



2024-2025 Spirit Handbook

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 21, 2024

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Important Dates

Open Clinics

February 6th and 8th 4:15 - 5:15 @ Jr High Hart Gym*

Open to any 6-11 grade student interested in cheer.

Signups

February 12-16 front office (JH), QR code(HS), or on GRISD website, under “Departments” tab, in Glen Rose Cheer.

Parent/Guardian Meeting

Jr High and High School Parent/Guardian Meeting---Thursday February 22 at High School Cafeteria
Jr High @ 5:15 High School @ 6:15. Please make arrangements for one parent to attend this meeting.

Paperwork Deadline

February 26 at 4:00 pm- Please turn in handbook acknowledgment and medical release to the high school or junior high office.

Clinics and Assessments

Tryout 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 Friday, February 23rd at 5 pm.

Jr. High Clinics February 26 - February 29 Results posted March 1 at 4:30 on GRISD Website
High School Clinics March 4 - March 7 Results posted March 8 at 4:30 on GRISD Website

Practices

High School - Mondays and Thursdays 5:30-7:30

Jr High - Tuesdays 4-6

Camp

High School - July 15-18 @ UTA

Jr High - July 8-10 @ Jr High Gyms

Team Makeup

Varsity - Glen Rose High School will have one team that, together, will fulfill responsibilities and duties throughout the season.

Jr High - Glen Rose Jr High will have one team that together, will fulfill responsibilities and duties throughout the season.

Assessment Clinics

**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 delivery received will be held until after assessments and the girls may pick it up when they leave.

Jr High - team assessments will be February 26th - 29th with results being posted to the GRISD website on Friday March 1. Attendance for all four days is desired, as we learn material and stunts, and work on jumps, motions, and tumbling. The goal is to assess students in a team setting.

Varsity - team assessments will be March 4th - 7th with results being posted to the GRISD website on Friday March 8. Attendance for all four days is desired, as we learn material and stunts, and work on jumps, motions, and tumbling. The goal is to assess students in a team setting.

Please communicate with coaches for any days not able to attend.

The skills each candidate performs during these assessments are expected to be performed during games, pep rallies, competitions, etc. throughout the duration of the school year. The only exception to this will be injuries/illnesses.

Assessment material is decided on by coaches and will consist of a band chant/dance, a chant, and a cheer.

Assessment Clinic Uniform

Each day, please wear 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 should be worn. No jewelry or extreme makeup allowed.

Mascot Tryouts

Jr High Mascots will be assessed February 26th - 29th with results being posted to the GRISD website on Friday March 1.

Varsity Mascots will be assessed March 4th - 7th with results being posted to the GRISD website on Friday March 8.

Mascots must create and 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 create and use props. Mascot candidates may use cheerleader candidates only to set up props, not as an active participant in the skit. No outside students.

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 2023.

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

1. All students trying out for cheerleader/mascot must be academically eligible at the time of tryouts.
2. All students trying out for cheerleader/mascot must be enrolled in Glen Rose ISD by February 15th.
3. Parent/guardian attended Parent Meeting or made arrangements for meeting.
4. 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.
5. 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 ISD, the High School, and the Jr High. 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 to the best of your ability at every event.

Financial Requirements

Jr High

Expenses paid for by the cheerleader:

1. Summer Camp - \$230

- a. \$100 camp deposit due by second practice.
2. Practice/Camp wear - varies. We try to keep it between \$100 and \$200.
3. Cheer Shoes - have the option for school issued

High School

Expenses paid for by the cheerleader:

1. Summer Camp - \$445
 - a. \$100 Camp deposit due by second practice
2. Practice/Camp wear - varies. We want to keep it at \$500 max.
3. Cheer shoes - have the option for school issued

Balances will be finalized and sent out in April. Balances will need to be paid as soon as possible. Payment plans and fundraising opportunities will be available.

Some additional expenses may occur during the year for parade, pep rally, and theme day items.

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.

1. 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.
2. 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.
3. 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.
4. 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

Jr High - Tuesdays 4-6

High School - Mondays and Thursdays 5:30-7:30

1. The active cheer season is August - March, however, we start practices immediately following assessments and continue through the summer. Camp and community events will also take place in the summer.
2. Cheer is expected to cheer at football, volleyball, and basketball.
 - a. **Jr High** - Football - all home games
Volleyball and basketball - select home games
 - b. **Varsity** - Football - home, away, district, and playoff games.
Volleyball and basketball - Home district games and all playoff games
3. 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. Work is not an excused absence. It is the cheerleader's responsibility to request time off from work to participate in cheer.
4. Cheerleaders are expected to attend: Mini cheer camp (Varsity), July 4th Parade, Convocation (Varsity), Meet the Tigers, Homecoming parade (Varsity), fundraising events, and other events that might come up during the season.
5. School related 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
6. All team members are expected to attend summer camp. The team grows tremendously during this time. Missing camp for any reason results in lack of material and skill knowledge, and affects the team morale and chemistry.
 - a. **Jr High** - July 8-10 Jr High Hart Gym
 - b. **Varsity** - July 15-18 at University of Texas Arlington

Uniforms

1. Uniform fittings will be held during a practice. Dates TBD.
2. Uniforms are to be kept clean and neat at all times. Cheerleaders must maintain proper care of the uniforms. Anyone not in the proper uniform may be suspended from that event.
3. If any or all of the uniform becomes lost, damaged, or not wearable, at the fault of the cheerleader, they will be responsible for replacing the item in a timely manner as determined by the coaches. Alterations are not allowed.
4. Uniforms are not to be worn outside of school functions.
5. No other person should be wearing cheerleading affiliated clothing.
6. Tattoos are to be covered at all times while in uniform and representing Glen Rose ISD as a cheerleader/mascot.

7. Jewelry will not be worn to practice, pep rallies, camp or games (including naval and tongue rings).
8. Hair color must be a natural color. 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.

Lettering

Varsity cheerleaders have the opportunity to letter after:

1. Minimum of two years have been successfully completed or;
2. Participation on the competition squad and the team qualifies for finals

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

The coach:

1. will serve as a role model to the squad and ensure that all squad members are treated equally and with respect.
2. will attend all activities at which cheerleaders/mascots are present as a squad.
3. may check with teachers and staff regarding any cheerleader's grades, attendance, and/or behavior at any time.
4. will be available to the squad during the school year and during scheduled activity times in the summer.
5. will be responsible for keeping track of all paperwork, fundraisers, and grades of all cheerleaders/mascots.
6. 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.
7. 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.

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](#).

