

Jasper High School

Freshmen & Sophomore Cheerleading & Mascot Tryout Packet 2012-13

Candidate & Parent Meeting:
Tuesday, January 31st, 2012
6:30-7:30 P.M.

Room 1100
Jasper High School

**Packet Deadline: Noon on
Friday, February 10th**

*****Physicals Due with the PACKET*****

Jasper High School

Dear Cheerleader and Mascot Candidates and Parents:

Jasper High School appreciates your interest in trying out for Jasper Cheerleader and Mascot positions. Below we will describe what you should have received in this packet, but first, we want to point out several things. The candidates STRONGLY ENCOURAGED TO ATTEND all three days of clinics in order to tryout for any of the positions. **The three (3) days of clinics and the two (2) days of tryouts with the judges will NOT be open to the public.**

Please refer to the PISD Guidelines packet and read letter B. under the “Selection Process.” We want to stress that this means that the number of cheerleaders taken from each school is NOT determined by the sponsors or the principal. There will be two top scoring cheerleaders taken from Rice and Robinson Middle school and all other positions will be filled “at large.” Also, please notice that the “Selection Process” is determined by 100% of the judges’ scores. Each candidate will have two opportunities to tryout in front of the judges. In the event the candidate elects to tryout on both days, the higher of the judges’ scores will be used to determine ranking. Any unresolved questions will be answered at the parent meeting.

We would also like to point out that parents/guardians of the candidates making the squads will be required to provide, as stated under “General Guidelines” #10, \$530.00 for items bought by the school district for their child’s participation in the squads events. The check will cover the squad member’s personal uniform articles (socks, shoes, bloomers, etc.), camp clothes (shorts & shirts), and uniform extras that the squad votes on to buy such as pants for winter. **This amount does not include the cost of camp fees. All squad members must attend summer camp with the squad. Camp is scheduled to be conducted at Jasper on August 1 – August 3. Camp costs are approximately \$200.00.** Students, please remember that other school activities, extracurricular activities and work do not relieve you of your Jasper cheerleader duties.

The Plano ISD cheerleading guidelines can be viewed on our school website.

(continued on next page)

You should have received the following documents in this packet: (* **bolded items are to be returned IN THE ORDER THEY APPEAR BELOW**)

1. JHS Schedule of Tryout Events
2. Constitution of JHS Cheerleaders
3. PISD Cheerleading/Mascot Judges Form
4. Guidelines for District Extracurricular Activities
5. PISD Cheerleading Guidelines with the PHYSICAL FORM
<http://www.pisd.edu/common/documents/CheerleaderGuidelinesJune2008.pdf>
6. JHS Consequence Guidelines
7. **JHS Cheerleader/Mascot Application***
8. **Plano ISD Cheerleader Competition Contract***
9. **PISD Extracurricular Activity Conduct Form***
10. **PISD Travel Release Form***
11. **JHS Cheerleading Contract***
12. **JHS Athlete Medical Release Form***
13. **Completed Physical Form***
14. Mascot Tryout Events
15. JHS Cheer FAQs
16. JHS Cheer Expectations
17. Plano ISD Cheerleading Judges Form

Please note that incomplete, unsigned, or late application packets will NOT be accepted and will be ineligible for tryouts. **Return all forms listed above to the front office of Jasper High School by Noon on Friday, February 10, 2012.** Please keep the rest of the packet for your reference.

We look forward to meeting and working with all of you over the next few weeks. We will answer many of your questions at the **mandatory** candidate/parent meeting on Tuesday, January 31st, 2012 at 6:30 at Jasper High School in room 1100 (off of the main entrance of Jasper High School).

If you are chosen to be a Jasper High School cheerleader for 2012-2013, please plan on attending practices beginning in April for preparation for camp and next year. The schedule will be provided at a future meeting. Thank you, in advance, for your cooperation.

Christi Potts
Cheer Coach

Tori McBroom
Cheer Coach

Robert Eppler
Asst. Principal

Courtney Gober
Principal

Jasper High School Cheerleader & Mascot Tryouts

2012-2013

Here is the tryout schedule for the 2012-2013 JHS freshmen and sophomore cheerleading squad and mascot. Each candidate needs to make arrangements now to attend **ALL** practices and meetings. Work schedules, competitive gym practice, gymnastic or dance classes, play rehearsals, etc. do not excuse you from your Jasper cheerleading commitments. Once you make the squad, you need to arrange your schedule so that you can fulfill **ALL** of your cheerleading duties. The consequences for missing practices are stated in the constitution.

Monday, December 12, 2011

- ❖ Tryout packets delivered to schools. Please pick them up from the front office.

Tuesday, January 31, 2012

- ❖ Candidate & parent meeting at 6:30pm in Room 1100 at Jasper High School

Friday, February 10, 2012

- ❖ All tryout packets for all candidates due to the front office of Jasper High School **no later than NOON**. If you fail to turn in the packet by this time or it is incomplete, you will be ineligible to tryout for JHS Cheerleader/Mascot. An illness or family emergency is not an excuse for missing the deadline. Physical forms are due at this time as well.

Friday, March 2, 2012

- ❖ Cheerleading clinic for ALL 9th & 10th grade candidates.
- ❖ **Clinic is NOT open to the public. Parents may video the initial show off of the cheer and the dance- BUT MUST LEAVE IMMEDIATELY AFTER.**
- ❖ **Clinic is from 4:30 to 6:00pm in JHS gym**

Monday, March 5, 2012

- ❖ Cheerleading clinic for ALL 9th & 10th grade candidates.
- ❖ **Clinic is NOT open to the public.**
- ❖ **Clinic is from 4:30 to 6:00pm in JHS gym**

Tuesday, March 6, 2012

- ❖ Cheerleading clinic for ALL 9th & 10th grade candidates.
- ❖ **Clinic is NOT open to the public.**
- ❖ **Clinic is from 4:30 to 6:00pm in JHS gym**

Wednesday, March 7, 2012

- ❖ **9th & 10th grades Judges tryouts (100% of score) in the JHS gym at 4:45PM.**
- ❖ Candidates are encouraged to arrive early to avoid traffic and to stretch and warm-up in the small gym.
- ❖ **TRYOUTS ARE CLOSED TO THE PUBLIC**—Parents, friends, and relatives must remain outside the building throughout the judging.
- ❖ **No one other than the judges, coaches, administrators, and performing candidates will be allowed in the gym. Other candidates will wait in the designated area.**
- ❖ After judging has been completed, candidates will be dismissed. **No one is allowed to leave tryouts until a coach has dismissed them.**

Thursday, March 8, 2012

- ❖ **9th & 10th grades Judges tryouts (100% of score) in the JHS gym at 4:45pm.**
- ❖ Candidates are encouraged to arrive early to avoid traffic and to stretch and warm-up in the small gym.
- ❖ **TRYOUTS ARE CLOSED TO THE PUBLIC**—Parents, friends, and relatives must remain outside the building throughout the judging.
- ❖ **No one other than the judges, coaches, administrators, and performing candidates will be allowed in the gym. Other candidates will wait in the designated area.**
- ❖ After judging has been completed, candidates will be dismissed. **No one is allowed to leave tryouts until a coach has dismissed them.**
- ❖ **Results will be posted on the Jasper website by 9:00pm on Friday March 9.**

What to wear for clinics:

- ❖ Black Shorts, plain white t-shirts (no bare sport bras), white ankle socks, cheer or tennis shoes, and all hair in a ponytail without a bow.

What to wear for tryouts:

- ❖ Plain white T-shirt (short sleeves, tucked in, no writing)
- ❖ Plain black shorts (no writing, prints, or patterns)
- ❖ Plain white ankle socks
- ❖ White Cheer or Tennis shoes (no color on shoe)
- ❖ Hair is to be pulled out of the face in a ponytail
- ❖ No hair bows are allowed
- ❖ Normal make-up (no glitter or facial tattoos)
- ❖ No Jewelry (this includes nose rings, belly button piercings, or cartilage earrings)



****Candidates should make sure that they DO NOT wear any school or competitive cheerleading attire (PISD Guidelines “Selection Process” section G).**

Constitution of the Jasper High School Cheerleaders

Article I (Constitution):

This revised constitution is adopted for the Cheerleaders of Jasper High School on the 30th day of November 2011.

Article II (Name and Philosophy):

The name of this organization shall be the JHS Cheerleaders. Plano I.S.D. Cheerleaders are first and foremost representatives of their school and must exemplify at all times behavior suitable to their position. They are entrusted with the school spirit and must constantly attempt to kindle it among the students and other supporting fans. Cheerleaders are leaders and are expected to set good examples and demonstrate high moral standards for other students. Respect for the school, and other members of the squad, and the instructor and his/her authority will be maintained at all times. (As stated in the P.I.S.D Cheerleading Guidelines)

Article III (Membership):

1. Membership in this organization shall be restricted to students who attend Jasper High School.
2. Each member must exhibit and maintain a satisfactory attitude toward school policies and regulations of the organization as stated in the JHS Cheerleader Constitution and Guidelines.

Article IV (Grade Requirements):

1. Each cheerleader must maintain a passing grade in all classes in order to participate.
2. Students failing a course will be placed on scholastic probation. The student will still attend class and practices. Failure to do so will result in the student failing Cheerleading. Students on probation are not allowed to wear the team uniform or sit with the team at performances. Those members are still required to attend performances and must check in and out with the Coaches.
3. At the three-week period, all of the probationary students' grades will be checked. If the student in question is passing all classes, he/she will regain his/her eligibility on the designated day.
4. Progress/Grade reports will be circulated to all teachers to evaluate the student's academic progress and conduct.
5. Students failing two consecutive six weeks will be encouraged to drop cheerleading in order to focus on academics.

Article V (Attendance):

1. Regular attendance is necessary. Excessive absences from class/practice or performances are grounds for probation or dismissal.
2. Any absence the day of an event or two absences during the week will constitute being removed from that night's performance. This includes doctor appointments, illnesses, make-up work, work, and leaving early.
3. If a member misses a performance for an unexcused reason, he/she could be put on probation.
4. Excused absences are defined as personal illness with parent/doctor note, severe illness within family, death of a relative or close friend, or an approved school function. Work, dance class, All-Star practice, competitive cheer, etc. is not an excused absence.

Article VI (Practice Procedures):

1. All scheduled practices are mandatory.
2. Designated practice attire is to be worn at every practice even if a member is not participating. Failure to dress for class/practice will result in consequences as assigned by the coaches. This includes wearing jewelry of any kind and not having hair pulled back appropriately.
3. All cheerleaders will be on time to each practice. The wrapping of ankles and other such preparatory activities shall be completed prior to the start of practice.
4. Cheerleaders must contact the Coaches BEFORE practice if they are going to be absent. Do not tell someone to inform the coaches. Remember the team depends on everyone being present to successfully

perform stunts. Cheerleaders who do not contact the Coaches in advance will automatically be considered unexcused.

5. Cheerleaders who have any unexcused absences from class/practice during a single week will receive the appropriate consequences and be benched for the remainder of the week. (Benched for event means attending all practices and events, but not participating. Cheerleader will sit on the sidelines with the sponsor).
6. Tutorials and make-up tests must be done before or after school or during lunch. Missing class/practice for this will result in an unexcused absence. If an emergency arises, your teacher and Coaches will determine if you will be excused from practice to make up the work.
7. Cheerleaders will not perform or practice stunts of any kind without a coach supervising.

Article VII (Performance Procedures):

All performances are mandatory for all members regardless of performing status. The Cheerleaders may perform at events including, but not limited to football games, basketball games, competition, parades, cheer clinics, and the JAZZ Spring Show.

1. At the coach's discretion, there can be tryouts before each performance to show that mastery of all cheers and skills have been maintained.
2. Bus transportation will be provided to some off-campus performances. All cheerleaders must ride the bus TO and FROM performances unless otherwise instructed by sponsors.
3. Cheerleaders are not to visit with family or friends in the stands before or during a performance. This is a crowd control and safety issue.
4. Members not performing will sit with the coaches.
5. No cheerleader will leave the formation without first getting permission from the Captains and Coaches.
6. Cheerleaders will act in a professional manner during performances. No unsportsmanlike conduct of any kind will be tolerated. Failure to promptly and respectfully follow directions from the Captains or Coaches will result in consequences and possibly benching.
7. Any member with an unexcused absence from a performance will receive the appropriate consequences and will be benched from the next performance.
8. Cheerleaders who miss school the day of a performance will be benched during that night's event.

Article VIII (Appearance):

The personal appearance of each Cheerleader is very important for the reputation of the team. A member should take personal pride in his/her dress, adhering to school dress code at all times, as well as adhering to the following uniform guidelines.

1. Inappropriate body marks, such as "passion marks," "strawberries," "curling iron burns," body piercing and/or tattoos are unacceptable. So long as a cheerleader has one, he/she will not cheer or wear his/her uniform. Failure to follow these guidelines will result in probation until the problem is resolved to the satisfaction of the Coaches.
2. Cheerleaders will dress alike at all performances. This includes shell, skirt/pants, bloomers, socks, shoes, hair, jackets, make-up etc. Failure to do so will result in consequences and possible benching.

Article IX (Working):

1. Working is not advised except on a part-time, extremely flexible basis.
2. Work schedules should be designed around cheerleading practices, fundraisers, and performance obligations (including Saturdays).
3. Work will not be an excuse for missing, being late, or leaving early from practices or performances.
4. This section also pertains to participating in All-Star squads, competitive cheer squads, dance classes, etc.

Article X (Fundraising):

It is necessary for the Cheerleaders to participate in fundraising activities. The JHS booster club and parent committees will also be involved in fundraising activities. Each member is responsible for participating and doing his/her fair share to help raise money for the team's needs.

1. Participation is mandatory. Each cheerleader is responsible for his/her share of selling items as assigned by the Coaches. Unexcused absences from fundraisers will result in consequences.
2. Fundraising originated by the JHS booster club and parent committees, with the Coach's approval, will also be mandatory.

Article XI (Moral and Ethical Standards):

1. Cheerleaders shall uphold the moral integrity and reputation of the squad; exhibiting leadership within the school and community, and setting a good example at all times.
2. All cheerleaders will be responsible for following the PISD/JHS school policies, PISD Guidelines for Extracurricular Activities and the JHS Cheerleader Constitution.
3. Failure to follow this code of conduct will be grounds for probation or dismissal.

Article XII (Captains):

1. The number of Captains for each squad, if any, will be determined by the Coaches, as needed each year. Captain duties shall include, but are not limited to helping run practices and game situations, communicating with squad members and coaches, checking uniforms and attendance, leading stretches and jump warm-ups at games and practices, and supporting the coaches and their decisions at all times.
2. Captains may also have additional duties that will be discussed following tryouts.
3. If a Captain is not fulfilling his/her duties as requested by the Coaches or is discrediting the squad in any way, he/she will be dismissed as a Captain and put on squad probation. Additionally, a Captain may be dismissed for:
 - a. Failure of any six-week period.
 - b. Being placed in ISS for any reason.
 - c. Insubordination to Coaches.
4. Tryout procedures will be determined by the Coaches yearly.

Article XIII (Probation):

Serious or persistent misbehavior or violations of this JHS Cheerleading constitution or cheerleading contract could result in probation. A warning **may** be issued before probation depending on the severity of concern.

Article XIV (Permanent Dismissal):

Permanent dismissal from the team will be determined by the Coaches and Student Activities Principal.

Article XV (Exhibitions/Competition):

Competitions have proven valuable to the team in sharpening Cheerleading skills. They also provide an opportunity for team members to observe other exceptional teams and learn from them.

1. All competitive cheerleaders will be expected to participate in all practices and the competition selected by the Coaches.
2. There may be tryouts for the competition squad. Any cheerleader not selected may be required to be an alternate. All alternates are expected to attend every practice and learn all parts of the routine. In the case of failures or an injury, the alternate can take that cheerleader's place. All alternates will attend competition.

Article XVI (Community Service):

As leaders, cheerleaders may be required to perform or participate in various activities for the school and/or community.

1. All events will be assigned by Coaches.
2. All assigned events are mandatory.

Article XVII (Uniforms and Financial Obligations):

The district provides game/event uniforms. These uniforms must last multiple years. Therefore, each cheerleader must take special care of his/her issued items.

1. Each cheerleader will be required to care of all uniforms, accessories and equipment for the entire year. At times, additional equipment may be issued.
2. Each cheerleader/parent will be responsible for replacing any piece of uniform or equipment damaged, ruined or lost in their care.
3. Before returning uniforms at the end of the year, they must be dry-cleaned to ensure proper storage/preservation for the following year. The Coaches will determine what is normal wear and tear for the items and if a fee should be charged. Replacement parts will not be issued until the item in question is paid for by the cheerleader/parent.
4. Parent/student expenditures for uniforms will not exceed \$530.00 per year (**excluding camp tuition cost or any replacement fees**). Expenditures may include, but are not limited to uniforms, uniform accessories, camp/practice clothes, competition cost, gym fees, travel fees, etc.
5. Jasper Cheerleading Uniforms may not be worn outside of designated times. Cheerleaders in uniform are representatives of Jasper High School. Inappropriate behavior while wearing clothing that represents Jasper Cheerleading (before or after school hours) could result in removal from the squad.

Article XVIII (Mascot Duties):

The Jasper Mascot will:

1. Follow all rules and guidelines stated in the above articles.
2. Attend all scheduled practices and assigned events.
3. Demonstrate enthusiasm and creativity, while spiriting in costume.
4. Never remove any part of the costume while in view of the public.
5. Be in the costume, performing for 30-minute intervals, with 15 minute breaks out of the costume, for the duration of the game/pep rally

**Jasper High School
Cheerleader/Mascot Application**

School presently attending Robinson Rice Jasper Other _____

What are you trying out for? **Freshman Cheerleader** **Sophomore Cheerleader** **Mascot**

Name: _____

Address, City, Zip: _____

Home phone: _____ Cell phone: _____

E-mail address: _____

Mother's name: _____

Work phone: _____ Home phone: _____

Occupation: _____ Cell phone: _____

E-mail address: _____

Father's name: _____

Work phone: _____ Home phone: _____

Occupation: _____ Cell phone: _____

E-mail address: _____

Who do you live with? Mother Father Both Other _____

Approximate GPA: _____

Cheerleading experience:

List all organizations you will be a member of during the 2012–2013 school year:

List all special talents, accomplishments or honors in and out of school:

Do you plan to have a job? Yes No

Return this application packet to the office of Jasper High School no later than 12:00 pm on Friday, February 10th.
NO LATE APPLICATIONS WILL BE ACCEPTED!!!

GUIDELINES FOR EXTRACURRICULAR ACTIVITIES

Students involved in extracurricular activities are held to a higher standard of conduct than the general student body. Plano I.S.D. views participation in extracurricular activities as a privilege not a right. Any student who violates the Student Code of Conduct shall be subject to disciplinary action. This includes any misconduct, regardless of time or location that would reflect negatively upon Plano I.S.D. in an extracurricular activity. Students clearly involved in major disciplinary infractions (i.e. including, but not limited to, drugs, alcohol, and violent behavior) will be placed on probation, removed temporarily, or removed permanently from extracurricular activities.

Disciplinary measures taken by the sponsor/principal may be in one or more of three forms defined as **special assignments, probation, and dismissal.**

Special assignments may consist of extra duties and may be assigned for minor disciplinary infractions.

Probation and dismissal from the extracurricular activities will be for infractions involving alcohol, smoking, drugs, use of profanity, violence, and other serious offenses when the sponsor/principal believes the integrity and credibility of the organization has been jeopardized by the student's action. Probation may also be assigned when the student fails to comply with rules and regulations of the extracurricular activity. (Probation is defined as: A trial period in which a student is permitted to redeem bad conduct.)

The student may be dismissed from the extracurricular activity upon any major infraction, or during a probationary period. Prior to being dismissed from extracurricular activities, the student and parents will be notified of the reasons for the action. The student will be afforded the opportunity of a hearing with the sponsor, principal, and his/her parents. The appeals process will be outlined at that time. The student will not be eligible for any individual or team recognition or awards that occur after the date of dismissal.

Academic ineligibility is not to be confused with disciplinary action. Under the provisions of House Bill 72, all students must maintain a passing grade in all courses attempted. The probationary time for academic ineligibility is three (3) weeks; however at the end of the three (3) weeks they must be passing all courses, not just the one they failed. There is also a seven (7)-calendar day waiting period after the three (3) week period before eligibility may be regained. This is established under the education code.

Extracurricular Activity Conduct Statement

STUDENT CODE OF CONDUCT FORM

I understand and consent to the responsibilities outlined in the District's Student Code of Conduct. I also understand and agree that my child _____ shall be held accountable for the behavior and consequences outlined in the Student Code of Conduct at school, at all school-sponsored or school-district activities. This shall include, but not be limited to, school-sponsored as well as school related travel or activities, regardless of time or location.

Students involved in extracurricular activities are held to a higher standard of conduct. Plano I.S.D. views participation in extracurricular activities as privilege not a right. I understand that any student who violates the Student Code Of Conduct shall be subject to disciplinary action. This includes any misconduct, regardless of time or location that reflects upon representing Plano I.S.D. in an extracurricular activity. Students involved in major disciplinary infractions (i.e. including, but not limited to drugs, alcohol, and violent behavior) will be removed either temporarily or permanently from extracurricular activities.

PARENT SIGNATURE _____

STUDENT SIGNATURE _____

Date _____

Travel Form

Please go to the following link to print out a travel release form:

[http://www.tasb.org/policy/pol/private/043910/pol.cfm?DisplayPage=FMG\(XHIBIT\).pdf&QueryText=STUDENT%20TRAVEL](http://www.tasb.org/policy/pol/private/043910/pol.cfm?DisplayPage=FMG(XHIBIT).pdf&QueryText=STUDENT%20TRAVEL)

You will need to print out and complete page 7.

JHS CHEERLEADING CONTRACT

Please make sure you have read over this entire packet with your parent or guardian. You will need to initial each section in the space provided. Both you and your parent or guardian will need to sign where indicated on the last page.

I have read and understand the JHS Cheerleading Constitution and Consequence policy.

I have completed all necessary forms included in this packet and my parent/guardian has signed where requested.

I have read and will choose to comply with the Responsibilities and Expectations of being a cheerleader.

I understand the requirements and procedures of the JHS try-out process.

I have reviewed and will commit to the scheduled meetings and practices and will also commit to any up-coming meeting/practices relating to cheerleading for the following school year.

Parent initials: _____ Student initials: _____

As a JHS Cheerleader, I understand that I am a representative of my squad, school and community, and as such I must be accountable for all of my words and actions. I understand that other students are watching me and I have the potential to influence them. I promise to be a positive example and rise to the challenge of leading Jasper High School students in their pursuit of excellence, academically and socially.

I will take pride in my appearance, choosing to dress neatly and modestly, adhering to the school dress code at all times.

I will take pride in my health and body, choosing to abstain from alcohol, cigarettes, and drugs at all times.

I will take pride in my reputation, choosing to avoid situations that can lead to trouble or that can be misinterpreted.

I will take pride in my ability to lift others, choosing to show compassion and encouragement toward all of my peers at all times.

This includes behavior and actions on or off campus, including in digital realms.

Parent initials: _____ Student initials: _____

As a JHS Cheerleader, I understand that I am responsible for helping to promote school spirit—especially at Pep-Rallies and Games. I understand how important it is for me to help raise the bar of excellence for our squad this year. I will commit to using my talents and skills to the best of my ability for cheerleading. I promise to push myself to work towards continuous improvement and development of my talents and skills this year.

I will take pride in my appearance for Cheerleading, always dressing in the correct uniform and accessories.

I will take pride in respecting my time and the time of other cheerleaders and coaches, always being punctual and prepared to practice/perform.

I will take pride in the professionalism of my cheerleading squad, always acting appropriately.

I will take pride in my performance, always preparing mentally and physically for practices and performances.

I will take pride in my participation, always striving to maintain passing grades and eligibility.

Parent initials: _____ Student initials: _____

I have read the JHS Cheerleading Contract, and by signing below, I am showing my acceptance of the statements as my own. I also understand that failure to follow guidelines from the tryout packet, including the JHS constitution, Responsibilities and Expectations, and the attached contract statements will result in disciplinary actions based on consequence policies and/or school disciplinary procedures.

Name of Cheerleader (Please print)

Signature of Cheerleader

Date

I hereby give consent for _____ to tryout for Cheerleader/Mascot at Jasper High School. I understand that, if chosen, my son/daughter will be required to pay for clothing, camp and uniform items for school activities. Uniform expenditures are not to exceed \$530.00 (excluding camp fees). I further understand that this is an extracurricular activity and that attendance at all practices, games and special functions are required of the elected cheerleader. I have read the rules and regulations for the cheerleaders/mascots and understand their content and support my child in his/her efforts to uphold them.

The above paragraph/statement was provided by the Plano Independent School District Cheerleading Guidelines :

(Revised: June 2008)

I have also read the attached statements of the JHS Cheerleading Contract, and by signing below; I show support of these statements.

Signature of Parent/Guardian

Date

Pertinent Health Information: (Include conditions, allergies, and medical history)

Primary Insurance Coverage:

Insurer's name: _____

Insurance company: _____

Policy #: _____ Phone # _____

Address: _____

Secondary Insurance (if needed):

Insurer's name: _____

Insurance company: _____

Policy #: _____ Phone # _____

I, the undersigned, do hereby authorize employees of Plano Independent School District to contact directly the persons and health care providers named on this form, and do authorize the named physicians, clinic and/or hospitals to render such treatment as may be deemed necessary for the transportation and health care of said child. In the event the physicians, other persons named on this form or parents cannot be contacted, the school employees are hereby authorized to take whatever action is deemed necessary in their judgment, for the health of the aforesaid child. (Section 35.01, Texas Family Code) I will not hold the school district financially responsible for the emergency care and /or transportation for said child.

I request that the physicians, dentists and staff of the medical facility perform and diagnostic procedure, treatment procedures, operative procedures and x-ray treatments and anesthetics as may be necessary for the diagnosis and treatment of my child. I authorize the medical facility to dispose of any specimen or tissue taken from named person.

I certify that I am a parent with legal control of the child, the child's legal guardian, or have the court ordered control of the child. I understand that I must notify Plano ISD in writing to change any information on this form or to revoke any consent given herein.

NOTE: Some medical facilities will not recognize medical release form if it is not notarized. It is highly recommended that you sign this form in the presence of a notary.

Printed name of Parent/Guardian

Signature of Parent/Guardian

Date

Printed name of Student

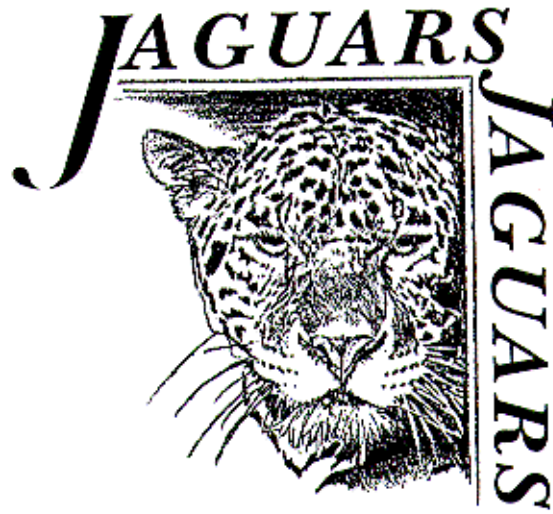
Signature of Student

Date

Physical Form

Please see the following link and complete this form:

<http://www.uiltexas.org/files/athletics/forms/preparticipation-physical-evaluation.pdf>



MASCOT TRYOUTS

- Your skit needs to be 2 minutes or less
- The most important thing is to be creative and keep it as simple as possible
- Music is very important. It should tell the story.
- No other people are allowed in the skit.
- You may use props to help tell your story.

The coaches and current mascot will be at the clinics to help with questions and critique. You do not need to stay for the entire clinic Friday through Tuesday.

FAQ'S

What do I wear for tryouts?

Plain white T-shirt (short sleeves, tucked in, no writing)

Plain black shorts (no writing, prints, or patterns)

Plain white ankle socks

Plain white tennis shoes or cheer shoes

All hair up in ponytail with a bow

Normal make-up (no glitter or facial tattoos)

No jewelry

When will I get my tryout number?

You will tryout in random order. We will assign you to your groups the evening before the first tryout.

How will we tryout?

You will be assigned to groups of 3 or 4 people. Freshmen will tryout together for the freshmen squad and sophomores will tryout together for the sophomore squad.

How many members will be chosen for each squad?

At minimum 8 freshmen—Freshmen Squad

At minimum 10 sophomores—Sophomore Squad

1 mascot (performs with Sophomore Squad)

How are the members selected?

100% of a candidate's score comes from the judges...see judge's score sheet in this packet.

Can I tumble during tryouts?

Yes, you can tumble in and out. There will also be a place for standing tumbling in the cheer.

Can I see my scores after tryouts?

Parents may view the judges' scores of their child by providing a self-addressed, stamped envelope after tryouts to Mr. Eppler, Assistant Principal of Student Activities.

Who chooses the judges?

Mr. Eppler, Assistant Principal of Student Activities, secures the judges by contacting a professional judging agency.

What will I have to do for tryouts?

You will spirit/tumble in, perform at least 2 jumps, complete the tryout cheer, and perform a short dance routine. Male cheerleaders will stunt instead of dancing.

What is the "Mastery" category on the judges' score sheet?

That is where you will be scored on the dance routine.

What happens if I become injured before tryouts?

The judges WILL NOT be notified of any injuries. You will have to determine whether or not you are physically able to proceed with tryouts. You may wear a brace on the injured area.

JHS CHEER EXPECTATIONS
Being a Cheerleader is a privilege, not a right.

1. Be well mannered and respectful towards all students and staff members at all times. Say “Please” and “Thank you” often.
2. Be positive roll models and examples for your peers—be helpful, be kind and polite, don’t judge people, treat others how you would like to be treated.
3. Do not associate with others who are drinking, smoking, or using drugs. Be smart and think smart!
4. Promote good sportsmanship and keep a good attitude in all situations.
5. Be on time/early to all classes, events, and performances. Do Not Be Late!
6. Never leave practice or events without permission.
7. No gum, No jewelry.
8. No unnecessary talking during class/practices. We are here to practice, not play! Listen for instructions and always reply to Sponsors with “yes, ma’am” and “no, ma’am.”
9. Be POSITIVE, MOTIVATED, and EAGER to practice. Set goals for yourself and try to achieve them. Work to improve as a cheerleader. Leave your worries and problems at the door.
10. Be a LEADER, and a TEAM PLAYER. We are a team/family. We can only benefit as a team if we work together.
11. During practices and events give 110%. Perform “full out” at all times. Do your best all of the time and you will be AWESOME Cheerleaders!
12. Be dressed in the proper practice attire or uniform as directed by the sponsor. If you are missing something at an event, you will not perform.
13. Do NOT cheer or talk if a player is injured.
14. Arrange for your ride to pick you up promptly as the sponsors will dismiss you on time. Sponsors cannot leave until everyone is gone and our time is precious.
15. Maintain good physical condition by proper exercise and diet in order to be able to perform to the best of your ability. (This includes proper warm-up procedures before any cheerleading event)
16. Maintain good grades in order to be eligible to participate and contribute to the squad. Failing means letting down your team.
17. Do not overload yourself. It’s fun to be involved in many organizations and activities, but grades always come first.
18. Stay optimistic and learn to persevere. There will be tough days and bad days, but remember that all of your hard work will pay off in the long run.
19. Cheerleading is a commitment. It is a lot of hard work, but it is also a lot of fun.
20. Remember, Cheerleaders are always in the public eye. How do you want to be seen as a person?

Judge # _____

Plano ISD Cheerleading Judges Form

Day 1 _____ Day 2 _____

Category	Criteria	Score **	Student #1	Student #2	Student #3	Student #4
Entrance Max Pts 5	Spirited Entrance	0 1 2 3 4 5				
Running Tumbling Max Pts 10	Technique	0 1 2 3 4 5				
	Execution*	0 1 2 3 4 5				
	*1 – Cartwheel/Round off/Front walkover 2 – Round off back handspring 3 – Round off multiple back handspring 4 – Round off back tuck 5 – Series (Layout, fulls, etc.)					
Jumps Max Pts– 15	Execution	0 1 2 3 4 5				
	Technique	0 1 2 3 4 5				
	Sharpness	0 1 2 3 4 5				
Dance/ Chant/ Fight Song Max Pts –20	Execution	0 1 2 3 4 5				
	Rhythm/Timing	0 1 2 3 4 5				
	Showmanship	0 1 2 3 4 5				
	Memory	0 1 2 3 4 5				
Cheer Max Pts– 30	Motion Technique	0 1 2 3 4 5				
	Sharpness	0 1 2 3 4 5				
	Voice Projection	0 1 2 3 4 5				
	Showmanship	0 1 2 3 4 5				
	Memory	0 1 2 3 4 5				
	Jump Timing	0 1 2 3 4 5				
Standing Tumbling Max Pts –10	Technique	0 1 2 3 4 5				
	Execution*	0 1 2 3 4 5				
	*Back handspring – up to 3 points Back tuck – up to 5 points					
Overall Max Pts–10	Overall Spirit/Enthusiasm	0 1 2 3 4 5				
	Overall Performance	0 1 2 3 4 5				
		Total Points (Maximum Pts – 100)				

** 1 – Needs work; 3 – Average; 5 – Above Average

Judges Initials: _____

Administrator Initials: _____