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Change your
Words.
Change your
Mindset.

hello

I cannot do this
yet!

Sometimes what
we call
"failure"
is really just that
necessary
experience called
growing.

Welcome to Elkins High School Cheer 2023-2024

Be the
change
you want to see
in the world.

"It does not matter
how slowly you go so
long as you
DO NOT STOP."
Confucius

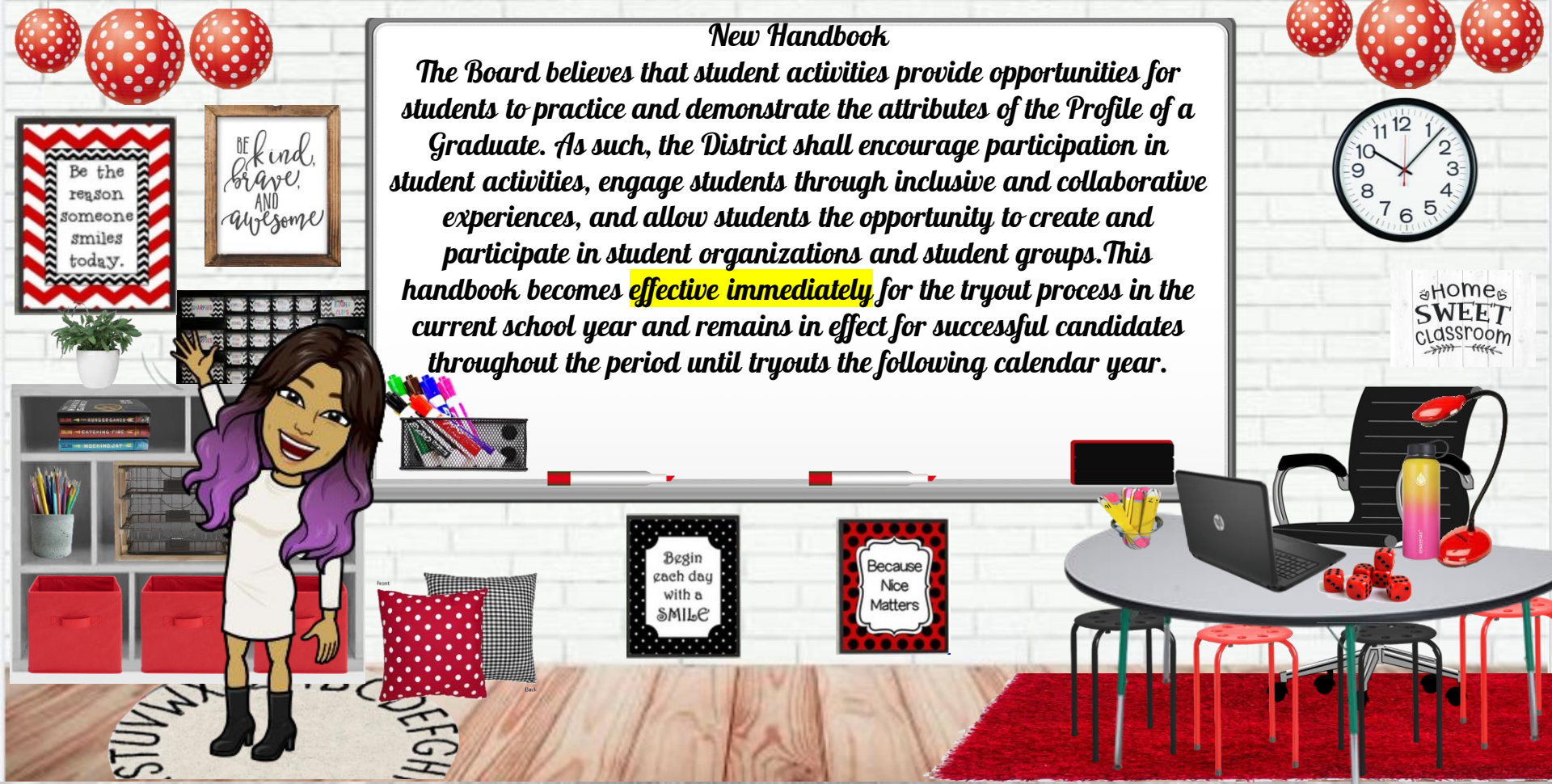
READ



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New Handbook

The Board believes that student activities provide opportunities for students to practice and demonstrate the attributes of the Profile of a Graduate. As such, the District shall encourage participation in student activities, engage students through inclusive and collaborative experiences, and allow students the opportunity to create and participate in student organizations and student groups. This handbook becomes **effective immediately** for the tryout process in the current school year and remains in effect for successful candidates throughout the period until tryouts the following calendar year.

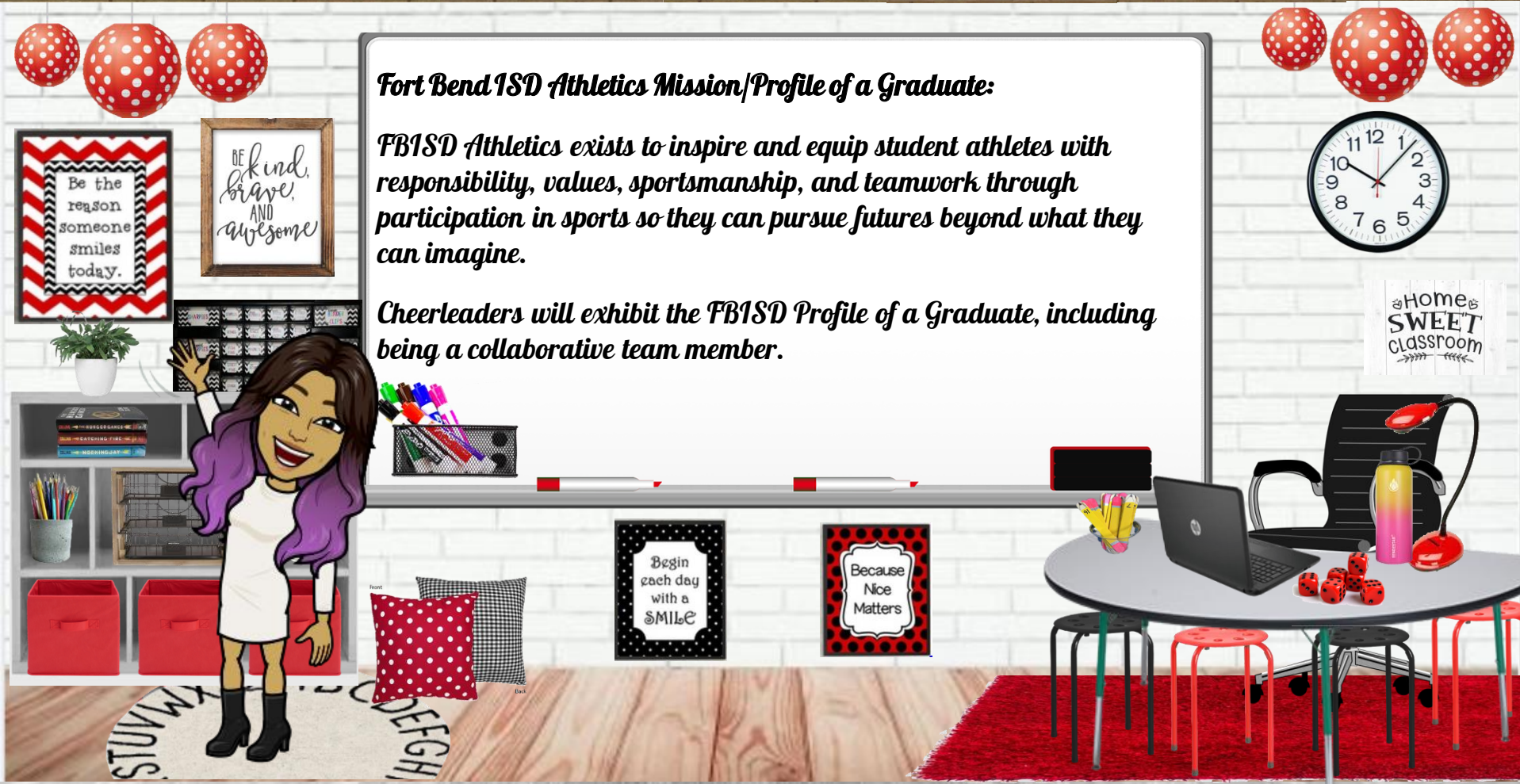


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Fort Bend ISD Athletics Mission/Profile of a Graduate:

FBISD Athletics exists to inspire and equip student athletes with responsibility, values, sportsmanship, and teamwork through participation in sports so they can pursue futures beyond what they can imagine.

Cheerleaders will exhibit the FBISD Profile of a Graduate, including being a collaborative team member.



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TRYOUT PROCESS





LEARN



Varsity:

- Squads of up to 16 cheerleaders
- Comprised of current freshman, sophomore, juniors, and eighth graders currently enrolled in the school's feeder pattern or approved transfers such as academies

2. Junior Varsity:

- Squads of up to 16 cheerleaders
- Comprised of current freshman, sophomore, juniors, and eighth graders currently enrolled in the school's feeder pattern or approved transfers such as academies





Eligibility

Academic Standing:

- *Meet and maintain University Interscholastic League and District academic eligibility standards.*
- *Be on credit schedule to meet graduation requirements (2 1/2 - Freshman, 7 1/2 - Sophomore, 12 1/2 - Junior).*
- *Must not have received more than two total failing grades on the first (T-1) and second (T-2) nine weeks grading reports for the current school year. Failing semester grades and failing grades in approved advanced placement classes for eligibility do not count against the allotted two failing grades. Current eighth graders must be academically eligible at the time of tryouts.*





Students must have good attendance.

School Behavior

Candidates may not have received any of the following during the school year

A "U" in the conduct category on any report card

More than one N (Needs Improvement) on any report card

Placement in OSS or ISS

Any level IV/V infraction

More than two Level II/Level III disciplinary infractions or a combination if thereof

NOTE: *for the purposes of this criteria only, the campus high school principal may identify specific Level II behaviors which will be excluded from this tabulation for determine eligibility for tryouts.*





Participation in Pre-Tryout Clinic

Candidates should attend each day of the pre-tryout clinic to help them prepare for tryouts. Clinic details will be established by the campus.

During the clinic, each campus will specify the activities to be performed at the tryouts



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Dates:

Clinic- Wednesday 3/1 6:30-8:30

Clinic- Thursday 3/2-6:30-8:30

**** Mock Tryouts- Friday 3/3 6:30-8:30***

**** Tryouts Monday 3/6 4:45***

**** Students must wear solid blue shorts and a solid white t-shirt, at tryouts they will pin their number to their shirt! (no logos or insignia of any kind).***



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Administrative Seal of Approval

-This year this form goes from me directly to the admin

-If they do not approve it, they will personally contact you or your parents

They check grades, behavior, attendance



Physical Examination: All candidates must submit a current preparticipation physical examination form signed and stamped by a medical doctor before the tryout clinic. The District reserves the right to require a new physical examination when deemed necessary

******Rank One Forms******



You must be cleared by Doc Tomlin (EHS TRAINER) before you can participate in tryout clinics or tryouts!

JUNE.TOMLIN@FORTBENDISD.COM



- Candidate Application***
- Letter of Intent***
- Parent/Guardian Permission Form***
- Seal of Approval***



Parent Meeting and Form:

In order to be eligible for tryouts, each candidate and their parent/guardian must attend the mandatory meeting to discuss the selection process and cheerleader responsibilities. Any parent/guardian who is unable to attend this meeting must contact the cheer coach prior to the date of the meeting to receive the information for their student to be able to participate in the tryouts.

- MUST TURN IN PAPERWORK BY FIRST DAY OF CLINIC
- Candidates and parent/guardian must receive and sign for tryout packets at an organizational meeting called by the Coach or at an individually set meeting. (What we are going over now)

Cheerleader Intent Form

Varsity Only- If your score falls below the top 16 you will be cut

Both- You are okay with being on either team assuming you are in the top 32





Results

- Each judge will score each candidate's performance using a numeric scale (exhibit B) and scores from each judge are tabulated to yield one total score for each candidate.
- Candidate's total scores are ranked in numerical order.
- Candidates with the highest rankings are selected as cheerleader according to cheerleader numbers specified at each campus. (max. 16 and 16)

**this year freshman can make varsity*



Spirited Entrance	<ul style="list-style-type: none"> • EXCELLENT ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (4-5 POINTS) • GOOD ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (2-3 POINTS) • FAIR ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (0-1 POINTS)
Voice Projection	<ul style="list-style-type: none"> • EXCELLENT LOUD VOICE PROJECTION / SHOWMANSHIP (4-5 POINTS) • GOOD MEDIUM VOICE PROJECTION / SHOWMANSHIP (2-3 POINTS) • FAIR LOW VOICE PROJECTION / SHOWMANSHIP (0-1 POINTS)
Jumps	Toe touch, hurdler, and pike in any order <ul style="list-style-type: none"> • HYPEREXTENDED (4-5 POINTS) • LEVEL (2-3 POINTS) • BELOW LEVEL (0-1 POINTS)
Motions	Based on sharpness and correct motion placement <ul style="list-style-type: none"> • EXCELLENT TECHNIQUE (4-5 POINTS) • GOOD TECHNIQUE (2-3 POINTS) • FAIR TECHNIQUE / PLACEMENT (0-1 POINTS)
Tumbling	Potential points are based off of execution of skill and clean technique <ul style="list-style-type: none"> • BACKTUCKS AND ABOVE (4-5 POINTS) • BACK HANDSPRINGS SERIES (3 POINTS) • BACK HANDSPRING SINGLE (2 POINTS) • ROUND OFF, CARTWHEEL, FWO (0-1 POINTS)
Memory	<ul style="list-style-type: none"> • EXCELLENT EXECUTION, NO MISTAKES (4-5 POINTS) • GOOD EXECUTION, FEW MISTAKES (2-3 POINTS) • FAIR EXECUTION, MANY MISTAKES (0-1 POINTS)
Dance	<ul style="list-style-type: none"> • EXCELLENT TECHNIQUE/ PLACEMENT (4-5 POINTS) • GOOD TECHNIQUE / PLACEMENT (2-3 POINTS) • FAIR TECHNIQUE / PLACEMENT (0-1 POINTS)
Overall Impression	<ul style="list-style-type: none"> • EXCELLENT OVERALL IMPRESSION (4-5 PTS) • GOOD OVERALL IMPRESSION (2-3 PTS) • FAIR OVERALL IMPRESSION (0-1 PTS)

HIGH SCHOOL CHEERLEADER TRYOUT

JUDGES SCORE SHEET

CHEERLEADER

CANDIDATE # _____

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

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

COMMENTS

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 _____



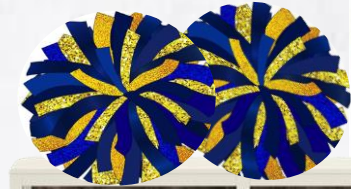
Results

If the coach chooses to take the maximum number per team (16,16), then the coach will assign teams from the top 32 point-earners from tryouts

If the coach chooses to use the natural break for a given school which could be less than the district maximum of 32, the coach will assign teams according to those candidates who finished above the natural break that approximates a full team.

There is no prescribed team size for schools who have fewer than the maximum 32 at tryouts

**this year freshman can make varsity*



The coaches and a principal designee will decide upon varsity/junior varsity team placement of candidates. Candidates chosen for each team must come from the top point-earners from tryouts, but selection to varsity or junior varsity is done irrespective of how candidates scored at tryouts. Important: it is not a requirement that scores be included as a factor when deciding varsity/junior varsity placement.

- If the Coach chooses to take the maximum numbers per each team (16/16), then the Coaches will assign teams from the top 32 point-earners from tryouts.
- If the Coach chooses to use the natural break for a given school which could be less than the district maximum of 32 (16/16), the coaches will assign teams according to those candidates who finished above the natural break that approximates a full team.
- There is no prescribed team size for schools who have fewer than the maximum 32 (i.e. a team could have 10 varsity members and 12 junior varsity or 16 varsity and 8 junior varsity members and so on).

Fort Bend ISD Handbook

- Due to federal privacy laws protecting student records, a student or parent may not view the evaluation forms of other participants.
- Appeals of the cheerleading tryout process, including final results, must take place at the campus level. Grounds for appeal may be made in reference to mathematical calculations or procedural impropriety only. Appeals must occur within five (5) school days, and during school business hours once final results have been announced.
- Appeals of results/decisions will be final at the campus level.



Expectations



Expectations

- **You are a 24/7 representative of EHS -On Campus/ Off Campus/ Social Media included!!!**
 - IF AN ADULT IN THIS BUILDING ASKS YOU DO SOMETHING THE RESPONSE IS "YES MA'AM/SIR" -- If you disagree or it's something you don't agree with talk to another adult when you calm down
 - Academics - Do not get behind, attend tutorials, be a leader in class
 - Masks are a personal choice and will be respected
 - Be in dress code
 - Social media can get you into trouble even if it is private

IF ANY OF THIS BECOMES A SQUAD ISSUE

PUNISHMENTS WILL BE THE RESULT!



INAPPROPRIATE BEHAVIOR

- *Public display of affection (PDA)*
 - *Report of misconduct by other teachers, administrators, and/or parents*
 - *Distractions during practice/game/pep rallies*
 - *Non-spirited attitude*
 - *Unsportsmanlike conduct/Derogatory statements*
 - *Disobedient behavior/non-compliance*
 - *Bullying/harassing behavior*
 - *Cyberbullying*
 - *Fighting*
 - *Disruptive behavior that substantially impacts the educational environment*





I understand that all rules are the same for every cheerleader in the program, and no exceptions will be made. I understand that as a cheerleader, I am a representative of Elkins High School and must follow all school rules and regulations, as well as the FBISD code of conduct.





I understand that if I am placed on the varsity team with an 'attempted skill' such as an 'attempted tuck' performed at tryouts, I am required to continue training on my own time. I will receive training from an outside source on my own time During the summer, I understand that I will be required to show progression during my training. I understand that in not doing my part to obtain that skill, I can be removed from portions of certain routines (i.e. pep- rallies, competition, homecoming show).

I am also aware that I need to maintain, as well as improve, my tumbling skills and basic cheerleading techniques which may require outside training.



Uniforms: All cheerleaders are expected to maintain their uniforms with care and are permitted to perform only in clean uniforms. See AACC and NFHS safety rules for compliance. When in uniform, cheerleaders should refrain from the following:

- Chewing gum*
- Wearing nail polish*
- Long fingernails*
- Wearing jewelry*
- Wrong socks*
- Missing hair bow*



ELKINS KNIGHTS Style Story



2023-2024 All Squad Uniforms



Questions?

