

Grand Lakes Junior High
Cheerleader Try-out Packet
2024-2025

****The MANDATORY Parent Meeting will be Tuesday, March 5th, at 6:00 pm at GLJH cafeteria.**

Cheerleader Try-out Dates

Tuesday, March 5, 2024	The MANDATORY informational meeting for parents about tryouts will be in the GLJH cafeteria at 6:00 pm.
Thursday, March 28, 2024	All paperwork is due to GLJH to Lisa Stoyak, or emailed to lisastoyak@tomballisd.net no later than 3:00 pm. No exceptions will be made. All NEW tryout participants must have a completed current physical before they participate in the Cheer Clinic and Tryout. Physicals are offered for \$20 at @TMHS @THS
Tuesday, April 2, 2024	Clinic Session #1 – 4-5:30 (Closed Session)
Wednesday, April 3,, 2024	Clinic Session #2 – 4-5:30 (Closed Session)
Thursday, April 4, 2024	Clinic Session #3 – 4-5:30 (Closed Session)
Friday, April 5, 2024	Tryouts with judges begin at 3:00 p.m. 8 th graders will try out first. (Closed Session)
Saturday, April 6, 2024	Results will be posted on the school's front and side door by the gym by 8:00 a m. Also, they will be added to the GLJH website on Monday morning.
Thursday, April 10, 2024	Candidates that are selected as cheerleaders: Uniform fitting will take place at 3:00 PM. (8 th) and 4:00 PM (7 th). <u>Mandatory meetings</u> will be held as well. This will be held at GLJH (Cafeteria)
Friday, April 19, 2024	Camp fee of \$235 is due by online payment. (Mandatory Cheer camp will be held July 22-24, 2024)
Wednesday, May 1, 2024	Uniform fee must be paid online to Varsity.com, and assigned vendors for uniforms, and attire. This will cost around \$1000.

The Try-out is MANDATORY on April 5, 2024. There will be no make-up session.

Closed Session – Only the appropriate campus staff and participants will be allowed in the clinic/tryout area. This area will include both gymnasiums and the athletics hallway. All others will be asked to wait outside of the school building.

TISD Junior High School Cheerleading Tryouts April 2– April 5, 2024

Prerequisites:

- A candidate must be enrolled in the Tomball Independent School District before the tryout sign-up deadline.
- Each candidate must complete and present all proper paperwork to Lisa Stoyak via GLJH or email to lisastoyak@tomballisd.net by March 28, 2024, at 3:00 pm. – **NO EXCEPTIONS.**

TRYOUT QUALIFICATIONS

SECTION I: CONDUCT RESPONSIBILITIES

To be eligible to try out for Cheerleader, a candidate must:

- Not have been placed in Tomball Alternative Educational Center or expelled from school during the current school year.
- Not have any OSS placements.
- Not have more than one placement in ISS (dress code exception).
- Not have been previously removed from any Tomball ISD Junior High Cheerleading Team because of demerits, grades, or conduct.
- Not have resigned from the cheerleading squad for any reason other than an illness or disability.

What you need to turn in by March 28, 2024, at 3:00 p.m.

- Completed application signed by a parent.
- Pre-participation Physical Evaluation-Medical History form signed by a physician
A Current Physical on a Tomball ISD Physical Form
- Last page of constitution signed by candidate and parent.

What to wear for tryout clinics:

April 2nd, 3rd, and 4th are clinic days, and tryouts with judges are on April 5, 2024.

- T-shirt, shorts, socks, and supportive tennis shoes (within the dress code).
- Hair must be pulled back into a ponytail.
- No school cheer clothes or other cheer logos may be worn on clothing or shoes.

Tryout Process:

A minimum of two professional judges who are not employees of TISD and who are not familiar with any of the candidates will screen all candidates on their cheerleading skills including but not limited to motions, jumps, tumbling, spirit, dance, and coed stunting for males. All females will perform an identical tryout cheer and dance. All males will perform the male counterpart to the same cheer, but they may substitute coed stunting specified by the coach for the dance. All candidates may individually enhance their routine with tumbling skills approved during the cheer clinic. The tryout material will be taught en masse to candidates at the tryout clinic. An official tabulator will calculate tryout scores. Judges' scores will count 100%.

If a Cheerleading candidate is severely injured near the time of the tryout, a video recording of the candidate performing jumps and tumbling (on a gym floor without the assistance of springboards) may be substituted for the live performance portion of these skills at the tryout. A parent note must be provided specifically requesting this exception. The parent note should explain the special circumstances that have created the need for this type of tryout. A doctor's note must be provided to the cheer coach before any tryout clinics are held. The cheer coach and campus administrator must give final approval for a video recording to be used as a portion of the tryout.

“Break-Point” System Explanation

The size of each squad will be determined through the use of a “break-point” system. After the tryouts, the “natural break” in scoring will be mutually agreed upon by the campus administrator and squad sponsor(s). This will be the official “breakpoint” for determining the final squad size.

Skills that will be judged:

- Tumbling skills
- Jumps (Height, Flexibility, Technique)
- Motion Technique (Sharpness, Arm Levels)
- Communication Skills (Projection, Voice, Enthusiasm, Crowd Appeal)
- Dance (Rhythm, Timing, Memory)

General Information:

- Cheerleading clinics and tryouts are closed. Only judges, cheerleader sponsors, and administrators will be present during tryouts. After tryouts, all participants will be asked to leave the campus.
Results will not be posted until April 6, 2024, by 8:00 am on the GLJH front and side gym door. Also, they will be added to the GLJH website on Monday morning.
- The applicants who make the **Cheerleading Squad and their parents** will be **required** to attend a **mandatory Cheerleader/ Parent meeting for fittings and information at Grand Lakes Junior High.**
-Fitting – Wednesday, April 10th @ 3:00 (8th) and 4:00 (7th).
-Mandatory Parent Meeting – Wednesday, April 10th, before the uniform fittings.
- Cheerleaders are subject to disciplinary action, up to and including removal from the team, for any behavior that the coach and campus administration deem inappropriate, including but not limited to violation of this constitution, violation of the TISD Student Code of Conduct, TISD Extracurricular Student Activities Regulations, unsportsmanlike conduct at events, insubordination, or lewd, profane, or inappropriate behavior(s). These behaviors extend to any inappropriate comments, pictures, or photos made via an electronic device and/or the internet including email, texting, and use of social media or any other type of electronic communication.
- Cheerleaders must commit to attending summer camp, practices, meetings, and games.
- **Mandatory Summer Camp –**
July 22-24, 2024 at Woodlands Elite from 8 am – 3:30 pm.

**TISD Junior High
Cheerleader Tryout Application**

Applicant's Name: _____ **Current Grade:** _____

School Currently Attending: _____

My child, _____, has permission to be a cheerleader at Grand Lakes Junior High. I understand that he/she must abide by the rules and regulations set forth by the advisor and the administration of the campus and be present for all practices and games. I understand that any violation of the rules may lead to temporary or permanent suspension from the squad. **I understand that all forms must be returned to GLJH by March 28, 2024, @ 3:00 pm.** I understand that my child must attend the tryout to be considered for a position on the squad.

I understand that qualified judges will evaluate my child, and we agree to abide by the decision of the judges.

I understand that the cost of being a cheerleader will be approximately \$1000+. This amount will cover **mandatory** cheer camp (**July 22-July 24**) and uniform costs. Other charges for various activities may occur during the school year. **I also understand that should my child be selected for a cheer squad, the camp fee of (\$235 per cheerleader) will be due by April 19, 2024. The balance for the uniform (approximately \$1000) will be due by May 1, 2024, by 3:00. All fees are non-refundable.**

I understand that the very nature of cheerleading and gymnastics carries a risk of physical injury. Though safety is the utmost concern in all activities, there is always the possibility of an accident be it minor or catastrophic. I understand these risks and have been informed of the immunity that the school district has in the event of an injury to my child.

Parent or Guardian Signature Date

Student Signature Date

Home Phone #: _____ Work/Cell Phone#: _____

Emergency Name Contact: _____ Phone#: _____

E-MAIL _____

CHEERLEADER CANDIDATE SCORESHEET 2024

CANDIDATE # _____

Comments:

TUMBLING: (5 pts)

_____ (5)

- o Execution and technical form/difficulty
 - o Cartwheel/round-off/ walkover 3 pts
 - o Round-off 1 back handspring or Standing back handspring 4 pts
 - o Series of 2 or more back handsprings 5 pts

ENTRANCE AND OVERALL CROWD APPEAL: (5 PTS) _____ (5)

- o Facial Expressions – natural, spirited facial expressions. throughout tryout
- o Neatness- hair, make-up natural, dress clean and neat.
- o Presence/poise – candidate shows confidence and comfort. in front of the audience
- o Is the candidate spiriting as she enters?

JUMPS: (10pts) _____ (10)

- o Form and height- proper leg position, clean arms, tight landing with legs together, pointing toes.
- o Flexibility- the ability to hyperextend above level.
- o Stamina- the ability to perform the 3 stamina jumps while maintaining good form.
 - Right Hurdler/Left Hurdler/Toe Touch

PROJECTION: (10 pts) _____ (10)

- o Energy/Enthusiasm/Confidence- does the candidate show a lot of energy, display genuine enthusiasm and show self-confidence.

CHEER: (10 pts) _____ (10)

- o Precision- clean, sharp movements, arm placement and technique/levels
- o Memory – candidate remembers all pieces of the cheer.

DANCE (10 pts) _____ (10)

- o Precision, projection, timing/rhythm, coordination
- o Memory – Candidate remembers all parts of the dance.

TOTAL: _____ **(50)**

_____ **Judges Initials**

*Judges must initial all score changes

***Judges must put comments in each category if scored 5/10 or 3/5 or less.**

TOMBALL INDEPENDENT SCHOOL DISTRICT
Department of Fine Arts

**JUNIOR HIGH SCHOOL
CHEERLEADER and
MASCOT CONSTITUTION**

Tomball Independent School District
310 South Cherry Street
Tomball, Texas 77375

*TOMBALL ISD JUNIOR HIGH SCHOOL CHEERLEADER AND MASCOT
CONSTITUTION*

Article I Mission Statement

Junior High School Cheerleaders in Tomball ISD will make a positive difference in the lives of its members and the entire student body of TISD Junior Highs by developing unity, competitiveness, creativity, leadership, personal growth, and success through its membership. Cheerleaders will dedicate the time and energy needed to make the school outstanding in all areas of competitiveness.

Article II Tryout Eligibility

- Section 1 Each student must be enrolled at a TISD Intermediate or Junior High School at the time of the tryout.
- 8th Grade Team - students in 7th grade may try out for the following year's eighth-grade team.
 - 7th Grade Team - students in 6th grade may try out for the following year's seventh-grade team.
- Section 2 Each student must have had no DAEP placement during the tryout year. Each student must not have more than two days out of placement such as ISS or out-of-school suspension for the tryout year. Students shall not have more than ten days of absences during the tryout year.
- Section 3 Students trying out for cheerleader must provide an up-to-date copy of the athletic physical form with proof of fitness before beginning clinics leading up to the cheer tryout.

Article III Selection Process

- Section 1 Candidates will receive a copy of the guidelines before trying out. Candidates and their parents/guardians will read, sign, and return all permission forms and applications to the appropriate campus cheer coach by a designated date.
- Section 2 A student/parent meeting will be held in advance of the tryout. All tryout candidates are required to attend with a parent or guardian. Relating to attendance at this meeting
- extenuating circumstances of which the cheer coach has been notified will be handled on a case-by-case basis by campus administration.
- Section 3 Before the tryout, each tryout candidate will be notified about his/her eligibility status. Based on that status, students will be informed concerning an inability to participate based upon eligibility.

- Section 4 The clinics and tryouts are closed to the public. No student is allowed to videotape tryout material during the pre-tryout clinic. At the discretion of the cheer coach, an audio and/or video recording may be provided to allow students to prepare for the tryout outside of the scheduled group practice times.
- Section 5 Clinic/practice dates and times to be held in advance of the actual tryout will be set by the campus cheer coach and announced well in advance. Because try-out material is taught at all practices, attendance at each practice is expected. Students may be excused from these clinic/practice sessions for illness or injury at the discretion of the cheer coach. Students attending all practices are more likely to have successful tryouts.
- Section 6 Cheer coach will approve all attire cheer candidates will wear for the tryout.
- Section 7 If a Cheerleading candidate is severely injured near the time of the tryout, a video recording of the candidate performing jumps and tumbling (on a gym floor without the assistance of springboards) may be substituted for the live performance portion of these skills at the tryout. A parent note must be provided specifically requesting this exception. The parent note should explain the special circumstances that have created the need for this type of tryout. A doctor's note must be provided to the cheer coach before any tryout clinics are held. The cheer coach and campus administrator must give final approval for a video recording to be used as a portion of the tryout.
- Section 8 Results of the tryout are based 100% on the judge's scores. A minimum of two professional judges who are not employees of TISD and who are not familiar with any of the candidates will judge the tryout. Candidates will be scored on cheerleading skills including motions, jumps, tumbling, spirit, and dance. Other skills may be included in the scoring as determined by the cheer coach.
- Section 9 Results will be posted at the discretion of the cheer coach. If requested, parental viewing of their own child's scores will be allowed after the results are posted. Score viewing dates and times are made by appointment through the office of the TISD Director of Fine Arts.
- Section 10 Mascot candidates must attend clinics and rehearsals as assigned by the cheer coach. Mascot candidates will be evaluated and scored by the same judging panel as other cheer candidates. Unless otherwise specified, all references to "cheerleaders" in this document refer equally to mascot(s).
- Section 11 The number of students selected for each team can vary from year to year. The most qualified students will be selected through the tryout process. After the tryout, campus administrators and the campus cheer coach will identify a "natural break" in overall total scores and use that breakpoint to determine the final team size.

Article IV Team Leadership

- Section 1 Student leadership plays a vital role in the success of each cheer team. The cheer coach will determine the number of student leaders needed and the method used for selecting these leaders.
- Section 2 Cheerleaders are expected to follow the instructions of student leaders and show appropriate respect for those leaders.
- Section 3 Student leaders may be removed or changed for failure to meet the obligations connected to the role. The cheer coach will make changes as deemed appropriate.

Article V Obligations

- Section 1 A cheerleader will serve from the day of selection and continue to serve until the following year's tryout.
- Section 2 Cheerleaders must remain in compliance with the Cheerleader Constitution, the respective campus handbook, the TISD Student Code of Conduct, and TISD Extracurricular Student Activities Regulations at all times.
- Section 3 Cheerleaders will cheer for any activities as determined by the coach. These events will be communicated to parents and cheerleaders as quickly as information is available.
- Section 4 Cheerleaders are expected to attend all practices and performances as well as any campus-approved camps. Summer practices will consist of important sessions before camp and other designated practices before the start of school. All dates and times will be announced well in advance. The coach retains the right to change practice dates and times as best fits the needs of the team to limit conflicts. Students unable to perform due to injury or grade probation are expected to continue to dress and work out with the team during practices as designated by the cheer coach.
- Section 5 Cheerleaders are required to attend all practices and performances. All absences are considered to be unexcused except for the following:
- Attendance at other school-sponsored activities as discussed in advance with the cheer coach
 - Illness with a note from parent and/or medical doctor
 - Special circumstances pre-approved by the cheer coach such as family funerals, family weddings, etc.
 - Other activities as agreed upon in advance by cheerleader and cheer coach
- Section 6 Final decision concerning the difference between an excused absence and an unexcused absence is made by the cheer coach.
- Section 7 With campus administration guidance, two unexcused absences from a cheer-related activity will result in disciplinary action assigned by the cheer coach. A third unexcused absence will result in more serious disciplinary action and may include permanent removal from the cheerleading team.

- Section 8 Cheerleaders must arrive on time to games and practices wearing the required uniform.
- Each cheerleader must remain at the required activity for the entire duration and assist with post-activity cleanup. Cheerleaders leaving an event before dismissal by the cheer coach may be assigned an unexcused absence. The expectation for each practice and game is set by the cheer coach and may be expanded from this description as appropriate.
- Section 9 If a cheerleader must leave an event with his/her parent, a handwritten note from the parent must be presented to the coach. Pre-approval must be obtained from the cheer coach. The parent must make personal contact at the cheer event to confirm the note.

Article VI Conduct

- Section 1 Cheerleaders are school representatives and should act accordingly. This includes meeting all requirements of the TISD Dress Code, TISD Student Code of Conduct, and the TISD Extracurricular Student Activities Regulations.
- Section 2 Cheerleaders are responsible for crowd response and conduct. Cheerleaders should lead appropriate cheers and chants to avoid inappropriate crowd response.
- Section 3 Cheerleaders who violate the TISD Student Code of Conduct, the TISD Extracurricular Student Activities Regulations, and/or the Cheer Constitution may be suspended or dismissed from the cheerleading team as determined by the cheer coach and campus administration.
- Section 4 Game Etiquette - Cheerleaders are not to converse with each other or with people in the stands during a game/performance. Cheerleaders should be attentive to the game and lead cheers/chants when appropriate. When not cheering, cheerleaders should stand in formation with hands behind their backs.
- Section 5 Any violation of the guidelines stated anywhere in this constitution may result in temporary suspension from the team for a length of time to be determined by the cheer coach and campus administration. Serious and/or repeated violations may result in permanent dismissal from the cheer team.

Article VII Expenses

- Section 1 A Cheerleader will purchase the necessary equipment as deemed appropriate by the campus administration and cheer coach. Each cheerleader will be expected to provide personal items designated by the cheer coach.
- Section 2 All fees expected of cheerleaders will be communicated to parents and students before tryouts for the upcoming cheer year. All required fees will be approved by the campus administration. Fees must be paid on time. The payment timeline and fee structure will be approved by the cheer sponsor and campus administration. Students leaving the cheer squad for any reason are responsible for all outstanding fees.

Article VIII Rules Concerning Uniforms

- Section 1 Cheerleaders are not allowed to let any other person wear the uniform or any other school cheer attire at any time. Cheerleaders are not to wear their uniform at any time other than those designated by the cheer coach (i.e. games and appearances).
- Section 2 A complete uniform check will be held before any activity or performance. This includes:
- Correct uniform
 - Correct school cheer shoes
 - No jewelry
 - Hair styled as designated by coach
 - All other requirements as designated by cheer coach
- Section 3 Unless approved by the cheer coach, uniforms will not be altered in size after coach-approved fitting.

Article IX Discipline and Suspension

- Section 1 Cheerleaders will follow academic eligibility rules about extracurricular activities in Tomball ISD. This includes all “no-pass no-play” guidelines.
- Section 2 Once a student has been selected as a member of a TISD junior high cheer team, that student will be allowed to be a member of only that school’s team. Students will not be allowed to cheer as a members of a different campus cheer team or continue cheerleading at the original campus after enrollment status changes.
- Section 3 The campus administration and the cheer coach will select a disciplinary system that is in the best interest of the campus cheer squad. The system of applying discipline will be communicated to each cheerleader and all parents/guardians of cheerleaders. The cheer coach and campus administration will make decisions concerning specific disciplinary cases based on what is best for both the student(s) involved and the cheer team as a whole.
- Section 4 Cheerleaders are subject to disciplinary action for any behavior which the coach and campus administration deem inappropriate. Those behaviors include but are not limited to violation of this constitution, violation of the TISD Student Code of Conduct, TISD Extracurricular Student Activities Regulations, and unsportsmanlike conduct at events, insubordination, or lewd, profane, or inappropriate behavior. These behaviors extend to any inappropriate comments, pictures, or photos made via an electronic device and/or the internet including email, texting, and use of social media or any other type of electronic communication. Each case of inappropriate conduct will be treated individually. The coach and campus administrator will select a disciplinary consequence deemed appropriate, up to and including temporary suspension from team activities or permanent removal from the cheer squad.

Section 5 A conference will be held with the campus principal and parent before a student is removed or dismissed from the team.

Article X Special Situations

- Section 1 The TISD Director of Fine Arts, after consulting with campus principals, may alter any part of this constitution at any time if it is determined to be in the best interest of the TISD Cheerleading Program. Coaches and students will be advised of changes.
- Section 2 Any special situations that may arise and are not specifically addressed in this constitution will be dealt with on an individual basis by the coach, campus administration, and/or TISD Director of Fine Arts.
- Section 3 Cheerleaders are encouraged to participate in other school activities. Any cheerleader may try out and/or participate in other campus activities. Students and parents are encouraged to determine how well the student can manage multiple activities and commitments. It is the cheerleader's responsibility to communicate with the cheer coach and another activity coach well before a time conflict arises between the activities. Failure to give advance notice to the coaches may result in suspension or removal from the cheerleading team.

Acceptance of the Constitution

Parents and Cheerleaders,

After thoroughly reading the TISD Junior High Cheerleader Constitution and determining that the student and parent fully understand the responsibilities attached to selection as a junior high cheerleader, please sign the following statement.

Return this signed page to the campus cheer coach.

*I have read the Tomball ISD Junior High Cheerleader Constitution and the TISD Student Code of Conduct. I have a complete understanding of the responsibilities of the position. If selected, I pledge to fully abide by the rules and regulations outlined in this constitution. **I understand that failure to abide by these policies may result in temporary suspension or permanent dismissal from the team.***

Candidate Printed Name

Grade Next Year

Candidate Signature

Date

Parent/Guardian Printed Name

Parent/Guardian Signature

Date