

Elkins High School Cheerleading Tryout Packet 2014-2015

You should have three set of papers:

1. *Elkins High School Tryout Packet*
2. *Elkins High School Cheerleader Handbook (found online)*
3. *Fort Bend I.S.D. Cheerleading Handbook (found online)*

ATTENTION:

It is required that you must download and read the FBISD Handbook and Elkins Handbook found on Elkins Knightwire, and the Elkins Cheer Weebly. These documents state what is required of Elkins cheerleaders and disciplinary guidelines set not only by the district, but by the school as well. By reading the documents candidates and candidates parents understand what is expected before trying out.

- Elkins Knightwire: <http://elkinsknightwire.weebly.com/>

Elkins Cheer Weebly: www.elkinscheer.weebly.com

Try-Out Dates

Below are the dates for the try-out process.

- **Mandatory Parent Tryout Meeting: Wednesday, February 19, 2014**
 - All candidates must have a parent present
 - We will discuss tryout process and paperwork only. You may turn in paperwork at this time.
 - All paperwork is due Friday, February 21st
- **Tryout Clinic: Monday, February 24th-Tuesday, February 25th**
 - All candidates will learn the tryout dance and cheer. The tryout camp is not mandatory and we will only go over tryout dance and cheer. Any other skills needed for tryouts will be shown, but not taught. **No music will be provided and you cannot videotape anything at the tryout camp.**
- **Mock Tryout: Wednesday, February 26th**
 - All candidates must attend in order to tryout and will be given their tryout number on this date and will go through the tryout process and given a score sheet that the judges will use on the actual tryout date.
- **Elkins Tryout: Tuesday, March 4th @ Hopson (arrive at 5:30)**

Parent/Guardian Signature Agreement

Dear Parent/Guardian,

By signing your name on the lines below, you are ensuring that you have ***received, read, understood,*** and ***agreed*** to all parts of the documents included in the Cheerleader Tryout Packet. Your signature acknowledges your responsibility to all of the actions/standards mentioned in the items listed below. All included forms must be signed in order for your child to participate in tryouts.

PLEASE SIGN YOUR NAME NEXT TO EACH ITEM

Cheerleading Expense List

Tryout Process and Procedures

Judges Score Sheet

Being an EHS Cheerleader

Dates to Remember/Calendar

EHS Cheerleader Parent Expectations

Parent/Guardian Permission Form

Cheer Candidate Release Form

Fort Bend ISD Cheerleading Handbook

Elkins HS Cheerleading Handbook

Fort Bend ISD Emergency Form

Fort Bend ISD Physical – Medical History

Fort Bend ISD Physical Form (signed by Dr.)

Athletic Policies for the Student Athlete

Acknowledgment of Rules

UIL Steroid Use and Testing Form

Concussion Acknowledgement Form

****Please see the back of this page****

Return this form to Coach Friday in room 106, front office or at the Tryout Parent Meeting with all of the necessary paperwork no later than **Friday, February 21, 2014.**

Paperwork Checklist—**be sure everything is signed by the correct party and stapled in order:**

- ☐ Parent/Guardian Signature Agreement (the front of this page)
- ☐ Parent/Guardian Permission Form
- ☐ Candidate Release Form
- ☐ Completed Athletic Physical and Medical History signed by physician (**please see note at the bottom)
- ☐ Fort Bend ISD Emergency Form
- ☐ Fort Bend ISD Athletic Policies for the Student Athlete
- ☐ Acknowledgment of Rules
- ☐ UIL Steroid Use and Testing Form
- ☐ UIL Concussion Acknowledgement Form
- ☐ Copy of First and Second Nine Weeks Report Card

Candidate Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____

***Please note—the completed Athletic Physical with doctor's signature must be the original form, not a photocopy or reproduction. The only way a reproduction of the physical is accepted is if the candidate currently has an up-to-date physical on file with the EHS athletic trainer, June Tomlin; however, the candidate is responsible for getting a copy of the form for his/her paperwork for try-outs.*

What Will It Cost?

Varsity/JV Cheerleading Expense List

Varsity/ Junior Varsity Expense List	
Camp* (4 day camp in Galveston/Moody Gardens.)	\$379
Travel Fees (camp)	\$40
Blue/Gold Uniform**(personalized)	\$150
Blue Uniform* (TBD) (Varsity Only)	\$178
Warm-Up(personalized) *	\$130
Poms*Varsity/JV	\$40
camp outfits (3) *	\$130
Shoes*	\$70
Boycut Bloomers (2)** royal blue and metallic gold	\$30
Cheer Backpack* (personalized)	\$30
Fleece Headband**	\$15
Long-sleeve spirit tee	\$40
Shipping/Handling*	\$40

New Varsity Members:	\$1094
Returning Varsity Members:	\$900

The above table represents the cost for each squad member if they purchase everything (new cheerleader) or only the items marked with an asterisk (returning cheerleader). You/your family are welcome to purchase everything new, but are not required to purchase anything except the items marked with an asterisk for the appropriate squad. Members of Varsity might be required to purchase an additional uniform. This cost is not factored into the totals reflected above.

Payment dates are as follows:

Returning Members

March 31st—\$300 (some is for camp)

April 30th—\$300.00

May 30th--\$300.00

New Members

March 31st--\$300 (some for camp)

April 30th—\$397.00

May 30th—\$397.00

**The items marked with an asterisk are items that are new and a required purchase for all cheerleaders of the designated squad, new AND returning. Items not marked are optional for purchase for returning members of the particular squad.*

***The items marked with two asterisks are items that do not need to be purchased by returning members.*

Please note:

- **These costs are estimates. After first payment, you will receive an updated invoice with approximate amounts owed.**
- Beginning with the 2014-2015 season the Varsity and Junior Varsity squads will order a new warm-ups, backpacks, camp clothes, poms, shoes and bloomers..
- Your child will be permitted to keep all items that you purchase. All other items will be returned at the end of the season (i.e.: school issued uniforms, , school issued pink out attire). Your child is monetarily responsible for the upkeep and maintenance of their school-owned equipment. They must pay for anything that must be replaced.
- Each girl will receive an invoice for the costs listed above. Payments can be made in full or in installments. Payment dates are as follows: March 28th, April 30th, and May30th.
- Miscellaneous items may be added to the initial costs as the year continues (i.e. spirit shirts, sweatshirts, pink out bloomers, rain jacket, etc.); all extra items will be announced well in advance

How Does It Work?
Tryout Process and Procedures

In order to try out...

- * Candidate must turn in all paperwork to Coach Friday or Coach Porter by **February 21, 2014**. This includes: **parent signature agreement, candidate release/medical information form, parent permission form, acknowledgment of rules, UIL Steroid Use and Testing Form, concussion acknowledgement form, original athletic physical signed by a doctor, medical history form, Fort Bend Emergency Form, Fort Bend athletic policies, and copy of first and second nine weeks report card.**
- * Candidate cannot have **more than two** F's (grades), N's or U's (conduct), or **out of compliance with attendance laws** on his/her report card through the second nine weeks period.
- * **If I do not receive ALL of the candidate's paperwork, the candidate will be in jeopardy of not being able to tryout. It is important that every piece of paperwork is filled out legibly, filled out correctly and turned in on time.**

Physical appearance at tryouts....

- * You must wear a plain white T-shirt (**not tight or see-through**), light-colored sports bra, royal blue shorts (**not short or tight**), bloomers, plain white socks and tennis shoes or cheer shoes.
- * You must put your hair in a neat ponytail. You may **not** wear a bow in your hair.
- * You must remove all jewelry (including all piercing) and fingernail polish.
- * You may wear everyday make-up (no competition make-up).

On March 4...

- * Arrive at Hopson Field House by **5:30 pm** to warm up and stretch. Enter through the Home locker room.
- * All cheer candidates must stay at Hopson until everyone has performed. Candidates will wait in the locker room when they are not trying out.
- * **Tryouts are closed to the public.** Only candidates, senior captains, coaches, judges, and impartial tabulators are allowed in Hopson.
- * Once tryouts are over, all candidates must leave Hopson so the next school can begin. No candidates are allowed to stay and watch other schools.
- * Results will be on the entrance doors in the front of the school at 2:30 pm on Friday, March 8th. The coaches and administrators have no control over who makes the squad. This is decided by judges brought in by the district.

What Should I Expect?
Being a EHS Cheerleader

- * Elkins cheerleaders work hard. The squads train to avoid injury and keep in shape. Weekly workouts will include, but are not limited to, circuit training, Pilates, tae bo, and more.. Appropriate clothing is required at all times—which includes proper undergarments, socks, and cheer shoes. Please see the EHS cheer by-laws for more details.
- * Elkins cheerleaders practice schedule will vary. On average, practice will be held two to three days after school. After-school practices are mandatory, as we review cheers, hang signs, practice jumps, tumbling, and stunting.
- * Elkins cheerleaders are a team. If one person is absent, it affects the entire squad. We try to avoid excessive absences. Absences during the week of a pep rally will not be tolerated, as all participating cheerleaders are necessary to execute a successful pep rally.
- * Elkins cheerleaders notify their coaches prior to an absence, not the day of the absence.
- * Elkins cheerleaders understand that **outside cheerleading** or **after-school jobs** are not excuses for missing a game or practice. Elkins cheerleading always comes first!
- * Elkins cheerleaders do more than cheer at games. They also decorate hallways, paint signs, host pep rallies, and volunteer in the community. All cheerleaders are expected to participate in these activities.
- * Elkins cheerleaders are part of a year-long sport. They promote and facilitate pride and school spirit. Their job is not easy, but each member of the team works hard and supports each other.
- * Elkins cheerleaders understand that they represent their student body at all times, on or off campus. They know that their behavior is to be respectable and a positive representation of a young adult in public, on-line, and at school.
- * Elkins cheerleaders have read, understood, and follow the FBISD Cheerleading Handbook.

What Happens If I Make It?

Dates to Remember

- * A mandatory parent meeting will also be held on **Monday, March 31st** at 5:30 p.m. for all parents to discuss the upcoming cheer season. **The first payment is due on this date via money order and made out to Elkins Activity Fund.**
- * A clothes fitting and meeting of the squads is **Monday, April 7th** at 3:00 pm for Varsity in Coach Friday's room (106) and 4:15 pm for JV in room (106). All cheerleaders must attend. We will also discuss spring and summer schedule and captain selections.
- * NCA Summer camp will be an out of town resort camp this year. It will be in late July/early August or August 5th-August 7th. We will still be meeting starting July 21st so members need to plan accordingly.

Very Tentative Schedule through August:

Monday, March 31st- Mandatory parent meeting in Coach Friday's room 106

Monday, April 7th —Cheer Fittings. 3:00 Varsity, 4:15 Junior Varsity

July 21st-July 30- Practice at EHS from 12:00-3:00.

July 31st-August 3rd—Cheer camp (Moody Gardens/Galveston).

Monday, August 25: Back to school...after school practice starts during 7th period and will continue until 4:00 after school.

August – November: Football Season, don't make weekend plans before seeing the football schedule. Also, Midnight Madness—the first football game of the year with pads—will likely be the first week of school. In addition, be prepared to work especially hard the week before and of Homecoming.

December – March: Basketball Season

January – April: Soccer Season

February – June: Baseball/Softball season

Please Note: **ALL** unexcused absences will earn 5 demerits. Every cheerleader has 5 excused absences (illnesses, club/other extracurricular activities, doctor appointments, etc...) after the 5th excused absence the cheerleader will begin receiving 2 demerits for every excused absence.

CHEER CANDIDATE RELEASE FORM

I, _____, do pledge to uphold all student policies and the high standards of the Fort Bend Independent School District. I understand that I am governed by the same rules on any sponsored trip or activity as I am at school. I understand that possession of, having used to being under the influence of drugs and/or alcohol is prohibited and that the school's authority to enforce policy includes the right to inspect personal bags, lodging accommodations, transportation vehicles, etc. I understand that any infraction will be dealt with according to Fort Bend ISD Code of Conduct guidelines and may result in my being sent home immediately from a trip or activity at my parent/guardian's expense.

Student's Signature

Grade

Student ID

FORT BEND I.S.D. CHEERLEADING HANDBOOK VERIFICATION FORM

I have received a copy of the Fort Bend I.S.D. Cheerleader Handbook/Constitution. If chosen to be an Elkins High School Cheerleader or Mascot, I understand that I will be held responsible for the expectations and consequences set forth.

Candidate Signature _____

Parent Signature _____

Date _____

ELKINS HIGH SCHOOL CHEERLEADER PARENT EXPECTATIONS AND INFORMATION

Transportation

Each cheerleader is responsible for getting herself to every in-district game and practices on-time. Transportation will only be provided to out-of-district games and playoff games. Please make sure your daughter has a ride and is on-time to all games and practices. Your daughter is ultimately responsible and will face consequences for being late or not being able to go based on a lack of or undependable transportation.

Be supportive of your cheerleader.

This year will be strenuous on your cheerleader and usually on your schedule, as well. Support your cheerleader knowing that cheering develops cooperative skills, respect for others, and leadership skills that wouldn't otherwise be refined.

If your child makes the cheerleading squad, please don't forget to be added to the distribution list for updates and important e-mails. Email your child's coach.

Most communication about cheerleading will be via email or be handed/told to the cheerleaders directly. Please check your email regularly as communication is key!

Varsity— Tami.Friday@fortbend.k12.tx.us

Junior Varsity-Jodi.Porter@fortbend.k12.tx.us

PARENT/GUARDIAN PERMISSION FORM

_____ has my permission to try out for cheerleader for the 2013-2014 school year at Elkins High School.

- * I understand that he/she is required to attend all sporting events chosen by the coaches on a monthly calendar. I understand that dates/times may change and my cheerleader is expected to attend all mandatory events. I understand that the coach will give as much advanced notice as possible. I understand that scheduling flexibility is important during play-offs and that my cheerleader is expected to attend all play-off games.
- * I understand that he/she is responsible for participating in all fundraiser activities coordinated by the coaches.
- * I understand that the responsibilities of a cheerleader and a mascot are considered at all times more important than other extra-curricular activities and/or an after-school job.
- * I understand that he/she must currently be currently eligible according to UIL standards and cannot have more than two failing or incomplete grades or unsatisfactory or poor marks in conduct to try out.
- * I understand that to participate next year, he/she must be passing all subjects on his/her report card at all times.
- * I understand that he/she is *required* to attend cheerleader camp for three days in June, as well as all summer practices.
- * I understand that all ballots from the official tryout will be counted by unbiased tabulators to determine the winner, and the coaches have no say in the final results.

I grant the release of legal responsibility of my son/daughter to Fort Bend ISD and the Elkins cheerleading coaches while on any project or activity concerning cheerleading responsibilities.

I will show good sportsmanship by accepting the decision of the judges' scores and the final results of tryouts.

Parent Signature _____

Candidate Signature _____

**HIGH SCHOOL CHEERLEADER TRYOUT
JUDGES SCORE SHEET
CHEERLEADER**

CANDIDATE # _____

IN EACH CATEGORY, CIRCLE THE SCORE THAT BEST REFLECTS THE PERFORMANCE OF THE CANDIDATE USING THE RATING SCALE PROVIDED BELOW.

RATING SCALE:

0=NOT PRESENT

1=POOR

2=BELOW AVERAGE

3=AVERAGE

4=ABOVE AVERAGE

5=EXCELLENT

IF YOU MAKE A MISTAKE ON THE SCORESHEET, PLEASE CROSS OUT THE INCORRECT MARK AND INITIAL IN THE SAME MANNER AS AT THE BOTTOM OF THIS SHEET.

ENTRANCE	0	1	2	3	4	5
VOICE PROJECTION	0	1	2	3	4	5
JUMPS	0	1	2	3	4	5
MOTIONS	0	1	2	3	4	5
TUMBLING	0	1	2	3	4	5
MEMORY	0	1	2	3	4	5
DANCE	0	1	2	3	4	5
OVERALL IMPRESSION	0	1	2	3	4	5

JUDGE NUMBER _____ JUDGE'S INITIALS _____

TOTAL SCORE _____