

North Garland Raiders



Cheerleading

**Tryout Information Packet**

**PLEASE READ THE ENTIRE APPLICATION PACKET. BOTH THE CANDIDATE AND A PARENT/GUARDIAN MUST SIGN THE THREE FORMS AT THE END OF THIS PACKET. FORMS SHOULD BE TURNED IN BY March 25, 2009 TO EITHER MS. FORD, MS. PATTERSON, OR MS. TEELING (ROOM 308). YOU MAY ALSO TURN IN YOUR APPLICATION AT THE PARENT MEETING ON MARCH 25TH. (TURNING IN YOUR APPLICATION AT THE CLINIC WILL DELAY ENTRY INTO THE CLINIC.)**

**POSITIVELY NO APPLICATIONS WILL BE ACCEPTED AFTER 4:00PM ON APRIL 1, 2009. IF YOUR APPLICATION IS NOT TURNED IN AT THIS TIME, YOU MAY NOT TRYOUT!**

**IN ORDER TO TRYOUT FOR CHEERLEADER, YOU MUST MAKE CERTAIN YOU HAVE CHOSEN NORTH GARLAND FOR THE 2009-2010 SCHOOL YEAR AND HAVE BEEN ACCEPTED. YOU MAY CONTACT THE BUSINESS OFFICE AT NORTH GARLAND HIGH SCHOOL FOR CHOICE OF SCHOOL CONFIRMATION.**

# CHEERLEADER EVENT SCHEDULE

- March 4 Applications for cheerleader tryouts will be available in the school office.
- March 25 Parent and candidate meeting (If you cannot attend, please see Ms. Ford, Ms. Patterson, or Ms. Teeling before this meeting.)  
**NGHS Cafeteria- 6:30pm candidates & parents**  
(All forms must be turned in before the clinic starts.)
- April 1 Tryout clinic 4:00pm – 7:00pm NGHS Gym
- April 2 Tryout clinic 4:00pm – 7:00pm NGHS Gym
- April 4 Judges Panel tryouts 8:00am-9:30am GHS Gyms  
We will have a warm-up period from 7:00am-8:00am.  
Varsity, JV, and Freshmen will tryout at the same time in three different gyms. Be there at 6:45am.
- April 4 Announcement of cheerleading squads for 2009-2010 – Posting & Internet
- April 6 **Mandatory** parent and cheerleader meeting- 7:00 pm in NGHS cafeteria. All expenses will be itemized and a camp deposit of \$60.00 will be due at this meeting.
- April 16 Fitting with Camp Clothes Rep – **Varsity 3:00pm, JV 3:15 & Freshmen 3:30 pm - Orchestra room**  
Money orders for the uniform accessories & camp clothes will be due at the time of the fitting.
- May 18 **Cheerleader/Parent meeting in Cafeteria at 6:30pm.**  
Money order for NCA Camp balance, Megaphone, Activity Fee & Game Day Shirt will be due. Parent must be present to sign camp forms.

# PRACTICE DATES

April 14-16	Practice NGHS Gym 3:30 pm-4:30pm
April 21-23	Practice (same schedule as above)
April 28-30	Practice (same schedule as above)
May 5-7	Practice (same schedule as above)
May 12-14	Practice (same schedule as above)
May 19-21	Practice (same schedule as above)
May 26-27	Practice (same schedule as above)
May 28	<b>SPRING GAME</b> - NGHS Field (All teams cheer)
June 5	Practice 3:00pm – 5:00pm NGHS Gym
June 7-10	NCA Cheerleader Camp @ TCU (Fort Worth)
Aug. 4-6	All Squads Practice 8:00 am-11:00pm NGHS Field
Aug. 11-13	All squads 3:00 pm-5:00 pm
Aug.?	<b>Fish Camp</b> – time TBA
Aug. 18-20	All squads 3:00pm – 5:00 pm
Aug. 24	First day of school

**Cheerleaders will be benched ½ of a game for each day of summer practice missed. (Vacations are not excused absences.)**

**ALL CHEERLEADERS MAY BE REQUIRED TO ATTEND AFTER SCHOOL PRACTICES THROUGHOUT THE YEAR. (playoffs, performances, extra practices, etc...) ALL CHEERLEADERS ARE EXPECTED TO ATTEND ALL CHEERLEADER ACTIVITIES.**

In order for Cheerleaders to be able to give 100% to his/her activities, it is imperative to make a choice between cheerleading and other sports. This is in the best interest of the organization as well as the student to fulfill the responsibilities he/she has chosen.

**NO SPORT OR ACTIVITIES CAN COME IN THE WAY OF YOUR CHEERLEADING OBLIGATIONS. CHEERLEADERS MAY NOT MOVE TO ANOTHER SQUAD. IN ADDITION, NO CHEERLEADER SHOULD JOIN CLUBS, ORGANIZATIONS OR CLASSES WHOSE SCHEDULE REQUIREMENTS ARE IN DIRECT CONFLICT WITH THEIR CHEERLEADING OBLIGATIONS.**

TRYOUT INFORMATION PACKETS FOR EACH MIDDLE AND HIGH SCHOOL IN THE GARLAND INDEPENDENT SCHOOL DISTRICT ARE AVAILABLE ON THE DISTRICT WEBSITE: [WWW.GARLANDISD.NET](http://WWW.GARLANDISD.NET)

FOLLOW THE DEPARTMENTS & PROGRAMS LINK AND SELECT CHEERLEADING. OTHER TRYOUT INFORMATION IS ALSO AVAILABLE AT THIS WEBSITE.

# CLINIC INFORMATION

WHAT: CLINIC - TRYOUT MATERIAL WILL BE TAUGHT

WHEN: Wednesday-April 1<sup>ST</sup> & Thursday-April 2<sup>ND</sup> 2009

WHERE: NGHS GYM

TIME: 4:00pm-7:00pm

COST: \$10.00 (cash only)

BRING: 4<sup>th</sup> SIX WEEKS REPORT CARD (You must be passing to participate). If a candidate has been academically ineligible any 2 six weeks prior to tryouts, the candidate must have approval from the sponsor/principal in order to tryout.

ATTIRE: Varsity Candidates - White polo style shirt (no visible logo), Black shorts, **White Bow**  
JV Candidates - White polo style shirt (no visible logo), Black shorts, **Black Bow**  
Freshmen Candidates - White polo style shirt (no visible logo), Red shorts, **Red Bow**

All Candidates: White socks, white athletic shoes (hair must be in a high pony tail and secure, no nail polish, no jewelry, no rolling your shorts)

**Proper Attire Required**

Only candidates who are academically eligible may attend this clinic; however, it is **NOT** mandatory. Academically ineligible students may participate in the one-day judge tryout only. Tryout numbers will be randomly drawn at the clinic.

Numbers must be secured on the front of the shirt at chest level. You must wear the number drawn or be disqualified. The \$10.00 fee covers the cost of a choreographer, a CD, and number.

# CLINIC AGENDA

## DAY 1

4:00- 4:15 REGISTRATION

4:15-4:30 STRETCH AND JUMP

4:30-5:00 CHANT

5:00-5:30 CHEER

5:30-6:00 CHOOSE TRYOUT # /GROUP PRACTICE

6:00 - 7:00 OPEN GYM

## DAY 2

4:00- 4:15 STRETCH AND JUMP

4:15-4:30 REVIEW CHANT

4:30-5:00 REVIEW CHEER

5:00-5:30 DANCE

5:30-6:00 REVIEW MATERIAL

6:00 - 7:00 MOCK TRYOUT / OPEN GYM

**CLINIC IS OPEN ONLY TO CANDIDATES. NO VIDEO TAPING WILL BE ALLOWED.**

**MEDICAL RELEASE FORMS MUST BE SIGNED AND TURNED IN, AND GRADES MUST BE PASSING BEFORE THE CANDIDATE MAY PARTICIPATE IN THE CLINIC. MEDICAL RELEASE FORMS AND REPORT CARD MAY BE TURNED IN AT THE PARENT MEETING OR AT THE CLINIC CHECK IN.** (Please note that cheerleading candidates are NOT required to have a physical exam unless they answer yes to questions 1,2,5,7,11, or 17 of the medical history form. If none of these apply, you only need to turn in the first page. If you answer yes to any of these questions, you must have a physical exam and must turn in both pages of the form.)

IF YOU CANNOT ATTEND THE CLINIC, IT IS YOUR RESPONSIBILITY TO SEE MS. FORD, MS. PATTERSON, OR MS. TEELING BY APRIL 1<sup>ST</sup> 2009 FOR A TRYOUT NUMBER. IF YOU DO NOT COME BY, IT WILL BE ASSUMED THAT YOU ARE NOT TRYING OUT.

## PANEL TRYOUTS

WHAT: JUDGES PANEL TRYOUTS

WHO: ALL CANDIDATES

WHEN: SATURDAY- APRIL 4, 2009 FROM 8:00am -9:30am  
YOU WILL WARM UP FROM 7:00am-8:00am (Be there by 6:45am)

WHERE: GARLAND H.S. GYMS

ATTIRE: VARSIITY - WHITE POLO STYLE SHIRT (no visible logo),  
BLACK SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES,  
WHITE BOW (hair must be in a high pony tail and secure, no nail  
polish, no jewelry, no shorts rolled)  
JV - WHITE POLO STYLE SHIRT (no visible logo),  
BLACK SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES,  
BLACK BOW (hair must be in a high pony tail and secure, no nail  
polish, no jewelry, no shorts rolled)  
FRESHMEN - WHITE POLO STYLE SHIRT (no visible logo),  
RED SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES,  
RED BOW (hair must be in a high pony tail and secure, no nail polish,  
no jewelry, no shorts rolled)

\*There will be mats available to candidates in each gym.

**THESE TRYOUTS ARE CLOSED.** PARENTS AND FRIENDS MAY WAIT FOR THEIR CANDIDATE OUTSIDE OF THE BUILDING.

EVERY ATTEMPT IS MADE TO HIRE JUDGES WHO 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.

NUMBERS MUST BE WORN ON YOUR SHIRT AT CHEST LEVEL. YOU WILL BE PROVIDED YOUR NUMBER. **YOU MUST TRYOUT IN NUMERICAL ORDER, AND YOUR NUMBER MUST REMAIN THE SAME AS THE NUMBER DRAWN AT THE CLINIC. SWITCHING NUMBERS IS NOT ALLOWED.**

THE JUDGES PANEL TRYOUTS WILL CONSIST OF A GROUP PERFORMANCE IN WHICH A CHANT AND A DANCE WILL BE PERFORMED, AND AN INDIVIDUAL PERFORMANCE IN WHICH AN ENTRANCE, A JUMP SERIES, AND A CHEER WILL BE PERFORMED.

## GROUP PERFORMANCE

- ⇒ YOU WILL PERFORM IN GROUPS OF THREE OR FOUR.  
(depending on the number trying out)
- ⇒ THE THREE CANDIDATES WILL WALK OUT IN NUMERICAL ORDER. THE CANDIDATE WITH THE LOWEST NUMBER WILL STOP IN THE LEFT POSITION, THE NEXT CANDIDATE WILL CONTINUE TO THE MIDDLE POSITION, AND THE LAST CANDIDATE WILL TAKE THE RIGHT POSITION.  
(THIS IS FROM THE JUDGE'S VIEW.)
- ⇒ YOU WILL PERFORM THE CHANT AND THE DANCE, THEN EXIT.
- ⇒ THIS PROCEDURE WILL CONTINUE FOR ALL GROUPS.

## INDIVIDUAL PERFORMANCE

- ⇒ EACH CANDIDATE WILL RE-ENTER ONE AT A TIME, BEGINNING WITH NUMBER 1.
- ⇒ YOU WILL PERFORM AN ENTRANCE, A JUMP SERIES, AND A CHEER.
- ⇒ IN YOUR CHEER, YOU WILL BE ALLOWED TO INCORPORATE 1 TRICK.
- ⇒ EXIT
- ⇒ AFTER ALL CANDIDATES HAVE COMPLETED THEIR TRYOUT, WAIT UNTIL AN ADMINISTRATOR DISMISSES YOU. YOU WILL RECEIVE INFORMATION ON ANNOUNCEMENT OF CHEERLEADERS AT THIS TIME.

# SELECTION OF CHEERLEADERS

A JUDGES PANEL VOTE WORTH 100% WILL SELECT CHEERLEADERS. THERE WILL BE FIVE JUDGES. EACH JUDGE WILL HAVE A TOTAL OF 100 POINTS THAT HE/SHE MAY AWARD. THE HIGH AND LOW SCORE WILL BE THROWN OUT AND THE REMAINING THREE JUDGES' SCORES WILL BE AVERAGED TOGETHER TO GET AN AVERAGE OF THE JUDGES' SCORES. THIS NUMBER WILL COUNT 100%. VARSITY CANDIDATES MUST EARN A MINIMUM SCORE OF 50 TO BE PLACED ON THE SQUAD. JV CANDIDATES MUST EARN A MINIMUM SCORE OF 45 TO BE PLACED ON THE SQUAD AND FRESHMEN CANDIDATES MUST EARN A MINIMUM SCORE OF 40 TO BE PLACED ON THE SQUAD .

THE SQUADS WILL CONSIST OF THE FOLLOWING;

**Varsity** – TOP 3 SENIORS, TOP 3 JUNIORS,  
NEXT 6 CANDIDATES (WITHOUT REGARD TO GRADE)

**Junior Varsity** – TOP 10 SOPHOMORE CANDIDATES

**Freshmen** – TOP 10 FRESHMEN CANDIDATES

THERE WILL BE AN ADMINISTRATOR PRESENT DURING TRYOUTS. A PERSON NOT CONNECTED WITH THE TRYOUTS WILL ENTER ALL SCORES INTO A COMPUTER USING A DISTRICT-WIDE FORMULA. ALL DECISIONS ARE FINAL!

AFTER TRYOUTS, EACH CANDIDATE WILL BE GIVEN A WEBSITE ADDRESS TO SEE THE 2009 - 2010 NORTH GARLAND HIGH SCHOOL CHEERLEADING SQUADS.

If you would like a copy of your scores mailed to you, please bring a self-addressed stamped envelope to the parent meeting on March 25, 2009 or the tryout clinic on April 1<sup>st</sup> & 2<sup>nd</sup>, 2009.



# ESTIMATED COSTS



CAMP FEE	\$300.00
SHOES	\$70.00
SOCKS	\$10.00
BAG	\$25.00 (\$10 JV/FRESH)
HAIR BOWS/RIBBONS	\$20.00
BRIEFS (2)*	\$20.00 (\$40 VARSITY)
LEGGINGS*	\$24.00
BODYSUIT*	\$25.00
RAIN PONCHO*	\$11.00
MEGAPHONE*	\$70.00
POMS*	\$38.00 (\$28.00 FRESH/JV)
SWEATSHIRT	\$38.00
WARM-UP	\$60
SHIRTS	\$50
SHORTS	<u>\$40</u>
TOTAL	\$800

\* Returning members may exclude these costs if they currently own these items.

AN ACTIVITY FEE OF \$60.00 WILL BE DUE TO COVER CLASS SUPPLIES, PAINT BRUSHES, MARKERS, PAINT PENS, ETC... FOR THE YEAR. THE TOTAL AMOUNT IS DUE BEFORE CAMP OR YOUR DAUGHTER/SON WILL NOT BE ALLOWED TO ATTEND CAMP.

ALL PRICES LISTED ABOVE ARE APPROXIMATE COSTS. A DETAILED LIST OF COSTS WILL BE HANDED OUT AT THE PARENT MEETING ON APRIL 6, 2009.

**NORTH GARLAND HIGH SCHOOL  
CHEERLEADER APPLICATION**

NAME \_\_\_\_\_

ID NUMBER \_\_\_\_\_ CURRENT GRADE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE (PARENTS) (HM) \_\_\_\_\_ (WK) \_\_\_\_\_ (CELL) \_\_\_\_\_

(CANDIDATE) (HM) \_\_\_\_\_ (CELL) \_\_\_\_\_

EMAIL ADDRESS (PARENTS) \_\_\_\_\_

EMAIL ADDRESS (CANDIDATE) \_\_\_\_\_

CANDIDATE FOR: VARSITY \_\_\_\_\_ JV \_\_\_\_\_ FRESHMEN \_\_\_\_\_

Dear Parent(s)/Guardian(s):

In order to tryout for cheerleading at North Garland High School, your choice of school must be for North Garland High School.

Cheerleading is a very time-consuming responsibility and will require much time outside of the school day. Attendance is mandatory at all cheerleader activities. 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 do. Cheerleaders will abide by and uphold all of the cheerleading guidelines, rules, and regulations as well as GISD policies.

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 school insurance.

The cheerleaders will be required to take field trips to out-of-town games by means of a bus. Cheerleaders must ride the bus to and from these games. In consideration of GISD guidelines, the parent(s) or guardian(s) must agree to their child taking these school-sponsored field trips. A more formal field trip permission form must be signed at that time.

Cheerleaders must provide their own transportation to all Garland/Rowlett/Sachse games/events. Parents may be called upon to provide transportation and to chaperone.

If you have any questions or need further information, you may e-mail Ms. Ford at [kford@garlandisd.net](mailto:kford@garlandisd.net), Ms. Patterson at [mlpatter@garlandisd.net](mailto:mlpatter@garlandisd.net) or Ms. Teeling at [cteeling@garlandisd.net](mailto:cteeling@garlandisd.net)

Please read the entire application packet, and then both candidate and a parent/guardian must sign the three forms at the end of this packet. Forms should be turned in by March 23, 2009 at the North Garland High School Business Office. A parent meeting is scheduled for March 23, 2009 at 6:30pm in the NGHS cafeteria. NO LATE APPLICATIONS WILL BE ACCEPTED! If the application is not turned in by April 1, 2009 at 4:00pm with the appropriate information you cannot tryout!

We have read the above statements and all the attached forms regarding tryouts, regulations, costs and the standards of cheerleading at NGHS. We understand and will abide by all the rules introduced and enforced throughout the year.

REMINDER - No parents allowed in building at tryouts.

CANDIDATE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Return this form)

I understand that the uniforms are the property of North Garland High School and if lost or damaged it is my responsibility to replace them. The uniforms may be altered without cutting the fabric. I understand the uniforms are to be laundered by a professional cleaning service before they are returned.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CHEERLEADER'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

I \_\_\_\_\_ have read the *Cheerleader Guidelines/Rules*. I Understand each of them before I tryout and will abide by each rule. I also understand and accept each punishment given for each rule violation. I agree to put NGHS cheerleading first.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CHEERLEADER'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**SIGNS:** Each squad member will paint and decorate a specific number of signs (depending on the size of each squad).

**Sponsors will provide a list of sayings for each cheerleader. All signs must be painted in the NGHS approved letter pattern.**

Signs are due August 6, 2009. (Time to be determined by the sponsor.) At this time, the sponsor will check for the following:

- The name of cheerleader on the back of the sign on both ends.
- Saying written on the back of both ends.
- Saying spelled correctly.
- Painted and decorated neatly.
- Sign rolled tightly with a rubber band.

If any of the above sign requirements need to be corrected, the sign will need to be redone and turned in at the sponsor's discretion. Signs will be stored at school and used each week.

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

CHEERLEADER'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

THE MEDICAL RELEASE FORM IS AVAILABLE ON THE DISTRICT WEBSITE .THIS IS THE **THIRD FORM** THAT NEEDS TO BE SIGNED & RETURNED BEFORE THE CANDIDATE CAN ATTEND THE CLINIC.

THE CONSTITUTION IS ALSO AVAILABLE ON THE WEBSITE. CANDIDATES ARE REQUIRED TO FOLLOW ALL RULES AND PROCEDURES IN THIS DOCUMENT. PLEASE READ THIS CONSTITUTION IN ITS ENTIRETY.

(Return this form)