



Garland HS Cheerleader Application 2019-2020

Tryout Candidate and Parents,

We are excited for the upcoming year and pleased to see you are interested in becoming a part of the cheerleading squad at Garland High School. Garland is a school rich in tradition and school pride. As a cheerleader, you have the privilege of promoting school spirit amongst the students, parents, and alumni. Garland has a winning tradition and the cheerleading squads are proud to support all of our teams.

Cheerleading is a big commitment because cheerleading is a year round sport. We cheer through volleyball, football, and basketball seasons, which run from August to March. In addition to cheering at games, we attend camp in August, march in the Labor Day & MLK Parade, organize school pep rallies, and promote school spirit. As a member of the squad, you must be willing to give your time to practices, games, performances, and other cheerleading commitments. Other than grades, cheerleading must be your first commitment.

As a Garland High School cheerleader, we expect you to be a role model for the student body. We expect cheerleaders to hold themselves to a high academic standard and follow all schools rules/policies. Please look over the Cheerleading Handbook for all GISD high school cheerleaders, which is posted online at <https://www.garlandisd.net/content/cheerleading>. All Garland High School Cheerleaders will be expected to abide by these standards and guidelines. Cheerleaders who fail to adhere to the standards and guidelines will be penalized, as being a GHS Cheerleader is a privilege and not a right. We take pride in our program and want the cheerleaders to represent Garland High School in a positive light.

We look forward to tryouts and wish you the best of luck!

Allison Shepheard – Varsity
AAshephe@garlandisd.net

Caitlyn Vivion – JV
CVivion@garlandisd.net

CHEERLEADER CHECKLIST

Candidate Name: _____

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

All applications are due **by 3:00 pm on Monday, March 25th, 2018** to Coach Shephard (Room 413) or Coach Vivion (Room 713) at GHS. 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 GHS)

_____ \$10 for tryout clinic (Cash only)

_____ Self – addressed stamped envelope for individual scores

_____ 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 apply, they only need to turn in the first page. If they answer yes to any of these questions, they 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

IMPORTANT DATES

8th graders: Please come as soon as your school lets out. Do not leave school early for any cheerleading event!

March 19, 2019

Tuesday
GHS Cafeteria
6:30 pm

Mandatory Informational Meeting

All candidates and at least one parent/guardian must attend.
(If you cannot attend, you must contact a cheer sponsor prior to the meeting.)

March 25, 2019

Thursday

Tryout Packet due by 3:00pm

to Allison Shephard (Rm 413) or Caitlyn Jones (Rm 713)

March 27-28, 2019

Monday - Tuesday
Boys Gym - GHS
4:30 – 7:30 pm

Tryout Clinic

Only for those academically eligible. See page 6.
There is a \$10 fee. Registration begins at 4 pm.
*Tryout numbers will be drawn on Monday.
No videotaping or cell phone recording will be allowed.
Please wait until you are off campus to record any tryout material.

April 2, 2019

Thursday
Boys Gym - GHS
3:30 – 4:30 pm
4:30 – 5:30 pm

Mock Tryouts

Only for those academically eligible.
Wear tryout attire for sponsor approval.
Varsity and JV Candidates
Freshmen Candidates

April 4, 2019

Thursday
GHS

GHS Cheerleaders Tryouts (announced April 7th)

3:30-4 pm Warm-Up in Cafeteria
4-7 pm Tryout Time

April 10, 2019

Wednesday
Cafeteria
7:00 pm

Mandatory New Squad/Parent Meeting

First payment due!
Cash or Money Order only payable to Garland Cheer Booster Club

April 24/25, 2019

Thursday
AD Gym
3:00 pm

Fittings/Uniform distribution

Mandatory for all squad members.
(8th graders will arrive ASAP after school)

April 24 – May 30, 2018

Tuesday and Wednesdays

Practice

Varsity/JV 3:00 – 4:30pm, Freshmen 4:15 – 5:30pm
(No practice on May 8 & 9, 2018 due to STAAR testing)

July 29 - August 1, 2019

Monday - Thursday

NCA Camp @ Hilton Rockwall

Mandatory for all squads. We ask that parents attend All American and Final day performances and evaluations only. This is a bonding time for the teams and we appreciate parents respecting the sponsor's guidelines.

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 February 18th and will regain eligibility on March 25th if all classes are passed at that time. If they are not passing all classes at that time, then they 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 with black bikers (spanx) underneath, 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

Thursday, April 4th, 2019 at Garland High School

3:30- 4 pm: Warm up in cafeteria.

We will provide you with the number that you will wear for tryouts.
You are not allowed to switch numbers with another candidate.

4 - 7 pm: Tryout Time

Varsity, JV, Freshman – Boys 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 be applied to Mock tryouts. Candidate must be present at school the day of tryouts to be eligible.

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 credential 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 Freshmen – 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 7th, 2019. Candidates will be sent information with the website address by the sponsors on April 7th.

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.

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 judges 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, 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.

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

ESTIMATED COSTS

** Actual costs will vary **

The estimated cost of cheerleading for one year is a rough estimate below. Every effort has been made to keep these costs to a minimum. ONLY CASH & MONEY ORDERS are accepted for the first payment.

\$75 due 04/15/2019 at first booster club meeting @ 7:00 pm.

Final payment due at June booster club meeting @ 7:00 pm.

Must be paid in full in order to attend camp.

Cost Schedule EXAMPLE * (Final Costs To Be Determined)**

4/15 \$75 Partial Camp Clothes

4/30 \$100 Camp Deposit

5/15 \$75 Partial Camp Clothes

5/30 \$135 Partial Camp Payment

6/15 \$ Warmups

6/30 \$135 Partial Camp Payment

Freshman Costs \$965 * (Final Costs To Be Determined)**

Camp \$399 Warmup \$140

Camp Meal and Buddy Gift \$15

Campwear \$150 Pink Out Wear \$40

Backpack \$65 Fleece Pullover \$50

Bows \$35 Activity Fee \$50 (includes 1 banquet ticket and booster club membership)

*Black Spandex (all black- no colored bands), Black Sports Bras and Big Sis Gifts purchased on own
Shoes will be purchased on your own, but needed by Camp (Brand TBD)*

JV Costs \$965 * (Final Costs To Be Determined)**

Camp \$399 Warmup \$140

Camp Meals and Buddy Gift \$15

Campwear \$150 Pink Out Wear \$40

*Backpack \$65 Fleece Pullover \$50

Bows \$35 Activity Fee \$50 (includes 1 banquet ticket and booster club membership)

*Black Spandex (all black- no colored bands), Black Sports Bras and Big Sis Gifts purchased on own
*Backpacks for new JV Squad Members
Shoes will be purchased on your own, but needed by Camp (Brand TBD)*

Varsity Costs \$1095 (first year) *\$965 (second year, will not pay * unless needed) * (Final Costs To Be Determined)**

Camp \$399 Warmup \$140

Camp Meal and Buddy Gift \$15 Megaphone 2/bag \$125

Campwear \$150

*Backpack \$65 Pink Out Wear \$40

Fleece Pullover \$50 Bows \$35

Activity Fee \$50 (includes 1 banquet ticket and booster club membership)

*Black Spandex (all black- no colored bands), Black Sports Bras and Lil Sis Gifts purchased on own
Letter jacket \$115 purchased separately through school*

Male cheerleaders will deduct \$45 from total price since they do not need bows.

**Backpacks for new Varsity Squad Members*

Shoes will be purchased on your own, but needed by Camp (Brand TBD)

GISD provides uniforms, but each cheerleader is responsible for all alterations needed and any damages to the uniforms that may have occurred throughout the year.

GHS provides the paper for signs. All other supplies for painting signs will be paid for by cheerleader.

DISCLAIMER

“As a cheerleader, your child 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 the additional school.

TRANSPORTATION

Cheerleaders will ride the bus to all out of town football games and out of town playoff volleyball and basketball games. Cheerleaders attending football, basketball, and volleyball games or other events within the cities of Garland, Rowlett, and Sachse will furnish their own transportation.



High School Cheerleader Squad Rules and Deduction System

The following is the basic standard for a cheerleading squad decoction 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: Benched ½ game or event Unexcused with or w/o notice: Benched 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: Benched ½ game Excused w/o notice: Benched 1 game or event Unexcused with or w/o notice: Benched 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	Benched 1 game/event
3.	CL will not engage in public displays of affection while in uniform.	Benched 1 game/event
4.	CL will respect/respond to all sponsors at all times. Rudeness/insubordination will not be tolerated.	Benched 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.
- Guidelines: these are general rules and guidelines for all GISD cheerleaders. Failure to comply may at times require judgment calls to be made. These decisions will be left up to the individual sponsors for each squad. Sponsors reserve the right to upgrade any penalty (immediate benching, office referral) depending on the severity of the situation.

Last Updated 2/21/2017

GHS 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.	No arguing with teammates.	5 pt. deduction
5.	No cursing.	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
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. Exceptions: funeral, death in the family, UIL activity	
2.	CL must arrive on time, as designated by sponsor, to any cheer function (games, pep rallies, etc.).	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/performance.	Benched
4.	CL must be in correct/complete uniform at school on game/pep rally days. Only letter jackets/designated sweats/sweater may be worn with uniform or spirit attire.	3 pt. deduction for each violation
5.	Hair will be up and secure as per sponsor.	2 pt. deduction
6.	No arguing with teammates.	5 pt. deduction
7.	No cursing.	3 pt. deduction
8.	Only clear, natural, or black/gold (school colors) nail polish and be of "sport" length.	Sit out until off
9.	CL will have required items (poms, megaphones, etc.) by start of game/pep rally/event	2 pt. deduction for each violation
10.	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.
11.	Leaving a cheerleading event early will result in a benching of the next event.	
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 camp. 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.	

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

Cheerleader 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, the Garland High School Cheerleader Privileges, Traditions and Garland High School Cheer Addendum. I agree to follow the rules of the Handbook, Procedures, Privileges, Traditions, and GHS Cheer Addendum and represent my squad and 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 and 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. I understand each of them before I tryout and will abide by each rule. I also understand and accept each punishment given for each rule violation.

Parent Signature

Date

Cheerleader's Signature

Date

I understand that the uniforms are the property of Garland High School and if lost or damaged it is my responsibility to replace them. The uniforms may be altered without butting the fabric, with the cheer sponsors approval. Uniforms will be returned at the designated date and will be taken to a dry cleaning center to be laundered and turned in with receipt attached to the bag.

Parent Signature

Date

Cheerleader's Signature

Date

SOCIAL MEDIA CONTRACT

As a Garland High 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, Garland High School or Garland ISD, can, and will, result in 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 From

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

**GARLAND INDEPENDENT SCHOOL DISTRICT CHEERLEADING
PROGRAM APPLICATION FOR AVAILABLE JV CHEER
POSITIONS**

Varsity Candidates Only!

This document must be signed returned to the cheerleader sponsor no later than the end of the school day on the Friday before Saturday cheerleader tryouts. NO EXCEPTIONS!

Student's Name _____

GISD Campus _____

The candidate and parents/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/Guardian _____ Date _____