



**SELLERS
LEADERSHIP
MAGNET
CHEERLEADING
TRYOUT PACKET**

2026-2027

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Dear Parents and Guardians of Cheerleader Candidates,

Your child has expressed an interest in becoming a member of the Sellers Middle School 7th or 8th-grade cheerleading squad for the 2026-2027 school year. If selected, there will be certain personal and financial responsibilities and obligations that your child must assume to qualify and remain a member in good standing.

Participation in the GISD cheerleading program entails both a significant time commitment and financial investment. Each cheerleader is expected to meet all financial responsibilities identified by their specific campus. This packet contains all of the information that you will need to know before deciding on whether or not to allow your child to try out to be a cheerleader. We hope that you, as a parent/guardian of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader here at Sellers. We expect that after reading through this packet with your child, you will discuss the expectations and obligations of being a Sellers MS cheerleader.

Being a cheerleader makes your child a leader in our school. We believe our school and our students are “Better than the Best!” and we expect the cheerleaders to set good examples of student conduct at all times. We want our cheerleaders to be exemplary citizens exhibiting high moral and academic standards. We have set forth guidelines that will make our cheerleaders role models in our building. Our organization helps students form friendships, improve communication skills, and develop leadership skills that will prove to be beneficial later in life.

A MANDATORY parent and candidate informational meeting will be held on Monday, February 24th, 2025, at 6:00 p.m. in the library to go over the tryout process and discuss any questions you may have. All potential candidates, as well as a parent or guardians, are required to attend unless prior arrangements have been made with the sponsor. We wish all candidates the best of luck. Please read this packet carefully and be sure you fully understand each rule and procedure BEFORE signing. The last pages of this packet must be signed and returned by 4:10 PM on Monday, March 6th, 2026. You may not participate without all forms submitted.

No applications will be accepted after Monday, March 6th, 2026. There will be NO exceptions!

Eriya Hobbs

Matthew Love

Sponsor

Assistant Principal

Important Dates - Important Dates - Important Dates

| When | Where | What |
|--|---|--|
| February 19th 2026 Monday 5:30pm | Library | Mandatory Informational Meeting All candidates and at least one parent/guardian must attend in order to tryout for Cheer |
| March 6th, 2026 Friday | Coach Hobbs Classroom | Tryout Packet Due by 4:10pm |
| March 9th, 2026 - March 26th 2026 Monday-Thursday 4:10pm - 6:00pm | Practice Gym | Mandatory Tryout Clinic Attendance Taken at 4:19pm M - W: school-appropriate t-shirt & athletic shorts with athletic shoes Tryout numbers will be drawn on Wednesday Mock tryouts on Thursday (wear tryout attire) |
| March 28th, 2026 Saturday 1:00pm - Until | Garland High School 310 S. Garland Ave. Garland, TX 75041 | Cheer Tryouts Solid white t-shirt & black shorts with white athletic shoes |
| April 6th, 2026 Monday 6:00pm | Cafeteria | Mandatory MADE IT! Meeting 2026-2027 Cheerleaders and at least one Parent/Guardian must attend Get reusable attire approved by respective coach Payment #1 due (Cash/M.O.) - \$550 By May 1st 2026 |
| April 6th, 2026 Monday 6:30pm - Until | Cafeteria | Fittings Mandatory for all squads Parents/Guardians will not be permitted to enter the fitting area during fittings |
| June 8th, 9th, 10th, 11th 2026 9:00am - 3:00pm | Comp Gym | Summer Bootcamp (Mandatory) Packet Items will be passed out during this time. Cheerleaders are asked to wear black and white with white cheer shoes. |
| June 11th 2026 | Comp Gym | Media Day Cheerleading Uniform/ Professional Attire Cost: \$60.00 2 Poses, 1 Group Photo, and Team Video |
| July 8-10 2026 Wednesday-Friday 9:00am - 3:00pm | Garland HS | GISD Cheer Camp 2026-27 Cheerleaders Parents may attend show-offs/awards on the final day of camp |
| February 2027 | Garland, TX | GISD Middle School Cheer Classic |

****The cheer calendar is subject to change.**

Tryout Clinic Information

What: Clinic - Tryout material will be taught

When: Monday, March 9th, 2026 - Thursday, March 25th, 2026
4:10 - 6:00pm

Where: Sellers Middle School Comp Gym

Attire: School-appropriate t-shirt, no crop tops or bra tops
Athletic shorts
Athletic shoes
Hair in a secure ponytail
No jewelry of any kind, including nose rings, belly rings, earrings, necklaces, etc.

Agenda:

| 3/9/2026 - 3/12/2026 | 3/16/2026 - 3/20/2026 | 3/23/2026 - 3/25/2026 | 3/26/26 |
|--|------------------------------------|---|--|
| Jumps Motions Learning the cheer Learning the dance | Spring Break Independent Review | Review cheer technique Review chant Review dance Review cheer Draw for tryout numbers | Mock tryouts *Wear tryout attire (solid white t-shirt, black athletic shorts, white athletic/cheer shoes) |

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

To receive the points on your pre-score, all applications are **due by 4:10 pm on March 6th, 2026** to Coach Hobbs (RM 115). Application materials are to be completed and turned in before you participate in clinics.

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

Tryout Day Dress Code

All candidates must wear:

- ★ Solid white t-shirt (no visible logo), shirts should be tucked in
- ★ Solid black shorts
- ★ White socks
- ★ White athletic or cheer shoes
- ★ Supportive undergarments
- ★ Hair must be in a secure high ponytail, out of the candidate's face. To ensure uniformity, no hair bows, ribbons, or any other accessories will be permitted.
- ★ Natural makeup - at the very least 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 Cheer Tryouts

When: Saturday, March 28, 2026
1:00pm - 1:45pm 1:45pm Warm-up in designated area
- 3:00pm Tryout time

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

These tryouts are closed to the public. No parents or friends will be allowed in the building at any time during tryouts. No exceptions. Candidates do not leave until they are dismissed.

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

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

Tryout Sequence of Events

The whole group of candidates will enter together and perform as a whole group to show the judges the material first.

TUMBLING

Groups will enter the gym and line up on the short end of the mat. Each candidate will be asked if they have tumbling skills to demonstrate. Afterwards, students will line up in numerical order in the middle of the mats.

INDIVIDUAL JUMPS:

Once the nod has been given, the candidate should do whatever jump they wish to do first and then wait for a nod before doing their second jump and then their third jump, giving the judges time to score each jump. Each high school candidate must perform a toe touch, a right hurdler, a left hurdler, and a jump of their choice. The jump of their choice can include, but is not limited to, a jump that they have already performed.

GROUP DANCE AND CHEER:

Once the nod has been given, the school representative should start the music for the dance. The cheer will have a section(s) incorporating a jump(s) and/or tumbling. Candidates will be scored based on difficulty and execution. Candidates will also be judged on their smile, motion technique and voice projection during this time.

CALL BACKS

This year call backs will be added to our cheer tryout procedures. Students cannot leave the tryout area until the decision has been made regarding call backs.

Tryout Judging Criteria

| Tumbling 10 pts. | Jumps | Incorporation 10 pts. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|----------------------------------|---|-----------|-----|-----------|-----|---------------|---|-----------------|---|-------------------------|---|-------------------------|---|---------------------|---|-----------------------------|----|------------------------|--|-----|------------------------|-----|------------------|------|------------------------|--|---|------------------|---|-----------------|---|-----------------|---|----------------|---|---|---|--|---|-----------------------|---|-----------|---|-----------|---|------------------------------|----|------------------------------|
| <p><small>*If a skill is not executed properly, then points may be deducted into a lower scale</small></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">0</td><td style="text-align: center;">None</td></tr> <tr><td style="text-align: center;">1</td><td style="text-align: center;">Cartwheel</td></tr> <tr><td style="text-align: center;">1-2</td><td style="text-align: center;">Round off</td></tr> <tr><td style="text-align: center;">3-4</td><td style="text-align: center;">Round off BHS</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">Round off 2 BHS</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Series 3 or more BHS</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Round off BHS back tuck</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Series to back tuck</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Layout or whip to back tuck</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Full or specialty full</td></tr> </table> | 0 | None | 1 | Cartwheel | 1-2 | Round off | 3-4 | Round off BHS | 5 | Round off 2 BHS | 6 | Series 3 or more BHS | 7 | Round off BHS back tuck | 8 | Series to back tuck | 9 | Layout or whip to back tuck | 10 | Full or specialty full | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">1-3</td> <td style="text-align: center;">Below level jumps ^</td> </tr> <tr> <td style="text-align: center;">4-6</td> <td style="text-align: center;">Level jumps —</td> </tr> <tr> <td style="text-align: center;">7-10</td> <td style="text-align: center;">Above level jumps v</td> </tr> </table> <p style="text-align: center;">Toe touch- 10 pts. Right Hurdler/Herkie- 10 pts. Left Hurdler/Herkie- 10 pts.</p> | 1-3 | Below level jumps ^ | 4-6 | Level jumps — | 7-10 | Above level jumps v | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">0</td><td style="text-align: center;">No incorporation</td></tr> <tr><td style="text-align: center;">1</td><td style="text-align: center;">Other jump poor</td></tr> <tr><td style="text-align: center;">2</td><td style="text-align: center;">Other jump good</td></tr> <tr><td style="text-align: center;">3</td><td style="text-align: center;">Toe touch poor</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">Toe touch good Double toe touch poor</td></tr> <tr><td style="text-align: center;">5</td><td></td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">Double toe touch good</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">Tuck poor</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">Tuck good</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">Back handspring to tuck poor</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">Back handspring to tuck poor</td></tr> </table> | 0 | No incorporation | 1 | Other jump poor | 2 | Other jump good | 3 | Toe touch poor | 4 | Toe touch good Double toe touch poor | 5 | | 6 | Double toe touch good | 7 | Tuck poor | 8 | Tuck good | 9 | Back handspring to tuck poor | 10 | Back handspring to tuck poor |
| 0 | None | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Cartwheel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-2 | Round off | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3-4 | Round off BHS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Round off 2 BHS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Series 3 or more BHS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Round off BHS back tuck | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Series to back tuck | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Layout or whip to back tuck | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Full or specialty full | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1-3 | Below level jumps ^ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4-6 | Level jumps — | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7-10 | Above level jumps v | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0 | No incorporation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Other jump poor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Other jump good | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Toe touch poor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Toe touch good Double toe touch poor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Double toe touch good | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Tuck poor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Tuck good | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 10 | Back handspring to tuck poor | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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

Cheer Standard of Uniformity

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

1) Hair Expectations

a) Male Cheerleaders - if hair is long, it must be in a neat and secure bun or ponytail. Facial hair should be neatly groomed.

b) Female Cheerleaders

General Guidelines

- i) Hair must be pulled back completely and tightly secured and not fall or become loose while performing
- ii) cheer activities, i.e. stunting, jumping, tumbling.
- iii) Hair must not have wisps/loose hair falling around the face.
- iv) Bows will be worn at every performance or event, regardless of hair length, and must be facing forward and pinned.
- v) A braid or twist leading into the ponytail is not permitted.
- vi) Extensions must be blended and be the same color as your natural hair.
Braids must be able to be styled in the required hairstyles.
 - (1) Box braids are ideal for hair to be pulled back into a high ponytail or half up/half down style.
 - (2) Corn Rows must be styled in a way that will go into a high ponytail or half up/half down style, depending on what the coach has requested for that week's events.
- vii) Sew-in or quick weaves must be able to be pulled back into a high ponytail or half up/half down style
- viii) depending on what the coach has requested for that week's events.
- ix) No wigs will be allowed (ex. Medical).
- x) No unnatural hair color will be allowed at performances/events. If you are unsure please ask your coach first.
Beads worn in hair are permitted, if they are worn in a manner that does not interfere with the safe execution of stunting or tumbling. The beads must be school colors (clear, royal blue, goldenrod, white).

2) Make-up Expectations

a) General Guidelines

- i) Make-up must be age-appropriate and natural-looking. If you have any questions,
- ii) please ask your coach.
- iii) Make-up must complement the Cheer uniform.
- iv) Lashes should look natural and be of natural color and length (no longer than 9mm).
Lip color should be a red shade that complements your skin tone.

3) Fingernail Expectations

a) Nails must be a "sports length" throughout the year.

b) For practices, games, performances, and competitions, nails must be a neutral color (French tip, clear, or nude).

4) Jewelry Expectations

- a) Jewelry is not permitted during practices, games, performances, and competitions. This includes but is not limited to: earrings, nose rings, necklaces, belly rings, bracelets, rings, and anklets.
- b) Band-aids will not be used to cover piercings. Members may use spacers and should schedule fresh piercings around the cheer calendar.

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

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

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

Cheer Expectations

1) Cheer Camp

- a) Camp is mandatory for all members of Cheer. 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 Cheer and their parents/guardians are expected to use the sportsyou app to communicate.
- b) The calendar will be on Sportsyou. Members and their parents/guardians will be expected to check the calendar regularly.

3) Attendance

- a) Members of Cheer are expected to notify their coach **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 cheer squad, they must complete their commitment to cheerleading before being released to any other activity they will be participating in. (This includes all-star cheer and/or jobs).
- b) The cheerleader must work out the conflicts with both coaches and provide a conflict calendar PRIOR to the event.
 - i) ****THERE MUST BE A 50/50 SPLIT IN AFTER SCHOOL EVENTS BETWEEN TIME FOR CHEER AND THE SPORT/SCHOOL-SPONSORED CLUB/ORGANIZATION.**
 - ii) Communication must be initiated by the cheerleader.

5) Transportation

- a) All members are expected to travel to and from games/competitions/performances/events by parents' vehicle unless a school bus is provided.
- b) All members are to be picked up from the school after games/competitions/performances/events no later than 15 minutes after being dismissed. Please 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.

Cheer Estimated Costs

The estimated cost of cheerleading is for one year and varies for each squad, as well as years of involvement. The costs will can be broken down into multiple payments, and all payments are non-refundable. Every effort has been made to keep the cost to a minimum. However, there will be additional costs that arise throughout the year.

| Payment | Date | Amount (will vary by squad, but should not exceed the number shown) | Description |
|----------------|-----------------|---|---|
| #1 | April 6th, 2026 | \$550 (cash or money order only) | Camp/practice gear etc |
| #2 | May 1st, 2026 | Last day to make payments. All payments must be made by 4:10pm | Camp/Practice Gear - backpack, cheer shoes, bows, briefs, sports bras, 3 shorts, 3 shirts, socks, water jug, poms |

- **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 cheerleader is responsible for all alterations needed, as well as any damages to the uniforms that may have occurred throughout the year.**

GISD Cheering Activities

In accordance with UIL rules, middle school cheerleading squads are only permitted to cheer at one contest per school week. It would not be a violation for cheerleaders to cheer at a double header (two contests at the same site on one school night) or to participate in a pep rally prior to a contest and also lead cheers at the contest even though both occur during the school week. Monday, Tuesday & Wednesday night and weekend contests do not count toward the one contest per week rule.

CHEERLEADER COMPETITION

The expectation is that all cheerleaders will participate in competition. Failure to commit and participate in competition(s) will result in removal at semester. Tryouts may be held to determine competition groups etc.

PARADES

Participation in the homecoming parade is mandatory.

FOOTBALL

- A. 7th/8th cheerleaders` will cheer at all games.
- B. Cheerleaders may be asked to cheer at additional games at the discretion of the campus.

BASKETBALL

- A. All district varsity boys and girls games should be covered. Squad assignments will be at the discretion of the campus administration and the sponsor.
- B. Exceptions to the above rules are as follows:
 - a. Only home games on Monday through Thursday nights.
 - b. No cheering during the holiday break.
- C. Playoff games should be covered.

OTHER ACTIVITIES

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

Cheer Candidate Checklist

Candidate Name:

To receive the points on your pre-score, all applications are **due by 4:10 pm on March 6th, 2023** to Coach Hobbs(rm 115). Application materials are to be complete and turned in before you participate 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.

_____ Cheer Candidate Checklist

_____ GISD Cheerleader Application

_____ Social Media Contract and Picture/Video Form

_____ GISD Handbook Signature Pages

_____ 1st Semester & 3rd Cycle Grades

_____ 250 Word Essay on "Why I want to be a Sellers Cheerleader"

_____ Teacher Recommendations (3 Core Subject Teachers)

_____ 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 CheerApplication

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

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

Student Signature _____

Parent/Guardian _____

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

Parent/Guardian _____

Social Media Contract

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

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

Parent Signature

Date

Cheerleader's Signature

Date

Video, Image, and Audio Release Form

I _____ parent/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
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 _____ **WorldDance Company** _____

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

Candidate/Member:

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

_____ I understand that the judges' decision is final.

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

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

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

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

_____ I have received, read and understand that I must pass all of my classes, with the exception of waived classes, to be eligible to perform. (Refer to TEA/UIIL Regulations).

_____ I have read and understand my behavior and conduct will be held to a higher standard on this team, both in and out of school.

_____ I have read and understand that I am required to attend all mandatory practices, performances, contest(s), and events. An unexcused absence will receive consequences 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/coach. A cleaning receipt attached to the uniform may be required.

Legal Parent/Guardian:

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

_____ I understand the judges' decision is final.

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

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

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

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

_____ I have received, read and understand that my student must pass all classes, with the exception of waived classes, to be eligible to perform. (Refer to TEA/UIL Regulations).

_____ I have read and understand that my student's behavior and conduct will be held to a higher standard on this team, both in and out of school.

_____ I have read and understand that my student is required to attend all mandatory practices, performances, contest(s), and events.

_____ I understand that my student is required to ride to and from all events and performances on school transportation with their team. All members are to be picked up from the school after games/competitions/performances/events no later than 20 minutes after being dismissed by the teacher.

_____ I understand and agree to the Standard of Uniformity (hair, makeup, and nails) that was established by a committee within the Fine Arts group.

_____ I understand that GISD Fine Arts groups will take precedence over any outside non-district group. This includes rehearsals and performances.

_____ I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.

Candidate/Member Printed Name _____

Candidate/Member Signature _____

Date _____

Legal Parent/Guardian Printed Name _____

Legal Parent/Guardian Signature _____

Date _____

Teacher Recommendation Form

Instructions: Each prospective cheerleader is required to have this form completed and signed by **three (3) of their current teachers in order to try out.** The purpose of this recommendation form is to assess the student's character, academic standing, and overall suitability for the cheerleading program.

Students Information

Student Name: _____

Grade Level: _____

Date: _____

Teacher Information

Teacher's Name: _____

Subject : _____

Rating Scale (1 = Needs Improvement, 2 = Fair, 3 = Satisfactory, 4 = Good, 5 = Excellent)

1. Academic Performance: 1 2 3 4 5
2. Classroom Behavior/Conduct: 1 2 3 4 5
3. Work Ethic/ Responsibility: 1 2 3 4 5
4. Punctuality/Attendance: 1 2 3 4 5
5. Respect for Authority/Peers: 1 2 3 4 5

Additional Comments (Please include specific feedback or examples):

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3. Work Ethic/ Responsibility: 1 2 3 4 5
4. Punctuality/Attendance: 1 2 3 4 5
5. Respect for Authority/Peers: 1 2 3 4 5

Additional Comments (Please include specific feedback or examples):

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Instructions: Each prospective cheerleader is required to have this form completed and signed by **three (3) of their current teachers in order to try out.** The purpose of this recommendation form is to assess the student's character, academic standing, and overall suitability for the cheerleading program.

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Date: _____

Teacher Information

Teacher's Name: _____

Subject : _____

Rating Scale (1 = Needs Improvement, 2 = Fair, 3 = Satisfactory, 4 = Good, 5 = Excellent)

1. Academic Performance: 1 2 3 4 5
2. Classroom Behavior/Conduct: 1 2 3 4 5
3. Work Ethic/ Responsibility: 1 2 3 4 5
4. Punctuality/Attendance: 1 2 3 4 5
5. Respect for Authority/Peers: 1 2 3 4 5

Additional Comments (Please include specific feedback or examples):

| What are the current | Are there additional options | Can Sudden Cardiac Arrest be prevented just through proper | Ø |
|---|--|--|---|
| <p>The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history. It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.</p> <p>The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 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.</p> | <p>Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.</p> <p>If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.</p> | <p>A proper evaluation (Preparticipation Physical Evaluation - Medical History) 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 are difficult to uncover and may only develop later in life! Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.</p> <p>The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).</p> <p>Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:</p> <ul style="list-style-type: none"> Ø AED must be available on school property within a reasonable proximity to the athletic field or gymnasium Ø All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED. | <p>Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.</p> <p>system while the AED is being retrieved.</p> <p>I certify that I have read and understand the above information.</p> <p>Parent/Guardian Signature _____</p> <p>Parent/Guardian Name (Print) _____</p> <p>Date _____</p> <p>Student Signature _____</p> <p>Student Name (Print) _____</p> <p>Date _____</p> |

PREPARTICIPATION PHYSICAEVALUATION- M EDICAL 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.

| | |
|--|--|
| <p>1. Have you had a medical illness or injury since your last check up or physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Have you been hospitalized overnight in the past year? Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>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 heart beats? 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? 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?</p> | <p>4. Are you missing any paired organs? 6. Are you under a doctor's care? 7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? 8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? 9. Have you ever been dizzy during or after exercise? 10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? 11. Have you ever become ill from exercising in the heat? Have you had any problems with your eyes or vision?</p> |
|--|--|

| | |
|---|--|
| <p>13. Have you ever gotten unexpectedly short of breath with exercise? Do you have asthma? Do you have seasonal allergies that require medical treatment?</p> <p>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)?</p> <p>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:</p> | <p>16. Do you want to weigh more or less than you do now? 17. Do you feel stressed out? 18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?</p> |
|---|--|

| | | |
|------------------------------------|----------------------------------|------------------------------------|
| <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 | |

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? _____

An electrocardiogram (ECG) is not required. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.

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

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

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

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

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

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