

# SGHS CHEERLEADER APPLICATION

2009-2010

**Please read the entire application packet. Both the candidate and a parent/guardian must sign the Parent Permission Slip and the Pre-Participation physical evaluation. Please notice that cheerleading candidates are NOT required to have a physical exam unless they answer “yes” to questions 1, 2, 3, 7, 11, or 16. If none of these apply they only need 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. All forms must be completed by the deadline in order to tryout! Forms are due by 8:00 a.m., March 28, 2009 to a South Garland Cheerleading coach.**

**NO LATE APPLICATIONS WILL BE ACCEPTED!**

**If the application is not turned in by the appropriate date and time, you cannot tryout!**

**Tryout information packets are also available on the district website:**

**[www.garlandisd.net](http://www.garlandisd.net)**

**Follow the General Information link and select Cheerleading.**

# Important Dates

| <b>Date</b>                 | <b>Time</b>  | <b>Activity</b>   | <b>Location</b>                                    |
|-----------------------------|--|---|--|
| <b>March 23</b><br>Monday   | 5:30 p.m.<br>Returning Candidates  | <b>*Mandatory Parent Meeting</b> (candidate & parent/guardian must attend)                                | SGHS Library                                       |
| <b>March 23</b><br>Monday   | 6:30 p.m.<br>First-time Candidates<br>(including first-time Varsity and Junior Varsity candidates) |   | SGHS Library                                       |
| <b>March 28</b><br>Saturday | 8:00 a.m.-11:30 a.m.   | Clinic (\$10)<br>(tryout material will be taught & <b>FORMS DUE</b> )                                     | SGHS West Gym                                      |
| <b>April 2</b><br>Thursday  | 3:00 p.m. (Varsity)<br>4:00 p.m. (JV)<br>5:00 p.m. (Freshmen)                                      | Mock Tryouts  | SGHS West Gym                                      |
| <b>April 4</b><br>Sat       | 3:30-4:30 p.m.<br>4:30-6:00 p.m.   | Warm-up<br>Panel Judging<br>(* Results will be published on the GISD Internet Website by 8:00 p.m.)       | GHS Gyms   |
| <b>April 6</b><br>Mon       | 6:00 p.m.  | Meeting for all New Parents and Cheerleaders<br><b>(\$300 camp tuition due)</b>                           | SG Library   |
| <b>April 8</b><br>Wed       | 1:15   | Uniform check out for new Varsity<br><b>(\$300 camp tuition due)</b>                                      | Varsity Locker room                                |
| <b>April 10</b><br>Fri      | 1:15   | Uniform check out for new JV<br><b>(\$300 camp tuition due)</b>   | JV locker room                                     |
| <b>April 13</b><br>Mon      | 6:30 p.m.  | Var. Camp clothes fitting<br>JV Camp clothes fitting<br>Fr. Camp clothes fitting<br>and uniform check out | Varsity locker<br>JV locker room<br>JV locker room |
| <b>June 6-9</b>             |  | ACA Summer Camp   | TWU  |

**\*All candidates are required to attend this meeting unless a parent/guardian has made prior arrangements with the Varsity Sponsor.**

Dear Parents,

This is just a note to introduce us and to acquaint you with the expectations of a South Garland 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.

All South Garland cheerleaders will be expected to abide by the standards and guidelines outlined in the Garland ISD Cheerleader Constitution. If you are interested in viewing the Cheerleader Constitution prior to tryouts, please visit the following website: <http://www.garlandisd.net/cheerleader/>. All cheerleaders will receive a copy after squads have been formed. Cheerleaders who fail to adhere to the standards and guidelines will be penalized.

SGHS Cheerleaders will have additional duties, which they will be required to perform throughout the year. These duties will include (but are not limited to): preparation for homecoming festivities, 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 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.**

|                       |  |
|-----------------------|--|
| Freshmen cheerleaders | \$700  |
| JV cheerleaders       | \$500 (returning sophomores)<br>\$700 (new members)          |
| Varsity cheerleaders  | \$1000 (juniors or new seniors)<br>\$700 (returning seniors) |

Following tryouts, new cheerleaders will be given a list of spring and summer obligations for SG cheerleaders. It is very important that all newly selected cheerleaders attend the practices and functions listed. The absence of any member affects the productivity of the entire squad. Consequences for missing these activities are also detailed in the GISD Cheerleader Constitution.

We hope that you will discuss the expectations and obligations of being a South Garland cheerleader with your son/daughter, and agree that South Garland Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication, and develop group dynamic skills. 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 me at (972) 926-2700, xtn 80283.

Sincerely,

Ms. Megan McAfee (Varsity)  
Ms. Nicole Johnson (Junior Varsity)  
Mrs. Amy Tietjen (Freshmen)



## Parent Meeting

The mandatory Parent Meeting will be held Monday, March 23<sup>rd</sup>, in the library at the following times: Returning candidates at 5:30 p.m.; first-time candidates (new Varsity and J.V. included) at 6:30 p.m.

- **This meeting is MANDATORY. Anyone who does not attend this meeting will not be allowed to tryout.** (\*Unless parent/guardian has made prior arrangements with the Varsity coach.)
- A parent/guardian must attend with his/her prospective candidate. Each prospective candidate is encouraged to return the attached forms at this time. If the required forms (medical release form and Parent Permission form) signed by the prospective candidate and candidate's parent/guardian, are not returned at this time, they must be turned in at the beginning of the tryout clinic on March 28th. Candidates will not be allowed to participate in the clinic or tryouts without the completed forms.
- Each prospective candidate will also need to bring a xeroxed copy of his/her most recent report card for the 2008-2009 school year. Candidates must have passed all classes the 4<sup>th</sup> grading period to be eligible for the clinic and mock tryouts. However, students may try-out before the panel judges if they have failed a class.
- Prospective candidates should have filled out a choice of school form for South Garland High School before trying out.

# Clinic

There will be a one-day tryout clinic on Saturday, March 28<sup>th</sup> in the West Gym at South Garland High School from 8:00 a.m. to 11:30 a.m. The clinic is closed to spectators. **No video taping of the clinic will be allowed!**

- This clinic is not mandatory, but attendance is strongly recommended for every candidate since it will be the only formal, organized practice to learn tryout material. Candidates will draw numbers for tryout order at this time.
- There will be a **\$10.00 fee** collected the day of the clinic to help cover clinic costs. You may pay for the clinic at the tryout meeting, but refunds will not be given if candidate decides not to attend the clinic. A cd of the dance music will be provided to all candidates attending the clinic.
- Only students who are academically eligible may attend the clinic and must show proof of eligibility by bringing a copy of their most recent report card to the clinic. Ineligible students may participate in the one-day judge tryout only.

The schedule is as follows:

|                  |  |
|------------------|--|
| 8:00-8:20 p.m.   | Warm-up/Stretch                                    |
| 8:20-8:30 p.m.   | Draw numbers                                       |
| 8:30-9:30 p.m.   | Candidates learn Cheer                             |
| 9:30-9:40 p.m.   | Break  |
| 9:40-10:10 p.m.  | Candidates learn Chant                             |
| 10:10-11:15 a.m. | Candidates learn dance and review cheer<br>& chant |
| 11:15-11:30 p.m. | Discuss tryout procedures                          |

- **Please wear clothing conducive to cheerleading activities.**
- **All forms (permission slip, medical release, and most recent report card) must be completed and turned in on or before the beginning of the clinic on March 28<sup>th</sup>, 2009 at 8:00 a.m.**

# Mock Tryouts

**Thursday April 2, 2009**

**3:00-6:00 p.m.**

**West Gym**

**Varsity will begin at 3:00 p.m.**

**JV will begin at 4:00 p.m.**

**Freshmen will begin at 5:00 p.m.**

## **Dress code:**

All candidates must wear clothing conducive to cheerleading. Female participants must have hair in a ponytail and out of the face (unless a ponytail is not possible). Hair ribbons are allowed but must be white for Varsity and solid red or solid blue for JV and Freshmen. No jewelry may be worn.

## **Procedures:**

- I. Roll check and warm-up
- II. Mock panel consisting of Senior Cheerleaders
- III. Questions and Answers

**\*\*These will be closed tryouts, so no friends or family members may attend. Candidates will not be permitted to leave until mock tryouts are finished for their squad. No videotaping will be allowed.**

# Panel Tryouts

**THESE ARE CLOSED TRYOUTS! NO PARENTS OR FRIENDS WILL BE ALLOWED INSIDE GARLAND HIGH SCHOOL THE ENTIRE DAY OF TRYOUTS!**

**Saturday, April 4, 2009**

**3:30-6:00 p.m.**

**Garland High School**

Warm-up for each group is from 3:30 p.m. to 4:30 p.m. Judging will take place from 4:30-6:00 p.m. Candidates will perform routines in the following order:

Individual performances:

1. Entrance with tumbling pass
2. Jumps
3. Individual Cheer
4. Exit (no tumbling will be permitted on the exit)

Group performances:

5. Group Chant (will be performed in groups of 3 or 4)
6. Dance (will be performed in groups of 3 or 4)

## **Dress Code:**

All candidates must wear red or royal blue shorts, white knit (polo style) shirt with no visible logos, white socks and white tennis shoes. Each candidate should have his/her number sewn on the front center of the white knit shirt (iron-on numbers may also be used). Numbers should be red or blue felt (one color only). Female participants must have hair in a ponytail and out of face (unless unable to put hair in a ponytail due to length). Hair ribbons are allowed but must be white for Varsity, and solid red or solid blue for JV and Freshmen. No jewelry may be worn.

**\*\*Candidates will be dismissed following panel tryouts and be given a letter with information about how to obtain tryout results.**

**\*\*Anyone not wearing the required tryout uniform will not be allowed to tryout! Failure to wear the proper number will result in disqualification.**

# Judges Score Sheet

**A. Entrance:**

- Presence/Poise (5)
- Tumbling during run-in (10)
- Spirit/Enthusiasm (5)

**B. Jumps :**

- Toe Touch (10)
- Right Herkie (5)
- Left Herkie (5)
- Double Toe  
(Whip approach = 5 max; with prep = 4 max)

**C. Cheer :**

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

**D. Chant :**

- Motion Technique (10)
- Timing (5)

**E. Dance :**

- Motion Technique (10)
- Projection (5)
- Memory (5)

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.

- HS Freshmen – 40%
- HS Junior Varsity – 45%
- HS Varsity – 50%

# Selection Process

**VARSITY:** the Varsity squad will consist of the top 3 scoring Senior candidates and top 3 scoring Junior candidates. The remaining 6 will be made up of the top scoring Juniors and/or Seniors.

**JV:** The JV squad will consist of the 10 top scoring cheerleaders from the Sophomore class.

**FRESHMEN:** The Freshmen squad will consist of the 10 top scoring cheerleaders from the Freshmen class.

The judging panel for Varsity, JV, and Freshmen will consist of five outside judges. The judging will take place in one day. Scores will be awarded in each category by the judges' interpretations of how well the criteria for that category is met. Each candidate must score a minimum percentage of points in order to be placed on a cheerleading squad.

Freshman – 40%

Junior Varsity – 45%

Varsity – 50%

There will be an administrator present at tryouts.

Scores will be tabulated by a person not connected to the tryout using a computer generated formula that will be used district-wide.

\*\*Every attempt is made to hire judges that have not worked with students in the Garland area. However, with the hundreds on 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. We hire professional judges with outstanding credentials and references. They will be instructed to judge the candidates based only on the mastery of the skills that they see demonstrated during tryouts.

## **NOTIFICATION OF RESULTS:**

After all tryouts for a school are tabulated and confirmed by the principal and sponsor, each candidate will be given an envelope with instructions and a number and a time to call to access the results of their tryouts. **NO RESULTS WILL BE DISTRIBUTED AT THE TRYOUT SITE.**

At 2:00 p.m. on Sunday, April 5th, a list will be posted of the cheerleaders that made all three squads. This list will be posted on the outside doors near the West Gym. Final results will also be posted on the GISD Internet Website. Candidates will be given the website address at the conclusion of the tryouts.

## **REQUESTS FOR SCORES:**

Those candidates wishing to receive their scores quickly should provide a stamped, self-addressed envelope to Ms. McAfee *prior* to tryouts. Individual score sheets will be mailed no later than Monday. Other requests for scores can be made through the school principal.