

Lakeview Centennial High School



**2009 Cheerleading
Tryout Packet**

To: Cheerleader Candidates and Parents

From: Sari McCoy

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TBA

Freshman Coach –

Subject: 2009-2010 Lakeview High School Cheerleader Tryouts

Clinic: March 30th

Tryouts: April 4th



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

There will be an **IMPORTANT PARENT AND CANDIDATE MEETING** on Monday, March 9th at 6:30 p.m. in the cafeteria at Lakeview. Please contact your respective coach at (972)240-3740 if you will be unable to attend. This meeting will be brief. *All forms and fees must be turned in by the established deadline in order to be eligible to tryout.*

Application/Parent Permission Form, 4th Six Weeks report card, Medical History Form, and a \$10.00 money order for the clinic fee are due by March 27th no later than 3:00pm to the respective coach. Please no cash or personal checks for the clinic fee (money orders only).

Summer camp for the cheerleaders will be July 28-30, 2009 at SMU. 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. Camp fees are approximately \$290. A first payment of \$600.00 will be due on April 17th. **(NO EXCEPTIONS)** This payment pays for summer camp, camp clothes deposit, as well as the \$15.00 uniform deposit. Payment must be a **money order** made payable to LCHS Cheerleaders. 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 payments must be complete by July 20, 2009. 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.**

After you have read and discussed the attached set of cheerleader guidelines and the G.I.S.D. constitution with your son/daughter, please sign with your son/daughter the Cheerleader Application/Parent Permission form in the appropriate spaces.

PLEASE BRING THIS INFORMATION PACKET TO THE PARENT MEETING ON MARCH 9th. ALL FORMS AND FEES MUST BE RETURNED NO LATER THAN March 27th IN ORDER TO BE ELIGIBLE TO TRY OUT.

LAKEVIEW CENTENNIAL HIGH SCHOOL
2009-2010 CHEERLEADING TRYOUT SCHEDULE

Monday, March 9th

**Parents/Candidates Meeting
6:30 to 7:30 p.m.
LC Cafeteria**

- First meeting of all parents and candidates in the cafeteria. **BRING PACKET AND FORMS.** It is recommended that all parents and candidates attend this meeting.

Monday, March 30th

**Clinic Day
Registration 3:30pm
Clinic 4:00 – 6:00 Main Gym**

- You must have turned in all forms to your respective coach by March 27th at 3:00pm to be eligible. (**APPLICATION/PARENT PERMISSION FORM, REPORT CARD, MEDICAL HISTORY FORM, AND \$10 MONEY ORDER FOR THE CLINIC FEE**)
- All necessary tryout material will be taught today only.
- *No video taping of the clinic. Parents and friends will not be allowed to watch.*

Wednesday, April 1st

**Open Gym – Main Gym
JV/Varsity 3:30 – 5:00
Freshmen 4:30 – 6:00**

- **BE ON TIME!!!!**
- 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.
- *Parents and friends will not be allowed to watch the open gym.*
- No video taping of the open gym will be permitted.
- Everyone is expected to attend.

Saturday, April 4th Centralized Panel Tryout- Garland HS

10:00 – 11:00 a.m. Warm-up – cafeteria

11:00 – 12:30 p.m. Tryouts – gymnasiums

- Centralized panel tryouts held at Garland 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 centralized tryout will be held at Garland High School for all G.I.S.D. High School cheerleader tryouts. 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. During each school tryout, an administrator will be present. The principal or designee will provide the official computer disks and will be in the tabulation room to oversee the tryout process and the entry of scores into the computer. A person not connected to the try-out process will tabulate scores. 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 building during any phase of the tryouts.**

SQUADS

The **Varsity Squad** will be made up of 12 junior and senior students (the top three seniors, the top three juniors and six of the remaining top juniors and seniors). The **Junior Varsity Squad** will have 10 cheerleaders. It will be open to sophomores only. The **Freshmen Squad** will consist of 10 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 **2009 - 2010 LCHS cheerleader results** will be announced after all candidates have been given the opportunity to access the GISD website to view the outcome of the tryouts. All candidates will be given an envelope listing the GISD website that will contain only the tryout numbers of the winning candidates. These envelopes will be given to each candidate at the conclusion of the tryouts.

ELIGIBILITY

The tryout clinic/open gym will be held on March 30th and April 1st. Attending the clinic is not mandatory for tryout eligibility. 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 one-day judge tryout only. Any student who failed a course during the 4th 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, RAC, or AEC, may tryout with prior approval only.

Forms Required

- 2009 - 2010 LCHS Cheerleaders Application/Parent Permission Form
- Medical Form (only need a physical if you answer yes to questions 1, 2, 5, 7, 11, or 17)
- 4th Six Weeks 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, White ribbon 1 – 1 ½ inches in width only.

J.V. & Freshmen: Gold Knit Shorts, White polo-style Shirt (NO EMBLEMS)
White Socks, White Tennis Shoes, Royal (JV) or Yellow (Freshman) ribbon 1 – 1 ½ inches in width only.

- 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.
- 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.**

PANEL TRYOUTS

- Be ready in the cafeteria of Garland High School at the appropriate time.
Lakeview H.S. Warm-up 10:00am – 11:00am. Panel 11:00am – 12:30pm.
- The 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. A building principal or designee will enter all necessary information. Each judge may award up to 100 points total per candidate
- Order of Tryouts 1)Individual: Entrance, Jumps and Cheer 2)Group: Chant, Dance

ADDITIONAL TRYOUT INFORMATION

- A clinic fee of \$10.00 will be charged per candidate. **Please make money orders payable to LCHS Cheerleaders.**
- A CD of the dance music will be provided to each candidate.
- If you have any questions, please contact your respective coach at (972) 240-3740.

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 Herkie.....5pts.
Left Herkie.....5pts.

Double Toe.....4/5pts.
(Whip Approach = 5 maximum points - With Prep = 4 maximum points)

c. CHEER*:

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

d. CHANT:**

Motion Technique.....10pts.
Timing.....5pts.

e. DANCE:**

Motion Technique.....10pts.
Projection.....5pts.
Memory.....5pts.

* 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 to 50 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.**

Cheerleader Code of Conduct

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 (RAC), the Cheerleader may be removed from the squad.
2. Cheerleaders are expected to have exemplary classroom behavior. If a teacher reports to the sponsor that a Cheerleader is disrupting the class or not acting in an expected manner, the Cheerleader will write an apology letter to the teacher and receive other consequences as deemed appropriate by the coach.
3. There will be NO P.D.A. (public display of affection) at any school functions. This means, in the halls, in the classroom, at games or anywhere you are representing the school. You may hold hands only!

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 be expected to hold the door for the Coaches and all squads above them. No one should walk in front of the Coaches. If someone does not hold the door for you or wait for you to go through, DO NOT say anything to them unless you are the Varsity Head Cheerleader or a Coach. This is a privilege for the squads to earn as they move up. It is not to be abused!
6. Cheerleaders are expected to arrive at least five minutes before they are asked to arrive by their Coach. 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 call the head cheerleader or assistant head cheerleader on your squad.
7. Cheerleaders are expected to attend all practices and cheerleading functions. If you are going to be absent, it is your responsibility to call the head cheerleader or assistant head cheerleader of your squad. You will need to provide a note on your return to cheerleading. 1 day - Parent Note 2 or more days – Dr.’s Note.
8. Cheerleaders will respect all decisions made by the Coach. Cheerleaders may not like all the decisions that are made by the coaches, but they will not complain or be disrespectful. The coaches do not make decisions based on the popularity of the decision. All decisions made by a coach are based on the best possible outcome for Lakeview and the squad.
9. Cheerleaders or their parents should not contact coaches at home for any reason! All questions and concerns should be handled during the school hours of 7:15 a.m. to 3:15 p.m. If an emergency should occur, a cheerleader should contact her head cheerleader. The head cheerleader *may* be able to contact and relay the information to the coach at home. (ex. a family death)
10. Cheerleaders will 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. Cheerleaders who forget an important item should discuss the matter and its resolution with their coach.
11. Coaches and Head cheerleader will determine the uniform schedules for each squad.

“IN UNIFORM” is not:

- Wearing sweats under your skirt
- Wearing different shoes or socks other than your cheerleading socks and shoes
- Wearing you hair down to school
 - Varsity: wear hair down to school and may wear a white ribbon when it is “up”
 - JV: wear hair “half-up” and may wear a blue ribbon when it is “up”
 - Freshmen: hair must always be “up” with a gold ribbon
- Something you are wearing that the rest of your squad is not. (sweats, legging, turtlenecks, etc.)

- **Sweatshirt over your shell. Only letter jackets or sweat jackets may be worn with your uniform.**
- **Any jewelry except a watch and/or small, stud earrings. NO bracelets, necklaces, large or hooped earrings, or rings on your fingers and/or belly button.**

12. **All Lakeview Cheerleaders will follow and abide by all constitutional regulations set by the GARLAND INDEPENDENT SCHOOL DISTRICT. Cheerleaders will follow all rules set by Lakeview Centennial High School. Cheerleaders will follow and respect all the cheerleading coaches, administrators and teachers at LCHS. Failure to follow the rules can result in severe penalties.**

Squad: _____

2009 - 2010 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 constitution and rules. Furthermore,

I have read the Cheerleader's 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 constitution 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 constitution. Furthermore, I give my consent for the below named student to represent Lakeview as a cheerleader and participate in extra-curricular 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 2008-2009 school year selecting Lakeview Centennial High School.

Candidate Signature: _____ Date: _____

Parent Signature: _____ Date: _____

**** If you have any further questions, please contact your respective sponsor. All forms and fees are due by 3:00pm on March 27th. The parent meeting is on March 9th at 6:30pm in the cafeteria.**

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 Herkie (crook)
 3. Left Herkie (crook)
 4. Double Toe-Touch

- 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)
 - ☆ Memory

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 Herkie (crook)
 3. Left Herkie (crook)
 4. Double Toe-Touch

- 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)
 - ☆ Memory

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 Herkie (crook)
 3. Left Herkie (crook)
 4. Double Toe-Touch

- 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)
 - ☆ Memory