



**Glen Rose**  
**CHEER**

**2022-2023 Spirit Handbook**

High School Squad

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 8, 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 Haley Walker, Meghan Murphy, or 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:

High School Head Coach  
Haley Walker  
[walkha@grisd.net](mailto:walkha@grisd.net)

High School Assistant Coach  
Meghan Murphy  
[murpme@grisd.net](mailto:murpme@grisd.net)

# Table of Contents

## Important Dates

- Signups
- Parent/Guardian Meeting
- Paperwork Deadline
- Clinics and Assessments

## Team Makeup

## Tryout Process

## Mascot Tryouts

## Glen Rose ISD Cheerleading Handbook

## Purpose of GRISD Cheer

## Eligibility for GRISD Cheerleader / Mascot Tryouts

## Standards for a Glen Rose ISD Cheerleader/Mascot

## Financial Requirements

## Academic Requirements

## Responsibilities and Expectations

## Practices and Performances

## Uniforms

## Attendance, Suspension, and Dismissals

## Travel and Transportation

## Standards for the GRISD Cheer Coaches and Administration

# Important Dates

## - Signups

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

## - Parent/Guardian Meeting

High School Parent/Guardian Meeting---February 16th at 5:30 in the High School Library. Please make arrangements for one parent to attend this meeting. If you are unable to attend the meeting, please contact Kelly Shackelford [shacke@grisd.net](mailto:shacke@grisd.net) to schedule an alternate meeting.

## - Paperwork Deadline

**February 21 at 4:00 pm-** Please turn in handbook acknowledgment and medical release to the high school or 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 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.

Clinics 4:00pm-6:00pm

- Wednesday February 23
- Thursday February 24
- Friday February 25
- Monday February 28
- Tuesday March 1
- Wednesday March 2

Formal Assessments - (sign up for one day)

- Thursday March 3 6:15-7:30
- Friday March 4 6:15-7:30
- Saturday March 5 9:00am - 10:30am

## Team Makeup

The Glen Rose High School will have one team that, together, will fulfill responsibilities and duties. The squad will consist of a maximum of 24 students; 20 Cheerleaders will be selected for the competition team with 4 alternates. Any 8th through 11th grade student interested in participating in the 2022-2023 Glen Rose High School cheerleading squad will need to participate in the required tryouts and obtain a minimum score of 90.

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

The skills each candidate performs during her tryout will be the skills 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. Tryout material will be decided upon by the coaches. There will be:

1. One individual cheer
2. One group chant
3. One group band chant

Candidates will sign up for a day to try out. Coaches will assign groups for group material. Candidates will use a spirit entrance (run) to show skills then perform the individual cheer. Tumbling will be judged with the first pass or standing skill the candidate performs. Standing tumbling will count for more points as it is used in Game Day competitions. Groups will then perform the chant and dance.

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
8. Group band chant

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.

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.

## **Mascot Tryouts**

Mascots will perform a 2 minute skit that involves the song "Eye of the Tiger". Marching band or the 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.

Any vacancies prior to cheer camp may be filled at cheer coaches discretion.

**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, GRISD Athletics Policy, 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, and uphold school spirit, and to excel at competitions such as UIL State Championship.

## **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 18th.
- 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.

## **Standards for a Glen Rose ISD Cheerleader/Mascot**

It must be understood that as a member of this organization, the student becomes a representative of the Glen Rose ISD, Glen Rose High School. Each member must maintain high moral and ethical standards. The following standards are expected from each member of the squad.

1. Appearance is to be neat and appropriate during all cheerleading events.
2. School attire should meet school dress code at all times.
3. Behavior should be above reproach at school and practice.
4. Attendance and participation are required at all times.
5. Maintain sportsmanlike conduct and do not criticize or taunt officials and other teams.

6. Represent the squad, Glen Rose ISD and the community Glen Rose to the best of your ability at every event.

## **Financial Requirements**

- A. Summer camp will be at the expense of each cheerleader. Camp will cost \$411.00 per cheerleader. A \$200 deposit is due at the fittings, \$100 will be for cheer camp clothes/uniforms and \$100 will be a camp payment. A second camp payment of \$100.00 is due April 11th. The remainder of the camp balance will be due May 26th. If camp is not paid for by the last day of school then cheerleader/mascot will not be allowed to attend. The money will be paid to the school and one check will be paid to the company to cover the cost.
- B. All cheerleaders will be expected to pay for their camp clothes, shoes, jackets, bows, socks, spandex, sports bras and any other personal items.
- C. All expenses to camp must be paid before any uniforms, camp wear, or equipment will be handed out. All balances remaining, after camp and camp clothes paid, must be paid in full prior to August 28<sup>th</sup>, 2022 or cheerleaders and or mascots will not be allowed to cheer at games until balances are paid in full. Payment plans will be created once all items are ordered.
- D. 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.
- E. Fundraising opportunities will be available.

## **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. 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. Cheerleaders will be 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 student receiving ISS will be prohibited from cheering (game or Pep Rally) on the day(s) the ISS is served.
- E. Cheerleaders are expected to be flexible with their other schedules. Last minute events and changes will happen all through the season!! Examples of this are district and play off games for Volleyball, Football, and Basketball, visiting the nursing homes during homecoming week, etc.

## **Practices and Performances**

- A. Practices will begin the Monday following spring break, March 21. 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, a JV alternate could be chosen to fill the absence.) **Work is not an excused absence.** It is the cheerleader's responsibility to request time off from work to participate in cheer. Practices will be Monday 5-7. Two a week practices will start November, the week after the last JV game and will be Monday 5-7 and Thursday 5-7. Two a week practices are necessary as it gives us time to practice for games, pep rallies, and competitions.
- B. Performances and community events all cheerleaders are expected to attend:  
July 4th Parade, Convocation, Meet the Tigers, Homecoming parade, 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 can result in the loss of performance privileges for that week
- 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. Cheer is expected to cheer at football, volleyball, and basketball. Cheerleaders will also be asked to cheer at specific events such as JV games (if no JV cheer team), playoff games, and district volleyball and basketball games. 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. **Camp dates will be: June 3- 6 at Texas Christian University.**

## **Uniforms**

- A. **Uniform fittings are scheduled for March 10th during school lunch.**  
The fittings will be held in the high school dance room. Parents can attend but not mandatory and sign form accepting sizes and choices. Uniforms ordered in the wrong size will be replaced or altered at the cheerleader's expense. A \$200.00 deposit for cheer clothes and camp is due this day.
- B. Uniforms are to be kept clean and neat at all times. Cheerleaders will maintain proper care of the uniforms. Anyone out of uniform may be suspended from that event. That includes socks, spandex, bows, shoes, leggings, body liners, skirts, tops, jackets, and poms.
- C. 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. All alterations must be pre-approved by a coach. Any alterations made without permission may result in the purchase of the uniform for full value.
- D. Uniforms are not to be worn outside of school functions.
- E. No other person should be wearing cheerleading affiliated clothing.

- F. Tattoos are to be covered at all times while in uniform and representing Glen Rose ISD as a cheerleader/mascot.
- G. **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 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](https://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_17-18.pdf)

## **2022-2023 GRHS 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 GRHS, 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 GRHS. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_