

RHS CHEERLEADER APPLICATIONS

2009 - 2010



PLEASE READ THE ENTIRE APPLICATION PACKET. BOTH THE CANDIDATE AND A PARENT/GUARDIAN MUST SIGN THE APPLICATION IN 4 PLACES PLUS THE MEDICAL RELEASE FORM. FORMS SHOULD BE TURNED IN BY MARCH 30, 2009 TO TRACEY MARCHESONI, ROOM 1200. YOU CAN BRING THEM TO ROOM 1200 OR PLACE THEM IN AN ENVELOPE CARE OF TRACEY MARCHESONI AND DELIVER IT TO THE RHS BUSINESS OFFICE. MRS. WEST WILL PLACE IT IN THE PROPER MAILBOX.

TURNING YOUR APPLICATION IN BEFORE OR AT THE PARENT MEETING ON MARCH 24, 2009 IS GREATLY APPRECIATED. THERE IS MUCH PRELIMINARY CHECKING THAT NEEDS TO BE DONE BEFORE YOU CAN ATTEND THE CLINIC. TURNING IN YOUR APPLICATION LATER WILL DELAY ENTRY INTO THE CLINIC. POSITIVELY NO APPLICATIONS WILL BE ACCEPTED AFTER 4:30PM ON MARCH 30, 2009. IF YOUR APPLICATION IS NOT TURNED IN AT THIS TIME, YOU MAY NOT TRYOUT!

TRYOUT INFORMATION PACKETS FOR EACH MIDDLE AND HIGH SCHOOL IN THE GARLAND INDEPENDENT SCHOOL DISTRICT ARE AVAILABLE ON THE DISTRICT WEBSITE: WWW.GARLANDISD.NET FOLLOW THE DEPARTMENTS AND PROGRAMS LINK AND SELECT CHEERLEADING.

CHEERLEADER EVENT SCHEDULE

- March 2 Applications for cheerleader tryouts will be available in each school office.
- March 24 Parent and candidate meeting (If you cannot attend, please see Tracey Marchesoni **before** this meeting.)
RHS Library **6:00pm Varsity/JV Candidates**
6:45pm Freshmen Candidates
All forms must be turned in before the clinic starts.
- March 30 Tryout clinic 4:00pm - 8:00pm RHS Gym
(BRING A SACK DINNER)
- April 2 Mock tryouts 3:00pm - 5:30pm RHS Gym **MANDATORY**
Varsity & JV 3:00 - 4:30, Freshmen 4:00 - 5:30
- April 4 Judges Panel tryouts 6:00pm-7:30pm GHS Gyms
We will have a warm-up period from 5:00pm-6:00pm.
Varsity, JV, and Freshmen will tryout at the same time in three different gyms. Be there at 5:00pm.
- April 4 Announcement of cheerleader squads for
2008-2009 - Posting & Internet
- April 7 Fitting with Varsity Sports - Varsity 3:00pm,
JV 4:00pm, Freshmen 5:00pm. Room 1200
Payment to Varsity Sports will be due at this time.
Checks or cash will be accepted.
The Varsity rep. will give you the total. Freshmen
parents and cheerleaders will have a **MANDATORY**
meeting right after the fitting.



April 8 MANDATORY parent and cheerleader meeting, 7:00pm in room 1200. Money for camp and camp clothes will be due at this meeting. (BRING SS#, COPY OF INSURANCE CARD, NEED NOTARY)

April 14-16 Practice RHS Gym
Varsity/JV 3:00pm-4:30pm, Freshmen 4:15pm-5:45pm

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 26-28 Practice (same schedule as above)

TBA Pool Party

June 5 Practice - All squads - 1:00pm-2:00pm RHS Field

June 6-9 ACA Cheerleader Camp @ TWU

July 24 Varsity and JV Practice 10:00am-12:00pm (TBA)

July 27-30 RYAA Camp @ RHS 9:00 am - 2:00pm

July 30 RYAA Showoff 7:30 pm

July 31 RHS Summer practice 9:00am - 2:00pm RHS Gym
SIGNS DUE

Aug. 10-13 RHS Summer Practice 8:00am-12:00pm RHS

Aug. 13 Flight School RHS

Aug. 14 Practice 8:00 - 2:00 RHS

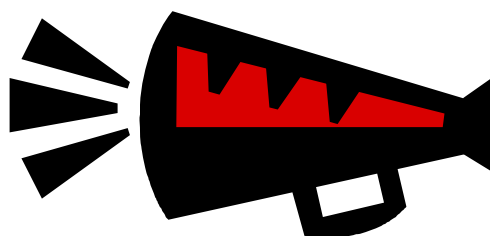
Aug. 24 First day of school

ALL CHEERLEADERS WILL BE REQUIRED TO ATTEND TWO AFTER SCHOOL PRACTICES A WEEK DURING THE YEAR. PRACTICES WILL BE MONDAYS AND TUESDAYS FROM 2:45pm-4:00pm. DATES WILL BE ADDED 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.

ALL CHEERLEADERS MUST COMPLETE THEIR COMMITMENT TO CHEERLEADING BEFORE BEING RELEASED TO THE VARSITY SPORT THAT THEY WILL PLAY IF THEY HAVE MADE THE TEAM. VARSITY CHEERLEADERS CANNOT BE A VARSITY CHEERLEADER AND PLAY VARSITY VOLLEYBALL, VARSITY BASKETBALL, OR VARSITY SOCCER.

JV AND FRESHMEN CHEERLEADERS CAN PLAY ANOTHER JV OR FRESHMEN SPORT PROVIDED THAT THERE ARE MINIMAL CONFLICTS. THE CHEERLEADER MUST WORK OUT THE CONFLICTS WITH BOTH COACHES.



CLINIC INFORMATION

WHAT: CLINIC - TRYOUT MATERIAL WILL BE TAUGHT

WHEN: MONDAY, MARCH 30, 2009

WHERE: RHS GYM

TIME: 4:00pm-8:00pm

COST: \$10.00 (Make checks payable to RHS Cheerleaders)

BRING: 1. 4th 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 is subject to a sponsor/principal review.)
2. SACK DINNER (no deliveries)

ATTIRE: VARSITY CANDIDATES - WHITE POLO STYLE SHIRT (no visible logo), MAROON SHORTS
JV CANDIDATES - WHITE POLO STYLE SHIRT (no visible logo), NAVY SHORTS
FRESHMEN CANDIDATES - WHITE POLO STYLE SHIRT (no visible logo), MAROON SHORTS

ALL CANDIDATES: WHITE SOCKS, WHITE ATHLETIC SHOES (hair must be up and secure, no nail polish, no jewelry)

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. You will make your own number. 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 and a CD.

CLINIC AGENDA

| | |
|-----------|------------------------------|
| 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 | DINNER BREAK |
| 6:00-7:00 | DANCE |
| 7:00-7:15 | BREAK |
| 7:15-8:00 | REVIEW MATERIAL/MOCK TRYOUTS |

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.** (THE SOONER ALL PAPERWORK IS IN, THE SOONER YOU WILL GET INTO THE CLINIC.) IF YOU CANNOT ATTEND THE CLINIC, IT IS YOUR RESPONSIBILITY TO SEE MRS. MARCHESONI (ROOM 1200) BY APRIL 1, 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 6:00pm -7:30pm
YOU WILL WARM UP FROM 5:00pm-6:00pm (Be there by 5:00)

WHERE: GARLAND H.S. GYMS

ATTIRE: VARSITY - WHITE POLO STYLE SHIRT (no visible logo), MAROON SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES (hair must be up and secure, no nail polish, no jewelry)

JV - WHITE POLO STYLE SHIRT (no visible logo), NAVY SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES (hair must be up and secure, no nail polish, no jewelry)

FRESHMEN - WHITE POLO STYLE SHIRT (no Visible logo), MAROON SHORTS, WHITE SOCKS, WHITE ATHLETIC SHOES (hair must be up and secure, no nail polish, no jewelry)

*There will be mats available to ALL candidates.

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 PROVIDE YOUR OWN NUMBER. YOUR NUMBER MAY BE PINNED ON OR SEWN ON YOUR SHIRT. **YOU MUST TRYOUT IN NUMBER 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 NUMBER 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

THE 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 OF 40 TO BE PLACED ON THE SQUAD.

THE SQUADS WILL CONSIST OF THE FOLLOWING:

VARSIITY - TOP 3 SENIORS, TOP 3 JUNIORS,
NEXT 6 CANDIDATES (WITHOUT REGARD TO GRADE)
(SCORE OF 50 AND ABOVE)

JUNIOR VARSITY - TOP 10 SOPHOMORE CANDIDATES
(SCORE OF 45 AND ABOVE)

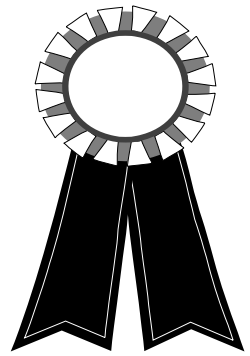
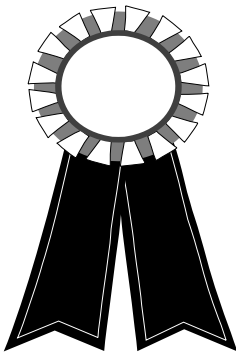
FRESHMEN - TOP 10 FRESHMEN CANDIDATES
(SCORE OF 40 AND ABOVE)

THERE WILL BE AN ADMINISTRATOR PRESENT DURING TRYOUTS. THE JUDGES 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 ROWLETT HIGH SCHOOL CHEERLEADING SQUADS AND A LIST WILL BE POSTED ON THE FRONT WINDOWS AT SCHOOL.

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 24, 2009 the clinic on March 30, 2009, or to the mock tryout on April 2, 2009.





JUDGING CRITERIA

| | |
|---|-------------------------------|
| ENTRANCE | (20 POINTS) |
| PRESENCE/POISE | 5 PTS |
| TUMBLING DURING RUN IN | 10 PTS |
| SPIRIT/ENTHUSIASM | 5 PTS |
| | |
| JUMPS | (25 POINTS) |
| TOE TOUCH | 10 PTS |
| RIGHT HERKIE | 5 PTS |
| LEFT HERKIE | 5 PTS |
| DOUBLE TOE TOUCH | 5 PTS |
| (whip 5 pts max, prep 4 pts max) | |
| | |
| CHEER | (20 POINTS) |
| MOTION TECHNIQUE | 10 PTS |
| VOICE/PROJECTION | 5 PTS |
| INCORPORATION | 5 PTS |
| (JUMPS/STANDING TUMBLING) | |
| | |
| CHANT | (15 POINTS) |
| MOTION TECHNIQUE | 10 PTS |
| TIMING | 5 PTS |
| | |
| DANCE | (20 POINTS) |
| MOTION TECHNIQUE | 10 PTS |
| PROJECTION | 5 PTS |
| MEMORY | 5 PTS |
| TOTAL | (100 POINTS) per judge |

ESTIMATED COSTS

| | |
|-----------|---------------------------------|
| CAMP FEE | \$270.00 (approximately) |
| CAMP WEAR | <u>\$200.00</u> (approximately) |
| TOTAL | \$470.00 |

| | |
|-------------------|---------------|
| SHOES | \$60.00 |
| SOCKS | \$10.00 |
| WARM-UP | \$150.00 |
| SWEATSHIRT | \$50.00 |
| BRIEFS | \$20.00 |
| GAME DAY SHIRT | \$30.00 |
| LEGGINGS | \$25.00 |
| HAIR BOWS/RIBBONS | \$10.00 |
| UNIFORM CLEANING | \$20.00 |
| BAG | \$25.00 |
| RAIN PONCHO | \$15.00 |
| GLOVES | <u>\$8.00</u> |
| TOTAL | \$423.00 |

SOCIAL ACTIVITIES, GIFTS

ACCENT PAINT,

COMPETITION (if the cheerleaders voted to do this) \$1300.00-\$1350.00

CLASS SUPPLIES:

PAINT BRUSHES, MARKERS,

PAINT PENS, ETC... \$30.00

A DETAILED LIST OF COSTS WILL BE HANDED OUT AT THE PARENT MEETING ON MARCH 24, 2009.



**ROWLETT 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 Rowlett High School, your choice of school must be for Rowlett 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 in 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 leave a message at Rowlett High School for Tracey Marchesoni (Varsity), Rebecca Henson (JV), or Rebecca Ballard (Freshmen) and your call will be returned. (972-463-1712) or email temarche@garlandisd.net , rehenson@garlandisd.net , or rmballar@garlandisd.net.

Please read the entire application packet, and then both candidate and a parent/guardian must sign the 4 places at the end of this packet plus the medical release form. Forms should be turned in by **March 30, 2009** to Tracey Marchesoni, room 1200 (you may drop these off in the front office and Mrs. West will place it in the proper mailbox. A parent meeting is scheduled for March 24, 2009 at 6:00pm (Varsity and JV) and 6:45pm (Freshmen) in the RHS library.

NO LATE APPLICATIONS WILL BE ACCEPTED! If the application is not turned in by March 30, 2009 at 4:30pm with the appropriate signatures you cannot tryout!

We have read the above statements and all the attached forms regarding tryouts, regulations, costs and the standards of cheerleading at RHS. 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 _____

I understand that the uniforms are the property of Rowlett High School and if lost or damaged it is my responsibility to replace them. The uniforms may be altered without cutting the fabric.

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 Rowlett H. S. cheerleading first.

PARENT SIGNATURE _____ DATE _____

CHEERLEADER'S SIGNATURE _____ DATE _____

SIGNS: Each squad member will paint and decorate a specific number of signs.

Freshmen 28 signs

JV 18 signs

Varsity 8 signs

Sponsors will provide a list of sayings for each cheerleader. Each cheerleader will provide his/her own paintbrushes and accent paint. All signs must be painted in the RHS approved letter pattern.

Signs are due July 31, 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.
- Category written on 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 _____

PREPARTICIPATION PHYSICAL EVALUATION -

THE MEDICAL RELEASE FORM IS AVAILABLE ON THE DISTRICT WEBSITE. PLEASE NOTICE THAT CHEERLEADING CANDIDATES ARE NOT REQUIRED TO HAVE A PHYSICAL EXAM UNLESS THEY ANSWER YES TO QUESTIONS 1, 2, 3, 4, 5, or 6. IF NONE OF THESE APPLY, THEY NEED ONLY 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.

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.

www.garlandisd.net

go to departments and then select cheerleading.