



**Liberty High School
2024-2025
Cheerleader Tryout Packet**

Welcome!

We are excited that your daughter/son is interested in being a part of our cheer program. The LHS Cheer program provides your student with a rewarding leadership experience on campus and in the community. It is important to understand that cheerleading is a year-round sport and cheerleaders must be able to commit their time and energy to the success of the program.

Please read through the packet carefully to ensure that your daughter/son has all necessary information for a successful tryout and so they are fully aware of the expectations and obligations of being a LHS cheerleader. Take a moment to review the [FISD CHEER CODE OF CONDUCT](#).

Included in this packet:

- ★ Tryout Process
- ★ Judging Criteria
- ★ Tryout Clinic Information
- ★ Financial Obligations
- ★ Tryout Checklist
- ★ Code of Conduct Acknowledgement Form
- ★ Spectator Expectation Form
- ★ Medical Release Form
- ★ FISD Concussion Guidelines and Consent Form
- ★ F.I.S.D Inherent Risk Form

The tryout application form is located on the **CHEER TRYOUT** link located under the **NEWS** tab on the Liberty High School homepage. The form will include the following sections:

1. Cheer Application
2. LHS Code of Conduct & Discipline Receipt & Acknowledgement Form
3. Financial Obligations Acknowledgement Form

**** Failure to complete application & submit the PRINTED Code of Conduct Acknowledgement Form, Spectator Expectation form, Medical Release form, FISD Concussion Guidelines and Consent Form, FISD Inherent Risk form and printed grade report by March 7th will result in tryout ineligibility ****

We hope this packet will answer any questions you have; however, in the event you need further information please contact Kandy Stevens, Varsity Cheer Coach, stevensk@friscoisd.org.

KANDY STEVENS
Varsity Coach
stevensk@friscoisd.org

KATHERINE RAINWATER
Junior Varsity Coach
rainwaterk@friscoisd.org

SHANNON SMITH
Freshmen Coach
smithsh@friscoisd.org

TRYOUT CLINIC SCHEDULE

Informational Parent & Cheerleader Meeting

Monday - February 5th

6:00 pm

**** One parent and cheerleader must be in attendance****

Clinic Day 1

Monday- March 18

5:00 - 6:30 pm

LHS gym

Clinic Day 2

Tuesday - March 19

5:00 - 6:30 pm

LHS gym

Clinic Day 3

Wednesday - March 20

5:00 - 6:30 pm

LHS gym

TRYOUTS

Thursday - March 21

7:00 pm

@ LHS Gym

New Team Meeting

Tuesday, April 2nd

6:00 pm

LHS Lecture Hall

**** One parent and cheerleader must be in attendance****

TRYOUT PROCESS

TRYOUT PROCESS	WHAT TO WEAR
Candidates will take the floor as a group.	Black shorts with plain white t-shirt tucked in.
INDIVIDUALLY: Candidates will demonstrate a tumbling pass of their choice.	White socks with white athletic shoes
INDIVIDUALLY: Candidates will do a toe-touch, hurdler and one jump of their choice.	Hair should be up and secure with white bow.
GROUPS: Will perform the cheer, chant & dance.	Tryout number.

**** TRYOUTS/CLINIC ARE CLOSED TO THE PUBLIC ****

TRYOUT RESULTS

Results will be posted online on the Liberty HS homepage under the **NEWS** link
@ <https://schools.friscoisd.org/campus/high-school/liberty/home>
3/22/24 after 4:30 pm

****If you are interested in your scores, please email whalings@friscoisd.org.
Do not contact the coaches. They are unable to answer questions about scores.**

TRYOUT SCORE SHEET



2024 CHEERLEADING TRYOUT SCORE SHEET

Judge Name/# _____

Participant # _____

TUMBLING (10 POINTS)

Comments:

Beginner examples - cartwheel, round off, front walkover	1	2	3	
Intermediate examples - Round off backhand spring or series, aerial, standing backhand spring	4	5	6	
Advanced examples - Round off backhand spring layout, pike, full, tuck, or any level above	7	8	9	10

(Please circle one number between 1-10 that best represents this participant's skill level)

Total: _____

JUMPS (15 POINTS)

Needs Work

Good

Excellent

Comments:

Toe Touch	1	2	3	4	5
Hurdler	1	2	3	4	5
Optional	1	2	3	4	5

Total: _____

CHEER (30 POINTS)

Needs Work

Good

Excellent

Comments:

Motion Technique	1	2	3	4	5
Voice Projection	1	2	3	4	5
Execution	1	2	3	4	5
Showmanship	1	2	3	4	5
Spirit	1	2	3	4	5
Knowledge of material	1	2	3	4	5

Total: _____

CHANT (25 POINTS)

Needs Work

Good

Excellent

Comments:

Motion Technique	1	2	3	4	5
Voice Projection	1	2	3	4	5
Rhythm/Timing	1	2	3	4	5
Showmanship	1	2	3	4	5
Knowledge of material	1	2	3	4	5

Total: _____

DANCE (20 POINTS)

Needs Work

Good

Excellent

Comments:

Motion Technique	1	2	3	4	5
Rhythm/Timing	1	2	3	4	5
Showmanship	1	2	3	4	5
Knowledge of material	1	2	3	4	5

Total: _____

TOTAL POINTS RECEIVED = _____ (100 points possible)

AOD Review & Certification Initials _____

In the event of a tie or ties, the determining factor will be the highest score on the "Cheer" section of the score sheet. If further tie-breaking must occur, the next factor will be the "Chant" section and then the "Dance" section as needed. Candidates will not be called back.

FINANCIAL OBLIGATIONS

The following fees are a requirement for LHS Cheerleaders. They are **estimates** but should be a close representation of what is expected. As a returning team member, fees are lower because many items remain the same from year to year.

ESTIMATED COSTS	
Uniform Rental Fee	JV/FRESHMAN = \$30 VARSITY = \$50
Choreography & skills clinic	\$100
PERSONAL ITEM COST	
<ul style="list-style-type: none"> - Personalized Cheer Bag* - Cheer shoes * - Fleece pullover - Warmup pants* - Black briefs* - Black Sports Bra* - Bows <ul style="list-style-type: none"> o red* o black* - Sleeves <ul style="list-style-type: none"> o red* o black* - Camp/Practice Wear 	<ul style="list-style-type: none"> - \$70 - \$70 - \$91 - \$50 - \$27 - \$20 - \$20 - \$24 - \$24 - \$200
(*optional if already own & in good condition)	

Additional costs through the year:

- Social activities, team dinners, pictures, Big/Lil' Sis gifts, themed spirit days
- Letterman Jackets - **Varsity** only.

PAYMENT DUE DATES

- Personal items will be purchased from a variety of vendors and due dates will be in April
- Choreography fees are due August 1st via OnlineSchoolFees.com
- Uniform rental fees are due August 12th via OnlineSchoolFees.com

LHS Cheer Conduct & Discipline System

MINOR INFRACTIONS: Cheerleaders will receive a demerit for minor infractions and the accumulation of 3 demerits will result in being benched for one performance. Cheerleaders can work off their demerits at the coach's discretion.

MAJOR INFRACTIONS: Cheerleaders will receive a **written notice** for major infractions. A cheerleader may be removed from the squad after an accumulation of 3 Major Infractions and immediately upon 3 unexcused absences. An unexcused absence will result in being benched for the next event/performance.

1st Written Notice: Parents will be notified, written notice will be signed by student & parent, and the cheerleader will be benched for one performance

2nd Written Notice: Parents will be notified, a conference will be held with the parents/student, written notice will be signed by student/parent, & the cheerleader will be benched for two performances

3rd Written Notice: Results in the student's removal from the squad for the remainder of the year.

***Any cheerleader who is removed or chooses to quit will be required to sit out one year before eligible to tryout again.*

MINOR INFRACTION	MAJOR INFRACTION
Late to practice/event or leaving early	Unexcused absence
Excessive talking during practice/event	Disrespecting a coach or teammate
Phone use during practice or events	Harassment/bullying (peer or coach via social media, texting or other means)
Public display of affection while in uniform	Inappropriate use of Social Media*
No communication prior to 4:00 pm notifying coach when missing practice for ANY reason	Teacher report and/or Office referral to include dress code violations
Not prepared for practice or event (jewelry or hair)	Incomplete uniform for event including specified shoes, bow & poms (will be benched)

LHS Cheer Conduct & Discipline System (Cont.)

EXAMPLES OF UNEXCUSED ABSENCES:

- Work
- Vacation
- Scheduled appointments
- Non-UIL involvement
- Non-UIL League meetings
- Competitive cheer practices or competitions*

EXAMPLES OF EXCUSED ABSENCES:

- Illness (documentation may be required)
- Death in family
- Religious holidays
- UIL game/match/performance (**these require a written notice 5 days in advance to prevent the absence from being unexcused.**)
- Juniors/Seniors are allowed 1 college visit absence

NOTE: In order for **ANY** absence to be considered excused, it must be cleared by the sponsor **PRIOR** to the event.

***UPDATE:** All school practices and games will take priority over club or competitive team practices and games. An effort will be made to work with an athlete involved in clubs on competitive cheer squads. Cheerleaders enrolled in off-campus competitive cheer as a credit should take steps to ensure that any absences from school due to off-campus cheer do not impact the above-mentioned school cheer-related activities. Steps should be taken to work with your cheer coach, but on-campus cheer takes priority. **Absences due to off-campus cheer will be considered UNEXCUSED for on-campus cheer commitments.**

***Social Media Conduct Policy**

As a Liberty High School Cheerleader/Mascot, the sponsors, principals, teachers, and community hold you to a high standard of behavior. This high standard of behavior includes the use of social media such as Facebook, Instagram, Twitter, Snapchat, etc. If you choose to use social media and post inappropriate pictures and/or printed material on your account (including but not limited to the use of cursing, drugs, alcohol, sexual conduct, and any negative comments about LHS, LHS staff, or LHS students) you will be subject to consequences. The code of conduct states, "Cheerleaders will abide by school code of conduct both in and out of uniform, both at and away from school. Any question of appropriateness will be decided by the principal and sponsors."

YEAR AT A GLANCE

New Team Practices: Will begin right after tryouts and are mandatory. Some of these practices will be utilized for fittings. Full practices will begin July 31, 2024 until the beginning of school.

Fundraiser: All cheerleaders will participate in the fundraiser which helps support the ongoing activities of the program. These funds are used for new equipment and special events.

Summer Camp: Camp is scheduled for July 15th-17th. This is a time for teams to bond and to develop cheer and leadership skills. There will be required evening events.

Choreography/Skills Clinic: This choreography session will be held at Liberty High School or Express Cheer in August. We will begin practice on July 31st. Calendars have already been updated.

Volleyball Season: All squads will be assigned dates to attend volleyball games and support/cheer from the stands. Varsity will cheer at any play-off games.

Football Season: Varsity cheerleaders will cheer at ALL varsity football games as well as potential play-off games. Sub-varsity will cheer at home games played at LHS & 1st half of Homecoming game and the Pink Out game.

UIL Competition: A team of a maximum of 30 and alternates will be selected to compete at the UIL State Spirit Competition in January. Scores from tryouts will be used for the selection process. Participation is **NOT** optional and part of the class requirements.

Basketball Season: All squads will cheer at ALL home varsity basketball games. Varsity and JV may cheer at any potential play-off games.

Little Redhawk Clinic: All cheerleaders will be required to participate in this Fall event.

Additional Events and Sports Appearances: LHS cheerleaders are often asked to make community appearances at events such as the Frisco Community Parade, elementary school appearances, Gary Burns Fun Run, Special Olympics and Trunk-or-Treat. These appearances will go on the calendar as soon as the request is received so that cheerleaders may plan accordingly. In an effort to support all of our activities, cheerleaders may be asked to attend other sporting events to include soccer, football, baseball, softball and State send-offs.

TRYOUT CHECKLIST

All forms, online and print, must be turned in by March 7th by 4:30 pm.

<input type="checkbox"/>	Online Cheer Application completed Includes: <ul style="list-style-type: none"> • LHS Code of Conduct & Discipline Receipt & Acknowledgement Form • Financial Obligations Acknowledgement Form
<input type="checkbox"/>	Code of Conduct Receipt Acknowledgement Form <i>(included in packet)</i>
<input type="checkbox"/>	Spectator Expectation form <i>(included in packet)</i>
<input type="checkbox"/>	FISD Concussion Guidelines & Consent Form printed and returned to LHS <i>(included in packet)</i>
<input type="checkbox"/>	FISD Inherent Risk Form printed and returned to LHS <i>(included in packet)</i>
<input type="checkbox"/>	Medical Release Form printed and returned to LHS <i>(included in packet)</i>
<input type="checkbox"/>	Report Card Printout - must show all grades through the 2nd marking period. <i>(Candidates must not have been academically ineligible for more than one grading nine-week grading period during the application school year to be eligible for tryouts)</i>

**** Failure to complete application & submit the PRINTED Code of Conduct Acknowledgement Form, Spectator Expectation form, Physical & Medical Release form, FISD Concussion Guidelines and Consent Form, and F.I.S.D Inherent Risk Forms by March 7th will result in tryout ineligibility ****



FRISCO
INDEPENDENT SCHOOL DISTRICT

Cheerleading/Mascot Acknowledgement Form

I PLEDGE TO FOLLOW THE CHEERLEADING/MASCOT CODE OF CONDUCT SET FORTH BY FRISCO INDEPENDENT SCHOOL DISTRICT.

I UNDERSTAND THAT TRYOUTS WILL BE SCORED USING A DIGITAL SCORING SHEET AND IN THE EVENT OF TIES, THE DETERMINING FACTOR WILL BE THE HIGHEST SCORE ON THE "CHEER" SECTION OF THE SCORE SHEET. IF FURTHER TIE-BREAKING MUST OCCUR, THE NEXT FACTOR WILL BE THE "CHANT" SECTION AND THE "DANCE" SECTION. I UNDERSTAND THAT CANDIDATES WILL NOT BE CALLED BACK AND RESULTS ARE FINAL AND UNAPPEALABLE.

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE CODE OF CONDUCT AND WILL ADHERE.

STUDENT SIGNATURE

DATE

I UNDERSTAND THAT TRYOUTS WILL BE SCORED USING A DIGITAL SCORING SHEET AND IN THE EVENT OF TIES, THE DETERMINING FACTOR WILL BE THE HIGHEST SCORE ON THE "CHEER" SECTION OF THE SCORE SHEET. IF FURTHER TIE-BREAKING MUST OCCUR, THE NEXT FACTOR WILL BE THE "CHANT" SECTION AND THE "DANCE" SECTION. I UNDERSTAND THAT CANDIDATES WILL NOT BE CALLED BACK AND RESULTS ARE FINAL AND UNAPPEALABLE.

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE FRISCO ISD CHEERLEADING/MASCOT CODE OF CONDUCT AND MY DAUGHTER/SON WILL ADHERE.

PARENT SIGNATURE

DATE



FRISCO
INDEPENDENT SCHOOL DISTRICT

Frisco ISD Spectator Expectations

The following policies apply to all extracurricular activities and events at all FISD schools.

- You are at a contest to support your team and to enjoy the competition. Spectators are not to intimidate, taunt, or ridicule the opposing players, opposing fans, coaches, or officials.
- High school and middle school athletes and cheerleaders are students and they sometimes make mistakes. Praise athletes and cheerleaders for their attempts to improve, just as you would praise students working in the classroom.
- Holding a ticket to a school athletic event is a privilege to observe the contest, not a license to attack others verbally or to be obnoxious.
- Learn the rules of the game to understand and appreciate certain situations that take place during a contest.
- Show respect for opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your home. Avoid comments of an ethnic, racial, or sexual nature. Vulgar language or profanity will not be tolerated.
- Respect the integrity and judgment of the game officials. They do their best to promote student-athletes, so admire their willingness to participate in full view of the public!
- Show appreciation for an outstanding play by either team.
- Refrain from using alcohol or drugs before, during, and after games on or near the site of the event.
- Use of tobacco, E-Cigs, and vapes are not allowed on school property.
- Cheer only in a way that supports and uplifts the teams involved.
- Compliment school and league administrators for their efforts to support educational athletics and fair play.
- Be a positive role model through your actions and censure poor behavior in other spectators.

I HAVE READ AND UNDERSTAND THE FRISCO ISD SPECTATOR EXPECTATIONS AND WILL ADHERE TO THE EXPECTATIONS

PARENT SIGNATURE

DATE

FRISCO INDEPENDENT SCHOOL DISTRICT

Cheerleading/Mascot Medical Release Form *to be turned in prior to tryouts*

CHEERLEADING/MASCOT MEDICAL RELEASE FORM

Student's Name: _____

School: _____ Grade: _____

I certify that _____ is physically capable and able to fulfill requirements needed to be a Cheerleading/Mascot member. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my daughter/son in the event of illness or injury during any squad related activity when either parent cannot be reached. If there is any physical or medical reason why she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during Cheerleading/Mascot.

Parent(s) Signature: _____ Date: _____

MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my daughter/son is on a school coached practice, performance, or trip. I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my daughter/son, to receive medical treatment.

Home Phone: _____ Business Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Person to be notified other than parent or guardian in an emergency:

Name: _____ Phone: _____

Family Doctor: _____ Phone: _____

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed?

Insurance Company: _____ Policy # _____

Parent(s) Signature: _____ Date: _____

Medical Information:

Heart condition or disease	Yes	<u>Circle One</u> No	Asthma	<u>Circle One</u> Yes	No
Diabetes	Yes	No	Allergic to medication	Yes	No
Convulsions disorder	Yes	No	Allergic to insect stings	Yes	No

State allergies: _____

Date of last tetanus shot: _____

Additional medical information that might be helpful: _____

Any medications currently receiving: _____



FRISCO INDEPENDET SCHOOL DISTRICT

Inherent Risk Sheet- *to be turned in prior to tryouts*

INHERENT RISKS OF CHEERLEADING/MASCOT:

Cheerleading/Mascot participation is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading/Mascot is an anaerobic/aerobic activity which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in Cheerleading/Mascot include, but are not limited to, the following: *Blisters, muscle strains, ligament sprains, joints and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.*

BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:

- NEVER** stunt or tumble unless a coach or coach's designee is present
- Always practice in the presence of a qualified coach
- Always warm-up appropriately before dancing (practice and games) by jogging & stretching
- Do not attempt a stunt that you do not know how to perform safely and that has not been checked *off* by the coach
- Always use attentive spotters when stunting
- Always dance in an area free from obstruction
- Always use mats or a grassy area when stunting during practice
- Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather
- Never talk, laugh, mess around when performing a stunt
- Report all injuries to the coach as soon as they occur
- Follow all trainer and doctor recommendations
- Lift weights to increase strength and guard against injuries
- Always wear shoes and clothing appropriate for Cheerleading/Mascot
- Never wear jewelry of any kind or chew gum when dancing (practice and games)
- Always have your hair pulled back from your face and shoulders
- Eat nutritious meals and get plenty of rest
- Always ask for assistance or advice at any time

I have read the preceding warning

I thoroughly appreciate and understand the assumption of risks inherent in Cheerleading/Mascot participation

I acknowledge that I am physically fit and am voluntarily participating in this activity

STUDENT SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____