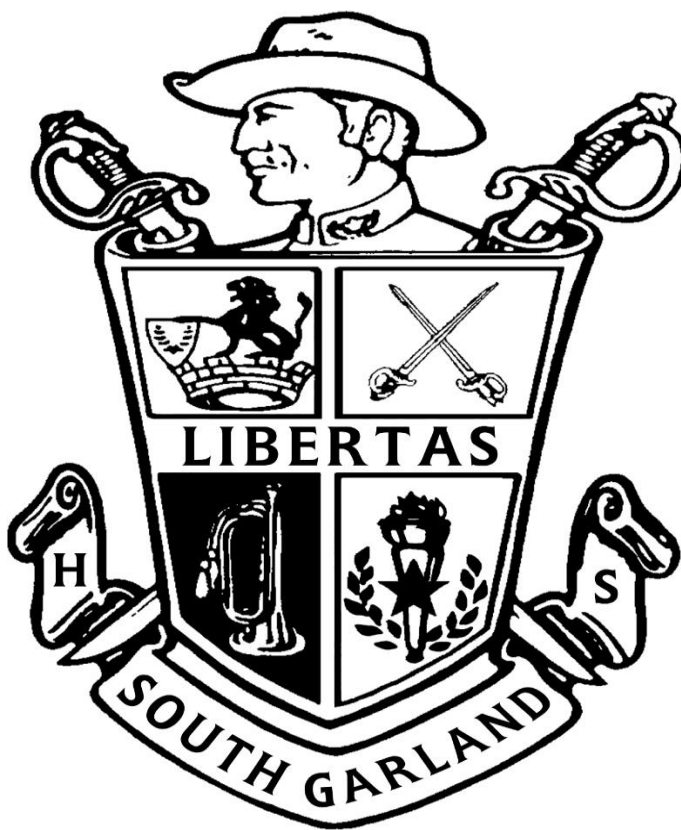


South Garland High School



2019-2020

Cheerleader Tryout Packet

Cheerleading tryouts are **Friday, April 5, 2019!**

Step One: Read this packet in its entirety.

Step Two: Parent and candidate must sign all forms included in this packet. (*See the Cheerleader Checklist to ensure that you have all documents.*)

Step Three: **Return all forms to Cecille Alexander in Room 308 by Monday, April 1, 2019.** If you attend another school, please put the application in a sealed envelope addressed to "Cecille Alexander" and ask your AP or the cheer coach at your campus to send it to South Garland. Please bring your \$10.00 clinic fee with you on Monday, April 1, 2019.

LATE OR INCOMPLETE APPLICATIONS WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCE! (*Please feel free to turn in forms as soon as possible.*)

Dear Parents,

This is just a note to introduce us and to acquaint you with the expectations of a South Garland cheerleader. We hope that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader responsible for guiding student conduct at extra-curricular activities and during the school day.

All South Garland cheerleaders will be expected to abide by the standards and guidelines outlined in the Garland ISD Cheerleader Handbook. If you are interested in viewing the Cheerleader Handbook prior to tryouts, please visit the following website: <http://www.garlandisd.net/content/spirit-groups>. All cheerleaders will receive a copy after squads have been formed. Cheerleaders who fail to adhere to the standards and guidelines will be penalized.

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year or until their graduation date, depending on which comes first. **SGHS Cheerleaders must give 100%, and complete their commitments and responsibilities to SGHS cheerleading before anything else.** SGHS Cheerleaders will have additional duties, which they will be required to perform throughout the year. These duties will include (but are not limited to): cheerleading camp, parades (Labor Day, MLK day etc.), preparation for homecoming festivities, for games indicated in the cheerleading constitution, attendance at athletic play-off games, and participation in various school and community service projects. A great amount of time and energy will also be asked of the parents/guardians in providing transportation to some of the activities and in other miscellaneous functions during the year.

The estimated cost of cheerleading for one year is outlined below. The greater part of these expenses is incurred during the first three months after tryouts. Every effort has been made to keep these costs to a minimum. The stated costs include fees for camp instruction/week, camp wear, season wear, and accessories. Late fees will be assessed for all payments past due. The costs may vary depending on the size of each squad.

Freshmen cheerleaders	\$900-\$1000
JV cheerleaders	\$900-\$1000
Varsity cheerleaders	\$1000-\$1100

Following tryouts, new cheerleaders will be given a list of spring and summer obligations for SGHS cheerleaders. It is very important that all newly selected cheerleaders attend the practices and functions listed. The absence of any member affects the productivity of the entire squad. Consequences for missing these activities are also detailed in the GISD Cheerleader Handbook. All SGHS cheerleaders may participate in other sports or activities. The cheerleader must work out the conflicts with both coaches/sponsors to ensure only minimal disruptions in practice or games.

We hope that you will discuss the expectations and obligations of being a South Garland cheerleader with your son/daughter, and agree that South Garland Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication, and develop group dynamic skills. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support we can work together to make this year the most successful ever for our program. We look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to email one of us.

Sincerely,

Mia Figueroa (Varsity)
mafiguer@garlandisd.net

Cecille Alexander(JV)
caalexan@garlandisd.net

Krystal Bennett (FR)
kbennett@garlandisd.net

Important Mandatory Dates

March 25 th	Parent and candidate meeting in the SGHS library 6:00 pm for all candidates
April 1st	Cheerleading Tryout Clinic-SGHS West Gym 4:30pm – 8:00pm Registration is from 4:30pm-5:00 pm. Clinic will begin at 5:00 pm. All forms must be submitted before a candidate may participate in the clinic. \$10 fees for choreographer and music CD. There will be a short break for dinner. Please bring your own dinner/snack.
April 2nd	Cheerleading Tryout Clinic-SGHS West Gym 5:00 – 8:00pm. There will be a break for lunch. Please bring your own lunch.
April 3rd	Open Gym – SGHS West Gym 5:00pm – 7:00pm Candidates are welcome to come and practice with the other candidates.
April 4 th	Mock tryouts SGHS West Gym- MANDATORY for all eligible candidates. Varsity-3:00 pm; JV-4:00 pm; Freshmen- 5:00pm. ***Clinic and Mock tryouts are open to eligible candidates ONLY! No one else is allowed to attend-parents, siblings, friends, etc.
April 5th	Panel Tryouts 3:15 pm – 4:00 pm Warm up in East – Varsity and JV candidates 5:00- 5:30 pm – Freshmen candidates Varsity Tryouts will begin at 3:45 p.m. in the West Gym. JV will follow when Varsity is complete in the West Gym. Freshmen will begin at 5:30 p.m. in the West Gym
April 10th	Mandatory Cheerleader and Parent Meeting – SGHS Library 6:00pm-8:00pm All 2019-2020 cheerleaders AND parents are required to attend. 1st payment of \$250.00 is due. Cash or Money Order only (Camp only)
May 6th	Fittings – Varsity – 3:30pm; JV – 4:15 pm; Freshmen – 5:00pm Varsity Spirit Brand Fitting: This fitting is for game day uniforms, warmups & camp clothing . The approximate cost for camp wear (\$200), duffel bags (\$60) and warm ups (\$150-180) total \$410–440. A deposit (minimum of \$200) is due upon ordering. Cash, money order. Debit/credit card may be used for direct payment to Varsity Spirit.
May 30 st	Balance due for all items ordered on May 6 TH . Cash, money order or payment directly to Varsity Spirit. All orders not paid in full will not be ordered and will not be available for camp.
July 30 -Aug.2	NCA Cheer Camp – Home camp. Location and Times TBD. Final payment (\$200) is due and must be paid in order to attend camp. Failure to attend camp will result in an unexcused absence(s). See GISD Cheerleading Handbook and the South Garland Deduction System.

*Notice: These dates are tentative and highly subject to change based on administrative decisions regarding building schedules. An updated schedule and calendar will be provided at the first practice.

Clinic Information

- What: Clinic- Tryout material will be taught
- When: **Monday, April 1st and Tuesday, April 2nd**
Mock Tryouts on April 4th
- Where: SGHS West Gym
- Time: Clinic **Registration** 4:30pm – 5:00pm. Clinic begins at 5:00pm – 8:00pm.
- Cost: \$10.00 cash (must be paid with registration packet)
- Attire: Athletic/cheer shorts, t-shirt and tennis shoes are acceptable for clinic. No half shirts or bra tops. No jewelry of any kind-including belly button rings, nose rings, spacers, etc. Hair should be up and secure.
- Candidates: Make certain that you have been accepted to attend South Garland HS.
Call Mrs. Ellis, Data clerk @ 972-926-2700 for verification.

ELIGIBILITY FOR 2019 CHEER TRYOUTS

- If a student fails a class on the UIL eligibility list during the 4th grading period, he/she becomes ineligible at the end of the school day on February 22 and will regain eligibility on March 22 if **all** classes are passed on the 5th progress report. If the student is not passing all classes at that time, then he/she will only be eligible for the one-day tryout event.
- Students can participate in the one-day tryout regardless of eligibility. Ineligible students may NOT participate in the clinic in any fashion. They may not even watch.
- If a candidate is academically ineligible or does not attend the clinic for any reason, it is the responsibility of that candidate to arrange with the sponsor to receive a tryout number.

DRESS CODE FOR TRYOUTS

All candidates must wear a plain white polo styled shirt (no visible logo), black knit shorts, white socks, and white athletic shoes. Hair must be up in a secure high ponytail out of the candidate's face. To insure uniformity, no hair bows, ribbons, or any other accessories/jewelry will be allowed.

PANEL TRYOUTS

Friday, April 5, 2019:

3:15 – 4:00 p.m.: Warm up in Small Gym- VARSITY and JV candidates

5:00 – 5:30 p.m.: Freshman Candidates

We will provide you with the number that you will wear for tryouts.

You are not allowed to switch numbers with another candidate.

Varsity Tryouts will begin at 3:45 p.m. in the Main Gym.

JV will follow when Varsity is complete in the Main Gym.

Freshmen will begin at 5:15 p.m. in the Main Gym

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 you are dismissed. Same rules will apply to Mock tryouts.

Tryouts will be videoed on a district-maintained iPad. They will be controlled and turned into the judges by an Assistant Principal. **The coaches will never have access to the tryout videos.** Parents/students will not be able to see these videos due to FERPA laws. If you have any questions about the new process, please contact a sponsor or the Visual and Performing Arts department of Garland ISD.

Every attempt is made to hire judges that have not worked with students in the Garland area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. 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. Tryout results will not be challenged because of prior knowledge of judges and candidates.

TABULATION OF SCORES

Each judge will enter his/her scores into a scoring spreadsheet. The tabulation spreadsheet will automatically throw out the scores of the lowest and highest scoring judges. Results will be based on the average of the remaining three scores. A person not connected to the tryout will use a computer-generated formula to calculate scores district wide. Each candidate must score a minimum percentage of points in order to be placed on a cheerleading squad.

HS Freshman – 40%

HS Junior Varsity – 45%

HS Varsity – 50%

NOTIFICATION

Final results for each school will be published on the GISD Internet Website by 7:00 p.m. on Sunday, April 7, 2019. Candidates will be given an envelope with the website address at the conclusion of the tryouts.

REQUEST FOR SCORES

If you would like a copy of your individual scores mailed to you, please bring a stamped, self-addressed envelope to the sponsor prior to the tryouts. **Due at Mock Tryouts.**

TRYOUT SEQUENCE OF EVENTS

FULL GROUP PERFORMANCE:

ALL candidates should walk in and perform chant, dance, cheer 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.

GROUP CHANT:

Groups should consist of 2 or 3 candidates. They should 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 chant to begin. Upon completion, the candidates should wait for the judges to finish scoring.

GROUP DANCE:

Once the nod has been given, the school representative should start the music for the dance. Once this has been completed, the candidates should remain in their spots until they are told to leave. This will enable the judges to correspond the scores with the candidate numbers.

INDIVIDUAL ENTRANCE:

Candidate number #1 should enter the gym and wait for notification from the videographer that they are ready. After the judges have nodded, the candidate should run in showing and soliciting spirit and enthusiasm doing whatever tumbling pass they wish if they are able. Once they are done with their entrance, they should stop in the center of the gym and wait for notification that the judges are ready for the next step.

At this point, the judges will score the tumbling, spirit/enthusiasm, and the candidate's presence/poise. Presence/poise will include appearance with regard to the hair being out of the face, shirts tucked in if possible, shorts not being too short, proper shoes, facial expressions, etc.

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 (Facing Forward), a left hurdler (Facing Forward), and a jump of his or her choice. The jump of their choice can include, but is not limited to, a jump that they have already performed.

INDIVIDUAL CHEER:

Once the jumps have been completed and the nod has been given, the candidate should begin their cheer. 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. Once the candidate has completed their cheer, they should exit the gym. No score will be given for an exit tumbling pass or spirit.

Chant	20 points total	Jumps	25 points total
Motion Technique	10	Toe Touch	10
Timing	5	Right Hurdler	5
Projection	5	Left Hurdler	5
		Choice jump	5
Dance	15 points total	Cheer	20 points total
Motion Technique	10	Motion Technique	10
Timing	5	Voice/projection	5
Entrance	20 points total	Incorporation	5
Presence/poise	5		
Tumbling run in	10		
Spirit/Enthusiasm	5		

CHEERLEADER CHECKLIST

Candidate Name: _____

Trying out for: Freshmen (9th grade) JV (10th grade) Varsity (11th & 12th grade)

All applications are due **by 5:00 pm on Monday, April 1, 2019** to Coach Alexander (Room Rm 308) at SGHS. You need the following documents in order and stapled together along with the checklist below:

_____ Cheerleader Application and Emergency Contact Information (see pg. 4)

_____ Agreement Form (see pg. 11)

_____ Social Media Contract (see pg. 12)

_____ 4th cycle Report Card (and 5th cycle progress report if you failed a class during 4th cycle)

_____ Attendance/ Discipline Profile (acquired from school's attendance office)

_____ Choice of School Form (Only for students NEW TO SGHS)

_____ \$10 for tryout clinic (Cash only)

_____ Self – addressed stamped envelope for individual scores (Only if wanted)

_____ *Pre-Physical/Medical forms

*Please notice that cheerleading candidates are **NOT** required to have a physical exam **unless they answer “yes” to questions 1, 2, 3, 4, 5, or 6.** If none of these applies, only turn in the first page. If you answered “yes” to any of these questions, you must have a physical exam and must turn in both pages of the form.

CHEERLEADER APPLICATION

Cheerleader Name:

ID Number:

Grade next school year: 9 10 11 12

T-Shirt Size: S M L XL

Address:

City, State, Zip:

Cheerleader Phone #:

Cheerleader Email:

Parent/Guardian Name:

Parent/Guardian Phone #:

Parent/Guardian Email:

In case of emergency, please contact the following:

Parent/guardian

Phone number

If unavailable, please contact:

Parent, guardian, friend

Phone number



High School Cheerleader Squad Rules and Deduction System

The following is the basic standard for a cheerleading squad deduction system. Each campus will create individual squad rules that lay out guidelines and consequences for infractions. Individual squad rules may expand upon the district deduction system in order to address campus specific priorities but will not exclude any district standard. Campus cheer rules and guidelines will be in line with the GISD Student Code of Conduct and all UIL guidelines.

The conduct guidelines for each High School cheer squad will be approved by each campus principal and the district VAPA department. Each cheerleader and parent will agree to the team rules and be required to sign a statement attesting to their agreement. The rules and procedures are in effect from the time the student is selected to the cheerleading squad until the next tryout date.

Attendance		
1.	CL will attend all in/out of school practices, including summer practices. Any absence must be communicated to (as dictated by sponsor) & cleared by the sponsor prior to practice. Excused: personal illness, death in the family, illness in the family that requires out of town travel, funeral, mandatory court appearance, and religious holidays. Unexcused: Work, vacation, appointments (including doctor and dentist), non-UIL involvement (All-Stars, etc.)	Excused with notice: No consequence Excused w/o notice: Bench 1/2 game or event Unexcused with or w/o notice: Bench 1 game or event
2.	CL will attend all in/out of school games, pep rallies, meetings, fundraisers, functions (including parades), and activities. Any absence must be communicated to (as dictated by sponsor) & cleared by the sponsor prior to the event. Excused: personal illness, death in the family, illness in the family that requires out of town travel, funeral, mandatory court appearance, and religious holidays. Unexcused: Work, vacation, appointments (including doctor and dentist), non-UIL involvement (All-Stars, etc.)	Excused with notice: Bench 1/2 game Excused w/o notice: Bench 1 game or event Unexcused with or w/o notice: Bench 1 game or event
Uniform Guidelines/Appearance		
1.	CL will not wear uniform to a non-CL function. (Eating out before or after a game must be approved by sponsor as an exception to this guideline)	Consequence will reflect GISD Student Code of Conduct
2.	CL will not lend out uniforms, sweats, etc. to someone who is not a cheerleader.	5 pt. deduction
3.	Uniforms may be altered, but no fabric may be cut without prior approval from sponsor. CL is responsible for damage or loss of any part of a uniform.	Replacement of uniform or repair cost
4.	No jewelry during practices, performances, games, or pep rallies.	2 pt. deduction
Behavior		
1.	CL will maintain proper sideline behavior at all times. <ul style="list-style-type: none"> No excessive talking among CL No talking to people in crowd Pay attention to game/pep rally Stand in correct formation/stance Cheer/spirit, jump, and tumble the entire game or pep rally No taunting the other team CL will show respect during the National Anthem and both school songs 	2 pt. deduction per offence
2.	All CL will stay to clean up after each game/pep rally and will be dismissed by sponsor	Bench 1 game/event
3.	CL will not engage in public displays of affection while in uniform.	Bench 1 game/event
4.	CL will respect/respond to all sponsors at all times. Rudeness/insubordination will not be tolerated.	Bench 1 game/event per altercation
5.	CL will not receive an office referral for any reason.	Nature of offence will determine the severity of the consequence.
6.	CL will not be given in or out of school suspension for any reason.	Nature of offence will determine the severity of the consequence.

- After a 15-point deduction, the cheerleader will be benched for one game or event. If he/she accumulates 25 points in different offenses, he/she will be benched for the remainder of the six weeks. After the individual is benched one game for accumulating 15 points, the points will continue to be deducted from the six weeks grade; to accumulate toward the 25 point total, and/or possible failure.
- Accumulation of three or more benchings will result in a principal/sponsor review, which could result in removal from the squad.
- Injuries: If an injury occurs that keeps the student out of two practices, a doctor's note will be required. This note should state the length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.
- Repeated/excessive offenses will result in a sponsor/principal review. Repeated/excessive is defined as repetition of the same offense three or more times during the duration of a season.

Seasons are:

Football – beginning of school until December 1 or the last football game, whichever is later.

Basketball – December 2 until March 1 or the last basketball game, whichever is later.

Violation of the same rule or guideline three or more times in a season will result in the CL being placed on probation for the remainder of that season.

Violation of the probation by further misconduct could result in dismissal from the squad.

- Any sponsor and principal review of student's actions may result in dismissal from the squad.

SGHS Cheerleader Deduction System

The rules and procedures outlined in this section are in effect from the time the student is selected to the cheerleading squad until the next tryout date.

Practice		
1.	CL must be on time to all in/out of school practice. (For in school practices – be ready 10 minutes after the tardy bell rings).	2 pt. deduction
2.	CL must wear appropriate workout clothes during practice.	2 pt. deduction for each violation
3.	Hair must be up and secure as per sponsor.	2 pt. deduction
4.	Disrespect towards captains/teammates. (Ex. Arguing, cursing, back talk, etc.)	5 pt. deduction
5.	Insubordination (ex. Not doing ALL skills full out, attitude, etc.)	3 pt. deduction
6.	CL will have ALL required items (forms, signs, etc.) at the beginning of practice on the due date.	2 pt. deduction for each missing item per day
7.	NO jewelry during practice of any kind.	2 pt. deduction
8.	NO chewing gum. (Safety hazard)	2 pt. deduction
Games/Pep Rallies/All Cheerleader Activities		
1.	When CL is absent from school, excused or unexcused, the day of the game/pep rally/performance, he or she will not be allowed to cheer at the game/pep rally/performance, unless excused by the coach with prior notice. Some Exceptions: funeral, death in the family, UIL activity	*Case by case determination* *ALL coaches decisions are final*
2.	CL must arrive on time, as designated by sponsor, to any cheer function (games, pep rallies, etc.). *CL will sit out the number of minutes they were late.*	5 pt. deduction Benched 1 st quarter if CL arrives after the start of the game.
3.	CL must be in complete uniform (including warm ups and jackets) at games/pep rallies/performances.	Benched
4.	CL must be in correct/complete uniform at school on game/pep rally days. Only letter jackets/designated sweats/sweater will be worn with uniform or spirit attire. *BOW to TOE*	5 pt. deduction for each violation
5.	*Lending ANY SGHS cheer items to non-cheerleaders*	5 pt. deduction per item
6.	Hair will be up and secure as per sponsor.	2 pt. deduction
7.	Disrespect towards captains/teammates. (Ex. Arguing, cursing, back talk, etc.)	5 pt. deduction
8.	*NO jewelry, NO gum, NO fake/long nails*	2 pt. deduction
9.	Only clear, natural, or pale pink nail polish. *NO fake/long/coffin/pointed nails*	Sit out until off
10.	CL will have ALL required items (poms, signs, etc.) by start of game/pep rally/event.	2 pt. deduction for each violation
11.	CL will be back on the field/court ready to cheer 1 minute before halftime ends.	5 pt. deduction Benched 3 rd quarter if CL arrives after start of second half.
12.	Leaving a cheerleading event/game early will result in a benching equal to the time missed.	
13.	Proper sideline etiquette is required at all times. CL will have consequence if reminded of this three times during a game. (EX. Smiling, spiriting, etc.) *Last quarter behavior will rollover to the next game/event.*	Benched 2 quarters
General		
1.	CL hair will be a natural color.	Benched until returned to natural color.
2.	No visible tattoos.	Benched until no longer visible.
3.	Alterations must be completed prior to the first football game. CL needing alterations to a uniform after the first football game is not a reason to change the uniform schedule. This will result in benching if the uniform is not ready to wear for the game selected.	
4.	Public display of affection at school, but out of uniform.	3 pt. deduction

5.	Public display of affection ANYWHERE, in UNIFORM. YOU are a reflection of our school and our program. EVERYONE is watching. *May include, but not limited to, demerits, benching, tutorial hours, or running.*	Immediate meeting with coach/guardian/parent to create an action plan.
6.	Office referral, arguing with or cursing any coach, failing a class at the end of the cycle. *May include, but not limited to, demerits, benching, tutorial hours, or running.*	Immediate meeting with coach/guardian/parent to create an action plan.

	Review for Removal	
1.	<ul style="list-style-type: none"> Fighting Suspension from school In school suspension (RAC) Assault or harassment of coaches or teammates (social media included) Theft or individual or team property Participation in illegal activities as determined by the school code of conduct Violating GISD School Code of Conduct and or Regulation and policies of the cheer handbook. Failing more than one 6-week cycle. Inappropriate social media. *Including, but not limited to, pictures, wording, cursing, slander, racist comments, etc.* 	These actions will result in an immediate review on a case-by-case basis, but all face the possibility of removal, benching, or demerits. *ALL coaches decisions are final*

You can find the GISD High School Cheerleader Handbook link at
<https://www.garlandisd.net/content/cheerleading>

AGREEMENT FORM

I have read, understand, and had questions answered regarding this document as well as the Garland Independent School District High School Cheerleader Handbook and Procedures and the South Garland High School Cheer Demerit System. I agree to follow the rules of the Handbook, Procedures, Privileges, Traditions, and SGHS Cheer Addendum and represent my squad and South Garland High School in a positive light. I realize the sponsors expect me to behave appropriately at school, during school functions, or while in uniform and to follow all school rules and policies. I will work hard to maintain my grades so that I can be academically eligible throughout the year. I also understand that I am responsible for all financial obligations and their due dates. I also understand I must provide my own transportation to games and practices unless covered by Garland Independent School District (GISD) rules and regulations. I will be present for all practices and games. **I understand that final decision regarding benching/ point deductions/ demerits/ etc. will be at the discretion of the sponsors, and/ or principals.** I understand that being a cheerleader involves inherent risks, which could cause serious or catastrophic injuries or even death. I have also read, understand, and agree to comply with the Garland Independent School District (GISD) insurance disclaimer.

Parent Signature

Date

Cheerleader's Signature

Date

I _____ have read the cheerleader guidelines/rules according to the GISD cheer Handbook and SGNS Demerit system. I understand each of them before I tryout and will abide by each rule. I also understand and accept each consequences given for each rule violation. Sponsors have the ability to make amendments to the SGNS Demerit System.

Parent Signature

Date

Cheerleader's Signature

Date

SOCIAL MEDIA CONTRACT

As a South Garland High School cheerleader, the sponsors, principals, teachers, and community hold you to a high standard of behavior. This high standard of behavior includes the use of social media such as Facebook, Google+, Flickr, Tagged, Instagram, Twitter, Tumblr, SnapChat, Pinterest, etc. If you use social media and post pictures and/or printed material on your account, including, but not limited to: the use of drugs, alcohol, or sexual conduct, profanity, racial slurs, disrespectful comments regarding teammates, sponsors, and/or teachers, South Garland High School or Garland ISD, can, and will, implement an immediate suspension and/or removal from the team. The sponsor and principal will decide the discipline.

As per the Handbook, "The area of appropriateness will include, but are not limited to, language (abbreviated or alluding to), pictures, suggestive poses, clothing, reference to alcohol, drugs, and tobacco. Any question of appropriateness will be decided by the principal and sponsor" (8).

As per the Handbook, "the possession and/or use of alcohol, tobacco, and illegal drugs are expressly forbidden and will not be tolerated. Any infraction, on or off campus, will result in a principal/director/parent/student review" (9), and will result in immediate removal from the cheer team.

Parent Signature

Date

Cheerleader's Signature

Date

Video, Image, and Audio Release Form

I _____ parent of _____ give my consent for her photographs, video images, and/or voice to be utilized for advertising, illustration, or publication on campus, district, and/or local media TV stations as appropriate. This includes but is not limited to GRS-TV, newspaper, daily announcements, advertising, and local news stations.

Parent Signature

Date

Medication Authorization From

I give permission for _____ to have the following checked medications given as needed from: **April 1, 2019 – March 31, 2020**

_____ Tylenol _____ Ibuprofen _____ Tums _____ Pepto Bismol _____ Cough Drops _____ Benadryl
_____ Neosporin Ointment

Any other medications not listed here: _____

A Garland ISD designated sponsor or staff member can only administer these medications.

Parent Signature: _____ Date: _____

Parent Permission Form

My son/daughter, _____ has my permission to be a cheerleader at South Garland High School. I understand that he/she must abide by the rules and regulations set forth by the sponsor and the principal of South Garland High School and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to probation, temporary suspension, or removal from the squad. I understand and give my permission to my son/daughter to ride with the sponsor and/or other parents when necessary. I understand that all forms must be completed and turned in by 9:00am on April 7th or my son/daughter will not be allowed to tryout.

I understand all estimated costs described in this packet.

I understand no parents will be allowed inside Garland High School the entire day of tryouts.

Every attempt is made to hire judges who have not worked with students in the Garland area. However, with the hundreds of camps in the state of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. 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. Tryout results will not be challenged because of prior knowledge of judges and candidates.

As a cheerleader, your son/daughter is covered by the school insurance providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or to take additional school insurance.

My child has submitted a signed choice of school statement for the 2019-2020 school year selecting South Garland High School as his/her choice.

Candidate Signature

Date

Parent or Guardian Signature

Date

GARLAND INDEPENDENT SCHOOL DISTRICT

CHEERLEADING PROGRAM

APPLICATION FOR AVAILABLE JV CHEER POSITIONS

VARSITY CANDIDATES ONLY!!

This document must be signed and returned to the cheerleading sponsor NO LATER than the end of the school day on the Thursday before Friday

cheerleader tryouts. NO EXCEPTIONS!

Student's Name _____

GISD Campus _____

The candidate and parent/guardian have read and understand the procedures and guidelines for a Varsity candidate being placed in a Junior Varsity spot.

In the event that fewer than 12 candidates tryout for the JV cheerleading squad...

___ I would like to apply for an available JV cheer position.

___ I do not want to apply for an available JV cheer position.

*All candidates applying for available positions must score at least 45%.

*All GISD cheerleader constitution rules apply.

Signature of Student _____ Date _____

Signature of Parent _____ Date _____