



Garland High School
HOME OF THE FIGHTING OWLS!

CHEERLEADER
Tryout Packet
2009-2010

Tryout Candidate and Parents,

I am 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, march in the Labor Day Parade, organize school pep rallies, promote school spirit, and travel to compete at competition. **As a member of the squad you must be willing to give your time to practices, games, performances, and other cheerleading commitments.**

As a Garland High School cheerleader we expect you to be a role model for the student body. You are expected to follow all school rules and policies. Cheerleaders written up for any offense will have consequences as designated in the cheerleading constitution or decided upon by sponsors and principals. We also expect cheerleaders to hold themselves to a high academic standard. We expect passing grades in all classes so that you may remain eligible to cheer throughout the year. If a student fails **ANY TWO 6 WEEKS** during the year they will be removed from the squad and be under review for the following year. 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 each of you the best of luck!

Garland High School Cheerleader Application

Name _____

Address: _____

City, St, Zip: _____

Phone #: _____

Parent/ Guardian: _____

Parent/ Guardian Phone: _____

Grade Next Year: 9 10 11 12

T-Shirt Size: _____

All forms must be turned in by 3:00 on the 26th of March to Ms. Ahlfinger at GHS. You need (in order) the following documents held together with either paper clip, folder, or stapled.

___ **Cheerleader Application**

___ **Permission Form**

___ **Medical and Physical History**

___ **Most Recent Report Card (and progress report if report card shows a failing grade)**

___ **Attendance/ Discipline Profile**

___ **Choice of school Form**

Tryout Checklist- Detailed

All forms must be turned in by 3:00 pm on March 26th, 2008 to Ms. Ahlfinger at Garland High School in order for the candidate to tryout. No late applications will be accepted!!

_____ Physical and Medical History (Attached to the back of packet or found online at www.garlandisd.net)

Please notice that cheerleading candidates are NOT required to have a physical exam unless they answer yes to questions 1,2,5,7,11, or 17. 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.

_____ Permission Slip (signed by parent and cheerleader candidate)

Please read over the constitution which can be found at www.garlandisd.net (go to information and then cheerleading). Please read over the privileges attached to the back of this packet.

_____ Report Card (must show 1st and 2nd semester grades)

If you failed the 4th 6 weeks and are passing every class on your progress report, then you may attend the tryout clinic. If you failed the 4th 6 weeks and are not passing every class on your progress report, then you will be responsible for learning the material on your own.

Any student who has failed two six weeks will be subject to a principal/ sponsor review before trying out tryout.

_____ Attendance/ Discipline Profile (1st and 2nd semester) *(please make sure both attendance and discipline are printed- these can be gotten from a counselor or attendance office)*

_____ If needed, discipline portion filled out and signed.

Any student who has an excessive number of disciplinary referrals, has been placed in in-building suspension, suspended from school, or has been placed in an Alternative Education Center by any GISD campus administrator will not be eligible to participate in tryouts without approval from the principal, sponsor and Director of Fine Arts. Areas to be reviewed will include but not be limited to the reasons for the referrals, academic grades, other discipline records, student attitude, and any other factors deemed relevant by the principal, sponsor and Director of Fine Arts.

_____ \$10 cash for tryout clinic. (girls will receive a CD with tryout music)

_____ Student must have selected Garland as their choice of school

Proof of acceptance into the IB or Performing Arts Endorsement must be given. If you are a student not enrolled in GHS during the 2009-2010 school year and you have not been accepted into a GHS program by clinic, you may still participate in clinic but you must have written approval of admittance by an administrator to Ms. Ahlfinger by March 26th, 2008 at 3:00.

GISD Centralized High School Cheerleader Tryouts 2009

The goal of the centralized tryout will be to provide a consistent, equitable and monitored tryout process for all high school cheerleader candidates across the district.

The Garland Independent School District will hold a centralized tryout for the selection of the 2004-2005 cheerleading squads. This tryout will be held on **Saturday, April 4, 2009**. All seven high schools will participate in the tryout process. The tryout will be held at **Garland High School**.

School	Warm-up	Tryout
North Garland High School	7:00 – 8:00.	8:00 – 9:30
Garland High School	8:30 – 9:30	9:30 – 11:00
Lakeview Centennial High School	10:00 – 11:00.	11:00 – 12:30
Sachse High School	12:15 – 1:15	1:15 – 2:45
Naaman Forest High School	1:45 – 2:45	2:45 – 4:15
South Garland High School	3:30 – 4:30	4:30 – 6:00
Rowlett High School	5:00 – 6:00	6:00 – 7:30

**The school in the last time slot (7) will serve as HOST for the tryouts.

Rowlett High School will serve as host school for 2009.

Note: Due to the fact that Garland High School is the only facility with three separate gymnasiums, the tryouts will be held at this location each year.

PARENTS WILL NOT BE ALLOWED IN THE BUILDING DURING ANY PHASE OF THE TRYOUTS.

When a school is ready to tryout, the host sponsor will notify the candidates in the warm-up area. A graduating senior cheerleader or sponsor will escort the candidates to the appropriate gym for the tryouts. UNDER NO CIRCUMSTANCE WILL THE OUTGOING SENIOR CHEERLEADER GO INTO THE GYMNASIUM. Sponsors will wait in the designated waiting area. Outgoing senior cheerleaders are not allowed in the tryout area or the tabulation room.

Tabulation of the scores

Each judge will enter his/her scores into a scoring spreadsheet. Those scores will automatically transfer to a master 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. **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%

All scores will be calculated to two decimal points. There will be no callbacks. In case of a tie, both candidates will be selected as stated in the cheerleading constitution.

Notification

After all tryouts for a school are tabulated and confirmed by the principal and sponsor, each candidate will be given an envelope with instructions for how candidates can find out the results of the tryouts. **NO RESULTS WILL BE DISTRIBUTED AT THE TRYOUT SITE.**

- Final results for each school will be published on the GISD Internet Website by 8:00 p.m. the evening of the tryouts.. Candidates will be given the website address at the conclusion of the tryouts.
- At 2:00 p.m. on the next Sunday afternoon, the principal (or designee) will post a list of the cheerleaders on the campus. This list will be in alphabetical order with no indication of ranking.

Requests for scores

Requests for scores will be honored as outlined in the cheerleading constitution. Those candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to the sponsor prior to the tryouts. Individual score sheets will be mailed no later than Monday. Other requests for scores can be made through the school principal.

Important Dates

8th grade please come as soon as your school lets out. Please do not leave school early for any cheerleading event!

**March 26, 2009
7:00 pm GHS Cafeteria**

Informational Parent Meeting (*All candidates and parents are required to attend this meeting*)

March 26th, 2009

Tryout Packet due by 3:00 or at the parent meeting to Ms. Ahlfinger at GHS

**March 30 & 31, 2009
4:30 – 7:30 pm GHS
Competition Gym**

Cheerleading Tryout Clinic for all candidates. *Only students who are academically eligible may attend the clinic. There is a \$10 fee.*

**April 3, 2009
3:00 – 7:00 pm
GHS Competition Gym**

Mock Tryouts
*Only for academically eligible candidates.
(attending clinic is not mandatory for try-outs)*

April 4, 2009

Tryouts
8:30- 9:30 Warm-Up in Cafeteria
9:30- 11:00 pm Tryout Time

April 6th, 2009

Practice Begins- Schedule will be given at the tryout parent meeting
Mandatory for New Squads (Camp Payment and refrigerator money will be due.)

**April 13th
7:00 pm GHS Cafeteria**

Parent Meeting

**April 14
Time TBA**

Camp Wear Fittings
Mandatory for all squad members
(Camp Wear, Polysuit, Shoes, Socks, and bloomer money will be due.) (Checklist of other items to be brought will be given later)

**May 4th
7:00 pm GHS Cafeteria**

Handbook Meeting
Mandatory for all cheerleaders and a parent

May 8th

Special Olympics- Varsity Only

**May 28th
3:00 pm- Varsity
4:15- Freshmen and JV**

Spring Game
Varsity Cheers

9th / JV attend game (*the girls will be announced before the game*)

Big / Lil sister Revelation

Times TBA

Photographs

Mandatory for all squad members

**Tentatively
June 9-12, 2009**

Camp at SMU

Mandatory for all squads

August 3rd until school starts

Practices begin

Practices for the school year and fish camp begin. Please see calendar attached for all practice times. Remember cheerleading is a very time consuming activity and summer practices are mandatory.

Cheerleading Clinic

March 30 & March 31, 2009

4:30 – 7:30 pm

Competition Gym GHS

Clinic is not mandatory in order for a candidate to try out. However, it is highly recommended. Only students who are academically eligible may attend the clinics. Ineligible students may participate in the one-day judge tryout only.

Dress Code :

All candidates must come to practice dressed in shorts, bikers, t-shirt, socks, and tennis shoes. No sweats, tank tops, dress shirts, or concert t-shirts will be allowed. Shirts must be tucked in and female participants must wear hair pulled back out of their face. NO JEWELRY MAY BE WORN. If you are not in dress code, you will be sent home.

Tentative Schedule

3:30 - 4:30 Registration (8th grade come as soon as school is out)

4:30 – 5:00 Stretch / Warm Up / Draw Tryout Numbers

5:00 – 5:30 Learn Chant and Cheer

5:30 – 5:45 Break

5:45 – 6:15 Continue Learning Chant and Cheer

6:15 - 6:30 Review all material

6:30 – 7:30 Open Gym – Those who wish to stay may stay to practice.

CLINIC IS CLOSED TO EVERYONE EXCEPT THE ACTUAL CHEERLEADER CANDIDATE. NO VIDEOTAPING OF ANY PORTION OF THE CLINIC IS ALLOWED!!!!

Mock Tryouts

Friday, April 3, 2009

3:30 - Varsity

4:00 – JV

5:00 - Freshmen

Competition (Boys) Gym

Mandatory for academically eligible candidates.

Dress Code:

Varsity – All candidates must wear black knit shorts with white bikers and a plain white polo styled shirt, white socks, and white tennis shoes. All attire, except tennis shoes, must not have visible logos.

JV/Freshman – All candidates must wear gold knit shorts with black bikers and a plain white polo styled shirts, white socks, and white tennis shoes. All attire, except tennis shoes, must not have visible logos.

Female participants must have hair up in a high ponytail and out of face. Hair ribbons are allowed but must be white for Varsity, gold for JV, and black for Freshman. NO JEWELRY MAY BE WORN.

These are closed mock tryouts. Family and friends may not attend under any circumstances. Candidates will be permitted to leave when their squad has completed mock tryouts.

Panel Tryouts (with Judges)

Saturday, April 4, 2009

8:30- 9:30 am Warm up in cafeteria.

You will be given your tryout number to wear on your shirt. You are not allowed to switch numbers with another candidate.

9:30 – 11:00 pm Tryout Time

Freshman – AD Gym

JV – Girls Gym

Varsity – Boys Gym

Dress Code will be the same as for mock tryouts.

These tryouts are closed to the public. No parents or friends will be allowed in the building at anytime during tryouts. No exceptions. Candidates will be dismissed at the end of the procedure. Do not leave before you are dismissed.

There will be an administrator present at all tryouts. All tabulations will be turned over to the administrator to be totaled and ranked. Therefore, all decisions are final.

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 on the mastery of the skills that they see demonstrated during tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

Entrance

Presence/Poise (5)
Tumbling during run-in (10)
Spirit/Enthusiasm (5)

Jumps

Toe Touch (10)
Right Herkie (5)
Left Herkie (5)
Double Toe
(Whip approach = 5 max; with prep = 4 max)

Cheer

Motion Technique (10)
Voice/Projection (5)
Incorporation
(Jumps/Standing Tumble) (5)

Chant

Motion Technique (10)
Timing (5)

Dance

Motion Technique (10)
Projection (5)
Memory (5)

There are 100 point available from each judge.

The high and low score will be dropped.

The remaining three scores will be averaged.

Each candidate must score a minimum percentage of points in order to be placed on a cheerleading squad.

Freshmen – 45%

Junior Varsity – 45%

Varsity – 50%

GARLAND HIGH SCHOOL CHEERLEADER TRYOUT
SEQUENCE OF EVENTS

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

All categories should be performed in sequence.

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.

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 jumps giving the judges time to score each jump. Each candidate must do a toe touch, a right herkie, a left herkie, and a double toe touch. Tumbling stunts will not count as jumps.

**Some sponsors prefer to do the group activities before the individual. There is some flexibility here.*

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 as well. 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 the judge's nod. These steps should be repeated until all candidates have performed all categories mentioned to this point.

Once all individual categories have been completed, the group categories will begin.

GROUP CHANT:

Groups should consist of 3 or 4 candidates. They should enter the gym so that that they end up standing in numeric order from left to right. (From the judge's viewpoint) There should be no tumbling or spirit during this time, only uniform walking. Once the nod has been given, the designated candidate should call for the group cheer to begin. Upon completion, the candidates should wait for the judges to finish scoring.

GROUP DANCE:

Once the nod has been given, the designated candidate should call for the dance to begin, or 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. The group categories mentioned above should be repeated until all groups have been performed.

TRYOUT MATERIAL CRITERIA:

Criteria mentioned should be given to the clinic instructor upon hire.

Cheers should have a place for an incorporated stunt or jump of their choice. There is no need for the cheer to be long.

Chants should be performed three times through and should be no longer than 4 lines in length. There should be no jumps in the chant. It is recommended that the chant not have individual parts.

Dances should be no longer than 4 eight counts repeated to make 8 eight counts total.

Each tryout should include a chant, a dance, and a cheer.

The order of performance (group and individual) is an option for each campus.

Estimated Costs

*All costs are estimates. ** Actual costs will vary.***

The estimated cost of cheerleading for one year is outlined below. The greater part of these expenses is due within the first two to three weeks after tryouts. Every effort has been made to keep these costs to a minimum. This does not include any competition fees.

Freshman

Camp \$280	Campwear \$150
Shoes \$70	Socks \$20
Windsuit \$90	Bikers \$30
Poms \$25	T-shirt and Sweatshirt \$40
Big Sis Gifts \$60	Game Day cooking \$10

JV

Camp \$280	Campwear \$150
Shoes \$70	Socks \$20
Windsuit \$90	Bikers \$20
Poms \$25	T-shirt and Sweatshirt \$40
Big Sis gifts \$60	Game Day cooking \$10

Varsity

Camp \$280	Campwear \$150
Shoes \$70	Socks \$15
Windsuit \$90	Polysuit \$105
Bloomers \$20	Poms \$25
Megaphone \$40-100	Letter jacket \$115
Locker Room Decorating \$150-200	
Lil Sis Gifts \$60	Game Day cooking \$10

GISD PROVIDES THE UNIFORMS BUT THE GIRLS ARE RESPONSIBLE FOR THE ALTERATIONS AND ANY DAMAGES CAUSED TO THE UNIFORMS THROUGHOUT THE YEAR.

GHS PROVIDES THE PAPER, THE FIRST GALLON OF PAINT, POSTER BOARD, ETC NECESSARY FOR PAINTING SIGNS.

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.”

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.

Privileges – Traditions

Garland High School is rich in tradition. Tradition is what makes pep rallies, games, and being a cheerleader so special. At times it may seem as though these traditions are overwhelming or unnecessary, but they are really a part of what makes you connected to your GHS family. They unite all of us, and one day you'll look back at these traditions with great pride knowing you were a part of Garland Owl History. When you return in later years as a Garland Owl Ex, tradition will forever keep you connected with this school. This year is going to be filled with unforgettable memories, so cherish them all.

Seniors:
May sew patches on their letter jackets
May wear honor beads on right shoe lace
May be selected for Varsity Co-Captains (2nd year seniors)
Will be placed in front of formations
May judge at Mock Tryouts

Varsity :
Wears white
May wear hair half up or in 2 french braids
May embroider bloomers
Wears a black, gold, and white windsuit and polysuit
May have a megaphone
May wear tank tops to practice
Selects uniforms for football and basketball season first.
Decorates the field house before games
First to choose practice site and may practice in front of the trophy case
When all 3 squads are together, varsity will be first in line, first on and off the bus, and first in the showers at camp.
Performs Varsity traditional cheers
Hey Gang Owls Like It Hot Stand Back
Not 3 Not 2 Victory We're Coming
Hey You Slow Cheer (Homecoming)

JV:
Wears gold –including socks and ribbons
May move feet to Fight Song
May wear hair half up for Varsity Homecoming Game
Wears a black and gold windsuit with embroidered name and years
Selects uniforms for football and basketball season second.
May wear one sleeveless top at camp
Second to choose practice site and may practice in the AD gym or the commons.
When all 3 squads are together, JV will be second in line, second on and off the bus, and second in the showers at camp.
Performs JV Traditional Cheers
Fight – Performed at the beginning of every quarter.

- Freshmen : Wears black – including socks and ribbons
 May wear hair half up for Varsity Homecoming Game Only
 Wears a black and gold windsuit
 Selects uniforms for football and basketball season third
 May wear one sleeveless top at camp
 Third to choose practice site and may practice in the AD gym or the commons.
 When all 3 squads are together, Freshmen will be third in line, third on and off the bus, and third in the showers at camp.
 Performs Freshmen Traditional Cheers
 Get On Up Are You Ready
- Mascots: Wears black, gold, and white windsuit.
 Mascots have the same privileges as varsity. Therefore when all 3 squads are together, Mascots will be first in line, first on and off the bus, and first in the showers at camp.
 May have cars in Labor Day Parade
 Wears Ollie costume
 May embroider name and year on their Ollie Bag.
- Everyone: No All-Star clothing is to be worn with GHS uniforms. This includes all-star jackets and t-shirts.
 No public display of affection, including excessive hugging, kissing, etc.
 Only cheerleaders/mascots may wear issued uniforms, jackets, camp clothes, etc.
Entire uniform (skirt and top) will be worn at all performances.
 Cheerleaders will be responsible for replacing damaged uniforms, jackets, camp clothes, etc.
 Dress codes will be strictly enforced.
No jewelry/tattoos will be allowed at any time. This includes practice, camp, games, pep rallies, and when wearing your uniform to school. No jewelry means no earrings, no watches, no bracelets, no necklaces, no rings, no belly button rings, and no tongue rings! You will be benched until it is no longer visible.

Permission Slip

I have read and understand the Garland Independent School District High School Cheerleader Constitution and Procedures. I have also read the Garland High School Cheerleader Privileges and Traditions. **I agree to follow the rules of the Constitution and represent my squad in a positive light.** I realize the sponsors expect me to behave appropriately at school 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 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 agree to have my forms turned in to Ms. Ahlfinger no later than 3:00 pm on March 26th, 2009.

Cheerleader Candidate

Date

Candidate Parent or Legal Guardian

Date

Discipline Approval Form – This is only necessary if you fall into the following:

“Any student who has an excessive number of disciplinary referrals, has been placed in in-building suspension, suspended from school, or has been placed in an Alternative Education Center by any GISD campus administrator will not be eligible to participate in tryouts without approval from the principal, sponsor and Director of Fine Arts. Areas to be reviewed will include but not be limited to the reasons for the referrals, academic grades, other discipline records, student attitude, and any other factors deemed relevant by the principal, sponsor and Director of Fine Arts.”

_____ **has my approval to tryout for the
Garland High School 2008-2009 cheerleading squad.**

GHS Cheerleading Sponsor

Date

GHS Principal

Date