LHS Cheer Tryout

Informational

Meeting

Welcome

Hi!

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There will be a verification code at the end of the meeting to confirm attendance.

Meet the coaching staff!



Kandy Stevens Varsity Coach <u>stevensk@friscoisd.org</u>



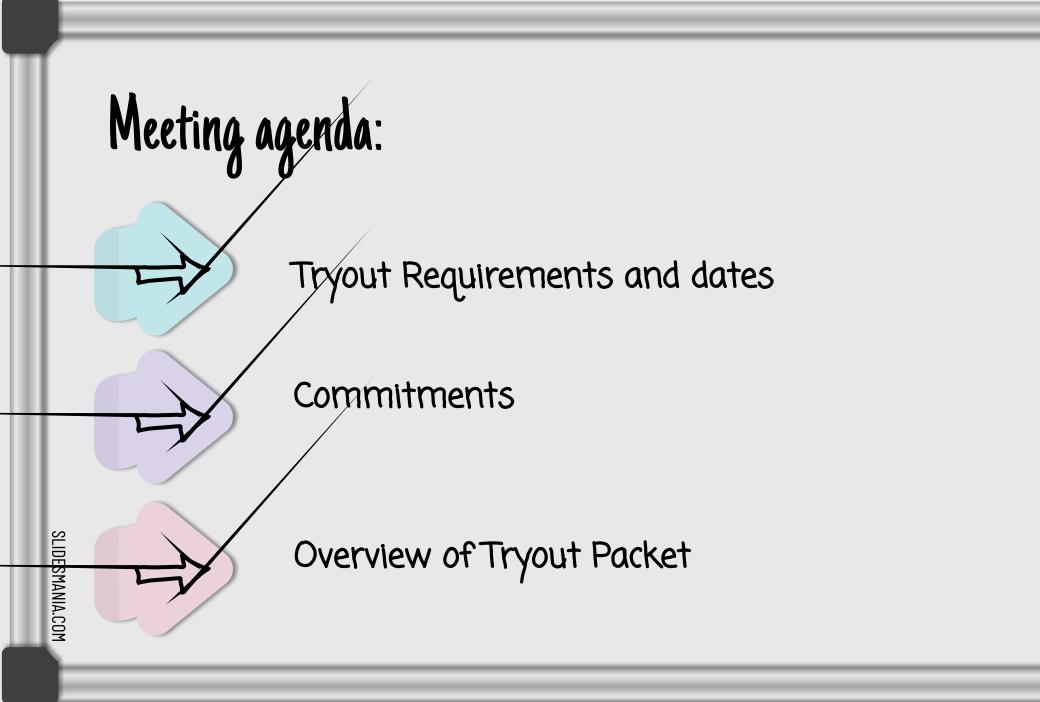
Katherine Rainwater

Junior Varsity Coach rainwaterk@friscoisd.org



Shannon Smith

Freshmen Coach smithsh@friscoisd.org



TRYOUT REQUIREMENTS Candidates must

Have a parent attend orientation meeting Be enrolled in FISD at time of tryouts & live in the attendance zone (or have proof of future residency) Must not have been academically ineligible for more than one 9-week grading period

TRYOUT REQUIREMENTS Candidates must

Must be in good standing in regards to attendance and discipline Submit all forms by Thursday, March 7th by 4:30 (NO EXCEPTIONS)

Be able to be enrolled in the cheerleading course

PLEASE TAKE NOTE:

Incoming freshman who plan to take double-block athletics and the local credit cheer period for 4 years of high school will experience a credit deficiency <u>IF</u>:

- 2.0 credits were not earned during middle school for HS credit
- no additional credits are taken outside of the school day

Students in this situation will be allowed to take an additional 2.0 credits through FISD RAIL courses at no cost in order to have the opportunity to earn 26 credits for graduation. If a student does not take the courses during the school year, they may take them in summer for a fee. Courses provided TBA.



Football Games- All games (home, away, playoffs)

Volleyball games - as assigned

> Basketball - All home basketball games & playoffs

FISD Convocation

Pep Rallies

Freshman Flight School

• Other community opportunities

When & Where Does Varsity Cheer



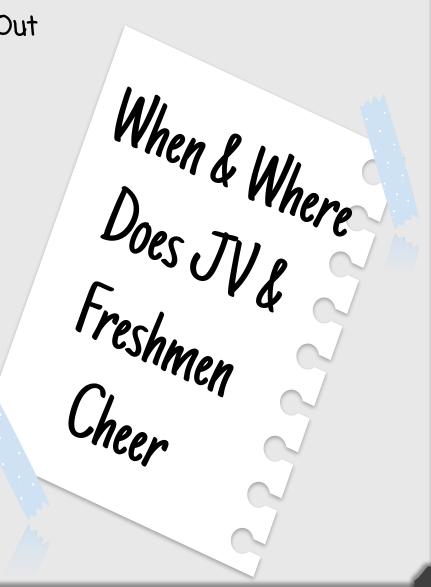
Football Games- all onsite games, Homecoming & Pink Out w/Varsity (playoffs)



Basketball - All home district games

- May cheer at playoff games as assigned
- Pep Rallies

Trunk or Treat - Freshmen





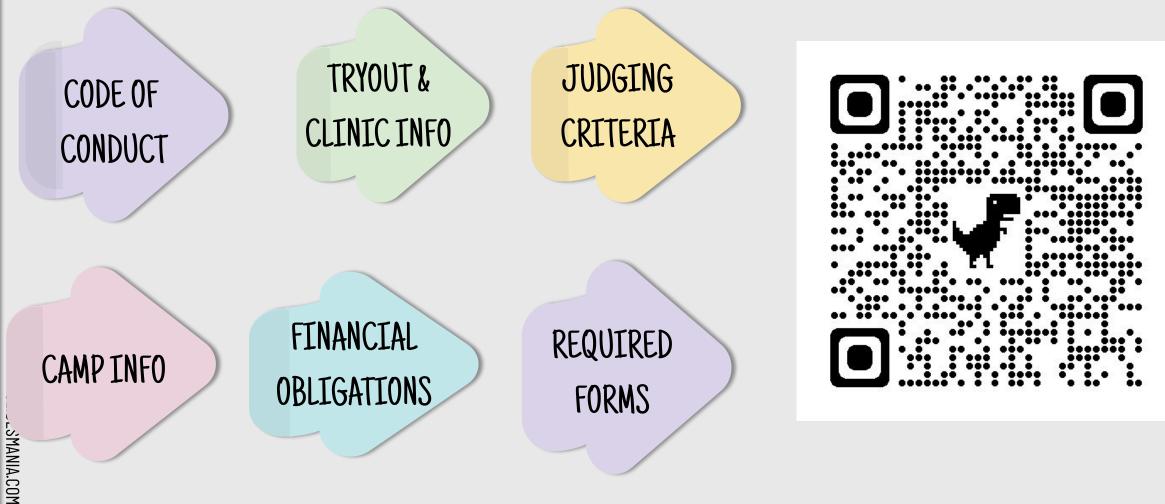


 A cheerleader will serve from the day of selection until the last day of school the following academic year and it is a <u>YEAR-ROUND</u> commitment.

> Consider ALL practices and events to be MANDATORY This includes ALL play-off games

• The accumulation of 3 UNEXCUSED absences from a combination of practices, games, pep rallies and other scheduled events or activities will result in immediate dismissal from the squad.

Cheer Packet Information



FISD CHEER CODE OF CONDUCT

Covers:

- Vision & purpose of program
 General and tryout requirements
 Selection process
- Attendance expectations lacksquare
- Other expectations
- Discipline
- Academic Eligibility

***Must provide a form acknowledging receipt of the FISD Cheer Code of Conduct



NEW THIS YEARIII

- All school practices and games will take priority over club or competitive team practices and games.
- 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.
 On-campus cheer takes priority. Absences due to off-campus cheer will be considered UNEXCUSED for on-campus cheer commitments.
- Examples of Unexcused Absences: Work, vacation, appointments, non-University Interscholastic League involvement, non-University Interscholastic League meetings, competitive cheer practices or competitions, etc.

**This is a change to the FISD Cheer Code of Conduct and not just a change for our campus.

SELECTION PROCESS

FRESHMEN/JV

 Top 12 scores for incoming 9th graders for Freshmen team

 Top 12 scores for incoming 10th, 11th & 12th graders.

JV

VARSITY

- Top 16 scores for incoming 11th and 12th graders
- Returning seniors not making the top 16 scores, but are in good standing, can be added to squad as additional members

TRYOUT & CLINIC INFORMATION

March 7th

Deadline to complete ALL forms & turn in required paperwork March 18th-20th

Tryout Clinic - 5:00-6:30 PM in LHS main gym

 Material will be reviewed during clinic, but will also available on the LHS cheer website by Friday 3/8. March 21st

TRYOUTS -7:00 pm @ LHS gym

**Uniform fittings will occur immediately after tryout for ALL candidates.

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 **

2024		_	-						
Judge Na	me/# _	\leq				Part	ticipan	nt #	
21									
TUMBLING (10 POINTS)						Corr	nments	:	
Reginner examples - cartwheel ro	und off fro	unt walk	over				1	2	
Beginner examples - cartwheel, ro ntermediate examples - Round of				es, aerial, s	tanding backhan	d spring	1 4	2 5	
Beginner examples - cartwheel, ro ntermediate examples - Round of Advanced examples - Round off b	f backhand	d spring	or serie		-		1 4 7		
ntermediate examples - Round of	f backhand ackhand sp	d spring pring lay	or serie /out, pik	ke, full, tucl	k, or any level abo	ove	1 4 7	5	
ntermediate examples - Round of Advanced examples - Round off b	f backhand ackhand sp	d spring pring lay	or serie /out, pik	ke, full, tucl	k, or any level abo	ove	1 4 7	5	
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ntermediate examples - Round of Advanced examples - Round off b Please circle one number betwee Total: JUMPS (15 POINTS)	if backhand ackhand sp n 1-10 that Ne	d spring pring lay t best rep eeds W 2 2	or serie /out, pik present Vork	ke, full, tuck ts this part Good 4 4	k, or any level abo icipant's skill leve Excellent	el)	,	5 8	

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Samp	e	S)(501	re S	Sheet	
CHANT (25 POINTS)	Ne	eds W	ork	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		

5 5

DANCE (20 POINTS) Needs Work Good Excellent Comments: Motion Technique 5 3 4 Rhythm/Timing 3 5 2 4 Showmanship 3 5 4 3 Knowledge of material 5 1 2 4

Total: _____

Knowledge of materia

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.

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Voice Projection

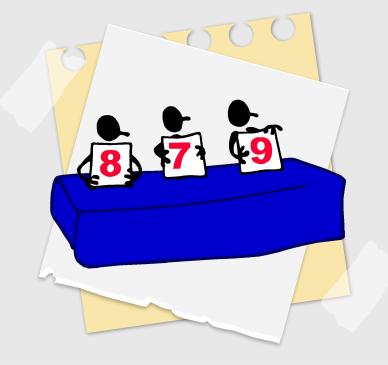
Knowledge of material

Execution Showmanship Spirit

Total:

Tryout Results

POSTED: MARCH 22nd after 4:30 pm on LHS website**



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- Tryout scores can be obtained by emailing whalings@friscoisd.org
 - Results will only be available March 25-29

NO COMPOSITE SCORES WILL BE RELEASEDI

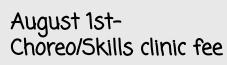
Financial Responsibilities

Candidates and their families must agree to and be fully aware of the financial responsibilities of being a cheerleader and meet all financial obligations.

- Some items may be reused from previous year if proven to be in good condition.
- Please see Financial Obligations page in tryout packet for specific pricing and ordering information.
 <u>**These are estimates!!!!</u>

April - Personal items

Due:



August 12th - FISD rental fee

Required forms: Cheer Code of Conduct acknowledgement form Concussion Guidelines and Consent form **ALL FORMS** DUE 3/1/24 Inherent Risk form by 4:30 pm Medical Release form Spectators Expectations form

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WEBSITE

• Tryout page has parent info packet, forms & will have a link to this parent meeting by 2/8

https://lhsredhawkcheer.weebly.com

ATTENDANCE

Please complete the form to provide proof of attendance.

Thank you Do you have any questions?

stevensk@friscoisd.org 469-633-5839 <u>stevensk@friscoisd.org</u>



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