



2022-2023 Spirit Handbook

Glen Rose Junior High School

Glen Rose ISD does not discriminate on the basis of race, color, national origin, religion, sex or disability in providing educational services, activities, and programs, including athletic programs in accordance with title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended; and Title II of the Americans with Disabilities Act.

Revised February 14th, 2022

Cheerleader / Mascot Tryout Information

Step One: Read the packet in its entirety.

Step Two: Sign all forms included within the packet.

Step Three: Return all the requested information to Kyndal Lowrance.

*Please note that late or incomplete applications will NOT be accepted.
There will be no exceptions to this rule.*



If you need any additional information, please contact:

Jr High Head Coach
Kyndal Lowrance
lowrky@grisd.net

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Important Dates

- Signups <http://www.grisd.net/departments/glen-rose-isd-cheerleading/>

February 1-15 on GRISD website, under “Departments” tab, in Glen Rose ISD Cheerleading.

-Parent/Guardian Meeting

Jr High Parent/Guardian Meeting --- **February 17th** at 5:00 PM in the Jr. High Library. Please make arrangements for one parent to attend this meeting. If you are unable to attend the meeting, please contact the following to schedule an alternate meeting.
Jr High Head Coach - Kyndal Lowrance lowrky@grisd.net

- Paperwork Deadline

February 21st by 4:00 PM - Please turn in handbook acknowledgment and medical release to the junior high office.

- Clinics and Assessments

All clinics and assessments will be held in the Jr High Hart and Leach Gyms 4-6pm.
All candidates must be dressed and ready to go promptly at 4:00. As always, clinics/tryouts are closed to parents and all others not trying out. A link to material will be available on the Glen Rose ISD Cheer webpage on Tuesday, February 22nd at 5 pm.

Clinic Dates 4:00pm-6:00pm (Must attend 1 day of clinics)

- Monday, February 28th
- Tuesday, March 1st
- Wednesday, March 2nd

Formal Assessment 4:00pm-6:00pm

- Thursday, March 3rd
- Friday, March 4th

Team Makeup

The Glen Rose Junior High school cheerleading squad will consist of a maximum of 35 students. Any 6th and 7th grade student interested in participating in the 2022-2023 Glen Rose Junior High School cheerleading squad will need to participate in the required tryouts and obtain a minimum score of 60.

The Glen Rose Junior High School cheerleading squad may consist of an A squad, B squad, and a pep squad. The cheerleading coaches will begin an evaluation process to determine the squad your child will participate on. Please note, a student can be moved to a different squad throughout the season based on the student's performance at games, attendance, practice, and in behavior in the classroom.

Tryout Process

****No deliveries of any type (flowers, food, drinks) will be allowed to the school on any day. Please share with friends and family that any deliveries that are received will be held until after tryouts and the girls may pick it up when they leave.**

CANDIDATES

Candidates who are not present at the start time will not try out unless previous arrangements have been made due to other school sponsored activities.

The skills each candidate performs during their tryout will be the skills he/she will be required to perform at games, pep rallies, competitions, etc. throughout the duration of the school year. The only exception to this will be injuries/illnesses.

Cheers to be taught will be decided upon by the coaches. There will be:

1. One individual cheer
2. One group chant

The candidates will draw numbers the first day of the clinic for their order to try out. The number of candidates will determine the size of groups, 3 or 4 to a group. Candidates will use a spirit entrance (run) and perform the individual cheer.

Tumbling will be judged with the first pass or standing skill the candidate performs. Groups will then perform the chant.

1. Three jumps
 - a. Toe Touch (required)
 - b. Jump of choice
 - c. Jump of choice
2. Small chant (ex: Let's go Tigers!)
3. Running tumbling pass (One full twist is the highest skill)
 - a. If you do not have running tumbling, simply spirit to the middle of the mat. (Clinic days can be used to work on this)
4. Small chant (ex: Red and White!; Tiger Nation, etc.)
5. Standing tumbling
 - a. If you do not have standing tumbling, simply go straight into the cheer
6. Cheer
7. Group Chant

Dress for tryouts will be as follows: Plain black shorts, plain red t-shirt, plain white no-show socks, and tennis/cheer shoes. Hair is to be pulled back in a ponytail, unless too short, and only solid red or solid white ribbon/bow. No jewelry or extreme makeup will be allowed. **NO** spandex for tryouts.

Any vacancies prior to cheer camp may be filled at Coach/Administration discretion.

If for some reason a candidate cannot perform tumbling, jumps and or motions, required at tryouts due to an injury a doctor's note will be required excusing the candidate from those skills.

The candidate may use the following:

1. Scores from a previous tryout not dating back more than two years.
2. If the candidate has no scores from the previous year then a video of a tumbling pass, motions or jumps from the current year will be acceptable.

MASCOT TRYOUTS

Mascots will perform a 1-2 minute skit that involves the song "Eye of the Tiger". Marching band or an actual song is acceptable. They will use the mascot uniform, which is property of Glen Rose ISD, and are encouraged to use props. Mascot candidates may use cheerleader candidates for their skits. No outside

students. Mascots will be scored on a separate score sheet and there will only be one GRJH mascot.

**RESULTS WILL BE POSTED ON THE GRISD CHEER WEBPAGE
SATURDAY MARCH 5TH AT NOON.**

Glen Rose ISD Cheerleading Handbook

This document outlines the guidelines for GRISD Cheerleading. This document in conjunction with the Student Handbook, Student Code of Conduct, Extracurricular Code of Conduct and Drug Testing Policy are applicable to the GRISD Cheerleaders. This GRISD Cheerleading Handbook was revised and approved by GRISD Administration in January 2022.

Purpose of GRISD Cheer

To represent, promote, uphold school spirit, and to develop a sense of good sportsmanship among students and fans.

Eligibility for GRISD Cheerleader / Mascot Tryouts

- A. All students trying out for cheerleader/mascot must be academically eligible at the time of tryouts.
- B. All students trying out for cheerleader/mascot must be enrolled in Glen Rose ISD by February 17th.
- C. Parent/guardian attended Parent Meeting or made arrangements for meeting.
- D. All necessary paperwork given at parent meetings, including a permission slip must be signed by parents or legal guardians and returned to the school prior to tryouts.
- E. All students trying out for cheerleader/mascot must not owe any balance to GRISD.

Financial Responsibilities

- A. GRISD will purchase the uniform, shoes, backpack, jacket, megaphone, and poms. These items will be property of the school. Megaphones and pom poms will be available for individual purchase. Any item that is not returned at the end of the cheerleading season will be the responsibility of the cheerleader.
- B. Cheerleaders will purchase practice wear, bows, socks, spandex, sports bras and any other personal items.
- C. GRJH Cheerleaders will be fundraising for camp. Camp will be \$90 per cheerleader. Any amount not funded by camp will be the responsibility of the cheerleader. All expenses to camp must be paid before any uniforms or equipment is distributed. All balances remaining after camp must be paid in full prior to the first JH football game. Cheerleaders and or mascots will not be allowed to cheer at games until balances are paid in full. Payment plans can be created once all items are ordered.

- D. Squad members are responsible for keeping informed of and or participating in all activities and fundraising projects.
- E. Some additional expenses may occur during the year for items such as but not limited to ribbons, water, t-shirts, or items for pep rallies, homecoming, etc.

Academic Requirements

Please see [GRISD Athletic Policy](#)

Responsibilities and Expectations

Certain standards are necessary for the integrity and reputation of any leading organization. Cheerleaders/mascots should be leaders within the school and should set a good example at all times.

- A. Cheerleaders are directly responsible to the cheer coach. There will be no parent on the mat/track/field/court at any time. The coach and/or principal will have the authority to suspend a cheerleader from a game or other cheer activity if the cheerleader has failed to show the proper actions or responsibility.
- B. All GRJH cheerleaders are expected to demonstrate responsibility and leadership at all times. The cheerleaders are representatives of GRISD, and it is very important for each cheerleader to have enthusiasm, a cooperative spirit, and a positive attitude while upholding a positive academic performance.
- C. If a cheerleader/mascot relinquishes his/her position in the squad at any time during the school year, he/she may be ineligible to tryout for cheerleader the following year and is still responsible for any money owed on any remaining balance for that year. Circumstances surrounding the reason why the student relinquished his/her position will be taken into consideration by the principal and coach before the final decision is made.
- D. Any cheerleader receiving ISS will be prohibited from participating at the next event (Game/ Pep Rally).
- E. Cheerleaders are expected to be flexible with their other schedules. Last minute events and changes will happen throughout the season. Examples include: Scheduling conflicts, last minute games, parades, etc.

Practices and Performances

- A. During the school year, practices will be scheduled at the discretion of the coaches. Missing any one practice in a given week could result in the loss of performance privileges for that week, even if a doctor's note is provided. Remember, this is a team effort and if one is not in attendance, the team has to work without a full squad. (In this event, another team member could be chosen

to fill the absence.) Practice will be on Wednesdays from 4-5:30, and is subject to change.

- B. Performances and community events all cheerleaders are expected to attend: July 4th Parade, Meet the Tigers, Homecoming Parade, Car Wash Fundraiser, and other events that might come up during the season.
- C. Absences from cheerleading caused by conflicts with other school activities will be excused. Cheerleaders are required to inform their other coaches of conflicting practices and performances. Failure to communicate with the cheer coach and other sports/activities coaches will result in infractions. If there are less than 6 cheerleaders available for an event we will not attend.
- D. The active cheerleading season will be June 1st through the end of the following school year. However, cheer is ultimately a year long sport. Practices will start after tryouts and continue into the Summer. Camp and community events often take place in the Summer. GRJH Cheer is expected to perform at home JH football games, pep rallies, and community events. Cheerleaders may also be required to attend other service opportunities and appearances that arise during the school year.
- E. Cheerleaders will be required to attend summer camp---it is **mandatory**. Not attending camp without prior approval will result in removal from the squad. **Home camp dates will be: June 7th and 8th in the Hart Gym. Time is TBA.**

Uniforms

- A. **Uniform fittings will be during school lunches on March 10th - Coaches will approve EVERY uniform.**
- B. Uniforms ordered in the wrong size will be replaced or altered at the cheerleader's expense.
- C. Uniforms are to be kept clean and neat at all times.
- D. If any or all of the uniform becomes lost, damaged, or not wearable, it is the cheerleader's responsibility to replace the needed item in a timely manner as determined by the coaches. No alterations.
- E. Cheerleaders will maintain proper care of the uniforms. Anyone out of uniform will be suspended from that event. That includes socks, spandex, bows, shoes, skirts, tops, jackets, and poms.
- F. Uniforms are not to be worn outside of school functions.
- G. No other person should be wearing cheerleading affiliated clothing.
- H. Tattoos are to be covered at all times while in uniform and representing Glen Rose ISD as a cheerleader/mascot.
- I. **Jewelry will not be worn to practice, pep rallies, camp or games (including naval and tongue rings) No non-natural hair color will be permitted (green,**

blue, purple, orange, pink etc) at camp, games, or any event while representing Glen Rose ISD as a cheerleader/mascot.

Attendance, Suspension, and Dismissals

Please see [GRISD Athletic Policy](#)

Travel and Transportation

Please see [GRISD Athletic Policy](#)

Standards for a Glen Rose ISD Cheerleader/Mascot

- A. The following standards are expected from each member of the squad.
 - 1. Appearance is to be neat, appropriate, and in GRISD dress code at all times.
 - 2. Attendance and participation are required at all times.
 - 3. Maintain sportsmanlike conduct and do not criticize or taunt officials.
 - 4. Represent the squad, Glen Rose ISD, and the community of Glen Rose to the best of your ability at every event.
- B. Cheerleaders/mascots will be assigned infractions for inappropriate behavior, not following school rules, and not following constitution rules.
- C. Electronic and Social Media will need to be appropriate at all times.

Standards for the GRISD Cheer Coaches and Administration

- A. The coach will serve as a role model to the squad and ensure that all squad members are treated equally and with respect.
- B. The coach will attend all activities at which cheerleaders/mascots are present as a squad. Coaches will attain an appropriate employee of the District if the Coach cannot be present due to illness, school related issues or family emergency.
- C. The coaches may check with teachers and staff regarding any cheerleader's grades, attendance, and/or behavior at any time.
- D. The coach will be available to the squad during the school year and during scheduled activity times in the summer.
- E. The coach will be responsible for keeping track of all paperwork, fundraisers, and grades of all cheerleaders/mascots. The coach will arrange transportation and ensure the safety and well being of the squad at all times, as well as to provide guidance and support to each member of the squad.

- F. The coach has the right to remove any member from the squad for any just cause, with the permission of the principal and following a conference with the parent.
- G. If any deviation from this constitution is necessary due to individual circumstances, it will be at the discretion of the coach and the school administration and will involve consultation with the cheerleader/mascot and parent. Appropriate documentation will be made.

Parent Code of Conduct

GRISD Cheer will use the UIL Parent Info Handbook. You may view it here:
https://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_17-18.pdf

2022-2023 GRJH Spirit Handbook Acknowledge Form

I have read the Spirit Handbook and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that my child must attend all practices and tryout sessions, or my child will not be considered for a cheerleading position (unless excused by the coaches). I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

By signing this form I am agreeing to all attached documents, which include: Uniform Payment Schedule, ExtraCurricular Activities Agreement, Code of Conduct Acknowledgement, the Cheerleader/Mascot Tryout Procedure, and all topics in the spirit handbook.

Student agreement:

I am interested in being a cheerleader at GRJH, I understand the risks stated above and have read and agree to abide by the provided documents stated above. If elected, I promise to abide by the rules and regulations set forth by the coaches and the principal(s) of GRJH. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____