



**2022-23
SISD
High School
Cheerleading
Handbook
&
Tryout
Information**

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This handbook is a living document. If an incident should arise that is not specifically addressed in this document, the coach and/or school and district administration will address the incident on an individual basis. Montwood High School reserves the right to revise this handbook. The Montwood High School Cheerleading Programs follow all policies outlined in the Socorro ISD Athletic Handbook as well as the SISD Cheerleading Constitution.

ATHLETIC STATEMENT

Participation in high school and middle school athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since athletic competition is a privilege and not a right, those who choose to participate will be expected to follow all rules and regulations established by the UIL, the district, the administration, and coaches. Athletes represent their school and student body. Athletes are to conduct themselves in a manner that is becoming of their family, their school, and community.

ATHLETIC MISSION

All student athletes will graduate from high school prepared to be productive members of society. The athletic experience will instill the values of sportsmanship, teamwork, commitment, and responsibility, which will have a positive impact on the student's academic and athletic performance. The mission of the Socorro ISD cheerleading organizations is to promote and develop school spirit and sportsmanship among students, parents and the community. The cheerleading squads shall provide support to all campus athletic, academic and school programs. Students selected to be members of a cheerleading squad shall learn the values of teamwork, pride and loyalty through quality performances while maintaining high standards of ethics and integrity.

ATHLETE DEFINED

The SISD athlete is defined as and includes all young men and women who represent a team that engages in interscholastic competition and further includes cheerleaders, student managers, student trainers and statisticians.

Purpose (Per the Socorro ISD Cheerleading Constitution):

The mission statement of the SISD cheerleading squad is to:

1. Create school spirit, tradition, pride, loyalty, and leadership opportunities.
2. Promote interest in school activities and perform at school games and events.
3. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
4. Teach teamwork and pride in a quality performance by maintaining high standards.

Squad Assignments for 2022-2023 School Year:

High School cheer membership consists of the following people:

- Varsity-10th, 11th & 12th Graders
- JV-9th, 10th & 11th Graders (No Seniors on JV)
- Competition squads guideline are at discretion of the campus
- Squads may be divided to ensure equal coverage of events.

Commitment:

Members of the cheer program will follow the guidelines in this handbook.

Cheer members will serve from the day of selection through the last day of school the following academic year.

- Cheerleaders represent their Schools at all times.
- Cheerleading is a year-round commitment that requires devotion of time and effort (see attendance guidelines in this handbook). It is an honor that requires commitment, hard work and dedication.
- Cheer commitments should come before other obligations such as jobs, driver education, outside cheer teams, etc.
- Outside commitments will not be considered a reason to miss cheer events. Absences related to outside commitments will receive consequences according to discipline guidelines.
- Coaches may require supplies for cheer class including, but not limited to, markers, poster board, streamers, tape, etc. With the success of our sports teams, additional supplies may be required.

Safety:

- Because of the increased athleticism of today's cheerleaders and the complexity of some stunts performed, there is a risk, as in any athletic endeavor, of serious injury.
- All participants must follow current UIL guidelines pertaining to physicals
- A district trainer will evaluate any injuries that take place during practice, a game or performance. The outcome will be communicated to coaches via Rank One and student will follow recommended plan of recovery provided by trainer.
- All participants must be trained and qualified for proper landing and spotting techniques before they are allowed to stunt.
- All participants must go through proper stunt progressions.
- Stunt groups will be made by coaches. Changes cannot be made without coaches' consent.
- No tumbling or building of stunts is permitted unless a cheer coach is present.
- No horseplay, laughing or general socializing will be permitted during any stunt/practice session.
- Absolutely no jewelry will be worn during practices, games or events, including body piercings. See demerits page.
- Natural nails shall be kept short and square. Nail polish shall not be worn for performances, games, or competitions. Cheerleaders not abiding by this policy will receive demerits and sit out the game/event, for safety reasons. See demerits page.

Duties and Responsibilities:

Leadership

- Cheerleaders always represent their school and SISD. They must act as role models and leaders at school and in the community.
- Members will demonstrate good sportsmanship; promote school spirit and display genuine concern for others.
- Members must be energetic and involved in the event they are cheering/performing at.

Academics

- Any cheerleader who does not receive a passing grade at the end of the grading period may not participate in extracurricular activities for the allotted time set by the UIL Athletic Eligibility Schedule.
- Cheerleaders who are ineligible will be required to attend all practices and performances.
- Any cheerleader who becomes ineligible will not be allowed to perform or travel with the squad for the term of the ineligibility.
- Grade checks for functions that require students to miss school will be sent out before the scheduled event. Any cheerleader failing a class will not be allowed to miss school for scheduled event.
- Any cheerleader who has been ineligible for any two 9-weeks grading periods during the school year may be dismissed from the squad.
- Any cheerleader who has been ineligible for any two 9 weeks grading period or who fails to regain eligibility after being ineligible a 9-week period, during the school year, may be dismissed from the squad.

Attendance and Requirements

- Cheerleaders missing an assigned activity (game, pep rally, practice, camp, etc.) will receive the appropriate number of demerits listed on the demerit sheet
- Excused absences include but are not limited to illness with a doctor's note, death in the family, school approved activities and school academic classes. All absences other than an emergency must be communicated 24 hours in advance to coach via Band App.

- All cheerleaders must attend scheduled practices (including those in the summer) and all assigned games and events.
- Absences for practices/meetings with organizations, groups or teams outside of school will result in demerits for the event missed. A 24 hour notice VIA Band (not text or oral notification) must be given to the coach prior to missing an event marked on the calendar.
- Absences for school activities/organizations must be submitted by Band App 24 hours PRIOR to the scheduled absence in order to avoid schedule conflicts.
- Camps: ALL cheerleaders are required to attend one chosen camp as a squad, as determined by the coach. ALL cheerleaders are required to attend ALL camp practices.
- If the coach or administration chooses other activities or opportunities, the coach/administrator shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible (Ex: Central office events, Feeder School events, Special Olympics, Media signings, etc.) Must be passing all classes-grade checks will be assigned to allow cheerleader permission to go.
- Cheerleaders who are injured and unable to cheer or perform are still required to suit out for practices and games. They must have a note from the parent or a doctor's note excusing them. A parent note will be accepted for one day only. All injury notifications will be documented with the trainers on RANK ONE. Follow up with doctor is mandatory for any injury and the cheerleader will not be allowed to return until a school trainer releases them. The cheerleader will be expected to attend games and/or events and sit with the coach.
- Cheerleaders who are ineligible may not wear their uniform/camp wear, or be on the field/court during games, and are not required to attend games/events, but are required to suit out for class and attend all practices.
- Absences due to All Star or Recreational cheer or other non-school related sports practices and/or in town or out of town competitions will not be excused. (see demerit/grading system)

Financial

- Cheer members and parents shall review and sign the 2022-2023 Financial Agreement
- Returning members may not need to purchase all included items.
- Other costs throughout the year may develop (team gifts, dinners, player gifts, spirit items, etc.)
- Varsity Spirit Fashion Online Payment Center will be used for all team-clothing payments.
- Any other payments not related to team clothing will be paid in cash or check to coach a receipt will be given. Payment schedule and deadlines will be applied.
- Cheer members must be current with their payment schedule. Not being current will result in missing cheer events or games and appropriate demerits will be applied (see demerits page) the cheer member will still be responsible for the amount due to the campus cheer program.
- Cheer members who owe a balance on their account or have not returned all school-owned items will not be eligible to tryout out for the following year until the amount is paid in full.
- If a member is declared ineligible, injured, being disciplined, is dismissed or resigns from the team, the member is still responsible for all fees. Refunds will not be issued.
- Refunds will not be provided for any items or services rendered.
- Fundraising: All squads will be given opportunities to fundraise for expenses. Participation is expected; understanding that what is raised by each cheerleader is applied to the general fund for cheer supplies or to the individual if for travel.
- All squads will conduct the annual Cheerleading camp. All cheerleaders will participate. Practices will be required.
- All fundraising activities will be approved by the coach and Administration.

Physical

- Cheerleading is an athletic endeavor. Students must possess the following capabilities necessary for performing the essential functions of a cheerleader:
 - Clear diction, vocal strength, rhythm and coordination
 - Physical moves that may involve jumps, balance, agility and upper and lower body strength as well being in good physical condition to perform.
 - Stamina to endure these physical activities through the duration of the games and events
 - Ability to perform routines in both indoor and outdoor settings, in hot and cold weather

Uniforms, Practice, & Camp wear

- All uniforms purchased with district money or school's fundraising money, are the property of the School and SISD according to district policy. School uniforms must be turned in at the end of the year, or a hold will be placed on registration until uniform is returned or paid for.
- Uniforms or camp wear purchased by the cheerleader are the property of the cheerleader.
- For all squad members only official squad jackets, pullovers and warm-ups may be worn over uniforms.
- Uniform will only be worn for events as designated by the coach or administration.
- Any and all Cheer uniform, sweat suits or camp wear items must not be lent out or worn by any other individual
- Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming of a High-School cheer squad member.
- Cheerleaders may only wear assigned camp wear to practice, in attendance at camps, or competitions.
- Uniforms lost or damaged must be replaced by the cheerleader.
- Uniforms for the current season can only be worn by an active cheerleader. If a cheerleader quits or is removed from the team they lose the privilege to wear any part of the uniform, camp wear, bows, jacket, jogger and bag displaying the team name. If a non-active member is wearing any part of a current uniform it will be confiscated and returned at the end of the season.

Appearance

- Cheerleaders not in full uniform will not cheer and will receive the appropriate demerits. Complete full uniform includes – skirt, shell, bodysuit, briefs, cheer socks, cheerleading shoes, bow, poms, duffle bag, sport length nails, no jewelry, no nail polish, no piercings, appropriate make-up, appropriate hair. As athletes, cheerleaders will adhere to this policy.
- Under no circumstances may jewelry be worn at practice, camp, games or competitions. This includes rings, necklaces, piercings, anklets, watches, friendship bracelets, and all earrings (including earrings in the cartilage or any part of the ear). They are dangerous to wear while cheering. Naval rings should be removed completely so that they do not get caught on uniforms while stunting. No exceptions to this rule! Cheerleaders with jewelry will not cheer/practice and will receive the appropriate demerits.
- Uniforms and camp wear must be kept clean at all times.
- Makeup should be natural and not excessive.
- All hairstyles must be neat and secured up out of the face, not needing attention (combing etc.) while in uniform, practicing or performing. Hair must be of a natural-looking color.
- Hair must be worn according to the coach's specifications for event
- Appropriate colored lipstick, as designated by coaches, must be worn when in uniform.
- Any type of body art to include tattoos -temporary, henna or permanent- should not be visible when cheerleader is wearing cheer uniform or practice wear
- Cheerleaders should always look their best and abide by district dress code policies.

Practices

- The cheer coaches, prior to the last day of school, will determine any mandatory summer practices and camp dates and communicate that information to cheerleaders and cheer parents.
- Practice will be held before school, after school and on weekends.
- Coaches may assign additional afternoon or morning practices as deemed necessary.
- All practices are closed to the public.
- No cell phones are to be used during practice. Refer to demerit sheet
- Participants must attend all practices in order to perform at an event (game, pep rally, competition, etc.) Members will be held accountable for an absence and may be removed from any performance by the coach.
- Predetermined practice clothing shall be worn on assigned days. Failure to wear appropriate practice clothing will have disciplinary consequences such as additional running, push-ups, or removal from a performance.
- Cheerleaders are expected to arrive on time to practice and games. Cheerleaders late to an event will receive the appropriate demerits. Cheerleader will also sit out the first quarter of the game/event.
- Arriving later than 30 minutes will result in sitting out for the entire game. Tardiness includes late arrivals to the start of the game and returning from half times/breaks.

Description of Daily Routine

Students will prepare for cheerleading activities. They will learn and practice cheers, stunts, jumps, cadences, and dances. Daily exercise will include any of the following activities: conditioning, running, sit-ups, pushups, stretching, dancing, tumbling, weightlifting, and stunting.

Procedures

All students will be given five minutes at the beginning of practice to dress out. Attendance will be taken 5 minutes after the tardy bell. Students will be dismissed at the end of practice, as practice may continue outside of scheduled practice time. Afterschool practices will be announced via BAND calendar.

Daily Schedule

1. Roll out mats if needed.
2. Warm-up activity (stretching, running, lunges, jumps, etc.).
3. New materials or practice (stunting, cheers, chants, dances, cadences and tumbling).

Supplies

Students will be required daily to bring:

- Poms
- Cheer shoes
- Hair Ties
- Water bottle
- Positive attitude
- The following will be considered part of the daily practice uniform:
 - Assigned practice attire-sports bra, shorts and top
 - Hair pulled up fully into a ponytail (bring extra hair ties)
 - Absolutely no jewelry will be worn during practices including body piercings
 - Nails shall be kept short and square

*See demerit page regarding consequences resulting from the inability to follow practice attire requirements.

Daily Participation

Students are required to stay through the duration of an activity/performance. Only a note from the student's parent or doctor will excuse the student from any exercises. Proper dress and full participation are keys to passing this class. Students will be dismissed by their coach at the end of practice. The bell does not designate the end of class.

Cheerleader Responsibilities

- Members will cheer assigned football, volleyball, basketball games, other sports assigned by coaches.
- Per UIL, members will participate in one contest (game) per school week. The school week is defined as the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction Friday (4:00 pm) on the last instructional day of the calendar week.
- Members will participate in pep rallies through chants, cadences, and may perform when permitted.
- Squad may be divided to cheer at separate games to ensure game coverage.
- Transportation for games will be the responsibility of the cheerleader.
- Members will represent the school at community events per request, i.e. feeder school assemblies, Butler games, etc.

Games

- All squad members must provide their own transportation to games, pep rallies, and events. Not having a ride to a game or event will not be an excuse for being tardy or missing an assigned event.
- If district transportation will be provided for an event the cheerleaders must ride to and from the event on the assigned bus.
- Upon conclusion of any game for which the designated team cheers, parents are to pick up the student from the event. If a team member chooses to stay after the game for which he/she cheered, that member must have written permission. If someone other than the parent is picking up the cheer member, written permission from the parent must be presented.
- Cheerleaders will not be allowed to eat during games and all cell phones will be put away during the entire game including breaks and halftimes.
- Bring water bottles to games- only drinks with a twist on cap/top will be allowed

Captains

Coaches may incorporate Captains for each team as they see fit. Captain duties (for each team) may include, but are not limited to the following:

Captain responsibilities may include:

- Reports directly to coach
- Selecting uniforms for events/activities
- Communicating pep rally ideas
- Composing cheer, chant and game plans
- Demonstrating a positive and motivating attitude at all times
- Being dependable and cooperative
- Having good organizational skills
- Being on time to all events
- Reporting all problems, conflicts and concerns to coaches
- Keeping communication open and flowing with all team members

Process of choosing captains:

- Campus coaches and administration will set cheer captain selection dates.
- Candidates must declare they are interested in the position
- Captain candidates may be required to give a 3-minute speech to his/her team about leadership qualities, etc. that they have to offer the program. This may be followed by a group question and answer session that will be directed by the coaches.
- Any additional requirements will be made at the campus level.
- Coaches and Admin will make final determination of Captains.

- Chosen Captains may be required to attend leadership camp/class to be determined by coaches.

Communication

Communication is vital for a successful cheer program.

All immediate correspondence will be conducted through the BAND app messaging system

Coaches will communicate:

- Requirements for students and the squad
- Locations, dates, times of practices, games, and events through a monthly calendar
- Squad requirements including special equipment, uniform, squad rules/regulations, travel arrangements, and off-season expectations
- Cheer coaches will use 'BAND' app to communicate with cheerleaders
- BAND is preferred method of ALL communication

Parents should communicate:

- Concerns regarding a son/daughter directly to the coach at the appropriate time and place
- Issues appropriate for discussion:
 - Student plan for success
 - Student behavior
 - Student safety
- Issues not appropriate for discussion with a coach:
 - Squad selection of cheers, chants, stunts, or elements of a performance
 - Any situation that deals with other students/cheer members
 - Formation or line placement

Communication between parent, school and coach:

Parents should communicate:

- Concerns regarding only THEIR son/daughter directly to the coach at the appropriate time and place.
- Issues NOT appropriate for discussion with a coach:
 - Squad selection of cheers, chants, stunts, or elements of a performance
 - Formation or line placement of the team
 - Selection of Captains or Co Captains
 - Any situation that deals with other students/cheer members, Administration, or faculty and staff
 - All Star recreational cheer teams and/or events
- If at any time a cheer member or parent feels he/she needs to discuss a problem or complaint, please follow the appropriate channels:
 - Campus cheer coach (set up appointment)
 - Do not confront coach before, during, or after any event.
 - Only enter cheer practices with permission from the coach and campus Administration.
- If meeting does not provide a satisfactory resolution, parents should then contact the following in this order:
 - Campus Athletic Coordinator – Coach Fama
 - Campus Assistant Principal - Orlando Hairston
 - Campus Principal – Carlos Guerra III
 - SISD Assistant Director, Ms. Aragon or Director of Athletics, Mr. Calderon.

Out-Of-Town Traveling

- All members traveling will need to follow all traveling rules and regulations according to both coaches and administration.
- All members traveling will have their bags checked before departing.

- Parents will sign a waiver advising that they will be responsible for their son/daughter's luggage and items they are bringing.
- Absolutely NO visitors while at camp/events, including, but not limited to, parents, friends, family members.
- Members will not be permitted to leave camp/event at any time and under any circumstances.
- All medication/over the counter aspirin must be checked in with coaches.

Code of Conduct:

HAZING

- The Socorro Independent School District strives to maintain healthy extracurricular programs in which all students feel safe and welcome and can be proud of the school and program they represent.

STEROIDS

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that bodybuilding; muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a medical doctor may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

TITLE IX

The Law Reads: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." Cheerleading squads will equally cover girl's and boys' sports and school activities.

2022-2023 Financial Agreement

Each squad member is expected to purchase personal items that will stay in the possession of the squad member after the completion of the year. Please see attached spreadsheet it is intended to inform the participant and parents/guardians, of the **estimated** cost.

SISD cheer squads associated fundraisers for 2022-2023: Profits will be deposited in the cheer general fund all profits will be designated for cheer camps, choreography, music, clinics, additional items needed for cheer practice, performances, competitions, treats, meals etc.

Tumbling, Choreography, Stunt clinic: Registration and payments made directly to gym. Each squad member is encouraged to attend tumbling classes once a week. Tumbling is an important skill that is essential to a successful cheer program. Not enrolling in tumbling is not an option. Skill evaluations occur frequently.

DEMERIT/GRADING SYSTEM

Demerits are verified by the cheer coach.

- In a 9-week grading period, a cheerleader with 5 demerits, due to infractions or ineligibility, will be suspended from game/event participation for two weeks. After 5 additional demerits, the cheerleader will sit out the remainder of the 9 weeks. Each 9 weeks, the cheerleader will start with 0 demerits, if 10 demerits are reached in 2 nine-week periods during the year, the cheerleader WILL NOT be allowed to tryout the following year.
- Violation of policies in signed contract: 5 demerits
- U on progress report or report card: 5 demerits/possible removal
- Failure to meet team expectations: performance-must demonstrate knowledge of routine, sheer, required tumbling skills, stunts, jumps to perform at game, pep rally, appearances, & positive attitude: Sit out game/event.
- Demerit system may be used at the discretion of the coach/campus.

Failure to meet a deadline.	-10 pts per day +1 demerit per day
Wearing uniform off campus to non-assigned location.	1 demerit
Tardy to assigned event/game/class	-5 pts, 1 demerit & sit 1/2 game/event
5 or more tardies to cheer class	2 demerits (1 demerit for each tardy there after)
No 24 hour email notification of absence to coach	Zero "0", 3 demerits, sit out game/event
Violation of policies in signed contract	3 demerits
"N" on progress report or report card.	3 demerits
Negative report from faculty/staff.	3 demerits/follow up with faculty/staff
Cutting up, fidgeting, or talking during national anthem, presentations, appearances etc	3 demerits & points from grade or sit out game/event
Unexcused absence from class/game/event	3 demerits, sit out 1/2 game/event
Excused absence from event/class or game	Grade of 85
Office referral	5 demerits/possible removal
Disrespectful actions, language, gestures	5 demerits/possible removal
"U" on progress report or report card	5 demerits
Ineligibility during UIL grading period	5 demerits
Unexcused absence from camp	5 demerits & loss of Aug activities
Cheating in class	5 demerits
LOC (Loss of Credit)	Possible removal/Unable to tryout the next year
Fighting, on or off campus	5 demerits/possible removal
Conduct unbecoming of a PHS Cheerleader	5 demerits/possible removal
Failure to bring all items to game, performance etc	5 demerits, sit out game performance, competition
Missing or wrong assigned practice wear/uniform	1 demerit 10 pts per missing wrong item on daily grade
Wearing jewelry in uniform or practice wear	1 demerit & 10 points from grade,
Failure to have nails at a natural length or color	Zero 0, 3 demerits sit out game/event/practice
Visible body art while in uniform or practice wear	Zero 0, 3 demerits, sit our game/event/practice possible removal
Failure to meet classroom practice procedures: hair, tardy wrong or missing practice wear, shoes, talking, gum, phone usage etc.	1 demerit each-
Failure to meet team expectations: Performance-must demonstrate knowledge of routine, cheer, required tumbling skills, stunts, jumps to perform at game, pep rally, appearances, positive attitude	3 demerits sit our game or event
Please note other procedures & expectations may be added as needed.	

A cheerleader may be immediately dismissed from the squad for the following, but not limited to, reasons: Any illegal activity on or off campus (EX: drinking, smoking, illegal drugs), excessive and irreconcilable disruptive behaviors with themselves, teachers, coaches, administration, fans, squad members, conduct likely to bring the program's reputation into disrepute (EX: assault, verbal assault, inappropriate social media online posting(s) Facebook, Twitter, Instagram, TikTok or cellular text), and as otherwise deemed necessary by Coach, administration or athletic director.

Cheerleader signature _____ FOR YOU RECORDS _____ Date: _____
 Parent/Guardian signature _____ FOR YOUR RECORDS _____ Date: _____

2022-2023 Cheerleading Tryout Information

Tryout Information:

General Information:

- Cheer tryouts will be held on Friday, April 1. **Live tryouts are preferred. Virtual live tryouts will be conducted via TEAMS if necessary.**
- Practice for all participants will be in person at the start of the 2022-23 school year. (Summer practices and camp dates will differ at each campus, but participants are expected to participate)
- Tryout Packet to be released Wednesday, February 16, 2022.
- Tumbling will be required. For those candidates trying out live via TEAMS, a prerecorded video submission will be required. Prerecorded video submissions must be recorded in an environment or venue that provides a safe environment for tumbling. Skills needs to be performed on a mat, track, rubberized or traditional grass. No twisting skills on any surface other than mat, grass, or rubberized track.
- Please see SISD Tryout Timeline
- If a student is unable to attend tryouts due to COVID related concerns (documentation must be provided), a tryout will be schedule via TEAMS or at a later date.

Before tryouts:

- Candidates and parents are responsible for completing, signing, and returning all forms required. These forms must be completed and turned please follow the timeline. Parents need to read all information carefully and sign forms indicating their understanding of the expectations set forth by cheer program.
- All candidates must be in good discipline standing at their respective school and be cleared from all financial holds.
- Candidates must have teacher recommendations completed online. (I will collect this info)
- Coaches will advise candidate of any missing paperwork will not move on in process if paperwork is missing.

During tryouts:

- All candidates should report to the designated tryout site and or assigned time on time the day of the tryout process.
- Clothing for formal tryout: white shirt (no design), black shorts/spandex, sports bra, hair in ponytail with bow, no jewelry, and athletic footwear.
- Tryouts are closed to the public. Parents are asked to drop off their candidate and wait in the parking lot of the venue in their vehicle. There will be no areas for parents to wait. Candidate will enter the gym to try out and leave immediately after. Please do not car pull.

Scoring:

Cheer tryout participants will be evaluated on skills using a point system (see SISD Cheerleader Tryout Score Sheet). Each skill is assigned a point value. The maximum point value assigned is considered excellent and the minimum point value assigned is considered below expectations. Jumps and Tumbling will be scored following rubric. Points for performing each tumbling element/sequence earns cumulative points. The more difficult the skill, the higher the point value earned. In skills that progressively become more difficult, participants will be asked to perform each skill leading up to the most difficult skill they are capable of doing and will be scored accordingly. Points will be used to compare and rank candidates against one another, but again, coaches will make the final determination on who makes each team/squad. Final member selection will be made based on judge's scores, teacher evaluations, interview and grades.

After tryouts:

- After tryouts coaches will rank candidates based on the points they earned and will use this to guide the decision for placement on each team.
- The results of the tryouts will be posted on the BAND app, cheer website or at a location determined by the campus coaches and administration and communicated to all participants.
- All decisions regarding teams are made by the campus coaches and administration and are final.
- Parents may inquire about their student's tryout results by making an appointment with the cheer coach. Concerns about other students' tryout results, including scores, will not be discussed. The campus is responsible for keeping all documentation regarding the tryout process for one year.
- All cheerleaders will follow current UIL guidelines pertaining to physicals Physical due Aug 4

- Cheerleaders for the 2022-2023 school year will receive a congratulations letter and a form via BAND and/or email to electronically sign and submit, accepting their position on the squad they were chosen for.
- Cheerleader information for fitting and payments will be shared after results have been posted.
- A cheerleader may be IMMEDIATELY dismissed from the squad for the following, but not limited to, reasons:
 - Illegal activity on or off campus (EX. Drinking, smoking, use of illegal drugs or paraphernalia
 - Excessive and irreconcilable behaviors with themselves, teachers, coaches, administration, fans, other squad members.
 - Conduct likely to bring the program's reputation into disrepute (EX. Physical assault, verbal assault, physical or emotional bullying, gossiping, inappropriate social media online posting(s), Facebook, Twitter, text message, Snap Chat or any other social media including but not limited to spam accounts, and as otherwise deemed by Coach, administration, or athletic director.

SISD HIGH SCHOOL CHEERLEADER TRYOUT SCORE SHEET 2022-2023

PARTICIPANT #: _____ FINAL SCORE: _____ FINAL RANK: _____

The purpose of completing this form is to rate the contestant's abilities and techniques as a cheerleader. Each of the evaluation criterion is to be rated as a whole. The sub-points are to be considered within the individual criterion.

CRITERION	SUB-POINTS	VALUE SCORE	COMMENTS					TOTAL POINTS EARNED
Showmanship & Spirit	Smile, Eye Contact, and Enthusiasm; Entrance and Exit; Confidence, and Crowd Appeal	0-10	POOR 0-2	FAIR 3-4	GOOD 5-6	EXCELLENT 7-8	WOW 9-10	
Jumps	Height, Form, and Technique; Three Consecutive Jumps and Landing	USE RUBRIC	POOR 0-2	FAIR 3-4	GOOD 5-6	EXCELLENT 7-8	WOW 9-10	
Cheer	Knowledge of Cheer, Voice Projection, Sharp Motions, Timing, and Execution	0-10	POOR 0-2	FAIR 3-4	GOOD 5-6	EXCELLENT 7-8	WOW 9-10	
Fight Song Or Dance	Knowledge of Dance, Rhythm, Timing, Technique, and Execution	0-10	POOR 0-2	FAIR 3-4	GOOD 5-6	EXCELLENT 7-8	WOW 9-10	
First Impression	Grooming, Neatness, Posture, Makeup and Appropriate Clothing	0-10	POOR 0-2	FAIR 3-4	GOOD 5-6	EXCELLENT 7-8	WOW 9-10	

JUMPS/JUMP TUMBLING SCORE SHEET
JUMPS SCORE BASED ON HEIGHT, FORM, TECHNIQUE, LANDING

JUMPS (Single/Toe Touch, Double, of your choice and Toe to Back Handspring)

1) First Jump (Toe Touch)	1-5 PTS	_____
2) Second Jump (Double)	1-5 PTS	_____
3) Toe, Back Handspring	1-5 PTS	_____
TOTAL JUMP POINTS AWARDED		_____

TUMBLING: SCORE BASED ON TECHNIQUE, FORM, AND LANDING

STANDING TUMBLING

(4) Back handspring (FF)	1-5 PTS	_____
(5) Advanced FF	1-5 PTS	_____
(6) FF, Back Tuck	1-5 PTS	_____
(6) Standing Back Tuck	1-5 PTS	_____

RUNNING TUMBLING

(7) ADVANCED PASS	1-5PTS	_____
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TOTAL TUMBLING POINTS AWARDED _____

ADDITIONAL COMMENTS:

JUDGE'S SIGNATURE: _____

PARTICIPANT #: _____