



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

Follow the Departments & Programs tab 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 Sellers Middle School 7th or 8th 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 Sellers.

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 after reading through this packet with your child, you will discuss the expectations and obligations of being an SMS cheerleader with your child. Cheerleading helps students form friendships, improve communication skills, and 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 are forms that must be signed and returned by **Monday, April 13, 2009 by 4:00 pm** along with the \$10 clinic fee (cash only please). No late applications will be accepted!!!

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

Lauren Husbands
Cheer Sponsor

William Woods
Principal

Vikki Mahagan Assistant Principal &
Administrative Cheerleading Sponsor

Sellers Middle School

Cheerleader Expectations

Expectations for cheerleaders and other student leaders at Sellers 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. 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 at the mandatory parent meetings on April 2nd.)

Cheerleader Costs and Camp Information

In the event you are chosen as a 2009-2010 Sellers Cheerleader, you need to be aware of the associated costs. The estimated cost will be **\$571.00**

- ***Campwear Package- \$88.75** (See order form for itemized price listing)
- **Cheerleading Uniform - \$112.95** (See order form for itemized price listing)
- **Accessories Package - \$139.20** (See order form for itemized price listing)
- **Warm-up and Jersey- \$158.95** (See order form for itemized price listing)

Camp - \$160 (Includes meals all 3 days)

To consist of 3 days of instruction by NCA Staff.

* Indicates school contribution...

+ Same warm-ups from previous school year will be used (deduct cost if applicable)

Cash or money orders ONLY will be accepted as payment. You may pay these fees in 3 installments over a month or make all payments at once. You will receive a receipt for all payments made.

Sellers Middle School Cheerleader Event Schedule

- Wednesday
March 31st, 2009 **We will begin accepting applications**
Room #16
- Thursday
April 2nd **Parent and Candidate meeting**
A parent/guardian **MUST** attend the meeting. Meeting will be held in room 16 (Sellers Middle School). You may hand in applications at the meeting. We will have a public notary on site for your convenience.
Thursday, April 2nd 5:00-6:00pm
- Monday
April 13th **Tryout Clinic - CLOSED SESSION**
4:00 pm - 6:00 pm Sellers Gym
ALL PAPERWORK including \$10 clinic fee must be handed in by 4:00 p.m. SHARP!!!!
Only students who are academically eligible may attend clinics. Ineligible students may participate in the one-day judge tryout only.
No late applications will be accepted!
- Tuesday
April 14th **Tryout Clinic - CLOSED SESSION**
4:00 pm - 6:00 pm Sellers Gym
- Wednesday
April 15th **Tryout Practice - CLOSED SESSION**
4:00 pm - 6:00 pm Sellers Gym
- Thursday
April 16th **Mock Tryouts - CLOSED SESSION**
4:00 pm - 7:00 pm Sellers Gym
- Saturday
April 18th **Judges Panel - Centralized Tryout Location - CLOSED SESSION**
Sellers will begin warm ups in the Jackson MS cafeteria at 12:15 pm and tryouts will begin promptly at 1:15 pm. Parents **ARE NOT** allowed in the building on this day, for any reason.
- Tuesday
April 28th **Uniform fittings/1st Installment**
7th grade fittings will be at 5:00 pm and 8th grade fittings at 5:30 pm in room #16. The first payment of **\$190.37** is due on this date.
- Monday
April 27th **2nd Installment Due & Camp Information sent home-**
The second payment of **\$190.37** is due on this date.
- Monday
May 11th **3rd and Final Installment (All cheerleaders should pick up binders from Ms. Husbands**
ANY remaining balance must be paid in full! (No money, No cheerleader!!!) **\$190.37**
- Thur. - Sat.
June 11th - 13th **Camp - Special Events Center, Garland**
Cheer Camp is not mandatory, but it is **HIGHLY** recommended. This 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 ASAP!

CLINIC INFORMATION

CLINIC IS ONLY OPEN TO CANDIDATES AND IS NOT MANDATORY FOR TRYOUT. NO VIDEO TAPING WILL BE ALLOWED ON CAMPUS. A CD WITH TRYOUT MUSIC WILL BE PROVIDED TO EACH CANDIDATE ATTENDING THE CLINIC.

What: Clinic - Tryout material will be taught

When: April 13th and 14th

Where: Sellers Gym

Time: 4:00 pm - 6:00 pm

All Paperwork must be turned in to attend!

Cost: \$10 cash - NO checks!!!

Attire: Solid, white polo style shirt with no visible logos.

Solid, maroon shorts with no visible logos.

Solid, white socks, and solid, white athletic shoes

Hair should be pulled back in ponytail with NO ribbons or bows.

(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 keep it up.)

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!)

Judge's Panel Tryout

100% of possible points

What: Judge's Panel Tryout-Centralized Location

When: April, 18th 2009, 11:00 am (warm-up 10:00 am - 11:00 am)

Where: Jackson Magnet for Science & Technology

1310 Bobbie Lane

Garland, TX 75042

Attire: Same as Clinic

A tryout number will be issued to each candidate by the sponsor on the morning of try-outs. DO NOT SWITCH TRYOUT NUMBERS.

You must check in with Ms. Husbands in the cafeteria before 12:00 pm.

These tryouts are closed! Parents are not allowed in the building for ANY reason. 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. This is only so the judges can see what the material should look like, and candidates will not be judged at this 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 jump giving the judges time to score each. 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 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. Once the judges dismiss the group, they should walk uniformly out of the gym.

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 an average judges score.

7th grade candidates must earn a minimum score of 30 to be placed on a squad.

8th grade candidates must earn a minimum score of 35 to be placed on a squad.

There will be an administrator present in each gymnasium during tryouts.

A person NOT connected with the tryouts will enter all scores into a computer using a district-wide formula.

After each candidate's individual tryout, they will be given a website address. The results of tryouts will be available on this website after 5:00 pm on April 18, 2009.

ALL DECISIONS ARE FINAL!!!

Judging Criteria

ENTRANCE

_____ Presence/Poise	5 points
_____ Tumbling During Run-In	10 points
_____ Spirit/Enthusiasm	5 points

JUMPS

_____ Toe Touch	10 points
_____ Herkie (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

TOTAL: 100 points per judge

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.

Cheerleader Tryout Application

Due Date: All paperwork is due Monday, April 13, 2009 by 4:00 pm **SHARP!!!**
No late applications will be accepted under any circumstances.

Please Print

Candidate's name: _____ ID #: _____

Grade level trying out for: (circle one) 7th 8th

Home address: _____

Home Phone: _____

Mother's Name: _____ Resides w/: Y N

Work Phone: _____ Cell Phone: _____

e-mail address: _____

Father's Name: _____ Resides w/: Y N

Work Phone: _____ Cell Phone: _____

e-mail address: _____

As a candidate for cheerleader, I have read and understand the tryout regulations, as well as the expectations for an 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.

Student Signature: _____

Date: _____

If you have any questions please contact:
Lauren Husbands - (lhday@garlandisd.net)
Or by phone at 972-494-8337 Ext. 51460.

Candidate

I am interested in being a cheerleader at Sellers 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 Sellers 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, Sellers 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 Monday, April 13th, 2009, by 4:00 pm SHARP!!!

Cheerleader Release Form Parent

My child, _____ has my permission to be a cheerleader at Sellers Middle School.
(please initial in spaces provided)

_____ I have read the rules and regulations set forth by the sponsor and principal of Sellers Middle School as well as the Garland Independent School District. I understand that he/she must abide by the rules and regulations, and a violation of any of these rules may lead to a temporary or permanent suspension from the squad.

_____ I understand that he/she is expected to be present for all practices and games. It is my responsibility to have my child at all functions on time!

_____ 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, Vikki Mahagan.

_____ 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. Cheerleading 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 may still 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.

_____ As a cheerleader, I understand my child is covered at school-sponsored events by the school insurance, providing that the proper GISD channels are followed. However, the sponsor and principals have encouraged me to have my own insurance or take the additional school insurance.

_____ Upon making cheerleader, my 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 Sellers Middle School for the 2009-2010 school year on their choice of school form.

As a parent of a candidate for cheerleader, I have read and understand the expectations and regulations for cheerleaders. I also understand that a violation of the tryout process or failure to abide by the regulations will disqualify my child.

Parent/Guardian Signature: _____

Date: _____

=====This form must be notarized=====

Subscribed and sworn before me this _____ day of _____, 20____,

In the State of (_____), County of (_____).

Notary Public

Paperwork Checklist

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

- ◆ Application
- ◆ Candidate Form
- ◆ Parent Release Form
- ◆ Report Card (4th six weeks)
(will be checked by sponsor)
- ◆ Progress Report (5th six weeks)
(will be checked by sponsor)
- ◆ If you are attending the clinic - \$10.00 fee
- ◆ Medical Form/Physical **
**NOTE: If yes to 1-6, you MUST have a physical to
Attend clinic & Tryouts

**This form will be available at the parent meeting, and the criteria will be explained extensively.

