points on your pre-score, all applications are **due by 5:00 pm on April 7th, 2026**.
 Application materials are to be complete and turned in before your participation in the tryout clinic week.

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

Tryout Day Dress Code

All candidates must wear:

- ★ Solid, form-fitting, black t-shirt (no visible logo) or 2-3" black tank, or long-sleeve
- ★ Solid black leggings
- ★ Black socks or black/skintone dance shoes: jazz or slipper (if you have them)
- ★ Supportive undergarments
- ★ Hair must be in a secure middle part, low ponytail, out of the candidate's face. To ensure uniformity, no hair bows, ribbons, or any other accessories will be permitted.
- ★ Natural makeup - with red toned lips and mascara or natural-looking eyelashes.
- ★ No jewelry allowed, including earrings, nose rings, necklaces, belly rings, bracelets, etc.
- ★ Fingernails - "sports" length, neutral color (french tip, clear, or nude)

Tryout Day Information

What: GISD Drill Team Tryouts

When: Saturday, April 18, 2026

1:00pm - 1:30pm

Warm-up in designated area

1:30pm - 2:30pm

Tryout time (could go longer if previous schools run late)

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; you might be "called back" for an additional round per the judges' discretion.

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

- Dancers arrive for warm-up at least half an hour before tryouts begin and warm up with future officers.
- The whole group of candidates will enter together and perform as a whole group to show the judges the material first.
- Dancers will then return to the holding area and wait for their group to be called.
- Once you finish with your group, wait for all groups to finish.
- Be prepared to return for callbacks if necessary.
- The Director, Mrs. McDowell, will release you when you are finished and free to go home.
- Results will be announced using your audition number, so save your number!
- We will use those numbers for a team photo at our first Meet & Greet event.

Times will be adjusted, as needed, once schools have a better understanding of how many dancers will be trying out.

Tryout Judging Criteria

*Please remember that judges will be looking for potential. Do your best, and they will see your passion, effort, and performance energy if you've worked hard during the clinic.

Here is an example of the judges scoresheet:

Category	Dance (50)			Kick (40)		Splits (10)		(100) Total
Candidate Number	(10) Memory	(20) Projection Energy	(20) Technique	(20) Technique / Stamina	(20) Height	(5) Right Split	(5) Left Split	
1								0
2								0
3								0
4								0
5								0
6								0
7								0
8								0
9								0
10								0

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

- a) Males- if hair is long, it must be in a neat and secure bun or ponytail. Facial hair should be neatly groomed.
- b) Females- Games/Performances: middle-part, low ponytail with curls, with rhinestone hair tie.
 - i) No eccentric or bright colored hair is allowed; nor hair jewelry/beads.
 - ii) Hair length must be at a danceable length without causing a distraction or harm to self/others.
- c) 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 ponytail or half up/half down style.
 - (2) Corn Rows must be styled in a way that will go into a 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 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.

2) Make-up Expectations

- a) Game Day: Natural make up
 - i) Football Games/ Pep Rallies: silver/black eye shadow, mascara, blush/bronzer, RED lipstick
 - ii) Parades: neutral eyeshadow, mascara, blush/bronzer, RED lipstick
- b) General Guidelines
 - i) Make-up must be age-appropriate and natural-looking. If you have any questions,
 - ii) please ask your director.
 - iii) Make-up must compliment the drill team uniform.
 - iv) Lashes should look natural and be of natural color and length (no longer than 9mm). 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) free of rhinestones or 3D embellishments.

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 and learn all routines for football season.
- 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 Band app to communicate. b) The calendar will be on 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 (preferably in Band App), 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 at the Director's discretion per the Fine Arts Handbook.

4) Outside Activities

- a) If the candidate makes the Drill Team, they must complete their commitment to the 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 unless given permission by the Director. The student will understand if their casting in roles/ dances is reduced due to split time commitments if it negatively impacts the team.
- c) The Drill Team member must work out the conflicts with both director/coaches and provide a conflict calendar PRIOR to the event.
 - i) ****THERE MUST BE A 50/50 SPLIT IN AFTER SCHOOL EVENTS BETWEEN TIME FOR 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.
 - ii) Missing practice due to lack of planning for a ride is not an excuse

6) Behavior

- a) Always use manners: “Yes, Ma’am” and “No, Ma’am” - be courteous to others
 - i) Show respect to everyone, teachers, and staff
 - ii) Receive critiques and directions in a respectful manner, regardless of the person’s level on the team to create a mutually respectful environment
- b) Look presentable and follow dress code during the school day
- c) Talk about the program and fellow dancers positively and with respect
- d) Your social media should be clean and appropriate at ALL times
- e) Take initiative to put merits in the “bank” before you need them!

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. You will receive accurate invoices after our 1st fitting once we know your personal total. There will be additional costs that arise throughout the year.

Payment	Date	Amount	Description
		*Sample based on <u>approx.costsofnew</u> team member	
#1	April 29th	\$300 (Cheddar Up, cash or money order)	Camp Fees/ Vendors
#2	June 2nd	\$200 (Cheddar Up, cash or money order)	Camp/Practice Gear
#3	July 15	\$200 (Cheddar Up, cash or money order))	Vendors
#4	August 4	\$200 (Cheddar Up, cash or money order)	Activity Fee - team-building, locker room/ pep rally needs, etc.

#5	September 1	\$168 or remaining balance (Cheddar Up)	Finalize Dues
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- **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. Members are also expected to return costumes clean with dry cleaning costs around \$80.**
- **Booster Club - Generally, Booster Clubs raise funds to provide food, gifts, apparel, etc. for members. If Booster is inactive/ doesn't receive support, parents will have to cover necessary costs like providing chips/snacks and Gatorades for football games.**

ADDITIONAL PURCHASES:

- **Team Shoes You will need to purchase all-white Nike Court Vision Lows or Court Vision- like (all-white Nike Borough Series or Air Force 1's also look similar) shoes on your own (cheapest at Nike outlet or search online). These will be our team shoes whenever we wear our warm-ups. You WILL WEAR YOUR SHOES TO CAMP so please purchase by July 20th.**

- **Team Lipstick/ Make Up**

You will need to purchase a bright red lipstick (not burgundy). You are required to wear lipstick for ALL performances and events.

- **Team Bonding: Sometimes the team will need money for food or meals for team bonding events if the Booster does not have the funds to cover. Please expect additional costs for Valentine's team bonding dinner, a Secret Santa gift exchange, craft supplies for team bonding (ie: pumpkin for pumpkin decorating, stickers or rhinestones for cowbell, etc.), and possible Big/ Little gifts.**

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 if our school is selected.

FOOTBALL

Varsity Drill Team members will attend all varsity games regardless of Benchings, injury, work schedule.

WINTERSHOWCASE

All members are required to perform in the Fine Arts Winter Showcase.

BASKETBALL

All team members are required to attend at least 3 Home games regardless of whether or not they made the routine we are performing that evening.

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, team-bondings, fundraisers, 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 5:00 pm on April 7th, 2026** to director McDowell.. Application materials are to be complete and turned in before your participation in tryout 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 ___ - 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.

_____ 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 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 _____

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, 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

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 _____ WorldDance Company _____

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

Candidate/Member:

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

_____ I understand that the judges' decision is final.

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

_____ I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.com)

_____ I have received, read and understand the financial obligation involved with being a member. I also understand that I will not receive any items, but I must still attend any events/performances, if I have not fulfilled my financial contract.

_____ I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by the teacher (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)

_____ 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 _____



Date _____

Dear Parent/Guardian,

I, the undersigned, hereby grant permission to Garland ISD to use my child's photograph, name, and likeness in connection with their participation in GISD Fine Arts.

I understand that the photographs and/or videos, along with my child's name and likeness, may be used in various promotional materials, including but not limited to:

- Printed materials, such as brochures and flyers
- Digital media, including the organization's website, billboards and social media platforms
- Press releases and other public relations efforts

I acknowledge that using my child's photograph, name, and likeness is voluntary and that no compensation will be provided for such use. I further understand that once the materials are publicly available, Garland ISD cannot control their use by individuals or entities unrelated to the organization.

Garland ISD Release

By signing this release form, I acknowledge that I have read and understood its contents and agree to the terms outlined herein.

Student's Name(s)

Parent/Guardian Signature

Date

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

2026

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
1. Have you had a medical illness or injury since your last check up or physical?	<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"/>
3. Have you ever had prior testing for the heart ordered by a physician? Have you ever passed out during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or of sudden unexplained death before age 50? Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm? Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? If yes, how many times? _____ When was your last concussion? _____ How severe was each one? (Explain below) Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs or feet? Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>
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"/>

	Yes	No
13. Have you ever gotten unexpectedly short of breath with exercise? Do you have asthma? Do you have seasonal allergies that require medical treatment?	<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"/>
15. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below:	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Head <input type="checkbox"/> Elbow <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> Forearm <input type="checkbox"/> Thigh <input type="checkbox"/> Back <input type="checkbox"/> Wrist <input type="checkbox"/> Knee <input type="checkbox"/> Chest <input type="checkbox"/> Hand <input type="checkbox"/> Shin/Calf <input type="checkbox"/> Shoulder <input type="checkbox"/> Finger <input type="checkbox"/> Ankle <input type="checkbox"/> Upper Arm <input type="checkbox"/> Foot		
16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>

Females Only 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? _____

Males Only 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? _____

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.

EXPLAIN "YES" ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

For School Use Only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION – PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____/_____/_____ (_____/_____, ____/_____)
brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's **MEDICAL HISTORY FORM** on the reverse side. * **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only) if indicated			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____
 Address: _____
 Phone Number: _____
 Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/ games/matches.



CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student _____

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.
 –Follow the rules of play.
 –Make sure the required protective equipment is worn for all practices and games.
 –Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

- (1)the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student 's parent or guardian or another person with legal authority to make medical decisions for the student;
- (2)the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3)the treating physician has provided a written statement indicating that, in the physician 's professional judgment, it is safe for the student to return to play; and
- (4)the student and the student 's parent or guardian or another person with legal authority to make medical decisions for the student:

(A)have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;

(B)have provided the treating physician 's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and

(C)have signed a consent form indicating that the person signing:

(i)has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;

(ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;

(iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician 's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and

(iv)understands the immunity provisions under Section 38.159.

 Parent or Guardian Signature

 Date

 Student Signature

 Date



SUDDEN CARDIAC ARREST (SCA) AWARENESS FORM

The Basic Facts on Sudden Cardiac Arrest

Website Resources:

American Heart Association:
www.heart.org

Lead Author: Arnold Fenrich, MD
and Benjamin Levine, MD

Additional Reviewers: UIL Medical
Advisory Committee

Revised 2016

What is Sudden Cardiac Arrest?

- > Occurs suddenly and often without warning.
- > An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- > The heart cannot pump blood to the brain, lungs and other organs of the body.
- > The person loses consciousness (passes out) and has no pulse.
- > Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

- > **Inherited** (passed on from family) conditions present at birth of the heart muscle:
 - > **Hypertrophic Cardiomyopathy** - hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.

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-compactness Cardiomyopathy - a condition where the heart muscle does not develop normally.

Wolf-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.

Mycocarditis - infection or inflammation of the heart, usually caused by a virus.

Recreational/Performance-Enhancing drug use.

Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- > Fainting/blackouts (especially during exercise)
- > Dizziness
- > Unusual fatigue/weakness
- > Chest pain
- > Shortness of breath
- > Nausea/vomiting
- > Palpitations (heart is beating unusually fast or skipping beats)
- > Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

- > Time is critical and an immediate response is vital.
- > **CALL 911**
- > **Begin CPR**
- > **Use an Automated External Defibrillator (AED)**

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL Pre-Participation Physical Evaluation - Medical History form includes ALL 14 of these important cardiac elements and is mandatory annually.

What are the current recommendations for screening young athletes?

The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.

It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.

The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.

Are there additional options available to screen for cardiac conditions?

Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.

When should a student athlete see a heart specialist?

If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.

Can Sudden Cardiac Arrest be prevented just through proper screening?

A proper evaluation (Preparticipation Physical Evaluation - Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.

Why have an AED on site during sporting events

The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).

Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:

- > An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium
- > All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED.

> Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.

The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 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 _____

Canvas Course/BandApp Information

We are so excited to see you at our Prep Classes and Tryout Clinics: If you would like online access to our forms, you can enroll in my Canvas course:
<https://garlandisd.instructure.com/enroll/RFMDMH>

The best way to stay up to date with all information is to join our Band App for all "Hopeful" Members. This will be the same app that we will use for communication once you make the team:

<https://band.us/n/a4a5bdY7rfu5X>

