

# IHS Cheerleader Tryout Packet

## 2019-2020

Dear Potential IHS Cheer Family,

We are excited that your child is interested in being a part of our cheer program. We want to make sure you are aware of the time and energy it takes to be an Independence High School Cheerleader. Our expectations of the cheerleaders are higher than for others and we take our service to the school very seriously. We expect our cheerleaders to be leaders with outstanding conduct, spirit and attitude, both on and off campus.

As stated in the FISD Cheerleader/Mascot Code of Conduct & Guidelines, "*A candidate's parent(s) or guardian(s) must attend a mandatory orientation meeting scheduled by the cheer coach prior to tryouts.*" If one cannot attend the meeting due to extenuating circumstances, the parent must meet with Coach Slade prior to the tryout packet deadline to review the meeting presentation.

Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. **IHS Cheerleaders must give 100% and complete their commitments and responsibilities to IHS cheerleading at all times.** IHS Cheerleaders will have additional duties which they will be required to perform throughout the school year. Within this packet there is a tentative list of cheerleading events but it is not exhaustive. A great amount of time and energy will also be asked of the parents/guardians in providing transportation to some of the activities and in other miscellaneous functions during the year.

It is very important that all cheerleaders attend the practices and functions which are listed. The absence of any member affects the productivity of the entire squad. Consequences for missing these activities are detailed in the FISD Cheerleading Constitution

We also HIGHLY encourage all cheerleader parents to join our Booster Club. The booster club provides many opportunities to our cheerleaders including scholarships for seniors! Booster purchases items for the cheer program, is in charge of all the fundraising, assists with homecoming, pink out and the community parade, as well as host the holiday party and year end banquet. As you can see, they do a lot and need the support of all parents! Cheerleaders whose parents are not booster club members are not eligible for game day meals, booster gifts or scholarships their Senior year.

Please discuss the expectations and obligations of being an IHS cheerleader with your son/daughter. We hope that you agree that Independence High School Cheerleading is a worthwhile organization. Cheerleading helps students to form friendships, enrich communication, and develop group dynamics skills and responsibility. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support, we can work together to make this year at IHS a successful and memorable one. We look forward to meeting each of you during the coming year. If at any time you have questions, please do not hesitate to email me!

Please read through the packet carefully to ensure that your student has all necessary information for a successful tryout.

Included in this packet:

- FISD Code of Conduct and Guidelines – located on the IHS Cheer Website
- IHS Cheerleading/Mascot Addendum
  - Financial Obligations
  - Tryouts - Workshop Information
  - Camp Information
- Cheer Tryout Checklist Cover Page with below signed & attached
  1. Cheer Application
  2. Report Card Print Out
  3. FISD Cheerleader/Mascot Code of Conduct Acknowledgement Form
  4. IHS Addendum/Financial Obligations Acknowledgment Form
  5. Sign/Uniform Acknowledgement Form
  6. Social Media Contract
  7. FISD Inherent Risk Sheet
  8. Cheerleading/Mascot Medical Release Form
  9. FISD Field Trip Form

We hope we answered all of your questions this evening; however, in the event you need further information please contact the coaching staff.

**Please note, if selected to be an Independence High School Cheerleader for 2019-2020, the cheerleader must complete a physical exam with a doctor prior to practices beginning in March.**

Varsity: Shannon Slade  
slades@friscoisd.org

JV: Erin Lester  
lestere@friscoisd.org

Freshman: Jennifer Foster  
fosterj@friscoisd.org

# Independence HS

## Cheerleading/Mascot Addendum

### 2019-2020

#### Section I: Tryouts

Please read the **FISD Cheerleading/Mascot Code of Conduct & High School Guidelines** in its entirety as this contains specific information regarding requirements & eligibility for all students wanting to try out for cheerleader.

Workshops will be Monday, March 4th – Wednesday, March 6th from 4:30PM to 6:00PM. The workshop is held in the IHS MAIN GYM. **All students will need to plan on attending the cheer workshops in order to learn the material.**

#### SCHEDULE:

- Monday, March 4th – Learn Dance/Cheer
- Tuesday, March 5th – Learn Dance/Cheer
- Wednesday, March 6th – Practice Day
- Thursday, March 7th–All Squads Tryouts: Start at 5:00pm; arrive at IHS at 4:30
- Friday, March 8th– Results will be posted on the IHS Cheer website after 4:30pm. New team meet and greet immediately after.

#### Section II: Tryout Process

1. Each group will perform the cheer, chant and dance as a group in front of the judges and then return to the waiting area.
2. Candidates will then spirit in one at a time (spirit, tumble, jump, etc.)in order of tryout number
3. Each candidate will do 3 jumps: toe touch, hurdler and jump of your choice
4. CHEER (by yourself)
5. CHANT and DANCE (in your group)
6. Stay in line until dismissed (do not spirit off).
7. Once in the gym do not leave until instructed.
  - a. Gym doors will be locked. Nobody will enter or leave the gym until tryouts are complete.

#### What to wear:

- Solid Black Shorts with Plain White T-Shirt and Plain White Sports Bra
- White socks with white tennis shoes or cheer shoes
- Hair pulled back with a white bow
- No jewelry

#### Reminders:

- Tryouts are closed to the public.
- Parents may wait outside but are NOT allowed to enter the building.
- Results will be posted after 4:30pm on Friday, March 8<sup>th</sup> on IHS Cheer website.

#### Section III: New Squad Meeting and Mandatory Fitting Date

##### New Squad Meeting, March 18th:

- This is the first **required** meeting for all candidates that make an IHS cheer squad.
- This meeting will be in the flex lab (A202) at 6 p.m.
- Important dates will be discussed.

- One parent **and** the new cheerleader must be present.

#### Mandatory Fitting Dates

- First mandatory fitting date: Friday, April 29th. Fittings are at 4:30 in A206.
- This is the only day we will be able to fit and order uniforms and camp clothes.
- There will be other mandatory fitting days which will be communicated as soon as scheduled.
- Attendance is required.

#### Section IV: Summer Camp

Please read the **FISD Cheerleading/Mascot Code of Conduct & High School Guidelines** in its entirety as this contains specific information regarding summer camps.

Summer camp is a **mandatory** requirement to be a part of the IHS Cheerleading/Mascot program. This will be a great experience for all the cheerleaders to bond and interact as well as learn exciting new material to use in the upcoming year. All cheerleaders must be present.

**UCA Camp**  
**Date: July 23 – July 26**  
**Location: TCU**  
**Cost: \$395 per cheerleader**

#### Section V: Financial Obligations

Please read the **FISD Cheerleading/Mascot Code of Conduct & High School Guidelines** in its entirety as this contains specific information regarding financial obligations. Costs vary depending on what is purchased by your cheerleader. Returning member's cost will be lower as we will reuse items from year to year. The approximate cost for new members is \$600, excluding camp. We make every effort to keep costs to a minimum and have split the cost to two payments. Half of your total (camp + all items ordered) is due at each payment date.

- 1st Payment Due: March 22<sup>nd</sup>
- 2<sup>nd</sup> Payment Due: April 5<sup>th</sup>
  - All payment can be made through [www.mypaymentsplus.com](http://www.mypaymentsplus.com) or check to IHS Cheer
- This cost does not include cheer shoes, socks and leggings. Plain white cheer shoes, (NO hightops) plain white ankle socks and black leggings will be offered to order but you may also buy them on your own. However, shoes must be approved by the coaches.
- This does not include costs for meals, clinics, and miscellaneous t-shirts and/or other events that may come up through the year.
- For those who try out and make the Competition team, there is a \$100 Competition fee, which is subject to change depending on the number of competitions we attend. Participation on the Competition team is not mandatory.
- Attendance at fundraising events is mandatory. Any cheerleader who is absent at a fundraising event, whether excused or unexcused, will be required to pay a fundraising fee of \$50.

***\*\*It is the responsibility of the parent to communicate with the sponsors if there are concerns making payments on time PRIOR to tryouts.***

## Section VI: Performance Tryouts

Depending on the performance, we will occasionally have tryouts for performances as well as for our UIL competition team. While the majority of pep rally performances include all three squads, this is not always the case.

## Section VII: Undesirable Conduct, Probation, and Dismissal

Please read the **FISD Cheerleading/Mascot Code of Conduct & High School Guidelines** in its entirety as this contains specific information regarding undesirable conduct, discipline, probation and grounds for dismissal.

All rules become enforceable the day the Cheerleader/Mascot is selected and remain in effect until the end of the next audition cycle. All students must also abide by the Code of Conduct for Extracurricular Activities involvement as stated in the Frisco ISD Student Handbook.

### \*UNDESIRABLE CONDUCT and PROBATION:

- Academic Probation:
  - For grade probation, UIL and TEA “No Pass-No Play” requirements will be enforced.
- While on probation, the cheerleader:
  - Must attend all practices as scheduled.
  - May not participate in any cheer performance, contest or activity.
  - May not wear the uniform to school the day of the game or to an activity.

### \*GROUNDS FOR DISMISSAL

- Please read the **FISD Extracurricular Code of Conduct for Middle and High Schools** in its entirety as this contains specific information regarding purpose, jurisdiction, conduct expectations, and disciplinary policies.
- Please read the **FISD Cheerleading/Mascot Code of Conduct & High School Guidelines** in its entirety as this contains specific information regarding financial obligations.
- A Cheerleader/Mascot will be automatically dismissed from the squad for the following reasons:
  - Any member who receives a suspension for a total of three incidents will be removed from the squad for the remainder of the school year.
  - Cheerleader/Mascot members will attend all practices, school games, pep rallies and other scheduled events or activities as notified by their sponsor(s). The accumulation of 3 UNEXCUSED absences from one or a combination of the aforementioned activities will result in immediate removal from the team for the remainder of the school year.
  - Any member who is expelled from school will be removed from the squad for the remainder of the school year.

\*Additional details regarding individual campus disciplinary systems will be outlined in the campus program addendum. Details regarding these policies are at the discretion of the campus administrator and cheer sponsor. Campus disciplinary decisions are final and are not grounds for the formal grievance process.

# Calendar at a Glance

*These events are all mandatory. Any absences will have to be approved by the coaches or the member will receive a strike. This is NOT an exhaustive list. **Events, INCLUDING PRACTICES, will be added and/or changed as needed** but you will be given advance notice.*

## March

New Team Social 3/8 @ 5:30. Location TBD  
Mandatory New Team Mtg 3/18 @ 6 in A202  
Mon/Wed. afternoon practices begin 3/25 @ 4:30

## April

Mon/Wed. practices @ 4:30 – 6:30  
Varsity – Special Olympics 4/24  
Mandatory Fittings 4/29 @ 4:30 in A206

## May

Mon/Wed. practices @ 4:30 – 6:30  
Aloha Pep Rally (ALL team performs) Last week of school

## July

Practices July 17- July 19 (Time TBD)  
UCA Camp @ TCU 7/23-7/26

## August

Afternoon practices Aug 5-14  
The Rumble - (Date TBD)  
Convocation  
Mon/Wed Practices 4:30 - 6:30 p.m.\*\*  
*\*\* Practice will also be held at 6:30 a.m. on pep rally days*

## September

Thursday/Friday night games  
Weekly Practices  
Heroes for Children Walk/Run

## October

Thursday/Friday night games  
Weekly practices  
Gary Burns Fun Run  
All Homecoming/Pink Out Activities  
Competition Team tryouts  
Competition Team practices

## November

Thursday/Friday night games  
Weekly practices  
Knight Madness  
Frisco Community Parade  
Tues/Thursday Basketball games  
Competition Team practices

## December

Weekly practices  
Tues/Thursday Basketball games  
UIL Team practices  
Team Holiday Party

## January

Competition Season  
Competition Team practices  
Tues/Thursday Basketball games  
Visits to elementary schools to advertise for clinic  
Visits to middle schools to recruit

## February

Tues/Thursday Basketball games  
Weekly practices  
Visits to middle schools to recruit  
Lil Knights Cheer Clinic Fundraiser  
Banquet (possibly in March, depending on when spring break falls)

## March

Tryouts – Seniors will run  
New Team meetings/practices  
Weekly practices

## April

Varsity – Special Olympics  
Weekly practices

## May

Weekly practices

# IHS Cheerleader Checklist/Cover Page

Candidate Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Grade Level for 2019-2020 \_\_\_\_\_

**Turn in following forms with this CHECKLIST on top to the IHS Front Office or Coach Slade in A206 no later than Thursday, February 14, 2019 at 4:30 p.m.**

- IHS Cheerleading/Mascot Application
- Report Card print out (must show **all grades/grade cycles** through 4<sup>th</sup> MP)
- FISD Cheerleading/Mascot Code of Conduct Acknowledgement Form (GREEN)
- IHS Cheerleading/Mascot Addendum/Financial Obligations Acknowledgment Form (YELLOW)
- IHS Sign/Uniform Acknowledgement Form (GOLD)
- IHS Social Media Contract (ORANGE)
- FISD Inherent Risk Form (PINK)
- Medical Release Form (BLUE)
- FISD Field Trip Form (PURPLE)

***Failure to have forms turned in prior to this date will result in tryout ineligibility.***

**To be checked off by IHS Coach/Administration:**

- Parent attended mandatory meeting.
  - **OR**
- Met with sponsor and administration to receive packet & had option of checking out tryout meeting PowerPoint.
- Candidate fulfills all requirements stated in the F.I.S.D Cheerleader/Mascot Code of Conduct & Guidelines

Time: \_\_\_\_\_ Date: \_\_\_\_\_