



2023-2024 Spirit Handbook

Junior High

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 22, 2023

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 Meaghan Oates.

*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
Meaghan Oates
oateme@grisd.net

Jr High Asst Coach
Meghan Murphy
murpme@grisd.net

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Important Dates

- Signups

In office or <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 22th** at 5:00 PM in the Jr. High Auditorium.

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 - Meaghan Oates oateme@grisd.net

- Paperwork Deadline

February 22nd 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 28th at 5 pm.

Clinic Dates 4:00pm-6:00pm (Must attend 2 day of clinics)

- Wednesday, March 1st
- Thursday, March 2nd
- Friday, March 3
- Monday, March 6
- Tuesday, March 7

Tryouts 4:30pm until finished

- Thursday, March 9

Team Makeup

The Glen Rose Junior High school cheerleading team will consist of a maximum of 35 students, mascot included. There will be an A and B team; teams will be determined by minimum score. A team will need to make a minimum of 92 and B team will need to make a minimum of 74.

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. Any vacancies, cheer or mascot, prior to cheer camp may be filled at cheer coaches discretion. Mascots will be scored on a separate score sheet and there will only be one GRJH mascot.

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: Plain black bottoms (shorts, skirt, leggings), plain or generic red Glen Rose t-shirt, plain white 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.

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 minute 30 second 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 only to set up props, not as an active participant in the skit. No outside students

**RESULTS WILL BE POSTED ON THE GRISD CHEER WEBPAGE
FRIDAY MARCH 10TH AT 4:00PM.**

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 15th.
- 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
 - i. uniform, shoes, backpack, jacket, megaphone, bow, and poms.
 - ii. Any item that is not returned at the end of the cheerleading season will be the responsibility of the cheerleader.
- B. Cheerleaders will purchase
 - i. practice wear, socks, spandex, sports bras and any other personal items.
 - ii. Some additional expenses may occur during the year for items such as but not limited to t-shirts, and items for pep rallies, homecoming, etc.
- C. Camp will be \$276 per cheerleader.
- D. Campwear is expected to be \$80-\$100
- E. \$200 deposit due by March 21 - This goes towards camp and campwear order
 - a. Deposit must be paid before any uniforms or equipment is distributed.

- F. \$100 payments are due the first practice of every month until balances are paid in full.
- G. All balances remaining after camp must be paid prior to the first JH football game. Cheerleaders and or mascots will not be allowed to cheer at games until balances are paid.
- H. Payment plans can be created once all items are ordered.

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. Squad members are responsible for keeping informed of and participating in all activities and fundraising projects.
- C. 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.
 - a. Represent the squad, Glen Rose ISD, and the community of Glen Rose to the best of your ability at every event.
- D. 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.
- E. Any cheerleader receiving ISS will be prohibited from participating at the next event (Game/ Pep Rally).
- F. 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.

- G. Appearance is to be neat, appropriate, and in GRISD dress code at all times.
- H. Attendance and participation are required at all times.
- I. Maintain sportsmanlike conduct and do not criticize or taunt officials.
- J. Cheerleaders/mascots will be issued demerits for inappropriate behavior, not following school rules, and not following constitution rules. See demerit system.
- K. Electronic and Social Media will need to be appropriate at all times.

Practices and Performances

- A. During the school year, practice will be on Tuesdays 4-6, and is subject to change. 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.)
- B. During the summer, practices are not mandatory but strongly encouraged. Dates and times are TBD.
- C. Cheerleaders will be required to attend summer camp---it is **mandatory**. Not attending camp without prior approval will result in removal from the squad. We will have a home camp through NCA June 15-18 at the Hart Gym.
- D. Performances and community events all cheerleaders are expected to attend:
- E. July 4th Parade, Meet the Tigers, Homecoming Parade, NCA Regional Game Day Competition, and other events that might come up during the season.
- F. JH pep rallies, all district pep rallies, home football games, home volleyball games, and home basketball games.
- G. 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.
- H. The active cheerleading season will be Football season to Basketball season. 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. Cheerleaders may also be required to attend other service opportunities and appearances that arise during the school year.

Uniforms

- A. **Uniform fittings will be during practice on March 21st - CLOSED TO PARENTS Coaches will approve EVERY uniform.**
- B. Uniforms are to be kept clean and neat at all times.

- 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. No alterations.
- D. Anyone out of uniform will be suspended from that event and demerit(s) issued. That includes socks, spandex, bows, shoes, skirts, tops, jackets, and poms.
- E. Uniforms are not to be worn outside of school functions.
- F. No other person should be wearing cheerleading affiliated clothing.
- G. Tattoos are to be covered at all times while in uniform and representing Glen Rose ISD as a cheerleader/mascot.
- H. **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.uil texas.org/files/athletics/manuals/Parent_Info_Handbook_17-18.pdf

2023-2024 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: _____