

Naaman Forest HS

2009-2010



CHEERLEADING
Tryouts

NAAMAN FOREST HS CHEERLEADER APPLICATION

Name _____ Age _____

Address _____

City/ST/Zip _____

Phone # _____ Grade Next Yr. _____

Parent/Guardian _____

Dear Parents/Candidates for NF Cheerleader:

Cheerleading is a **very time-consuming** responsibility and will require much time outside of the school day. Also, incidental expenses may arise which cannot be allotted for at this time. Cheerleaders are expected to conform to a **HIGHER STANDARD OF BEHAVIOR** than others, they are leaders. Cheerleaders will abide by and uphold all of the cheerleading rules, regulations, and traditions, as well as the policies of the Garland Independent School District. A copy of the Constitution and all Middle/High School Cheerleading packets are available on the GISD Website. www.Garlandisd.net

Cheerleaders will be required to take field trips to all of the out-of-town football, basketball and all play-off games by means of a bus, van, etc. In consideration of the GISD, the parents/guardian must agree for their child to take these school-sponsored field trips. A more formal field trip form must be signed at that time. At times, the cheerleaders are required to provide their own transportation to in-district games. Occasionally, parents of cheerleaders might be called upon to provide transportation and to chaperone.

***This sheet must be turned in to the Naaman Forest High School Business Office by 2:30p.m., Thurs., March 26, 2009 (*Unless prior notice given to a sponsor).**

*We have read the above statements and have read all other attached forms regarding tryouts, administrative regulations, costs, time consumption, expectations and the standards of being a NF Cheerleader, and we understand and will abide by all rules/procedures introduced and enforced throughout the year. I am aware that I am to follow all rules and procedures or accept the consequences. I realize that cheerleading is very time consuming and All-Stars/Other Sports/Work etc. is not an excused absence from my responsibilities as a cheerleader. I agree to put NF cheerleading first before any other extra curricular activity in or out of school. **I understand to give 100% to my cheerleading responsibilities, I must choose between other sports if they have conflicting schedules.** I have been notified that spontaneous events might come up with very short notice and take responsibility to fulfill all support to my school. I agree that the sponsors make all final decisions. I will respect the opinion and decisions of all sponsors and will work hard and consistent to make my team the best.*

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."

Candidate's Signature

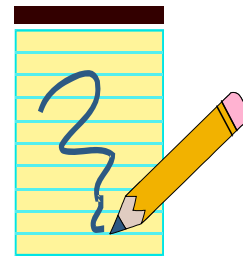
Date

Parent's Signature

Date



IMPORTANT DATES



Tryout Packets go out

Fri., 2/27/09

*Signed Forms Due

Thurs., 3/26/09—2:30 p.m.

*Tryout Meeting (Candidate & Parent)

Thurs., 3/26/09 (NF Cafeteria)—5:30pm

Tryout Clinic Starts (Closed to spectators)

Mon.-Tues.
March 30-31
NF Boys Gym
4:30p.m.-6:00p.m.

Panel/Judges Tryouts

All Squads
Warm-Up in Cafeteria

Sat., April 4
2:45 p.m.
1:45 p.m.

Newly Elected NF Cheerleaders
& Parent Meeting

(Camp \$ and Camp Wear \$ Due—Congrats.
Letter will give each price. Sizing Season/
Camp wear)

Mon., April 6 (Monday after Tryouts)
5:30 p.m.
Cafeteria

After School Practices Begin

(For camp, Exact dates, times TBA)

April 13

Possible Pre-Camp Summer Practice Dates
(Exact dates & times TBA)

April 13 - June 4

Summer Camp Dates

June 9-12 (Tentative/If Available)

Signs

*Summer Practices
First Day of School
Labor Day Parade

June—August
July 21--Mandatory
August 24
September 7/MLK ?

Do Not Plan
Vacations
after July 20.

Note: Cheerleaders will be benched $\frac{1}{2}$ a game for each day of summer practice missed. Any cheerleader missing any part. Any cheerleader missing a part of any fundraiser will be required to pay NF Cheerleaders for any items purchased with funds raised during that time.

*Unless prior notice given to sponsor

NF CHEERLEADER

CHOICE OF SCHOOL RULES & MISC. INFO

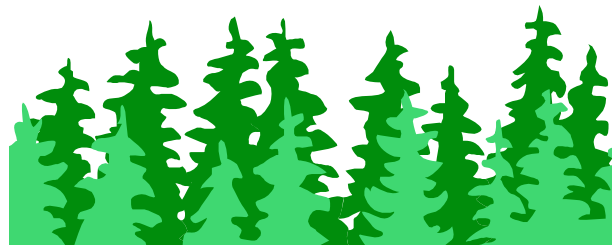
To be able to try out for cheerleader at Naaman Forest High School, it is mandatory you abide by the following rules & Deadlines:

- ➔ ****MAKE CERTAIN THAT YOU HAVE BEEN ACCEPTED TO ATTEND NAAMAN FOREST HIGH SCHOOL. CALL MRS. STEELE, 972-675-3091 FOR VERIFICATION.**
- ➔ ***Turn in ALL forms to Naaman Forest Main Business office by March 26, at 2:30. Participant and parent/guardian *must attend meeting on Thurs., March 26 and bring 4th Cycle report card. Eligibility is a factor for ability to attend clinic and to tryout. (* Unless Prior Notice)**
- ➔ ****Pay a \$10 clinic fee—this fee covers the cost of the choreographer. The clinic is not mandatory. If you would like a CD of the the music to the dance bring \$1 to the clinic on March 30, and we will record the music. No video camera will be allowed in practice/clinic area.**
- ➔ **The only acceptable tryout attire:**
 - Athletic/cheer shorts (No jams/cut-offs—designated color on tryout day)
 - Shirts tucked in
 - No Half-Shirts/Bra Tops
 - Socks and Tennis Shoes
 - Hair up and secure
 - No Jewelry (Including Belly Rings)

Cheerleading is fun – but also very time consuming and hard work. At Naaman, our goal is always to be the BEST. Good Luck to all of you! If you have any questions please call 972-675-3091.

SPONSORS: Mrs. Boyd—Varsity
Mrs. Smoot—JV
Ms. Atkinson—Freshmen

* Unless prior notice given to sponsor



MEETINGS & TRYOUT SCHEDULE

March 26
Cheer-Tryout Meeting
*Parent & Applicants must attend
5:30—NFHS Cafeteria
Applicants must bring a copy of the 4th Six weeks report card.
Rules/Regulations/Constitution passed out.
Go over Tryout Procedures

March 30
Try-Out clinic starts
4:30-6:00p.m.—NFHS boys gym
Roll/Stretch
Demonstrate Dance
Learn Dance
Choose Tryout #

March 31
Try-Out clinic
4:30-6:00p.m.—NFHS boys gym
Roll/Stretch
Review Dance
Demonstrate 2 Chants
Learn 2 Chants
Demonstrate Cheer
Learn Cheer
Review all Material
Practice Material in Groups (by #)
Mock-Tryouts

* **Clinic Information**—Clinic is not mandatory, there is a \$10 fee for the clinic. UIL Eligibility is a factor in the clinic. A candidate is ineligible to tryout if failed two times during the current school year.

April 4
Panel Tryouts @ Garland High School—**NO PARENTS ALLOWED IN THE BUILDING AT ANY TIME!**
Warm-Up-GHS Cafeteria—1:45 p.m.
Tryout—2:45 p.m. (All Squads at one time-3 gyms)

April 6 (Mon.)
Parent & Candidate Meeting
5:30 p.m.—NF Cafeteria
Go over all Rules
Pass/Sign Constitution
Discuss Camp/Summer responsibilities
Fitting of Camp and Season Wear
Camp and Camp Wear \$\$ Due! The congratulation letter will have all of this information on it!!!
April 13
Practice after school—TBA

*Unless prior notice was given to Sponsor.

TRYOUT SCHEDULE & PROCEDURES

April 4

Panel Judging--@ Garland High School

100%--5 Judges--High & Low Scores Dropped

1:45 p.m.--Warm-Up (Cafeteria)

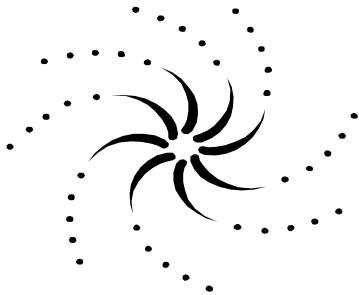
2:45 p.m.--Tryouts (3 Gyms)

Varsity/JV & Freshmen--Group--

Draw a chant (1 or 2) before entering the floor.

Group Chant

Group Dance



Individual--

Entrance/Tumbling

Jumps

1. Right Herkie

2. Left Herkie

3. Toe Touch

4. **Double Whip**

(Whip Approach=Max-5, w/Prep=Max-4)

5. Learned Cheer

☺ There is an example of the judge's evaluation sheet attached.

☺ **Each candidate must score a minimum of 50% for Varsity and 45% for JV/Freshmen of the highest possible score (100%) in order to be placed on the squad.**

☺ ****No friends/parents are allowed in the Building/Panel Judging.**

☺ Be in Warm-Up area ON TIME!

☺ ****Proper dress must be worn for panel judging. All candidates will wear a white sleeved, polo style shirt without the logo showing. Shorts must be "Broderick" or "Soffe" style of shorts. Varsity will wear black shorts and white bow, JV will wear green shorts and green bow, and freshmen will wear gray shorts and orange bow. No jewelry! Hair must be worn up!**

April 4 Selection of newly elected Cheerleaders will be posted on the Internet at approximately 4:30 p.m. A letter will be passed out at the end of tryouts. The letter will consist of the website and all information for the newly elected Cheerleaders (**VERY IMPORTANT INFO. Will be on this letter**).

☺ There will be 12 Varsity Cheerleaders-(3 Seniors, 3 Juniors, 6 Sr./Jr.)

☺ There will be 10 Junior Varsity Cheerleaders representing the sophomore class.

☺ There will be 10 Freshmen Cheerleaders representing the freshmen class.

EXAMPLE JUDGE'S FORM

Naaman Forest High School

Varsity Cheerleader Tryouts

Candidate Number: _____

Judge # _____

Circle one number in each category.

Entrance

Presence/Poise (5)	1	2	3	4	5					
Tumbling during run-in (10)	1	2	3	4	5	6	7	8	9	10
Spirit/Enthusiasm (5)	1	2	3	4	5					

Jumps

Toe Touch (10)	1	2	3	4	5	6	7	8	9	10
Right Herkie (5)	1	2	3	4	5					
Left Herkie (5)	1	2	3	4	5					
Double Toe (5)	1	2	3	4	5					

Whip approach = 5 max; with prep = 4

Cheer

Motion Technique(10)	1	2	3	4	5	6	7	8	9	10
Voice/Projection (5)	1	2	3	4	5					
Incorporation (5)	1	2	3	4	5					

Jumps/Standing Tumble

Chant

Motion Technique(10)	1	2	3	4	5	6	7	8	9	10
Timing (5)	1	2	3	4	5					

Dance

Motion Technique(10)	1	2	3	4	5	6	7	8	9	10
Timing (5)	1	2	3	4	5					
Memory (5)	1	2	3	4	5					

Total Technical Score _____

- ◆ Candidates wishing to receive their scores can request their scores from Mrs. Steward (Secretary to Principal) via in person or through fax after 11:00 on Monday following tryouts.
- ◆ An administrator will be present in all tryout areas.
- ◆ Scores will be tabulated by a person not connected to the tryout using a computer generated formula that will be used district-wide.
- ◆ There are 5 judges. The high and low score will be dropped!

Dear Parents,

This is just a note to introduce ourselves and to acquaint you with the expectations of a Naaman Forest Cheerleader. We hope that you, as parents of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader responsible for guiding student conduct at extra-curricular activities and during the school day.

You will receive a copy of the Cheerleading Constitution for all GISD high school cheerleaders at the parent meeting. The Constitution is also posted on the GISD Website. All Naaman Forest Cheerleaders will be expected to abide by these standards and guidelines. Cheerleaders who fail to adhere to the standards and guidelines will be penalized.

NFHS Cheerleaders will have additional duties, which they will be required to perform throughout the school year. These duties will include (but are not limited to): planning and working as instructors for cheer clinics, cheerleading camp, preparation for homecoming festivities, for games indicated in the cheerleader constitution, attendance at athletic play off games, and participation in various school and community service projects.

A great amount of time and energy will also be asked of the other parents/guardians in providing transportation to some of the activities and in other miscellaneous functions during the year.

The estimated cost of cheerleading for one year is outlined below. The greater part of these expenses is incurred during the first two to three weeks after tryouts. Every effort has been made to keep these costs to a minimum. The stated costs include all fees for camp instruction/week and camp wear and season wear. This does not include any competition squad fees. Cost is not due all at one time!

<u>Freshmen cheerleaders</u>	\$850-950
<u>JV cheerleaders</u>	\$750-850 (returning sophomores) \$700-850 (new members)
<u>Varsity cheerleaders</u>	\$750-850 (returning sophomores) \$850-950 (new members)



The GISD Cheerleading Rules/Regulations/Constitution will be passed out at the parent meeting on April 6, 2009. A list of spring and summer obligations for NF cheerleaders is included in this packet. It is very important that all newly selected cheerleaders attend the practices and functions, which are listed. The absence of any member affects the productivity of the entire squad. Consequences for missing these activities are also detailed. It is very important to understand that all Naaman sports, activities, etc. are very demanding of students' time (this includes a Senior candidate that is graduating early). In order for Cheerleaders to be able to give 100% to her activities, it is important to make a choice between cheerleading and other sports if they have conflicting schedules. This is in the best interest of the organization as well as the student who needs to fulfill the responsibilities she has chosen.

We hope that you will discuss the expectations and obligations of being a NF cheerleader with your son/daughter, and agree that Naaman Forest Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication and develop group dynamic skills and responsibility. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support we can work together to make this year the most successful ever for our program.

We look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to call us at (972) 675-3091.

Sincerely,
Mrs. Boyd (Varsity)
Mrs. Smoot (JV)
Mrs. Atkinson (Fresh.)

=====

Please return this portion as a signed agreement of following guidelines and estimated cheerleader expenses for 2009-2010.

Candidate's Name (Please Print)

Parent/Guardian Name (Please Print)

Date

Parent/Guardian Signature

PARENT PERMISSION FORM

My son/daughter, _____, has my permission to be a cheerleader at Naaman Forest High School. I understand that he/she must abide by all rules and regulations set forth by the sponsor, the principal, and in the GISD cheerleader constitution, and be present for all practice and games. I have read the rules and regulations and understand that the violation of any of these rules lead to consequences/permanent suspension from the squad. *I understand and give my permission to my son/daughter to ride with the sponsor and/or other parents when necessary. *I understand that all forms must be completed by March 26, 2009 and returned to the Naaman Forest Business Office or a cheerleader sponsor. All Cheerleading Tryout Packets are posted on the GISD Website (every Middle and High School). (* Unless prior notice)

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 credential and references will be hired for all tryouts. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.

I understand that qualified judges will evaluate my son/daughter and we agree to abide by the decision of the judges.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

**In order for Cheerleaders to be able to give 100% to her activities, it is important to make a choice between cheerleading and other sports if they have conflicting schedules. This is in the best interest of the organization as well as the student to fulfill the responsibilities she has chosen. If an applicant is involved in other activities a form must be fill out and signed by coaches involved w/agreement of flexibility.

I am interested in being a cheerleader at Naaman Forest High School. If elected, I will abide by the rules and regulations set forth by the sponsor, the principal and the GISD cheerleader constitution. I will cooperate and follow the instructions of the cheerleading sponsors and other team members. I have been informed of the GISD HS cheerleader constitution, and agree to abide and follow all rules or accept the consequences.

Student Signature

Date

Street Address

City

State

ZIP

School now attending

Grade Next Yr.

All Cheerleaders and Parent/Guardian

From: Mrs. Boyd, Mrs. Smoot, Mrs. Atkinson and NF/GISD

Welcome back to the 2009-2010 school year. Your sponsors are looking forward to a very productive year. We have discussed many ideas, rules, and procedures, constitution, date & times of events and expectations, budget, and tryout criteria to clarify many questions that may arise over the year. Our rules and/or procedures are very stringent, but we want our cheerleaders to be looked upon as top-notch, **WITH HIGH MORAL AND ACADEMIC STANDARDS**. All rules/procedures and regulations must be signed and agreed upon before trying out. All Constitutional Guidelines are in effect for behavior on and off. Please feel free to discuss anything with us during the year regarding rules and policies, but understand that **final decisions regarding benching/demerits/etc. will be at the discretion of the sponsor and/or principal(s)**. Please read everything carefully and be sure each of you fully understands each rule or procedure before signing. During the year, we may add other rules or areas of improvement if needed. (These additions would be fully discussed and sent home or discussed with the parents at that time). Let's start with a positive attitude and continue it through the year.

Mrs. Boyd
Varsity Sponsor

Mrs. Smoot
JV Sponsor

Mrs. Atkinson
Freshmen Sponsor

Steve Baker
Principal

