

Jackson Technology Center



Vikings Cheerleader Tryouts



2009-2010

Jackson Cheerleader Tryouts

It's that time of year again! Cheerleader tryouts are just around the corner. Please read all of the information contained in this packet, and be sure to mark all the dates on your calendar. Be prepared to work hard and have fun!

THE CLINICS ARE NOT MANDATORY, BUT THEY ARE IMPORTANT!!

In order to defray the cost of tryouts, there **will be a \$10 clinic fee for all candidates** attending the clinics. Only students who are academically eligible may attend the clinics. Each candidate must bring an official GISD report card to the first meeting, **Monday, April 13th**. Ineligible students may participate in the mock and panel tryout only.

The clinics are designed to teach the candidates one cheer, chant, and dance. Jumps required for tryouts are also taught.

It is imperative that each candidate have a choice of school form choosing Jackson Technology Center on file in the office in order to try out. **All clinics and mock tryouts are closed to the public. There will be no video taping allowed at any cheerleader tryout event.** (Clinics, mock tryouts, and panel tryouts)

Meetings and practices are very important. Please do not schedule doctor or dental appointments during these times. However, if you are absent from school, you will not be allowed to attend the clinic for that day.

Tryouts will be held at Jackson Technology Center this year.

Melissa Moreno
7th grade Sponsor
msmoreno@garlandisd.net

Jackson Technology Center
1310 Bobbie Lane
Garland, Texas 75040
972-494-8362
Fax 972-494-8802

Kasey Ogolini
8th grade Sponsor
knogolin@garlandisd.net

David Dunphy, Principal

Important Dates to Remember

Clinics and Meetings

Saturday, April 11—Mini-Clinic— Practice Gym –
10:00am -12:00 pm

- *Preview of Jumps, Cheers, Chants, and Spiriting*
- *VERY HELPFUL for the tryout clinic the following week*
- **\$5.00 clinic fee**

Monday, April 13—Clinic 1—Practice Gym --
2:45pm (SHARP!)

- **Turn in parent permission/pledge form, medical form, and official GISD report card at this time! NO EXCEPTIONS!**
- Without these forms candidates will not be allowed to attend the clinic.
- *COPIES WILL BE AVAILABLE FROM MS. MORENO
***UPON REQUEST BEFORE DUE DATE*
- Closed to the public and parents
- No video taping of the clinic is allowed.
- **\$10.00 clinic fee must be turned in at this time in order to attend the clinic.**

Tuesday, April 14—Clinic 2—Practice Gym –
2:45pm (SHARP!)

- Closed to the public and parents
- No video taping of the clinic is allowed

Wednesday, April 15—Clinic 3— Practice Gym –
2:45pm (SHARP!)

- Closed to the public and parents
- No video taping of the clinic is allowed

Wednesday, April 15—Parent Meeting— Library—
3:30 pm.

- Informational meeting: Parents/guardians will need to be present.

Thursday, April 16—*Clinic 4— Practice Gym – 2:45pm (SHARP!)*

- Closed to the public and parents
- No video taping of the clinic is allowed

Friday, April 17—*Mandatory Mock Tryouts Practice Gym – 2:45pm (SHARP!)*

- This will end late so please be prepared
- Closed to the public and parents
- No video taping of the mock tryouts is allowed
- Candidates will draw numbers during this time.
- There will be **NO** trading of numbers.

Saturday, April 18—*Panel Tryouts—At Jackson Technology Center— 3:30 – 6:00p.m*

- This is our scheduled time for tryouts, please do not be late
- Closed to the public and parents
- After all tryout scores for a school are tabulated and confirmed by the principal and sponsor, each candidate will be given an envelope with instructions for candidates on how to find out the results of the tryouts. No results will be distributed at the tryout site.

Monday, April 20 —*Fundraiser Meeting — Portable G — 2:45 p.m.*

- Informational meeting for new cheerleaders about the fundraiser

Friday, April 24— *2:45pm—Cheerleader & Parent Meeting*

- You will get cost information and
- There will be a uniform fitting at the end of this meeting.

CHEER CAMP DATES

Hosted at The Great Wolf Lodge by UCA

July 7 – 11

***More information to come!**

Important Dates to Remember

April 2009

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
						“Mini” Clinic EXTRA clinic to get a head start for the tryouts @ JTC Practice Gym 10:00 am – 12:00 pm. \$5.00 due
12	13	14	15	16	17	18
	Pre-tryout Clinic Learn Spiriting & Jumps 2:30 – 4:00 Tryout Packet & \$10 DUE Practice Gym	Pre-tryout Clinic Learn Cheer & Chant 2:30 – 4:00 Practice Gym	Pre-tryout Clinic Learn Dance 2:30 – 4:00 Practice Gym Parent Meeting In the Library @ 3:30 pm	Pre-tryout Clinic Review All 2:30 – 4:00 Practice Gym	<u>MOCK TRYOUTS</u> 2:30 – *Until <u>everyone finishes</u> <u>(This will end late)</u> Practice Gym	Panel Tryouts 3:30 pm-6:00 pm @ JTC
19	20	21	22	23	24	25
	New Cheerleader Fundraiser Meeting In Portable G @ 2:45 pm				New Cheerleader & Parent Meeting in Portable G 2:45 p.m.	
26	27	28	29	30		

RULES AND PROCEDURES

SELECTION OF CHEERLEADERS:

The ten seventh and ten eighth grade cheerleaders for Jackson Technology Center will be selected using a scoring method which assigns a weight of 100% to a panel of five judges. The panel of judges will consist of five members representing a professional cheerleading organization. These judges will use a

district-wide judging form that consists of a possible total of 100 points per judge. You will find a breakdown of these 100 points in this tryout packet. Scores will be tabulated by the principal and school personnel using a district-wide computer generated formula (Excel). Therefore, all decisions are final!

TRYOUTS IN FRONT OF PANEL OF JUDGES (100%)

At mock tryouts, candidates will draw numbers to determine tryout order. **THERE WILL BE NO TRADING OF NUMBERS.** All candidates will wear their numbers on the front of their shirts. The tryouts will consist of the following:

Students trying out will meet at JACKSON TECHNOLOGY CENTER at 3:30pm for warm up time. This will last until 4:30pm. Tryouts will begin at 4:30pm and last until 6:00pm.

Sequence of Events for Middle School Tryouts

1. All candidates should walk in and perform all material for the judges as a group. This is only so the judges can see what the material should look like. You will not be judged at that time. Full-out jumps and tumbling is not necessary but certainly welcome during this demonstration. The group will then exit the gym.
2. Candidates will enter the gym individually.
3. They will spirit, or tumble in, and approach the center of the gym floor, where they will wait for the judge's notification.
4. The candidate will then perform their three jumps. (toe touch, L/R herkie, and a jump of their choice)
5. The candidate will then perform their individual cheer, and then exit the gym.

******* Once all candidates have completed 1-4, then we will begin with the group portion of the tryout!**

6. The candidates will enter the gym in groups of 3 or 4, and will walk to the center of the gym floor.
7. The candidates will perform their sideline/chant as a group.
8. The candidates will then perform the dance as a group, and then exit the gym.

******* There should be no tumbling or spiriting in, in this portion of the tryouts. The candidates should merely walk in, perform the sideline/chant and dance, and then walk out.**

Recalls are possible if desired by the judges. In this case the judges will instruct students on what to do. After all scoring is complete, students will be dismissed.

NOTE TO PARENTS:

Mock and panel tryouts are closed to the public. **No parents will be allowed in the building.** It is very important that there be no distractions during these times.

Seventh and eighth grade cheerleading at Jackson Technology Center is governed by GISD. We are required to follow a district-wide middle school cheerleading constitution and tryout procedure. An administrator will be present at all tryouts. Scores will be tabulated by a person not connected to the tryout using a computer generated formula that will be used district-wide.

****DEVIATION FROM TRYOUT PROCESS MAY RESULT IN DISQUALIFICATION****

JUDGING CRITERIA FOR GARLAND MIDDLE SCHOOL CHEERLEADER CANDIDATES

The following criteria is a sample of the breakdown used by the judges at the panel tryouts for Jackson Technology Center Cheerleaders:

ENTRANCE

Presence/Poise = 5
Run-in/Tumbling = 10
Spirit/Enthusiasm = 5

JUMPS

Toe Touch = 10
Left/Right Herkie = 5
Optional Jump = 5

INDIVIDUAL CHEER

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

DANCE

Motion/Technique = 10
Projection = 5
Memory = 5

CHANT

Motion/Technique = 10
Timing = 5

Total Points = 100

- ★ There are 100 points 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.**
 - ★ 7th grade – 30%
 - ★ 8th grade – 35%

DISCLAIMER: Every attempt is made to hire judges that have not worked with students in the Garland area. However, with the hundreds of camps in the State of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

APPLICATION FOR CHEERLEADER TRYOUTS

This application must be carefully read by both candidates and parents or guardians, then signed by both, and returned to the specific grade level sponsor. (Ms. Moreno will take both grade levels) The application is due on April 13th before the tryout clinic. This is the deadline for applications and none will be accepted after this date. As a cheerleader, your child is covered at school sponsored events by the school insurance, providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or take the additional school insurance. **Upon making cheerleader, your child must also present evidence of a current medical physical examination. This must be less than 12 months old.**

CHEERLEADER RESPONSIBILITIES

1. **Grades:** Cheerleaders must maintain passing grades or risk extended probation/termination. Report cards will be checked at the first clinic.
2. **Time:** If elected for Jackson cheerleader, plan to spend an average of 3 hours per week practicing cheers, chants, and stunts for football, pep-rallies, basketball, and any other activities.
3. **Transportation:** Each parent/guardian must arrange for his/her own child's ride to and from all games, practices, and cheerleader functions. Cheerleaders are expected to be picked up at assigned times.
4. **Attendance:** Do not plan to try out for cheerleader unless you plan to attend all games, practices, and cheerleader functions. (All-Star practices are not excused!)
5. **Rules:** Keep in mind that being a cheerleader is a privilege to which one is elected. The strictest consideration for and adherence to all rules is mandatory.
6. **Responsibility:** It is the responsibility of the cheerleader and her parent/guardian to not only arrive on time for all cheerleading functions but be picked up promptly as well.

JACKSON TECHNOLOGY CENTER
CHEERLEADER TRYOUT APPLICATION

NAME: _____ BIRTHDAY: _____

ID NUMBER: _____ CURRENT GRADE: _____

NAMES OF PARENT(S) / GUARDIAN(S):

TELEPHONE NUMBER TO BE REACHED AT:

(HOME) _____ (WORK) _____ (CELL) _____

EMAIL ADDRESS: _____

CHEERLEADER: (HOME) _____ (CELL) _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____

RELATION: _____

PHONE NUMBER: _____

*THIS PERSON MUST BE ON THE STUDENT'S EMERGENCY CONTACTS WITH THE SCHOOL'S RECORDS.

IF NOT, PLEASE UPDATE WITH THE FRONT OFFICE.

Parent Permission Form

My son/daughter, _____, has my permission to be a cheerleader at Jackson Technology Center. I understand that he/she must abide by the rules and regulations set forth by the sponsors and the principals of JTC as well as GISD policies and be present for all practices and games. Cheerleaders are expected to conform to a higher standard of behavior than others do. I have read the rules and regulations and understand that the violation of any of these will end up in demerits and may also lead to dismissal from the team.

I understand all estimated costs described in this packet.

I understand that no parents will be allowed inside Jackson Technology Center during the cheerleader clinics, mock tryouts and the entire day of panel tryouts.

*As a cheerleader, your child is covered at school sponsored events by the school insurance, providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or take the additional school insurance.

***DISCLAIMER: Every attempt is made to hire judges that have not worked with students in the Garland area. However, with the hundreds of camps in the State of Texas, attended by thousands of cheerleaders and taught by hundreds of instructors, it may be possible at some time that a member of the judging panel may have had some contact with a candidate who is trying out. Professional judges with outstanding credentials and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.**

*My child has submitted a signed choice of school statement for the 2009-2010 school year and has been selected to go to Jackson Technology Center as his/her school choice.

We have read the above statements and all the attached forms regarding tryouts, regulations, costs and the standards of cheerleading at JTC. We understand and will abide by all the rules introduced and enforced throughout the year. We realize that cheerleading is very time consuming. A good attitude towards cheerleading includes a lot of cooperation, empathy, punctuality, dependability, courtesy, good sportsmanship, selflessness, determination, speech that builds up others instead of tearing them down, the desire to do well at every endeavor and a little application of the Golden Rule.

Candidate Signature

Date

Parent/ Guardian Signature

Date

EXPLANATION OF MEDICAL FORM

(Please fill out the medical form on the next page)

Please answer all of the questions on the medical form.

If you answered “YES” to the questions numbered 1, 2, 3, 4, 5 or 6—you are REQUIRED to have a physical exam. Please use the “Pre-participation Physical Evaluation Form”. You must fill out and turn in both Pre-participation Physical Evaluation Form—Medical History and Physical Examination forms. This must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

If you answered “NO” to the questions numbered 1, 2, 3, 4, 5 or 6 you are NOT required to have a physical exam. You must only turn in the first page of the Pre-participation Physical Evaluation Form – Medical History.

****personal note**

I have a the current physical form that I will make copies of and attach later

UNIFORM REQUIREMENTS FOR TRY-OUTS
AND MOCK TRY-OUTS

Clothes acceptable for practice:

1. **Shorts**—They must be loose fitting and of appropriate length.
2. **Shirt**—Shirts must be t-shirt style and loose fitting. No tank tops will be allowed. Shirts must be tucked in at all times.
3. **Tennis shoes**—They must be of good support and worn with socks at all times.
4. **Hair**—Hair must be up and out of the face at all times!
5. **Jewelry**—Absolutely **NONE** is to be worn!

Clothes required for mock and panel tryouts:

1. **Shorts**—They must be black, cotton, and of an appropriate length. **No wind shorts or biker shorts allowed.**
2. **Shirt**—Shirts are to be plain, white and polo-style without a visible logo.
3. **Shoes**—They must be all white with good support.
4. **Socks**—Only white socks will be allowed.
5. **Hair**—Hair must be up and out of face! **NO** hair ornament is allowed other than a rubber band or plain scrunchy.
6. **Jewelry**—**NONE!**
7. **No finger nail polish will be allowed.**
8. Numbers will be worn on the front of your shirt. We will distribute numbers and safety pins at each tryout.

Candidates will wear the same uniform for mock and panel tryouts. **If a candidate does not have the correct uniform on the day of mock tryouts, he/she will be sent home. If a candidate does not have the correct uniform for panel tryouts, he/she will not be allowed to tryout.**

- Each candidate needs to be prepared to perform the following jumps:
Toe touch, right or left herkie, and an optional jump. If you are not familiar with these jumps, you will learn them at the clinic.
- Each candidate will be expected to fully cooperate with Ms. Moreno, Mrs. Ogolini, and all other cheerleading candidates at all times!

Uniform & Camp Cost Estimate Sheet

Total for camp wear and uniform **\$350.00**
(estimated before tax)

(This includes all camp clothes, sweatshirt, leggings, all of uniform, shoes, bloomers, jersey, cheerleader bag, water bottles for games, ribbons and paint)

Total for camp fee **\$350.00**
(estimated)

*****COST COULD CHANGE ONCE THE FINAL SQUAD IS SELECTED AFTER TRYOUTS DUE TO SIZING, QUANTITY AND OTHER FACTORS.**

Dates for Payments

All payments are due no later than 3:00 p.m. on their due date.

<u>DUE DATE</u>	<u>AMOUNT DUE</u>
Friday, April 24	\$115.00
Friday, May 1	\$115.00
Friday, May 8	\$115.00
Friday, May 15	\$115.00
Friday, May 22	\$115.00
Friday, May 29	\$115.00

TRYOUT CHECKLIST

ALL FORMS/PACKETS SHOULD BE TURNED IN TO

Ms. MORENO OR MRS. OGOLINI BY MONDAY, APRIL 13TH
BEFORE THE FIRST TRYOUT CLINIC.

- PHYSICAL AND MEDICAL HISTORY- LOCATED IN THE CHEERLEADING TRYOUT PACKET *COPIES AVAILABLE FROM Ms. MORENO UPON REQUEST OR ONLINE AT WWW.GARLANDISD.NET
GO TO DEPARTMENTS AND PROGRAMS AND SELECT CHEERLEADING

- PARENT PERMISSION FORM
SIGNED BY PARENT AND CHEERLEADER CANDIDATE

- CHEERLEADER APPLICATION
COMPLETELY FILLED OUT WITH THE MOST CURRENT INFORMATION AVAILABLE

- COPY OF MOST RECENT REPORT CARD
MUST SHOW ALL GRADES FOR BEGINNING OF THE SCHOOL YEAR THROUGH 4TH SIX WEEKS

- PROPER CLOTHING FOR CHEER CLINIC AND TRYOUTS

- \$10 CASH FOR THE TRYOUT CLINIC FEE

- JACKSON TECHNOLOGY CENTER AS YOUR CHOICE OF SCHOOL AND HAVE BEEN ACCEPTED



TRYOUT INFORMATION PACKETS TO
EACH MIDDLE SCHOOL AND HIGH
SCHOOL IN THE GARLAND
INDEPENDENT SCHOOL DISTRICT ARE
AVAILABLE ON THE DISTRICT WEBSITE:

WWW.GARLANDISD.NET

FOLLOW THE GENERAL INFORMATION
LINK AND SELECT CHEERLEADING.

VIKING CHEERLEADERS 2009-2010
JACKSON TECHNOLOGY CENTER
RULES AND REGULATIONS

1. BE ON TIME TO PRACTICE. PRACTICE STARTS PROMPTLY AT 3:00 P.M. – YOU MUST BEGIN STRETCHING IN YOUR SQUAD LINES AT 2:55 P.M. IN FULL PRACTICE ATTIRE. (EVEN IF SPONSOR IS NOT PRESENT AT THE MOMENT)
2. DESIGNATED PRACTICE CLOTHING WILL BE WORN AT EVERY REHERSAL.
3. BRING A WATER BOTTLE, WITH WATER ONLY, AND NECESSARY PROPS TO EVERY PRACTICE AND GAME.
4. NO GUM, CANDY, OR ANY OTHER FOOD IS ALLOWED DURING PRACTICE.
5. CELL PHONES, IPODS, MP3 PLAYERS OR ANY OTHER ELECTRONIC DEVICES ARE NOT TO BE USED DURING PRACTICES OR GAMES.
6. ABSOLUTELY NO PROFANITY WILL BE ALLOWED, THIS WILL BENCH A CHEERLEADER FROM NEXT GAME/PERFORMANCE WITH CONSIDERATION OF DISMISSIAL.
7. THE UTMOST COURTESY AND RESPECT WILL BE SHOWN TO INSTRUCTORS, SPONSORS, TEACHERS AND PRINCIPALS AT ALL TIMES.
8. CHEERLEADERS WILL ANSWER “YES MA’AM, THANK YOU” TO WHOMEVER IS INSTRUCTING AT THE MOMENT, WHEN THEY ARE GIVIN A CRITIQUE.
9. DAZZLING SMILES ARE PART OF THE UNIFORM.
10. CHEERLEADERS MUST ATTEND ALL PERFORMANCES AND PRACTICES UNLESS EXCUSED BY THE CHEERLEADING SPONSOR. GAMES, PRACTICES AND PERFORMANCES ARE MANDATORY. PLEASE CONTACT THE CHEERLEADER’S SPONSOR IF CHEERLEADER MUST BE EXCUSED FROM THESE FUNCTIONS.
JACKSON TECHNOLOGY CENTER 972-494-8362
11. TRANSPORTATION IS THE CHEERLEADER’S RESPONSIBILITY.
12. JTC VIKING CHEERLEADERS WILL BEHAVE LIKE LADIES AND GENTLEMEN AT ALL TIMES.
13. SIBLINGS AND FRIENDS ARE NOT ALLOWED IN THE PRACTICE AREA.
14. CHEERLEADERS (ONLY) WILL SIT AS A GROUP AT GAMES OR FUNCTIONS.
15. UNIFORMS MUST BE CLEAN; THIS INCLUDES SOCKS AND TENNIS SHOES.
16. NON PERFORMING MEMBERS MUST ATTEND PERFORMANCES FULLY DRESSED IN UNIFORMS – UNLESS EXCUSED BY THEIR SPONSOR.
17. POINTS WILL BE TAKEN AWAY FOR VARIOUS RULES THAT ARE BROKEN. POINTS CAN BE EARNED BACK. LOSING A TOTAL OF 15 POINTS WILL CAUSE A CHEERLEADER TO BE BENCHED FROM THE NEXT GAME/PERFORMANCE. BEING BENCHED FOR A TOTAL OF 3 EVENTS CAN CAUSE REMOVAL FROM THE TEAM.

18. JTC CHEERLEADERS MUST PRESENT THEIR PROGRESS REPORTS AND REPORT CARDS TO THEIR SPONSOR THE DAY THEY RECEIVE THEM AT SCHOOL (OR AT HOME IN THE MAIL). CHEERLEADERS WHO ARE FAILING CLASSES MUST ATTEND TUTORIALS BEFORE SCHOOL OR BEFORE PRACTICE AND GIVEN A PASS FROM THE TEACHER STATING THAT THEY HAVE ATTENDED TUTORIALS FOR THAT CLASS AND THE TIME THEY WERE THERE.
19. CHEERLEADERS ARE REQUIRED TO REPORT ANY BEHAVIOR PROBLEMS THAT ARE SCHOOL RELATED. UNACCEPTABLE BEHAVIOR CAN AUTOMATICALLY RESULT IN REMOVAL FROM THE SQUAD. IT IS AT THE SPONSOR'S DISCRETION TO DETERMIN HOW POINTS WILL BE EARNED. (I.E. RUNNING EXTRA LAPS, EXTRA CUNCHES, ETC.)
**PLEASE SEE GISD MIDDLE SCHOOL CHEERLEADER CONSTITUTION AND PROCEDURES: DEDUCTION SYSTEM (AVAILABLE ONLINE AT WWW.GARLANDISD.NET, DEPARTMENTS AND PROGRAMS, CHEERLEADING, MIDDLE SCHOOL CONSTITUTION)
20. IF A CHEERLEADER DOES NOT NEED TO ATTEND TUTORIALS AFTER SCHOOL OR TUTORIALS ARE NOT PROVIDED ON THAT CERTAIN DAY THEN THEY ARE REQUIRED TO STUDY, READ A BOOK, OR WORK ON HOMEWORK UPON ARRIVAL TO THEIR DESIGNATED PRACTICE AREA IF TIME ALLOWS BEFORE PRACTICE.
THEY ARE NOT TO BE ROAMING THE HALLS.