

Naaman Forest High School Cheer



2026-2027 Tryout Packet

Tryout forms are due by March 27th @3:00pm.

Coach/Mentor: Nadia Chatman-
NMChatman@garlandisd.net

MANDATORY EVENTS:

****Attendance will determine eligibility to participate for all events listed. Dates, times, and locations are subject to change.**

February 23rd-Parent/Student Interest Meeting 5:30-6:30pm

March 9th- Parent/Student Interest Meeting 5:30-6:30pm

March 27th- Signed Tryout Packet and forms due by 3:00pm.

April 8th-10th- NFHS Cheer Tryout Clinic. NFHS Gym

April 8th-9th- 4:30-6:30pm

April 10th- 4:30-6:00pm

April 11th- GISD Tryouts- 7:00am at Garland HS.

April 27th- Uniform Fitting- 3:30pm-6:00pm. NFHS Gym.

May 1st- First uniform/ Half Camp Payment Due

May 4th - Monday Afterschool Practices Begin!

Time: 4:30-6:30pm. NFHS Gym

May 11th-4:30-6:30pm

May 18th- 4:30-6:30pm

June 1st- Second uniform/Half Camp Payment Due.

July 23rd-25th- Home Cheer Camp! NFHS Gym.

****Day 1 & Day 2**- 9:00-4:00pm. **Day 3**- 12:00-5:00pm.

August 31st- Stunt Clinic Training! NFHS Gym.

Time: 5:00-7:00pm

September- UIL Choreography Practices- TBD

MANDATORY EVENTS:

****Attendance will determine eligibility to participate for all events listed. Dates, times, and locations are subject to change.**

FEB 28 Middle School Cheer Classic!

**FEB 23 &
MAR 09** Parent/ Student Interest Meeting

APR 8-10 Cheer Tryout Clinic!

APR 11 Cheer Tryouts!

APR 27 Uniform Fitting!

Summer & Fall Dates

JUL 23-25 Home Cheer Camp!

AUG 31 Stunt Clinic Training!

SEPT UIL Choreography Practices!

Uniform Bundle Order Information

*****Uniform bundle pricing will vary for Varsity team and Junior Varsity team due to items needed and items replaced.***



Varsity

- Home Camp- \$125.00
- Total Varsity Spirit Order \$300-\$500
- Socks and Bows- TBD
- Shoes- TBD Not Optional
- Pink Out Bow and White Game Bow- TBD
- Resized District Uniform- TBD

Junior Varsity

- Home Camp- \$125.00
- Total Varsity Spirit Order \$\$450-\$850
- Socks and Bows- TBD
- Shoes- TBD Not Optional
- Pink Out Bow and White Game Bow- TBD
- Team Backpack-TBD
- District Uniform-TBD
- Uniform Sleeves-TBD



Varsity Spirit Order Items

- 4 tops
- 4 bottoms
- Sports bra
- Spandex and Briefs
- Warm up pants
- Warm Up Pullover Sweatshirt
- Backpack
- 2 bows
- 2 socks

APR
8-10

Clinic Information



Clinic Information & Requirements

****All candidates must meet the following criteria to be eligible to attend clinic.**

ELIGIBILITY

- Attend the Student and Guardian Meeting on FEB 23rd or MAR 9th.
- **Submit the Tryout Forms by March 27th at 3:00 PM**
- Register to enroll at Naaman Forest for the 2026-2027 school year.

ATTIRE

- T-shirt (no crop tops)
- Sports bra
- Shorts/leggings
- Cheer/athletic shoes
- Ponytail
- No jewelry/spacers
- Neutral color, sports length nails

AGENDA

- April 8th- Learn Material
- April 9th- Learn Material and draw tryout number
- April 10th- Practice all material and review jump technique and motion placement.
- **Mock tryout *mandatory***
- **No visitors or phones allowed.**

APR 11

GISD Tryout Information

Tryout Information and Requirements:

Date and Time- April 11TH

- Arrival- 7:00 AM- BE ON TIME!
- Warm Up- 7:40AM
- Tryout- 8:00AM-9:30AM

Location

- Garland High School
- 310 S. Garland Ave, Garland, TX 75040

Attire

- White t-shirt (no crop tops)
- Sports bra
- Black shorts
- White no show socks
- White cheer/athletic shoes
- Ponytail
- No jewelry/spacers
- Neutral color, sports length nails
-

TRYOUT MATERIAL

- Group cheer
- Group dance
- Individual jumps
- Individual tumbling
- Tryout Results
- **Results will be posted by 11:59 PM on April 12th**
- **No visitors or phones allowed**

Standard of Uniformity

Maintaining a standard of uniformity ensures that the team presents a cohesive and polished appearance. This uniformity not only enhances the visual appeal of our performances but also contributes to safety. For example:

- Keeping hair tied back or neatly styled prevents it from obstructing vision, reducing the risk of missteps or collisions during routines.
- Keeping nails short prevents accidental scratches or injuries during tumbling, stunting, or close physical contact.
- Prohibiting jewelry eliminates the risk of it catching on clothing, equipment, or other team members, which could lead to injuries.

Hair

Girls

Event	Junior Varsity	Varsity
Practice	Ponytail Bun Braid	Ponytail Bun Braid
Performance	High ponytail w/ bow Mid ponytail w/ bow	Half up half down w/ bow High ponytail w/ bow Mid ponytail w/ bow
Competition	Mid ponytail w/ bow	Mid ponytail w/ bow

Boys

Hair must remain out of the face and above the shoulders.

No ponytail should be worn below mid ear level.

No unnatural hair colors.

Demerits will be issued for noncompliance.

Nails

Nails should be neutral colored (nude, clear, french). No nails longer than sports length.

Makeup

Makeup should be soft and natural. No eyelashes longer than 18 mm. Rhinestones and glitter are only worn on special occasions.

Jewelry

Jewelry and spacers should not be worn while practicing or performing. This includes smart watches.

Sports Bras

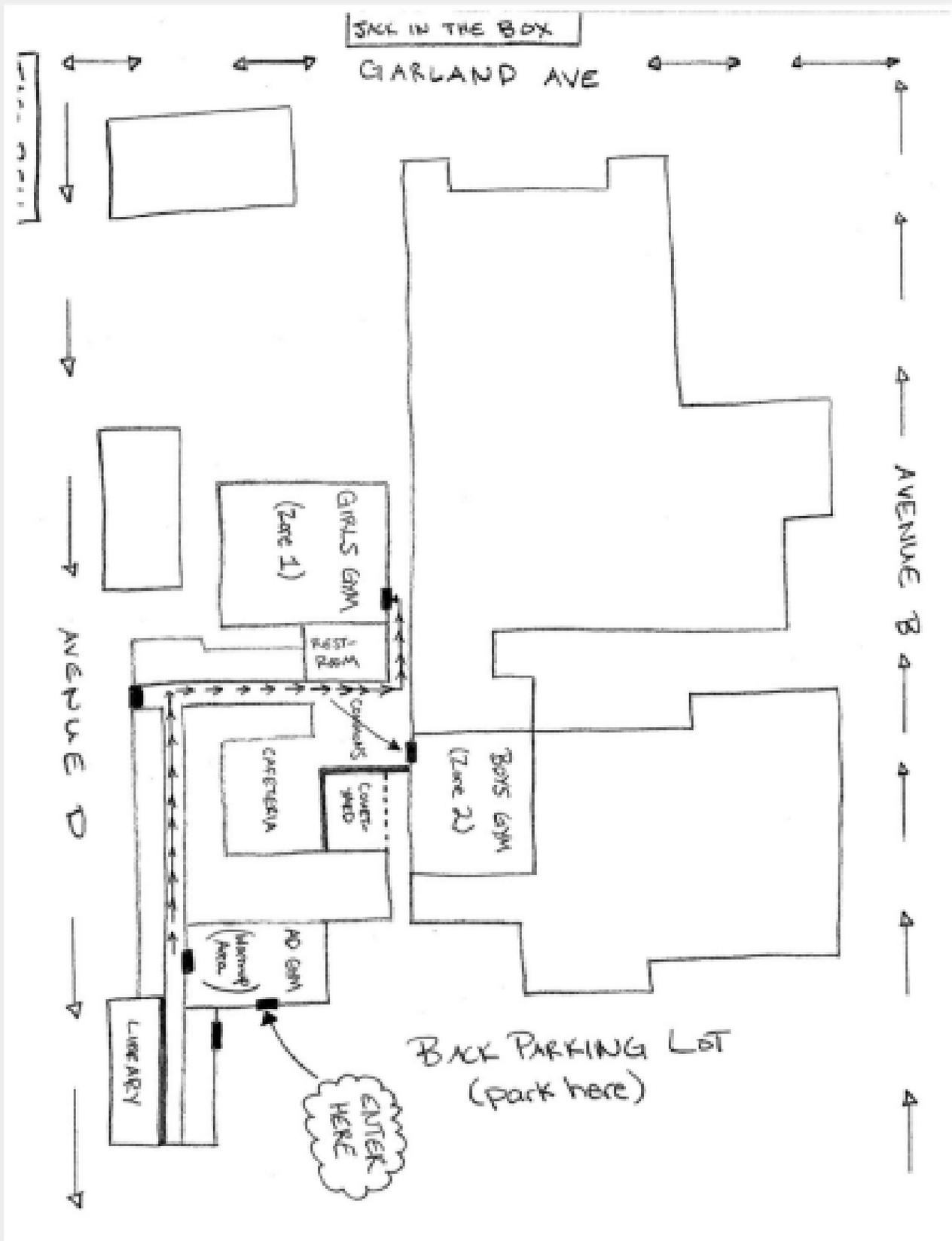
Sports bras should be worn while in uniform. No straps showing.

Uniforms

Uniforms should be worn "bow to toe", correct bow, hair, tops, bottoms, socks, and shoes. They should be washed after every wear in order to prevent staining. Any alterations should be approved by the coaches/administration

Demerits will be issued for noncompliance.

Map of School/ Parking lot



Garland ISD High School Cheer Tryout Criteria

Tumbling 10 pts.	Jumps	Incorporation 10 pts.																																																				
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NEW MEMBER RUBRIC

STUDENT NAME _____

<p>Positive Role Model 25 possible points Includes: Administration evaluation of discipline</p>				<p>Score:</p>
<p>25 pts Superior</p>	<p>20 pts Above Average</p>	<p>15 pts Average</p>	<p>5 pts Below Average</p>	<p>0 Poor</p>
<p>Never assigned ISS, office referral, or detentions Superior Behavior</p>	<p>Never assigned ISS, office referral, 1 detention</p>	<p>Never assigned ISS, office referral, 2-3 detentions</p>	<p>Never assigned ISS, 4-5 office referrals or detentions</p>	<p>Assigned ISS, Suspension, AEC 7 or more detentions</p>
<p>Attendance 25 possible points</p>	<p>2 pts deducted for each unexcused absence</p>			<p>Score:</p>
<p>Academic Performance 25 possible points</p>	<p>All A's - 25 A/B - 23 B - 20 B/C - 18 C - 15 Any Failing grades (minus 5 from the list above)</p>			<p>Score:</p>
<p>Clinic Effort a) Attendance b) Punctuality c) Appearance d) Paperwork e) Effort</p>	<p>Includes: a) Attendance- 1 pt. for each day b) Punctuality- 1 pt. for each day c) Appearance- 1 pt. for each day d) Paperwork- 5pts if turned in on time (-1 pt. for each day late) e) Effort- up to 5 pts.</p>	<p>a) _____ b) _____ c) _____ d) _____ e) _____ TOTAL: _____</p>		<p>Score:</p>

Total Score: _____

RETURNING CHEERLEADER RUBRIC

STUDENT NAME _____

<p>Positive Role Model 25 possible points</p>	<p>Includes: Administration evaluation of discipline & FA Handbook infractions</p>			<p>Score:</p>
<p>25 Superior</p>	<p>24-16 Above Average</p>	<p>15-10 Average</p>	<p>9 and under Below Average</p>	<p>0 Poor</p>
<p>Never assigned ISS, office referral, or detentions Superior Behavior</p>	<p>Never assigned ISS, office referral, 1 detention 1-2 minor infractions</p> <hr/> <p>1 detention/2 infractions- 16 pts 1 detention/1 infraction- 18 pts 0 detentions//2 infractions- 20 pts 0 detentions/ 1 infraction- 22 pts</p>	<p>Never assigned ISS, office referral, 2-3 detentions 3-5 minor infractions</p> <hr/> <p>3 detentions/5 infractions- 10 pts 3 detentions/4 infractions- 11 pts 3 detentions/3 infractions- 12 pts 2 detentions/5 infractions- 13 pts 2 detentions/4 infractions- 14 pts 2 detentions/3 infractions- 15 pts</p>	<p>Never assigned ISS, 4-5 office referrals or detentions 6-7 minor infractions 1 major infraction</p> <hr/> <p>1 major infraction- 5pts -5 detentions/7 infractions- 6pts -5 detentions/6 infraction- 7pts -4 detentions//7 infractions- 8pts -4 detentions/6 infraction- 9pts</p>	<p>Assigned ISS, Suspension, AEC 7 or more detentions 2 or more major infractions</p>
<p>Attendance 25 possible points Unexcused- -Attendance to school -Attendance to all events</p>	<p>Minus 2 pts for each unexcused absence or missed event</p>			<p>Score:</p>
<p>Academic Performance 25 possible points</p>		<p>All A's - 25 A/B - 23 B - 20 B/C - 18 C - 15 Any Failing grades (minus 5 from the list above)</p>		<p>Score:</p>
<p>Clinic Effort 25 possible points For each category: 1-5 pts.</p>	<p>Includes: a) Attendance- 1 pt. for each day b) Punctuality- 1 pt. for each day c) Appearance- 1 pt. for each day d) Paperwork- 5pts if turned in on time (-1 pt. for each day late) e) Effort- up to 5 pts.</p>	<p>a) _____ b) _____ c) _____ d) _____ e) _____</p>		<p>Score:</p>

Total Score: _____

**GARLAND ISD
HIGH SCHOOL/MIDDLE SCHOOL CHEERLEADER TRYOUT**

Date: April 11, 2026 (High Schools), March 28, 2026 (Middle Schools)
Time: 7:30-5:00 (Each school will have assigned time)
Location: Garland High School

WEEK OF CLINICS

On that Monday, please email your number of candidates. Please remember that you have been given an approximate starting time. Once numbers are turned in, starting times will be adjusted accordingly.

Your administrator must be present to begin tryouts.

CANDIDATE NUMBERING

HS-All varsity only candidates will be numbered first, followed by varsity or junior varsity candidates, and then finally any junior varsity only candidates. You must provide numbers for your candidates.

MS-8th graders first

MS/HS-Please do not start numbers over for your 7th grade/JV teams. There should only be one #1 per school.

APPEARANCE

- Shirts should be tucked in
- Hair up
- No jewelry at all
- No gum

SEQUENCE OF EVENTS:

FULL GROUP PERFORMANCE

ALL candidates will perform the cheer and dance as a group in that order. It should be explained that this is only so the judges can see what the material should look like and that they will not be judged at that time. Full-out jumps and tumbling is not necessary but certainly welcome during this demonstration. Judges should put their pencils down during this time. All candidates will return to the dressing room.

INDIVIDUAL TUMBLING

As each group enters the gym, each candidate will be offered a chance to tumble.

INDIVIDUAL JUMPS

Following individual tumbling, candidates will perform their jumps. Each candidate must perform a toe touch, a right hurdler/herkie, and a left hurdler/herkie. It will be determined by the campus whether it will be a hurdler or herkie. This will be performed one candidate at a time.

GROUP CHEER/DANCE

Groups should consist of 3 candidates. They will enter the gym so that they end up standing in numeric order from left to right (from the judge's viewpoint). There should be no tumbling or spirit during this time, only uniform walking. Once the nod has been given, the designated candidate should call for the group cheer to begin.

The Fine Arts designee will then start the music for the dance. Upon completion, the candidates should wait for the judges to finish scoring. The cheer will have a section(s) incorporating a jump(s) and/or standing tumbling (8-counts). 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 MATERIAL CRITERIA:

- Criteria mentioned should be given to the clinic instructor upon hire.
- Cheers should have a place for an 8-count incorporating a jump(s) and/or standing tumbling.
- Dances should be no longer than 8-12 eight counts total.

JUDGES NOTES

These notes would include what skills are important to your squad. You can also let judges know which numbers are no-shows and which numbers have videos. These notes should be printed for the judges and the tabulator. Before the tryout begins, coaches and the campus administrator may explain what technical elements are required.

Basically, you can tell them anything short of who to select. Some examples:

"We are trying to grow our team and we will be glad to work with any candidate that shows potential."

"We don't want a candidate selected that cannot perform the basic fundamentals." Inform the judges of fundamentals.

"We would like to have a team of 8-10 members."

"We would be happy to take all of the candidates."

Examples of what you cannot say:

"Number 5 and 8 have had a hard day."

"Please do not pick number 15."

"Number 35 should be on the team."

"All of the candidates on the front row are returning members and those on the back are new."

CHECKLIST:

- Music uploaded to folder (provided week of clinic)
- Total number of candidates emailed to Fine Arts on first Monday of clinics
- Any videos for injured candidates uploaded and labeled with number only (provided week of clinic)
- Pre-scores entered (form provided week of clinic)
- Numbers for candidates
- Notes for judges

Please notify Fine Arts administrator of any no shows (the day of tryouts)

Campus administrator invited

Your list of predicted team members



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

VIDEO CONSENT FORM

GARLAND INDEPENDENT SCHOOL DISTRICT CHEERLEADING PROGRAM
ONE TAKE PROMISE

This document must be signed by all parties the day of the taping.

Student's Name _____

GISD Campus _____

Date _____

The candidate, coach, and administrator attest that only one take was used for the video submission. Candidates should only be referred to by number. There will only be one take unless there is a technical difficulty. This difficulty will be notated on this form. The video should be reviewed by all parties before the candidate is excused.

*All GISD Fine Arts handbook rules apply.

Signature of Student _____ Date _____

Signature of Cheer Coach _____ Date _____

Signature of Administrator _____ Date _____

Garland Independent School District Fine Arts Handbook
Cheerleading, Drill Team, Step, and World Dance Company
Permission, Commitment, and Signature Page

Student Name (Please Print) _____

Legal Parent/Guardian (Please Print) _____

Check the Fine Arts Group you are auditioning for/joining:

Cheer _____ Junior Varsity Drill Team _____ Varsity Drill Team _____

Step Team _____ World Dance Company _____

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

Candidate/Member:

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

_____ I understand that the judges' decision is final.

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

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

_____ 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/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.

_____ 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 _____