

# Lakeview Centennial High School



## 2019-2020 Cheerleading Tryout Packet

To: Cheerleader Candidates and Parents

From: Wendy Jackson

Varsity Coach – wljackso@garlandisd.net

**2019-2020 Lakeview Centennial High School Cheerleader Tryouts**

Clinic: March 25th, 2019

Mock Try-Outs April 1st, 2019

Tryouts: April 6th, 2019

Please read carefully the attached rules and regulations for the LCHS cheerleaders. All cheerleaders will be expected to abide by the G.I.S.D Handbook & Procedures, LCHS Tryout packet, and Medical Forms can be accessed at the website <http://www.garlandisd.net/departments/cheerleading/index.asp>

There will be a Mandatory PARENT AND CANDIDATE MEETING on MOONDAY march 18th at 6:30pm in the cafeteria at Lakeview. You must contact your respective coach at (972)240-3740 if you will be unable to attend. *All forms and fees must be turned in by the established deadline in order to be eligible to tryout.*

**All forms are due at the time of the Parent Meeting. March 18th, 2019**

- Application/ Parent Permission Form
- 4<sup>th</sup> Grading Period Report Card
- Medical History Form
- Code of Conduct Signature Page
- Junior Varsity Placement Form (JUNIORS ONLY)
- \$10.00 cash for clinic fee

**Summer camp for the cheerleaders will be June 9 -12, 2019, at Gaylord Texan in Grapevine, Texas.** Cheer camp is mandatory for all cheerleaders. All candidates who make the squad will be expected to attend **ALL** practices before camp. Please plan all vacations accordingly. Failure to attend practices may result in a cheerleader being benched from football games or other performances. A *tentative* list of practice times, estimated costs and a payment schedule will be distributed at the parent meeting. **A first payment of \$700.00 will be due on April 8th. NO EXCEPTIONS!** Payment must be cash, credit card or money order made payable to LCHS Cheer. It is imperative that all payments are turned in on time. Failure to turn in payments on time may result in the squad not receiving their camp clothes and equipment on time.

**All camp related fees must be complete by May 17th 2019. If a cheerleader is not paid in full, he or she will not receive their uniforms, participate in the camp activities, and/or may be removed from the squad at the beginning of the school year. No Exceptions. See payment schedule attached.**

**PLEASE BRING THIS INFORMATION PACKET TO THE PARENT MEETING ON MARCH 19th, 2019.**

## **LAKEVIEW CENTENNIAL HIGH SCHOOL 2016-2017 CHEERLEADING TRYOUT SCHEDULE**

### **Monday March 18th, 2019**

#### **Parents/Candidates Meeting**

**6:30 to 7:30 p.m.**

**LC Cafeteria**

- First meeting of all parents and candidates in the cafeteria. It is mandatory that all parents and candidates attend this meeting. You must make prior arrangements with a coach if you are unable to attend.

### **MONDAY March 25th, 2019**

#### **Clinic Day**

#### **Registration**

**Clinic 4:30pm – 8:00 pm Main Gym**

- You must have turned in all forms to your respective coach
  - Application/ Parent Permission Form
  - 4<sup>th</sup> Grading Period Report Card - those who have failed are are ineligible via UIL guidelines will not be allowed to stay.
  - Medical History Form (the candidate will need a physical prior to tryouts if you answer yes to questions 1 through 6)
  - Code of Conduct Signature Page
  - Junior Varsity Placement Form (JUNIORS ONLY)
  - \$10.00 cash for clinic fee
- For each clinic day, be dressed in tennis shoes, socks, shirt and shorts. No jewelry of any kind or gum! Be ready to practice! Hair should be up!
- All necessary tryout material will be taught today only.
- A video of all tryout material will be provide via digital source such as remind or youtube link.

### **Monday April 1st, 2019**

#### **Mock Tryouts Open Gym – Main Gym**

**4:30 - 8:00pm**

- BE ON TIME!!!!
- Parents and friends will not be allowed to attend the open gym.
- No video taping of the open gym will be permitted.
- Everyone is expected to attend regardless of whether you attended clinic so as to pick up your number.

**Saturday, April 6th 2019**

**Tryouts AT LAKEVIEW CENTENNIAL HIGH SCHOOL**

**9:00 AM- 9:30 AM Warm-up – auxillary gym**

**9:30 AM-12:30 PM Tryouts – main gymnasium**

- Video tryouts held **at Lakeview Centennial High School**
- Be ready at the designated time and location for warm-up and tryouts.
- No parents or friends will be allowed in the building during tryouts.

### **TRYOUT INFORMATION**

#### **GENERAL**

A video recorded tryouts will be held at all G.I.S.D. High Schools within the designated time frame of April 4-6th 2019. While the actual tryout time may differ from campus to campus the judging will remain centralized and occur on Sunday April 7th by independent judges. The goal of the centralized judging will be to provide a consistent, equitable and monitored tryout process for all high school cheerleader candidates across the district. During each school tryout, an administrator will be present. The principal or designee will provide the official video device to the district untampered.

#### **Judge Disclaimer:**

Furthermore, every attempt is made to hire judges that have not worked 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. All judges will be instructed to judge the candidates based only on the mastery of the skills they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates. Coaches will wait in a designated waiting area, but should not be in the gymnasium. The Director of Fine Arts will oversee the entire process. **Parents and friends will not be allowed in the gym areas during any phase of the tryouts.**

#### **SQUADS**

**The Varsity Squad will be made up of 16 junior and senior students** (the top four seniors, the top four juniors and eight of the remaining top juniors and seniors). **The Junior Varsity Squad will have 12 cheerleaders. The Freshmen Squad will consist of 12 incoming freshmen members.** High School cheerleaders shall be selected by a scoring method using only the ratings assigned by a panel of judges.

#### **ANNOUNCEMENT OF WINNERS**

The **2019-2020 LCHS cheerleader results** process will be as follows: The candidates will be added to a group remind and the link to the website will be provided once all scores are finalized. **Results will be posted no later than 5:00pm on Sunday April 7th, 2019.**

#### **ELIGIBILITY**

The tryout clinic/open gym will be held on Marsh 25th and April 1st, 2019. Attending the clinic is not mandatory for tryout eligibility but is highly recommened. Only students who are academically eligible *with documentation* may attend the clinic/open gym. A \$10.00 clinic fee is charged to pay for the choreographer and music. Ineligible students may participate in the mock tryout and one-day judge tryout only. Any student who failed a course during the 4<sup>th</sup> six weeks will be ineligible to attend the clinic

per UIL regulations. **Anyone who failed two or more classes during the school year and/or was in ISS, AEC, or quit/ was removed from the program during the previous year may tryout with prior approval only.**

### **Forms Required**

- 2019-2020 LCHS Cheerleaders Application/Parent Permission Form
- Code of Conduct with Parent and Cheerleaders Signature
- Junior Varsity Placement Form (Juniors Only)
- Medical Form (the candidate will need a physical prior to tryouts if you answer yes to questions 1 through 6)
- 4<sup>th</sup> Grading Period Report Card

### **INSURANCE 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 insurance.

### **ATTIRE**

**Varsity:** Royal Knit Shorts, White polo-style Shirt (NO EMBLEMS)  
White Socks, White Tennis Shoes, **NO BOW** - no embellishments or embroidery

**J.V. & Freshmen:** Royal Knit Shorts, White polo-style Shirt (NO EMBLEMS)  
White Socks, White Tennis Shoes, **NO BOW** - no embellishments or embroidery

\*\*\*Gold Knit (Soffe) shorts can be hard to find. My suggestion is you do not wait until the last minute. Amazon also has a brand that may work but be mindful of size charts etc when ordering online.

- All candidates will be randomly assigned a tryout number. This number should be displayed on the front and back of the tryout shirt in **black**. The number must be large enough to be readable by the judges. Under no circumstances should candidates switch numbers. If candidates switch numbers, they may be disqualified from the tryout process. **Numbers will be provided for you in order to keep with a uniform appearance.**
- If a student is academically ineligible or does not attend the clinic for any reason, it is the responsibility of that candidate to make arrangements with the sponsor to receive a tryout number and other pertinent information regarding tryouts.
- All candidates must wear hair up.
- NO JEWELRY AND NO GUM.

### **TRYOUTS**

- Be ready in the auxillary gym of Lakeview Centennial High School at the appropriate time.
- **Lakeview H.S.** Warm-up 9:00am-9:30am NO cheerleader will be allowed to enter the building once tryouts have begun.

Tryout Order: Varsity, JV and the Freshmen

- Each tryout process will be taped with no stop and/or restart. Once the tryout process has begun for each team the recording will not stop until the last individual candidate of that squad.
- Judging panel will consist of 5 judges selected from a professional cheerleading association, university, and/or out of district sponsors. There are 100 points available from each judge. The

high and low scores for each candidate will be thrown out and the remaining 3 scores will be averaged. Candidates must earn a minimum score of 50 to be placed on the Varsity squad and a minimum score of 45 to be placed on the JV squad and a minimum score of 40 to be placed on the freshman squad.

- Family and friends will not be allowed in the building during tryouts.
- A district computer program will tabulate scores. Each judge may award up to 100 points total per candidate
- Order of Tryouts 1)Group: Chant, Dance 2)Individual: Entrance, Jumps and Cheer

### **CHEERLEADER TRYOUT SEQUENCE OF EVENTS**

Each tryout will include a chant, a dance, and a cheer. All categories should be performed in sequence.

Prior to entry of the group the videographer will begin recording the tryouts. The administrator or designated personnel will then instruct the group to enter.

#### **FULL GROUP PERFORMANCE**

**ALL** candidates should walk in and perform chant, dance, and cheer as a group in that order. This is only so the judges can see what the material should look like and that candidates will not be judged at that time. All candidates should be within the videotapped frame. Should three lines be needed three lines should be used to accommodate space.

#### **SMALL GROUP CHANT**

Groups should consist of 2 or 3 candidates. Enter the gym so that the candidates end up standing in numeric order from left to right and within the designated videotapped frame. 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.

#### **SMALL GROUP DANCE**

Once the nod has been given, the school administrator should start the music for the dance. Once this has been completed, the candidates should remain in their spots until directed to leave. The group categories mentioned above should be repeated until all groups have performed.

#### **INDIVIDUAL ENTRANCE**

Candidate number #1 should enter the gym and wait for notification that they are ready. Videographer and administration should ensure the candidate is within the frame of the camera. Once the candidate has been given the nod, the candidate should run in showing and soliciting spirit and enthusiasm doing whatever tumbling pass they wish if they are able. Candidate should stay within the designated areas of the mat to ensure all tumbling is visible for recording. Once they are done with their entrance, they should stop in the center of the gym and wait for notification to proceed.

#### **INDIVIDUAL JUMPS**

Once the nod has been given, each high school candidate must perform a toe touch, a right hurdler, a left hurdler, and a choice jump.

## 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. As candidate #1 is walking out, candidate #2 should walk in and wait for a nod to begin.. These steps should be repeated until all candidates have performed all categories mentioned to this point.

## JUDGING CRITERIA

### **a. ENTRANCE\*:**

Presence/ Poise.....5pts.  
Tumbling during run-in.....10pts.  
Spirit/ Enthusiasm.....5pts.  
(No Entrance Chant or Cheer Will Be Allowed)

### **b. JUMPS\*:**

Toe Touch.....10pts.  
Right Herdler.....5pts.  
Left Herdler.....5pts  
Choice Jump.....5pts

### **c. CHEER\*:**

Motion Technique.....10pts  
1-3 motion levels off, lacking in sharpness, missed motions  
4-7 Average motion levels, needing more sharpness (placing motions)  
8-10 Good motion levels sharp.  
Voice/Projection.....5pts.  
1 - soft  
2 - speaking words  
3 - saying words loud  
4 - Yelling words but lacks tone changes/enthusiasm  
Incorporation [Jumps/Standing Tumbling].....5pts.  
(Back Tuck...5pts, Flip Flop...4pts, Toe Touch...3pts, & None...2pts)

### **d. CHANT\*\*:**

Motion Technique.....10pts.  
1-3 motion levels off. lacking sharpness, missed motions  
4-7 Average motion levels, needing more sharpness (placing motions)  
8-10 good motion levels, sharp  
Timing.....5pts.  
1-2 timing off throughout (unable to pick up or threw off rest of group)  
3 okay timing  
4-5 good timing with group

Voice Projection..... 5pts

- 1 - soft
- 2 - speaking words
- 3 - saying words loud
- 4 - yelling words but lacks tone changes (levels)/enthusiasm
- 5 - YELLING words with tone changes (levels)/enthusiasm

**e. DANCE\*\*:**

Motion Technique.....10pts.

- 1-3 motion levels off, lacking in sharpness, missing motions
- 4-7 average motion levels, needing more sharpness (placing motions)
- 8-10 good motion levels, sharp, popping, dance, exhibits individuality

Timing..... 5pts.

- 1-2 timing off throughout (unable to pick up or threw off rest of group)
- 3 - ok timing (able to pick up)
- 4-5 good timing with group

\* Individual Performance

\*\* Group Performance

There are 100 points available from each judge. The high and low scores for each candidate will be thrown out and the remaining 3 scores will be averaged. **Candidates must earn a minimum score of 50 to be placed on the Varsity squad and 45 to be placed on the JV squad and a minimum of 40 to be placed on the freshman squad.**



## **Lakeview Centennial High School Cheerleader Code of Conduct**

Being a cheerleader is an honor and a special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, and wholesome and enthusiastic school spirit and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the GISD student code of conduct, as well as the GISD Cheerleader Handbook, and Lakeview Cheer Code of Conduct. While all extra-curricular activities are held to a higher standard cheerleaders especially serve a unique purpose on the LCHS campus. Cheerleaders not only serve to participate in their sport, but as ambassadors and public representatives for the campus. Cheerleaders are often chosen to go to radio stations, participate in television appearances, etc...and in doing so accept the responsibility of public representative. The purpose of the code of conduct is to preserve and maintain a higher standard of behavior and character both on and off campus. The LCHS Cheer Program will work to promote the most positive image both on and off the field at all times.

This standard of excellence includes interactions with all members of the community. Any behavior considered detrimental to the reputation of Lakeview Centennial and/or the LCHS Cheer Program can result in the dismissal of the cheerleader from the program. The final determination of "conduct detrimental to the reputation of the school or program" will be made by the principal and/or sponsor.

Maintaining a higher standard of conduct will also include ensuring that cheerleaders' websites are appropriate. The internet is a worldwide, publicly accessible form of communication. Therefore, **any communication** such as Twitter, YouTube, Instagram, SnapChat, Vines, Tumbler, or any other photo/video sharing or social media site, etc. appearing on the internet is public domain, even if it is marked private. Cheerleaders 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, clothing, alcohol, drugs, and/or tobacco. Excessive amount of postings during the school day is unacceptable and will be considered if a principal/sponsor review takes place. Messages, snapchats, pictures, etc. sent via text message 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 sponsor.

**In addition to the GISD student code of conduct the following standards will be in effect twenty-four hours a day, seven days a week, twelve months a year, in season and out of season, whether or not school is in session.** All cheerleaders will be expected to follow the code of conduct. **This code of conduct applies from the time a cheerleader is selected to the next tryout date.** The following are some general guidelines.

1. Remember that being a Cheerleader means you should be the example not the exception. The students look up to you. **If for any reason a Cheerleader is put into in-building suspension (ISC), the Cheerleader may be removed from the squad.**
2. There will be **NO P.D.A.** (public display of affection) at any school functions or on school property. This means, in the hallways, in the classroom, at games or anywhere you are representing the school. You may hold hands only!

3. Follow school dress code standards and expectations at **all times**. This includes as a spectator to other games as well. As a spectator the LCHS Cheerleader may not have attire with explicit language or images of a sexual or derogatory nature, attire must not display images of illegal drug use etc. as is stated in the GISD code of conduct. Shorts/skirt must be modest in length.
4. All cheerleaders will be expected to use their manners at all times to the Coaches, Head Cheerleader and all Squads above them. This means, "Yes Ma'am" and "No Ma'am." All cheerleaders will respect the Lakeview Cheerleading Traditions.
5. All cheerleaders will respect rank. All cheerleaders who have earned rank will understand that rank is a form of honor and with it comes responsibility. The higher your rank the greater the expectation because you set the example. At all events LC Cheer traditions will be honored. (Varsity will walk in front, Varsity will eat first etc.) Yet, at any time if the rank privilege is abused it will be taken away until earned back.
6. Cheerleaders are expected to arrive on time as instructed by the coach to all events and performances. Being late does have consequences. (point deductions, physical make-up, etc...) There are no exceptions (just because you feel you have a good reason, does not mean you will be exempt from this rule). If for some reason you are going to be late, it is your responsibility to notify the sponsor.
7. Cheerleaders are expected to attend all practices, performances, and cheerleading functions. If you are going to be absent, it is your responsibility to notify your sponsor. You will be required to do makeup work. **Cheerleaders may not miss the last practice before a game or performance to be considered eligible to perform and cheer. (Note: any appointment for doctors, or any other kind is not an excused absence the last practice before a game/event, this includes ALL after school practices).**
8. Cheerleaders are expected to provide their own transportation to games or athletic events, except when a bus is taken. Cheerleaders are to be picked up from the game or athletic event no later than 20 minutes after the conclusion of the event or game. Please be respectful of the coaches' time and contact them if you are running late to pick up your cheerleader. Repeated tardiness of pick up could result in a principal/sponsor review with the parent/guardian and removal may be possible. Coaches are not required to wait for cheerleaders to be picked up.
9. When a bus is taken to games, all cheerleaders are expected to ride the bus to and from the game or athletic activity, except in extreme emergencies. The coach must approve the GISD parent release form from the cheerleader's parent or guardian before the cheerleader will be permitted to ride with her/his parents. This form must be turned in 24 hours in advance. A cheerleader is restricted from riding with anyone other than his or his parents/guardian if this form is approved.
10. Cheerleaders will respect all decisions made by the Sponsor. Cheerleaders may not like all the decisions that are made by the sponsors, but they will not complain or be disrespectful. The sponsors do not make decisions based on the popularity of the decision. All decisions made by a sponsor are based on the best possible outcome for Lakeview and the squad.
11. Cheerleaders must attend Cheer Camp during the summer as well as all practices prior to camp. Cheer camp is a very important bonding time for the squads. Parents will not be allowed to attend camp, but are welcomed and encouraged to attend the last night and final day activities at camp.
12. Sponsors and head cheerleader will determine the uniform schedules for each squad.
13. Cheerleaders must wear the proper uniform and attire at all times (this includes all practices, performances, and activities). Practice clothes are mandatory and consequences for improper attire will occur.
14. All Lakeview Cheerleaders will follow and abide by all regulations set by the GISD Code of Conduct, GISD Cheerleading handbook as well as the Lakeview Cheerleading Conduct

guidelines. Cheerleaders will follow and respect all the cheerleading sponsors, administrators and teachers at LCHS. Failure to follow the rules can result in severe penalties including removal from the squad.

**Guidelines Regarding Dress While in Uniform:** These guidelines are in effect at any time when a cheerleader is wearing a cheer program designated shirt. So for instance, if a JV cheerleader goes to a Varsity game and wears their JV cheer shirt they must follow these guidelines. If they wear a JV sweatshirt to school on a Tuesday just because they should be following these guidelines.

**Hair:**

- Varsity is the only squad that has the privilege of wearing their hair down at any time. When Varsity's hair is 1/2 up 1/2 down all other squads should have their hair in a pony tail with bow.
- Cheerleaders will be provided a schedule regarding proper hair and will be expected to adhere to the guidelines. Regardless of hairstyle or length the expectation is that squads will be able to maintain the uniform requirement. Any deviation should be approved by your sponsor first.

**Game Day:**

- Two days a week are designated as "Game Days" The day your team plays and the day your respective squads cheer. (For instance, Thursdays JV and Freshmen cheer so it is a game day for Varsity and on Fridays Varsity cheers, so it is a game day for Freshmen and JV.) On these days designated cheer attire is to be worn to school. A schedule will be provided and cheerleaders are expected to adhere to that schedule.

**Nails:**

- Nails colors allowed are as follows:
  - Varsity: Clear, colors within the family of nudes that blend easily with the nail bed, and white.
  - JV/Freshmen: Clear, colors within the family of nudes that blend easily with the nail bed.
- When actively cheering nails should be a modest length to reduce the risk of injury to other cheerleaders while cheering, stunting, and tumbling. If a cheerleader is told to trim down her/his nails the request will be respected and followed through. Once varsity basketball season is over senior cheerleaders **only** will have permission to wear the colors and length of their choice. All

**Immediate Dismissal**

- minor in consumption (mic) – drugs or alcohol
- driving under the influence (dui)
- driving while intoxicated (dwi)
- other violations of law
- Any social media use that reflects images of profanity, illegal drug use, alcohol, or sexually explicit nature, any statements that may be deemed demeaning or excessively negative in nature regarding GISD, Lakeview, teachers or students, as well as retweeting of such images including reposting of fights.
- AEC placement
- principal/sponsor review (see handbook)
- harassment/bullying
- ISC for any reason or a second ISC for dress code violation
- Suspension for any reason
- minor in possession (mip) – tobacco, drugs, or alcohol

- fighting at school

\*all offenses related to fighting or that are drug/alcohol related (usage or possession) will result in the appropriate consequence whether or not a ticket, referral or consequences are issued.

### **Immediate Probation**

- In addition to the social media policy any video that is reported which shows a cheerleader as an audience to a fight will be grounds for immediate probation
- Use of social media sites that a cheerleader has that has not been reported to the cheerleading program. (For instance: the cheerleader has a twitter handle for cheer and another one that they use privately. All social media sites will be logged and checked regularly. This includes facebook, twitter, instagram, snapchat, periscope or anything that can be defined as social media. The cheerleader is a very obvious and unmistakable representative of the school thus all images posted and comments expressed reflect on the school as well.
- Excessive disrespect toward any coach or teacher at any time (Two times is an acceptable guideline to follow. If you have to be told more than twice to quit being disrespectful you have been excessive.)
- More than 3 cumulative tardies in a six weeks period without justifiable cause.
- ISC for first time dress code violation
- Failure to maintain passing grades **regardless of the level of rigor.** If a student fails any course more than one six weeks they will be placed on probation. If a student fails multiple courses two six weeks in a row (for example: they failed chemistry and bio one six weeks and then history and english the second six weeks) they will be placed on probation.

The Garland ISD Cheer Handbook states:

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

Any determination by the Lakeview Centennial Administration to remove a cheerleader from the squad is final. It is not taken lightly to consider removal and removal is held as the absolute last resort.

### **LCHS Cheerleader Code of Conduct Acknowledgment of Acceptance**

I have read and understand the LCHS cheerleader code of conduct. I agree to abide by each rule and accept the consequences for any violation.

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Cheerleader

Date

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Parents/guardian

Date

### **GISD Cheerleader Handbook Acknowledgment of Acceptance**

I have read and understand the GISD high school cheerleader handbook and procedures. I agree to abide by this handbook and accept the consequences for any violation.

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Cheerleader

Date

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Parents/guardian

Date

### **Lakeview Centennial Deductions and Merit System Guidelines**

I have read and reviewed the guidelines regarding deductions and merits. I understand that the GISD Cheer Handbook is not all inclusive and the guidelines for our campus supercede the minimum GISD expectation.

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Cheerleader

Date

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Parent/Guardian

Date

**2019-2020 LCHS Cheerleader Application/Parent Permission Form**

**Name**\_\_\_\_\_ **Current Grade**\_\_\_\_\_

**Parent Name**\_\_\_\_\_

**Permanent Address** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

**Parent Email** \_\_\_\_\_ **Student Email** \_\_\_\_\_

**Candidate Statement:** I, \_\_\_\_\_, am trying out for the position of cheerleader. I am aware of the time involved in being a LCHS cheerleader. I am prepared to give 100% and have a positive attitude throughout the year. I understand that my obligations as a cheerleader do not begin and end with football season, but begin with cheerleader tryouts and continue throughout the entire school year. Furthermore, I understand that it is my responsibility to provide my own transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines. I understand that as a cheerleader I am expected to behave in a manner that is becoming to me, as well as, to my squad. I also realize that grades are very important and that it is my responsibility to remain eligible. It wastes time, money, and energy when I am unable to perform. I have read and understand the attached information packet and GISD cheerleading handbook and rules. Furthermore, I have read the Lakeview Code of Conduct and understand my responsibility as a Lakeview Cheerleader. I agree to follow and abide by all of these rules and regulations.

**Permission Statement:** I have read the attached information packet and cheerleading handbook and rules. I also understand that every member of the cheerleading squad will be expected to follow these rules and regulations, and I agree to abide by these regulations. I understand I will not be allowed in the building on the day of tryouts. I understand that it is my responsibility to provide transportation to and from cheerleader practices and events unless a bus is provided under the GISD guidelines for my child. I understand that it is my responsibility to meet all financial obligations by the deadlines set forth by Lakeview Centennial High School. Furthermore, 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 the GISD insurance disclaimer. I understand that if I have any questions or concerns regarding cheerleading, I should contact the appropriate sponsor between 7:15am - 3:15pm at Lakeview. I understand and agree to abide by the GISD cheerleader handbook. Furthermore, I give my consent for the below named student to represent Lakeview as a cheerleader and participate in extracurricular activities with knowledge of the responsibilities, conduct expectations and risks involved with being a LCHS cheerleaders.

**Choice of School:** \_\_\_\_\_ has signed a choice of school statement form for the 2016-2017 school year selecting Lakeview Centennial High School.

**Candidate Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

If you have any further questions, please contact your respective sponsor. The parent meeting is on March 20th at 6:00pm in the cafeteria.

**GARLAND INDEPENDENT SCHOOL DISTRICT  
CHEERLEADING PROGRAM**

**APPLICATION FOR AVAILABLE JV CHEER POSITIONS  
(VARSITY CANDIDATES ONLY!)**

This document must be signed and returned to the cheerleader sponsor no later than the end of the school day on the Friday before Saturday cheerleader tryouts (April 13th, 2018). NO EXCEPTIONS!

Student 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 10 candidates trout and are eligible 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 constitution rules apply

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Student Signature

Date

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Parent/ Guardian Signature

Date

Lakeview Centennial High School  
Varsity Panel Summary Sheet

**Individual**

Enter gym and perform the following:

- Presence and Poise will be scored
- Entrance (Running Tumbling/Spirit & Enthusiasm)
  - ☆ NO entrance chant or cheer will be allowed
- Jumps
  1. Toe Touch
  2. Right Herdler (crook)
  3. Left Herdler (crook)
  4. Choice Jump
- Cheer
  - ☆ Motion Technique
  - ☆ Voice Projection
  - ☆ Incorporation (This cheer includes a toe touch and standing flip-flop. Some students may down-grade or up-grade the flip-flop. Please use your professional judgment on the appropriateness of their choice.)

**Group**

- Chant
  - ☆ Motion Technique
  - ☆ Timing
- Dance
  - ☆ Motion Technique
  - ☆ Projection (Facials)
  - ☆ Timing



Lakeview Centennial High School  
JV Panel Summary Sheet

**Individual**

Enter gym and perform the following:

- Presence and Poise will be scored
- Entrance (Running Tumbling/Spirit & Enthusiasm)
  - ☆ NO entrance chant or cheer will be allowed
- Jumps
  1. Toe Touch
  2. Right Herdler (crook)
  3. Left Herdler (crook)
  4. Choice Jump
- Cheer
  - ☆ Motion Technique
  - ☆ Voice Projection
  - ☆ Incorporation (This cheer includes a toe touch and standing flip-flop. Some students may down-grade or up-grade the flip-flop. Please use your professional judgment on the appropriateness of their choice.)

**Group**

- Chant
  - ☆ Motion Technique
  - ☆ Timing
- Dance
  - ☆ Motion Technique
  - ☆ Projection (Facials)
  - ☆ Timing

Lakeview Centennial High School  
Freshmen Panel Summary Sheet

**Individual**

Enter gym and perform the following:

- Presence and Poise will be scored
- Entrance (Running Tumbling/Spirit & Enthusiasm)
  - ☆ NO entrance chant or cheer will be allowed
- Jumps
  1. Toe Touch
  2. Right Herdler (crook)
  3. Left Herdler (crook)
  4. Choice Jump
- Cheer
  - ☆ Motion Technique
  - ☆ Voice Projection
  - ☆ Incorporation (This cheer includes a toe touch and standing flip-flop. Some students may down-grade or up-grade the flip-flop. Please use your professional judgment on the appropriateness of their choice.)

**Group**

- Chant
  - ☆ Motion Technique
  - ☆ Timing
- Dance
  - ☆ Motion Technique
  - ☆ Projection (Facials)
  - ☆ Timing

## Payment Breakdown for 2019-2020

The cost of cheer is expensive. This cost includes camp, camp wear, warm-ups, poms, etc...basically everything that cheerleader will need to fulfill the requirements for the year. EVERY effort is made to not ask for anything beyond this cost. Fundraisers are used the month of May to assist in the reduction of cost as well. An itemized list of costs is provided at the parent meeting the overall cost for new cheerleaders is below. Returning cheerleaders would be slightly lower. Because all items must be ordered early to ensure their arrival before camp we must have payments early as well.

### Total Cost for new incoming Cheerleaders:

Varsity - 1516.00

JV - 1442.00

Freshmen - 1442.00

Total Cost For returning Varsity:

1065.00

Total Cost for Returning Freshmen moving to JV:

1049.00

### Payment Dates:

April 8th: 700.00

May 15th: remainder

All payments must be made on time. In cash, money order, or PayPal/CashApp Method. If a PayPal/CashApp payment is received that does not go through or is rejected - all further payments will be required to be made in cash only and a 25.00 fine attached to the account.

I have read and acknowledge that I have been informed of the cost requirements for cheer. While fundraising opportunities will be provided, the ultimate responsibility of cost will be that of the cheerleader and their family. I also understand that should my child be removed no funds will be reimbursed.

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Parent/Guardian Signature

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Date