

HUDSON CHEER

TRYOUTS

MANDATORY PARENT MEETING

TUESDAY MARCH 3RD

5:30-6:30

Questions? See Mrs. Wilson in D26 or Ms. Reyes in C11





Hudson Middle School

Cheerleading

2026-2027

Tryout Packet

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Hudson Middle School

Cheerleading Rules and Guidelines

Expectations

The Hudson Middle School Cheerleading Program has a rich tradition of producing athletes who succeed academically, excel on the field, and exhibit exemplary citizenship. Consequently, all members selected to represent our school are held to the highest of standards. In addition to adhering to the rules outlined in the GISD Fine Arts Handbook, members of our squad must also abide by the expectations set forth by our campus administrators and sponsors in the HMS Cheerleading Rules and Guidelines.

Eligibility

In order to be eligible to try out, students must meet certain behavioral standards. If a student has two or more office referrals for misconduct, disregard for authority, mistreatment of others, etc., he/she will NOT be allowed to try out. Once making the squad, the same standards will continue to apply.

Respect

The success of our program is dependent on one thing- respect. Respect for rules, respect for self, respect for others, respect for time, and respect for our mission and purpose. This respect must be mutual from coach, parents, and athlete.

Attendance

Unexcused absences from practices and games result in demerits. Absences are only excused for the following: personal illness with a doctor's note, death in family, illness in family that required out of town travel, funeral, approved college days, mandatory court appearance, and religious holidays. Cheerleaders are expected to stay for the duration of all cheer activities.

Punctuality

Cheerleaders are expected to be at all practices, games, and events at the time specified by the sponsor. Arriving late will result in demerits.

Uniformity

All members of the squad are required to wear what the sponsor/head cheerleader designates to practice and on game days, including hair style and bow. Failure to do so will result in demerits

·Nails should be worn in a "sports length", nails should be barely visible from palm angle. Acceptable colors: clear, French, or neutral

Conduct

Online

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

Excessive amounts of postings during the school day and posting updates in the middle of the school day is unacceptable and will be considered if a principal/teacher review takes place. Messages, Snapchats, 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.

Social media posts that contain negative commentary about Hudson Middle School or that do not reflect positively on the campus are also subject to disciplinary action(s). Any question of appropriateness will be decided by the principal and sponsor/coach.

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GISD Fine Arts Handbook Link:

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

Paperwork:

All required paperwork must be turned in by 4:00 pm on March 12 (no exceptions)

7th Grade-Coach Wilson D26

8th Grade-Coach Reyes C11

Physical Evaluation (form attached to packet):

Pre-Participation Physical Evaluation – Medical History Form. Please notice that you are **NOT** required to have a physical exam unless you answer **yes to questions 1, 2, 3, 4, 5, or 6**. If none of these apply, you only need to turn in the first page for tryouts.. If you answer yes to any of these questions, you must have a physical exam from a physician and must turn in **both** pages of the form.

(candidate CANNOT attend clinic without form)

UIL Concussion Acknowledgment Form (form included in packet):

The understanding of sports-related concussion has evolved dramatically in recent years. Please read the following form acknowledging that you have reviewed the protocols in place for preventing, treating and returning to play after a concussion.

Camp:

- Cheerleading camp is mandatory.
- We will be attending camp at Garland High School
 - Garland High School July 8-10 from 9am-3pm.
- Transportation is not provided by GISD.
- Cheerleader needs to bring water bottle.
- Snacks and/or meals will be determined by the coach(s) taking over the program.

Expenses:

Cheerleaders are responsible for purchasing the required camp wear and the cost of cheerleading camp. Varsity camp wear fitting will be held on **TBD**

The cheerleader and a parent **must** be present for the fitting.

All practice/camp wear fees must be paid online to Varsity by **TBD. No exceptions!**

***Payments not turned in on time could result in removal from the squad.

Important Dates for HMS Cheerleading Tryouts

March 3, 2026: Parent & Candidate Meeting in the Cafeteria

- 5:30 - 6:30 pm
- A parent/guardian must attend the meeting unless PRIOR arrangements are made with the coach.
- Required paperwork will be distributed.

March 12, 2026: Cheer Interest Form/Paperwork Due

- 8th grade candidates - turn into Ms. Reyes room C-11
- 7th grade candidates - turn into Mrs. Wilson room D-26

March 24, 2026 : Mandatory Tryout Clinic

- 4:30 - 6:00 pm in big gym
- Pre-participation form/physicals MUST be turned in by this date or candidate cannot attend clinic.
- Candidates will learn tryout dance and cheer.
- Attire:athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail
- If you exit the building for any reason you will not be allowed back into the building.

March 26, 2026: Mandatory Mock Tryout Clinic

- 4:30 -6:30 pm in big gym
- Candidates will practice the sequence of tryouts.
- Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail .
- If you exit the building for any reason you will not be allowed back into the building.

March 28, 2026: Tryouts at Garland High School (10:30 am)

- Must be wearing a solid white shirt, white shoes, and hair pulled back.

-7th Grade Wears Red Shorts -8th Grade Wears Black Shorts,

-(NO BOWS, NO Spandex as shorts/ NikePro Shorts)

- Warmup 10:30
- Tryouts 11:00
- Results posted in tryout Canvas by Monday, March 30

March 31, 2026: Parent Meeting for new 2026-2027 Cheerleaders

C-11

Tryout Clinics Information

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- 4:30 - 6:00 pm in big gym
- Pre-participation form/physicals **MUST** be turned in by this date or candidate cannot attend clinic.
- Candidates will learn tryout dance and cheer.
- Attire:athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail
- If you exit the building for any reason you will not be allowed back into the building.

March 26, 2026: Mandatory Mock Tryout Clinic (Mock Tryouts)

- 4:30 -6:30 pm in big gym
- Candidates will practice the sequence of tryouts.
- Attire: athletic wear of any kind, athletic shoes (no crop tops, spaghetti straps or spandex shorts - no jewelry of any kind or gum) hair pulled back in ponytail .
- If you exit the building for any reason you will not be allowed back into the building.

Candidates:

- Returning GISD students - you must have been selected and been accepted to Hudson for the 2025-26 school year.
- New to GISD - Make sure you have contacted Student Services and have pre-enrolled for Hudson MS . Documentation is required.

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 Sequence of Events

- Full Group Performance of dance & cheer (non-scored)
- Individual Tumbling
- Individual Jumps
- Group Dance (in group of 3)
- Group Cheer (in group of 3)

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 ATTIRE

Must be wearing a solid white shirt, white shoes, and hair pulled back.

-7th Grade Wears Red Shorts -8th Grade Wears Black Shorts.

(NO BOWS, NO Spandex shorts/Nike Pro shorts)

What we are looking for at HMS cheer:

7th Grade:

-Must be loud & have sharp motions.

-Must have correct placement of motions.

(Specifically in the wrists and fists)

-Will be judged off of a left & right herkie and a toe touch

-must know material (choreography of dance & words and motions to cheer)

8th Grade:

-Must be loud & have sharp motions

-Must have correct placement of motions

(Specifically in the wrists and fists)

-Will be judged off of a left & right herkie and a toe touch

-Round off rebound recommended

-must know material (choreography of dance & words and motions to cheer)

Coaches will go off of the natural break of scores and will determine the number of athletes on each squad. Each grade level may have a maximum of 12 cheerleaders.

Tryout Judging Criteria

Tumbling 10 pts.		Jumps		Incorporation 10 pts.	
*If a skill is not executed properly, then points may be deducted into a lower scale					
0	None	1-3	Below level jumps Λ	0	No incorporation
1	Cartwheel	4-6	Level jumps —	1	Other jump poor
1-2	Round off	7-10	Above level jumps V	2	Other jump good
3-4	Round off BHS			3	Toe touch poor
5	Round off 2 BHS			4	Toe touch good
6	Series 3 or more BHS			5	Double toe touch poor
7	Round off BHS back tuck			6	Double toe touch good
8	Series to back tuck			7	Tuck poor
9	Layout or whip to back tuck			8	Tuck good
10	Full or specialty full			9	Back handspring to tuck poor
				10	Back handspring to tuck poor

Toe touch- 10 pts.

Right Hurdler/Herkie- 10 pts.

Left Hurdler/Herkie- 10 pts.

Dance		Spirit		Cheer	
Motion Technique 10 pts.		Spirit/Enthusiasm 10 pts.		Motion Technique 10 pts.	
1-3	Motion levels off, lacking in sharpness, missed motions	1-5	No energy/No smile/ No spirit	1-3	Motion levels off, lacking in sharpness, missed motions
4-7	Average motion levels, needing more sharpness	6-10	Energetic/Smiling/ Loud spiriting	4-7	Average motion levels, needing more sharpness
8-10	Good motion levels, sharp, exhibits individuality			8-10	Good motion levels, sharp, exhibits individuality
Timing 10 pts.				Voice Projection 10 pts.	
1-3	Timing off throughout			1-3	Soft/speaking words
4-7	Ok timing			4-7	Saying words loudly/yelling words without enthusiasm
8-10	Good timing with group			8-10	Yelling words with enthusiasm

Payment Schedule

<i>Payment Details</i>	<i>Amount Due:</i>	<i>Due Date:</i>
Practice & Camp Wear- paid online to VARSITY	\$465	April 24
	TOTAL	\$465

Camp Wear Package:

- 1 Black Shirt
- 1 Pink Shirt
- 1 Gray Shirt
- 1 Game Day Jersey
- 1 Pair of Black Shorts
- 1 Pair of Red Shorts
- 1 Pair of Spandex
- 1 Sublimated Bow
- 1 Personalized Backpack
- 1 Warm Up Suit (pants & jacket)
- 1 Pair of Red Lined Socks

Cheerleader Responsibility:

- All white cheer shoes
- Black and white sports bras
- Solid white no show socks

Do Not Print

Important Dates for Cheerleading Members

If you make a team please note the following dates:

March 31, New Cheerleader and Parent Meeting

5:30 in the Cafeteria

- Cheerleader Expectations
- 1st Team Photo (Wear a white top and jeans)

April 7, 2026 in C-11

7th grade: 5pm

8th grade: 5:30pm

- Physicals Due
- Campwear Fittings (Varsity)
- Payment Portal Closes 4/17

TBD

8th grade: 5 pm

7th grade: 5:30 pm

- TL uniform fittings

CAMP

July 8-10, 9 am -3pm GISD Camp at Garland High School

Do Not Print