

# **Sam Houston Middle School**

# **Cheerleading**



*Tryout information packets for each middle and high school in the Garland Independent School District as well as the middle school cheerleader constitution are available on the district website:*

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

*Follow the general information link and select the cheerleading link.*

March 2009

Dear Parents/Guardians of Cheerleader Candidates,

Your child has expressed an interest in becoming a member of the Sam Houston Middle School 7<sup>th</sup> or 8<sup>th</sup> grade cheerleading squad for the 2009-2010 school year. If selected, there are certain personal and financial responsibilities and obligations, which you and your child must assume in order to qualify and remain a member in good standing. This packet contains all of the information that you will need to know before making the decision on whether or not to allow your child to try out. We hope that you, as a parent of a prospective cheerleader, are aware of the time and energy it takes to be an effective student leader here at Sam Houston.

Because we believe our school and students are "Better than the Best!" we expect the cheerleaders to set good examples of student conduct at all times. We have set forth guidelines that will make our cheerleaders role models at our school. We want our cheerleaders to be exemplary citizens exhibiting high moral and academic standards.

It is our intention that in after reading through this packet with your child, you will discuss the expectations and obligations of being a SHMS cheerleader with your child. Cheerleading helps students to form friendships, to improve communication skills, and to develop leadership skills that will prove to be beneficial later in life.

We wish all candidates the best of luck. Please read this packet carefully and be sure you fully understand each rule and procedure BEFORE signing. The last pages of this packet must be signed and returned by **Monday, April 9, 2009** by 4:00 pm along with the \$10 clinic fee (cash only please). No late applications can be accepted!!!

We are looking forward to working with you and your children.

Krisna Martinez  
Cheer Sponsor

Don Hernandez  
Principal

Laura Kirkland  
Cheer Sponsor

# Sam Houston Middle School Cheerleader Event Schedule

Wednesday March 25 <sup>th</sup>	<b>We will begin accepting applications</b> Room #207
Thursday April 2 <sup>nd</sup>	<b>Parent/ Participant meeting</b> (not mandatory but encouraged) 5:30 pm Room #404
Thursday April 9 <sup>th</sup>	<b>Applications Deadline</b> \$10.00 Clinic Fee 4:00 pm Room 207 <b>No late applications will be accepted</b>
Monday April 13 <sup>th</sup>	<b>Tryout Clinic - CLOSED SESSION</b> 4:00 pm - 6:00 pm SHMS (south) Gym
Tuesday April 14 <sup>th</sup>	<b>Tryout Clinic - CLOSED SESSION</b> 4:00 pm - 6:00 pm SHMS Gym
Wednesday April 15 <sup>th</sup>	<b>Open Gym - CLOSED SESSION</b> 4:00 pm - 6:00 pm SHMS Gym
Thursday April 16 <sup>th</sup>	<b>Mock Tryouts - CLOSED SESSION</b> 4:00 pm - 7:00 pm SHMS Gym
Saturday April 18 <sup>th</sup>	<b>Judges Panel - <u>Centralized Tryout Location</u> (Austin Academy) CLOSED</b> SHMS will warm-up from 1:45 - 2:45 and tryouts will begin promptly from 2:45-4:15. <u>Parents are not allowed in the building on this day.</u>



## CLINIC INFORMATION

**CLINIC IS ONLY OPEN TO CANDIDATES. NO VIDEO TAPING WILL BE ALLOWED.  
BRING A BLANK CD-R WITH YOUR NAME ON IT FOR THE MUSIC.**

- What: Clinic - Tryout material will be taught
- When: April 13<sup>th</sup> and 14<sup>th</sup>
- Where: SHMS (south) Gym
- Time: 4:00 pm - 6:00 pm  
**All Paperwork must be turned in to attend!**
- Cost: \$10 cash - NO checks!!!

Attire:

- T-shirt - loose fitting no tanks.
- Shorts - loose, appropriately fitting.
- White athletic shoes with white socks.
- Hair should be pulled back in a ponytail unless hair is too short.  
(Use as much hairspray  
or bobby pins as needed!!! NO BANGS!)
- **NO jewelry of any kind!**
- **Clear nail polish only!**

Candidates may want to bring a water/drink (NO SODA) with them.  
**(There will be NO use of the vending machines!)**

**\*\*\*You must provide a copy of your 4<sup>th</sup> six weeks report card and also a copy of your 5<sup>th</sup> six weeks progress report to prove eligibility to attend clinic. All candidates who are academically eligible may attend this clinic.**

## Judge's Panel Tryout

100% of possible points

What: Judge's Panel Tryout-Centralized Location (Austin Academy)

When: Saturday April 18, 2009  
1:45 pm (warm-up 3:15 pm, in cafeteria)  
(tryout 2:45pm)

Where: Austin Academy for Excellence  
1125 Beverly Drive  
Garland, TX 75040-8126  
(972)926-2620

Attire: Solid, white **polo (collared)** style shirt with no visible logos.  
Solid, black shorts with no visible logos  
Solid, white socks and, solid white athletic shoes  
Candidate number-pinned on front of polo shirt  
Hair should be pulled back in ponytail  
If hair is "boy" short, then hair should be pulled back so it does not hang in the candidate's eyes. Use bobby pins and hairspray to get it up.  
NO ribbons or bows.  
NO jewelry of any kind.  
Clear nail polish only.

You must check in with Mrs. Martinez in the cafeteria before 2:30 pm.

**These tryouts are closed! Parents are not allowed in the building at all. As soon as tryouts are concluded, the candidates will leave the building immediately and be picked up in the parking lot.**

A copy of the score sheet is in the packet.

**MIDDLE SCHOOL CHEERLEADER TRYOUT**  
**SEQUENCE OF EVENTS**

All candidates should walk in and perform all material for the judges as a group. It should be explained that this is only so the judges can see what the material should look like and that they will not be judged at that time. Full-out jumps and tumbling is not necessary but certainly welcome during this demonstration. **Judges should put their pencils down during this time.**

All categories should be performed in sequence.

**ENTRANCE:**

Candidate number #1 should enter the gym and wait for notification from the judges that they are ready. After the judges have nodded, the candidate should run in showing and soliciting spirit and enthusiasm doing whatever tumbling pass they wish if they are able. Once they are done with their entrance, they should stop in the center of the gym and wait for notification that the judges are ready for the next step.

At this point, the judges will score the tumbling, spirit/enthusiasm, and the candidate's presence/poise. Presence/poise will include appearance with regard to the hair being out of the face, shirts tucked in if possible, shorts not being too short, proper shoes, facial expressions, etc.

**JUMPS:**

Once the nod has been given, the candidate should do whatever jump they wish to do first and then wait for a nod before doing their second jump and then their third jumps giving the judges time to score each jump. Each candidate must do a toe touch, a right or left herkie, and an optional jump. The optional jump may include a second herkie or toe touch. Tumbling tricks will not count as jumps.

**INDIVIDUAL CHEER:**

Once the jumps have been completed and the nod has been given, the candidate should begin the cheer. The cheer will have a section for the candidate to incorporate either a jump or a standing tumbling trick of their choice. Candidates will be scored based on difficulty and execution as well. Candidates will also be judged on their smile, motion technique and voice projection during this time. Once the candidate has completed their cheer, they should exit the gym. No score will be given for an exit tumbling pass or spirit. As candidate #1 is walking out, candidate #2 should walk in and wait for the judge's nod. These steps should be repeated until all candidates have performed all categories mentioned to this point.

Once all individual categories have been completed, the group categories will begin.

### **GROUP CHANT:**

Groups should consist of 3 or 4 candidates. They should enter the gym so that they end up standing in numeric order from left to right (from the judge's viewpoint). There should be no tumbling or spirit during this time, only uniform walking. Once the nod has been given, the designated candidate should call for the group cheer to begin. Upon completion, the candidates should wait for the judges to finish scoring.

### **GROUP DANCE:**

Once the nod has been given, the designated candidate should call for the dance to begin, or the school representative should start the music for the dance. Once this has been completed, the candidates should remain in their spots until they are told to leave. This will enable the judges to correspond the scores with the candidate numbers. The group categories mentioned above should be repeated until all groups have performed.

## **Selection of Cheerleaders**

The judges' panel vote, worth 100%, will select the cheerleaders.

There will be five judges. Each judge will have a total of 100 points that he or she may award. The high and low score will be dropped. The remaining three judges scores will be averaged together to get a mean judges score. Candidates must earn a minimum score of 30 for 7<sup>th</sup> grade and 35 for 8<sup>th</sup> grade to be placed on the squad.

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!!!**

The results of tryouts will be available on the front door of the school by 1:30 pm on April 19, 2009. The results can also be found on the GISD Internet Website on this date.

*Disclaimer: Every attempt is made to hire judges that have not worked with students in the Garland/Rowlett 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 sometime that a member of the judging panel may have had some contact with a candidate 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 the tryouts. Tryout results will not be challenged because of prior knowledge of judges and candidates.*

## Judging Criteria

### ENTRANCE

_____ Presence/Poise	5 points
_____ Tumbling during run-in	10 points
_____ Spirit/Enthusiasm	5 points

### JUMPS

_____ Toe Touch	10 points
_____ Herkey (Right/Left)	5 points
_____ Optional Jump	5 points

### CHEER

_____ Motion Technique	10 points
_____ Voice /Projection	5 points
_____ Incorporation (Jumps /Standing Tumble)	5 points
_____ Memory	5 points

### CHANT

_____ Motion Technique	10 points
_____ Timing	5 points

### DANCE

_____ Motion Technique	10 points
_____ Projection	5 points
_____ Memory	5 points

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**TOTAL: 100 points per judge**

The high and low score will be dropped.

The remaining three scores will be averaged.

7<sup>th</sup> grade candidates must earn a minimum score of 30 and 8<sup>th</sup> grade candidates must earn a minimum score of 35 to be placed on a squad.

# Cheerleader Expectations

Expectations for cheerleaders and other student leaders at Sam Houston Middle School are extremely high. Please make sure you have read this packet VERY carefully, as it describes the schedule requirements and rules for elected cheerleaders. There are several changes pending the District Constitution this year. Please pay attention to any updates you will receive. They will override anything stated in this packet. If you cannot abide by the schedule requirements and/or rules, please reconsider trying out.

## **Grades:**

Cheerleaders must maintain passing grades or risk extended probation/termination.

## **Time:**

If elected, plan to spend an average of three hours per week practicing cheers, chants and stunts for cheerleading performances.

## **Transportation:**

Each parent/guardian must arrange for his/her own child's ride to and from games, practices and cheerleader functions. You will be given a calendar for all cheerleader functions; therefore, parents are responsible for their child's timely arrival to events.

## **Attendance:**

Do not plan to tryout for cheerleader unless you plan to attend all games, practices and cheerleader functions. (All-Star practices and doctor's appointments are not excused.)

## **Rules:**

Keep in mind that being a cheerleader is a privilege to which one is elected. The strictest consideration for, and adherence to all rules is mandatory. (A copy of the updated District rules will be handed out as soon as it is approved.)

## **Cheerleader Costs and Camp Information Sam Houston Middle School**

In the event you are chosen as a 2009-2010SHMS Cheerleader, you need to be aware of the associated costs. Approximate cost is \$350-\$380 depending on what is chosen as a team.

\*\*\*This year Sam Houston has decided to buy and OWN the uniforms to be issued to each girl. This means the girls and parents are responsible for keeping up with the uniform and keeping them nice and clean in order for Sam Houston to use them the next year. This decision was made to help with the increasing cost of the privilege of being a cheerleader. There will be a damage charge if irreversible damage or loose occurs. (Sam Houston will own the shell (top), skirt, jacket and pom poms.)\*\*\*

Your Cost: These are the items you will buy and keep from Vendor TBA.  
- approx. \$150

### Cheerleading Uniform (Add Ons)

To consist of the following:

- shoes and socks
- briefs/ under garments
- long sleeve shirt
- leggings

### Camp/ Practice Clothes

To consist of the following:

- 3 shorts
- 3 shirts

Camp - \$131 or \$261 (depending on which package selected at Parent Meeting)

We will be attending an ACA or NCA sponsored camp. The tentative dates are June 11 - 13<sup>th</sup> or June 29<sup>th</sup> - July 2<sup>nd</sup> and it will be held at the Garland Special Events Center. Camp is where the students learn material they will use throughout the year and more importantly, safety. If you have any questions or conflicts, please contact us as soon as possible!

All payments will be in the form of cash or money orders ONLY. Payments for uniforms will be paid to Varsity directly when ordered. Payments for camp will be paid to SHMS. You will receive a receipt for all payments.

## Cheerleader Tryout Application

Due Date: All paperwork is due Thursday, April 9, 2009 by 4:00 pm **SHARP!!!**  
No late applications will be accepted under any circumstances.

Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Current Grade Level: 6<sup>th</sup>    7<sup>th</sup>

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

I have read and understand the tryout regulations, as well as the expectations for elected cheerleader, and I will abide by them. I also understand that a violation of any of these regulations will disqualify me from the tryout process.

As a parent of a possible cheerleader, I have read and understand the expectations and regulations for cheerleaders. I also understand that a violation of the tryout process could disqualify my child.

Parent/Guardian Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If you have any questions please contact:  
Krisna Martinez- knmartin@garlandisd.net  
# to reach me - 972-926-2640

## Cheerleader Release Form Parent

My child, \_\_\_\_\_ has my permission to be a cheerleader at Sam Houston Middle School.

(please initial in spaces provided)

\_\_\_\_\_ I understand that he/she must abide by the rules and regulations set forth by the sponsor and principal of Sam Houston Middle School and be present for all practices and games. It is my responsibility to have my child at all functions on time! In case of an emergency, I give permission for my child to ride with the sponsor and/or other parent when necessary. I have read the rules and regulations and understand that the violation of any of these rules may lead to a temporary or permanent suspension from the squad.

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

\_\_\_\_\_ I understand that if I have any concerns about the decisions made by the sponsor, I will contact that sponsor first. Only after contacting the sponsor, may I contact Assistant Principal, Abiezer Cristales.

\_\_\_\_\_ I understand the costs involved as stated in the rules.

\_\_\_\_\_ I understand that by the very nature of the activity, cheerleading and gymnastics carry a risk of injury. Cheerleader activities require learned skills and behaviors. These will be taught, practiced, and documented as each participant achieves mastery prior to the performance of each skill. It should be made clear that even though mastery of objectives and skills has been reached, and safety precautions enforced, accidents still may occur. No matter how careful the participants and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and do hereby release Garland Independent School District and its employees from any liability due to accident, injury or illness should it occur. I also agree to support my child's efforts wholeheartedly throughout the season.

\_\_\_\_\_ As a cheerleader, your child is covered at school-sponsored events by the school insurance, providing that the proper GISD channels are followed. However, you are encouraged to have your own insurance or take the additional school insurance.

\_\_\_\_\_ Upon making cheerleader, your child must present evidence of a current medical, physical examination. This must be less than 12 months old.

\_\_\_\_\_ I also confirm that my child has chosen Sam Houston Middle School for the 2008-2009 school year on their choice of school form.

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
parent/guardian      date

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
parent/guardian      date

## Candidate

I am interested in being a cheerleader at Sam Houston Middle School. I understand the risks inherent to this sport. If elected, I promise to abide by the rules and regulations set forth by the sponsor and principal of Sam Houston Middle School. I promise to cooperate and follow the instructions of the cheerleading sponsor at all times.

I understand that cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit, and cooperation both within the schools and among schools. Members of these groups have a fundamental responsibility to play a leadership role in helping the school to achieve the worthwhile objectives of the schools activities.

Further, I understand that I am to behave in a manner that is becoming to me as an individual, as well as to the organization I represent. I should be aware that in or out of uniform I am a representative of the cheerleading squad, Sam Houston Middle School, and I agree to act accordingly.

I will:

- Be a leader and set an example for those around me.
- Remember SAFETY FIRST!!! NO COACH - NO PRACTICE!!!
- Follow a workout program designed for the development of strength in order to: prevent injury; increase strength and coordination, endurance, flexibility and confidence.
- Keep track of my academic progress (know when I need to get help or attend tutorials). I know that if I am not passing my classes, I am placing an undue burden on the rest of my squad.
- Attend and be on time to all practices and games.
- Promote school spirit.
- Remember that I am a member of a TEAM and there is no "I" in team.
- Give respect to ALL adults.
- HAVE FUN!!!

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date

**All paperwork is due no later than Thursday, April 9<sup>th</sup>, 2009 by 4:00 pm SHARP!!!**

# Paperwork Checklist

Here is a list of the paperwork items that must be turned in for every candidate.

- ◆ Application
- ◆ Parent Release Form
- ◆ Candidate Form
- ◆ Progress Report (5<sup>th</sup> six weeks)
- ◆ Report Card (4<sup>th</sup> six weeks)
- ◆ Clinic Fee - \$10.00