



**CONROE**  
INDEPENDENT  
SCHOOL DISTRICT

# Recommended Cheerleading Guidelines and Procedures

2024 - 2025



Conroe Independent School District

# Recommended Cheerleading Guidelines and Procedures

## 2024 - 2025

**The purpose of these guidelines is to provide a framework for the cheerleading programs in the Conroe Independent School District. The intent is to help students grow in the program through a positive, athletic-based experience. These guidelines may not be all-inclusive. Individual campuses may have additional guidelines and procedures for addressing specific cheerleader expectations and infractions.**

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### **I. Purpose:**

- A. To promote and uphold loyal school spirit throughout the year.
- B. To encourage good sportsmanship among the students.
- C. To improve relationships between schools during athletic events.
- D. To represent the school and district as a positive role model and leader.
- E. To represent the school in sanctioned Cheerleader/Mascot competitions, sporting events, and school activities.

### **II. Membership:**

- A. Each year, the principal/designee and head cheerleading coach shall determine the number of Cheerleaders/Mascots, the number of squads, and the composition of each squad.
- B. Squad selection shall be based on 70 percent from judges' scores and 30 percent from CISD coaches' evaluation (*see Addendum A*).
- C. Members must tryout each year to renew membership.
- D. Cheerleaders/Mascots must pay their dues and fees punctually. A student who has outstanding debt may not tryout for cheerleader the following year until all debt is paid.
- E. Cheerleaders/Mascots may forfeit their membership during a school year if they do not fulfill the expectations outlined in this document.
- F. The coaches will decide annually whether or not the squads will compete and select the members of the competition squad(s). The coaches' decision is final.
- G. Participation at the UIL Spirit Championship is required.

### **III. Requirements for Tryout:**

- A. Cheerleader/mascot candidates must be in good physical shape and be able to participate in long periods of vigorous activity without undue fatigue. Cheerleader/mascot candidates should not have any long-term injuries that would prevent full participation in required activities.
- B. Cheerleader/mascot candidates must have a parental permission form, a medical release form, an application, and an acknowledgment form completed and signed. Cheerleader/mascot candidates must meet all guidelines or forfeit their candidacy.
- C. If a member moves to another CISD school during the school year, he/she must return all issued equipment, and pay all outstanding debts to the former program (before trying out for a new program).
- D. Candidates and one parent/guardian must attend an informational meeting prior to tryouts. Failure to attend the meeting and turn in all forms may result in the candidate being disqualified from the tryout process.
- E. At the time of the instructional clinic and tryouts, candidates must live in the appropriate attendance zone, have proof of a contract to live in the attendance zone or must have an approved CISD transfer form to attend the respective school for the current school year. A candidate may only tryout at one CISD school per calendar year.

- F. For the purpose of determining whether a student may participate in an extracurricular activity, the student must be in attendance at school for a minimum of half of the school day.

### **Training Clinic:**

- A. The training clinic will be open to all students who have completed required paperwork, attended the tryout meeting, and met the requirements for tryouts. The training clinic will be held after school hours, and within practice time limits set forth by UIL guidelines.
- B. The training clinic will be open to candidates, cheerleading coaches, clinicians, and school administrators only.
- C. Video cameras, picture/camera phones, iPods, or still cameras are not allowed in the training clinic. Cellular phones should be turned off during all clinics and tryouts. Candidates using these electronic devices will be asked to leave the clinic and/or tryout and will forfeit their candidacy.
- D. Candidates must attend school as set forth by CISD guidelines to be eligible to participate in each day of the training clinics and the day of tryouts.
- E. Candidates will be evaluated during the tryout clinic by the coach/es.
- F. No clinician may be hired as a private coach during the clinic or tryouts.

### **Judging of Candidates:**

- A. The candidate's performance during the tryout shall be evaluated and scored by a minimum of three (3) professional judges from outside the community and do not know any of the candidates participating in the tryouts.
- B. Tryouts are closed to spectators. Those eligible for attendance include the coaches, clinicians, judges, school administrators, and score tabulators. Only candidates, cheerleaders/mascots, coaches and administrators are allowed in the warm-up room.
- C. Score sheets are confidential and shall be secured by the campus administrator after the tryout is completed.
- D. A candidate may elect to view his/her individual judges' score sheets following the tryout. Candidates may not view or be told of other candidates' scores, including the range of scores. An appointment must be made with the coach and/or athletic administrator to view the score sheet. The score sheet may be viewed at the school and shall not be removed from or copied at the conference. Score sheets are only available for ten (10) school days following the tryout session or the earliest date the athletic administrator and coach are available.
- E. Candidates may be required to perform a specific cheer(s), jump(s), chant(s), tumbling and a dance at tryouts.
- F. Selection of a cheerleader shall be based on 70 percent from judges' evaluation and 30 percent from CISD coaches' tryout evaluation. See Addendum A for judging criteria.
- G. Cell phones are not allowed in the 'holding area' or competition area.
- H. Candidates are not allowed to submit video footage in

place of “face-to-face” evaluation without administrative or Cheer Advisory Board permission.

#### IV. Captains & Co-Captains:

- A. The coach and principal shall determine whether or not squads will have captains and/or co-captains and the method of selection.
- B. After the squad has been selected, the coach shall meet with the squad and review the requirements and process for selecting captains and/or co-captains.

#### V. Responsibilities, Duties, Obligations

##### A cheerleader/mascot is expected to...

- A. **Participate fully the entire cheerleading year.** A cheerleader/mascot’s year begins the day he/she is selected and ends at the close of the spring banquet. All practices, games, rallies, parades, camps, fundraisers, UIL spirit championships, and other events as assigned by the coach are **mandatory**.
- B. **Fulfill all financial obligations punctually.** This includes participating in all fundraisers and replacing items that are damaged or lost. If a cheerleader or mascot has “unclear” financial obligations, the campus administrator will determine whether or not the squad member will retain active status until all obligations are met. If a cheerleader becomes ineligible and is dismissed from the squad, they maintain the responsibility to meet all financial obligations obtained prior to being dismissed from the cheer program.
- C. **Represent the school with integrity, honesty, and morality.** Cheerleaders/Mascots are expected to be models of good behavior; less than admirable behavior will not be tolerated. If at any time the coach feels that a cheerleader/mascot is no longer representing herself/himself, her/his squad, or his/her school in a manner that is acceptable, disciplinary action will result.
- D. **Remain in good physical shape.**
  - Cheerleaders/Mascots are expected to maintain and improve all skills demonstrated at tryouts. Failure to do so will result in suspension until ability has been regained and demonstrated to appropriate personnel.
  - Regular physical conditioning and training outside of school is expected and encouraged.
  - In practices, cheerleaders/mascots will participate in regular cardiovascular training combined with resistance/weight training. All cheerleaders will participate fully to the best of their ability.
- E. **Adhere to all guidelines set by the American Association of Cheerleading Coaches and Advisors (AACCA), National Federation of High School Association (NFHS), and the UIL.**
  - NO jewelry of any kind (except medical alert bracelets) may be worn while the cheerleader/mascot is in uniform, performing, or practicing.
  - Fingernails must be unpolished while in uniform, and during games and performances. At no time may the fingernails be longer than the tip of the finger.
  - All hair must be pulled back in a secure, tight ponytail while in uniform. No hair may be on the face at any time, including bangs. Hair must be of natural color. No unusual color or design is allowed.
  - Clips of natural hair color should be used to secure wispy hair.
- F. Cheerleaders and Mascots must not utilize or participate in any form/s of derogatory social media, including but not limited to sexting, inappropriate photography and/or videography. Failure to comply will result in immediate disciplinary action.
- G. Cheerleaders and Mascots must not utilize any illegal drugs or substances, including but not limited to alcohol, tobacco

products, electronic cigarettes, vape or non-prescribed prescription medication(s).

#### VI. Cheerleading Class Guidelines (*high school only*)

- A. All cheerleaders will be assigned to cheerleading class in the fall (cheerleaders may receive Physical Education credit for this class). Some cheerleaders may have cheerleading class in the spring semester if the campus offers the course. Cheerleading in the spring will award .5 Fine Arts credit as long as the coach is **Dance Certified**. Under special circumstances involving credits/graduation, parents may request an exception—in writing—to second semester only. Unless otherwise required, senior cheerleaders will be in class during first semester only.
- B. Cheerleaders who have failed to maintain eligibility or participate in class will not be selected for second semester cheerleading class.
- C. Cheerleaders may receive a Physical Education and/or Fine Arts credit for the cheerleading class; therefore, they shall be required to dress out in the appropriate attire and participate in physical and/or dance assessments.
- D. Daily attendance is mandatory. Failure to attend class may result in disciplinary action.
- E. Cheerleaders are expected to be prompt to class and participate fully. Tardiness and lack of participation will result in a lowered grade and disciplinary action.
- F. The grades will be based on the following:
  1. dressing out
  2. participation
  3. physical assessments (FitnessGram)
  4. fulfilling class assignments
- G. When an athlete is sitting out due to injury, he/she will receive credit by completing alternative assignments at the coach’s discretion.

#### VII. Uniforms/Grooming

- A. Purchase/Issue of uniform
  1. The coach and administrator will determine the uniform.
  2. All members will be issued a school uniform and will be held accountable for items received.
  3. Members of the varsity squad and competition squad may be required to purchase an additional uniform.
  4. Lost or damaged items must be purchased by the cheerleader/mascot before new pieces are issued.
  5. Cheerleaders/Mascots will not be allowed to participate if uniform pieces are missing.
- B. Care of uniform
  1. The cheerleader/mascot is responsible for the proper care and cleaning of the uniforms throughout the year.
  2. Cheerleaders/mascots must follow the instructions included on the uniform tag; items should NOT be dry-cleaned.
  3. Each cheerleader/mascot must return his/her uniform — washed and on hangers — prior to the banquet. Charges will be assessed for stained garments. Charges must be paid before receiving lettering/achievement awards or before being allowed to participate in future tryouts.
- C. Length and fit
  1. The coach must approve the uniform fit before being ordered or worn.
  2. All alterations must be approved by the coach and cannot be permanent in nature. All alteration fees and mending is the responsibility of the cheerleader/mascot.
- D. Shoes
  1. Shoes must be clean and in good condition at all times (*including laces*)
  2. If shoes are not clean and in good condition, the

parent/cheerleader/mascot must purchase the required shoes at their own expense.

- E. Use of uniforms
  - 1. Uniforms shall be worn only at scheduled events.
  - 2. Uniforms, or any part of the uniform, must remain in the care and possession of the identified cheerleader/mascot throughout the year. No other persons are allowed to wear any cheerleader/mascot items that represent the team (*i.e.: warm-up jackets*).
  - 3. If the cheerleader/mascot is removed from the squad or forfeits his/her position, the district-owned uniform pieces must be returned, washed and on hangers, within 10 school days. Any damage, missing items, or cleaning of the uniforms must be paid before school records (*i.e.: parking permit, transcripts*) are cleared.

## VIII. Eligibility to Participate

### Grades

- A. A cheerleader/mascot must maintain passing grades in all subjects, as set forth by UIL guidelines for participation. Please refer to the UIL Grade Reporting calendar.

### Absences

- A. A cheerleader who is absent from school on “game day” may not be eligible to cheer on that day. Extenuating or unusual circumstances may be reviewed by campus administration.
- B. Excused
  - 1. Excused absences are those excused with a doctor’s note or family emergency (*i.e.: hospitalization, death in family, etc.*).
  - 2. Parental notes may excuse one day of non-participation in practice (ex: Susie sprains her wrist, she is excused for one day prior to her doctor’s visit).
  - 3. If an absence is excused by the school, it will be excused in cheerleading (*i.e., illness*). Excessive absences, excused or unexcused, may require further review. Cheerleaders/Mascots are expected to maintain good attendance in all classes and are required to attend all cheerleading practices and events without fail.
- C. Unexcused
  - 1. Unexcused absences are those that do not accompany a doctor’s note or those that do not follow proper procedures for procuring “excused” status. Unexcused absences are very serious in nature and will result in benchings and points being deducted from the coaches’ evaluation at tryouts. Depending on the frequency, unexcused absences may result in dismissal. All benchings are considered unexcused absences (*see Discipline Guidelines*).
  - 2. Family/personal vacations, well-visits to the doctor, or other non-UIL activities are considered unexcused absences.
  - 3. A cheerleader serving ISS on “game day” is not eligible to cheer on that day.
- D. Tardies
  - 1. Cheerleaders/Mascots are expected to be prompt and punctual. The time stated for arrival means that the cheerleader/mascot arrives within 30 minutes of game-time ready to cheer. Restroom needs, primping, uniform needs, getting poms from the locker room, etc., must be taken care of prior to the arrival time.
  - 2. Three tardies will equal one unexcused absence.

## IX. Safety/Transportation Guidelines

### Safety

- A. Tumbling will be done on a variety of surfaces, including but not limited to: football fields, basketball courts, tracks,

grass, sand, and dirt.

- B. Cheerleaders/mascots may not tumble, stunt, or jump without direct supervision from the coach.
- C. Tumbling, stunting, and jumping surfaces will be evaluated by the coach for safety hazards.
- D. Cheerleaders/Mascots must master skills in a progressive nature before learning or performing more advanced skills.
- E. The coach has the right to remove a cheerleader/mascot from participation if he/she feels that the cheerleader/mascot’s behavior, attitude, or physical state would be a distraction or safety hazard to the squad.
- F. Cheerleaders/mascots must have physicals or medical release forms on file prior to participation in stunting.
- G. All AACCAs rules will be followed.

### Injuries/Physical Limitations

- A. Cheerleaders/mascots must demonstrate acceptable physical fitness and preparedness. Standards are determined by the coaches. If athletes do not meet these qualifications, they may not participate until proper conditioning/ability is demonstrated.
- B. Cheerleaders/mascots are expected to perform at the same level or better than they performed at tryouts. All skills demonstrated at tryouts must be maintained throughout the season. Any time a cheerleader/mascot does not perform to expectations, he/she can be benched, demoted to another squad, or be referred to the Cheerleader Advisory Board or administration for further action.
- C. Injuries will be handled as individual situations. All circumstances will be considered. A physician’s release is required when a cheerleader/mascot is ready for full performance following an injury. Any time a cheerleader/mascot is sitting out, due to injury or otherwise, he/she is required to dress out and sit with the coach for the entire practice or event—complying with all uniform expectations and rules.
- D. Coaches may or may not accept “limited” participation from athletes. This is left to the coaches’ discretion.
- E. If a coach believes an athlete’s physical condition could be injurious to either the athlete, or other members, the coach has the responsibility to bench the athlete until the coach receives a doctor’s release at the cheerleader/mascot’s expense.

### Transportation

- A. All cheerleaders/mascots must travel to and from scheduled competitive events on school-authorized transportation. With the coach’s permission, parents/guardians may have their student athlete leave the activity with them after giving the coach a written “release of responsibility”. At no time shall a student be permitted to ride to or from an event with another student or non-parent/guardian.
- B. A cheerleader/mascot cannot participate until they have a completed travel card and/or travel form on file.

## X. Consequences

Infractions of the rules may result in reasonable extra conditioning, added responsibilities, benching, probation, suspension, or dismissal from the squad depending on the severity/frequency of the incident(s). The cheerleader/mascot coach may elevate consequences depending on the situation and frequency of different actions. Cheerleaders/mascots may receive additional consequences through the organization for disciplinary infractions that result in school-assigned consequences.

- A. **Extra conditioning:** For non-severe, infrequent violations, reasonable extra conditioning may be assigned. Examples of conditioning are as follows: running, crunches, push-ups, sprints, lunges, squats, stamina jumps.

- B. **Benchings:** When a cheerleader/mascot is “benched,” he/she is expected to report—in full uniform—to the assigned event and sit with the coach. The cheerleader/mascot is to yell with the cheerleaders and follow all rules he/she would have to follow if cheering. Benchings are counted as unexcused absences in the cheerleader/mascot’s discipline file. However, these unexcused absences do not result in extra benchings (*see unexcused absence policy*).  
When a cheerleader/mascot is benched for two complete events, the Cheerleader/Mascot, the parents/guardians, the coach, and an administrator will meet to determine corrective action.
- C. **Probation:** For more serious offenses, cheerleaders/mascots may be placed on probation. Probation is a period of time in which a cheerleader/mascot must not commit any infractions or automatic dismissal will result.
- D. **Suspension:** The cheerleading coaches or administration can place a cheerleader/mascot on suspension from the squad for up to three weeks (fifteen school days). Only the Cheerleader Advisory Board or administration may suspend a cheerleader/mascot for longer than three weeks.
- E. **Dismissal/Forfeiture of Membership:** All cheerleaders/mascots shall be eligible to try out for the next cheerleading season regardless of standing. A cheerleader/mascot may receive point deductions—from zero to the maximum number—in the coach’s evaluation section (30%) of the tryout score if he/she was benched, suspended, had school or cheerleading disciplinary infractions, had failing grades or failed to maintain eligibility, had poor attendance, did not complete the cheerleading season, did not fulfill assigned responsibilities, or did not pay financial obligations.
- F. **Cheerleader Advisory Board:** The Advisory Board is appointed by the principal. The Board is comprised of one

school administrator, a counselor, and a teacher.

**G. Appeals**

1. Appeals involving long-term disciplinary action need to be made to the Cheerleader Advisory Board or administration.
2. Only decisions involving suspension or dismissal from the squad may be appealed to the campus principal.
3. The decision of the campus principal is final.

**XI. Amendments**

- A. In the event that a situation arises that is not covered by the procedures set forth in this document, the coach and an administrator shall make the decision regarding that situation.
- B. Additions or deletions to campus procedures may be made at any time with the approval of the campus principal. If any changes are made, the parents and members shall be notified in writing.

**XII. Lettering/Awards (high school only)**

- A. A cheerleader/mascot who has successfully completed one full year in good standing on the Varsity squad will be awarded their letter/letter jacket at the beginning of the following year. “Good standing” is considered having 90% participation and no more than two “benchings”. Senior varsity members selected to the cheerleading squad for the first time and are in good standing may be awarded their letter jacket at the end of the first six weeks of school or at the time of the first scheduled fitting. If the senior does not meet their obligations, they will be responsible for financially reimbursing the cheerleading program for the cost of the jacket and letter.
- B. A cheerleader/mascot on probation or suspension for any reason shall not receive a letter or award.
- C. A cheerleader/mascot who has not been in attendance, fully participating, for 90% of the events is not eligible to receive a letter or award.

## Addendum A CISD Coach’s Evaluation

The main purpose of the tryout process is to select the best overall individual/s to represent each high school and junior high school. When selecting the cheerleading squad, school officials look for qualities such as school spirit and pride, demonstrating proper cheer technique and skill, and modeling positive student behavior/s with other members of the student body.

Cheerleading tryouts are not based on performance alone, but also on the qualities of cooperation, teamwork, leadership, and being a positive role model. These qualities shall be counted as 30 percent of the candidates score.

A maximum of 10 points may be earned for each category. The coach’s evaluation (30 points) will equal 30% of the tryout score.

**The following criteria is considered in the Cheerleader selection process:**

**Positive Role Model**

- Administration evaluation of discipline
- Cheerleading discipline file

**Cooperation/Dedication**

- Attendance

**Leadership/Teamwork**

- Academic performance
- Responsibility
- Self-Discipline/Respect/Positive Attitude
- Spirit/Enthusiasm
- Team Player/Cooperative/Sportsmanship

**Each category will be rated as follows:**

Superior .....	10
Above Average .....	7.5
Average .....	5
Below Average .....	2.5
Unacceptable .....	0

# Discipline Guidelines

## Action

Unexcused tardy to practice

OR

Untidy or incomplete uniform\*

OR

All jewelry, hair, gum, and nail infractions

OR

Failure to turn in funds, paperwork, or meet deadlines\*

OR

Failure to turn off cellular phone during practices/games

## Consequences

1st – conditioning (*reasonable*)

2nd – conditioning (*reasonable*)

3rd – run one mile

4th – benched for next major event

5th – benched for next major event

**3 tardies** = one full benching (*unexcused absence*)

Day-to-day infractions will be handled with conditioning unless they are habitual

\* *will be benched until situation is corrected*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Insufficient knowledge of cheers and chants at games and events

## Consequences

Will be benched until knowledge is demonstrated

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Disrespect to coaches/fellow teammates

OR

Failure to follow transportation rule

## Consequences

1st – conditioning (*reasonable*)

2nd – conditioning (*reasonable*)

3rd – benched for one period/quarter/half/game of major event

4th – benched for next major event

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Unexcused tardy to game or event

Reporting time is 30 minutes prior to game time unless otherwise noted.

OR

Leaving practice early without pre-arranged permission

## Consequences

1st – benched for one period or quarter

2nd – benched for first half of the event

3rd – benched entire event

4th – benched entire event

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Unexcused absence from practice

Insubordinate actions.

## Consequences

1st – benched for event to be determined by coaches

*Cheerleader/Mascot may not participate in any performances over material covered during absence.*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Unexcused absence from game/event

OR

Leaving game early

## Consequences

1st – benched for one or more major events

Meeting with parents required; unexcused absences from games/events are unacceptable.

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

Unsportsmanlike conduct

*(failure to stand at attention/participate in School Song, National Anthem, booing other teams, cheering at inappropriate times)*

Profanity in uniform

## Consequences

1st – conditioning (*reasonable*)

2nd – conditioning (*reasonable*)

3rd – benched for major event

4th – benched for major event

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

School Detentions

## Consequences

Count against future tryout score

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Action

ISS, OSS, DAEP

## Consequences

A student who is serving an out-of-placement consequence (ISS, OSS, DAEP) for any infraction issued by the cheer coach or a campus administrator may not participate in any school sponsored game or event until the consequence has been completed. If the consequence is served during a time period when there are no cheer events/games/activities scheduled, the cheerleader will not participate in the next scheduled cheer event.

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

## Discipline Guidelines *(continued)*

### Action

Smoking, vaping, alcohol, drug use, electronic communication— inappropriate use of social media including, but not limited to: computers, phones, iPad, iPod, Twitter, Tik Tok, Facebook, SnapChat, Instagram, or any other form of electronic communication.

Intimidation, bullying, or any form of hazing will not be tolerated and are subject to immediate dismissal from the squad.

### Consequences

Subject to dismissal

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

### Action

**Bullying** is when a student or group of students engages in written or verbal expression, expression through Electronic means or physical conduct that occurs on school property, at a school-sponsored or school-related activity, or in a vehicle operated by the district and a school district's board of trustees or the board's designee determines that the behavior:

1. Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property;

OR

2. Is sufficiently severe, persistent, and pervasive enough that the action or threat creates an intimidating, threatening or abusive educational environment for a student.

This conduct is considered bullying if it:

1. Exploits an imbalance of power between the student perpetrator who is engaging in bullying and the student victim through written or verbal expression or physical conduct; and
2. Interferes with a student's education or substantially disrupts the operation of the school.

### Consequences

Subject to dismissal

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

### Action

Grades ineligible for UIL

### Consequences

May not cheer; twice may result in dismissal

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Date*

*Please note that consequences will be based on a cheerleader/mascot's cumulative cheerleader/mascot discipline history for the school year. The cheerleader/mascot coach may elevate consequences depending on the situation and frequency/severity of actions.*

*When a cheerleader/mascot is benched two (2) times, there shall be a meeting between the cheerleading coaches and the parents to determine corrective action.*

*The above is intended to be a guideline and are not all-inclusive. In the event this document does not cover a situation, the consequence will be based on all pertinent and available information and will be evaluated by coaches and administrators. Coaches reserve the right to set expectations and apply disciplinary consequences as appropriate.*

*Major events are to be determined by coach—can include games, parades, pep rallies, and special appearances.*

# Conroe ISD Cheerleading Tryout Evaluation - High School

Candidate name: \_\_\_\_\_

Squad: F S J V

## Coach Form

### Positive Role Model:

\_\_\_\_\_  
*Administrator's Initial*

- 10 Possible Points**    **Includes:** Administration evaluation of discipline  
Cheerleading discipline file
- 10 Superior**.....Never assigned DAEP, ISS, ASD, SD  
Superior Behavior: Less than two minor infractions
  - 7.5 Above Average** .....Never assigned DAEP or ISS  
Attended 1-2 ASDs/SD  
Excellent Behavior: Less than five minor infractions
  - 5 Average** .....Never assigned DAEP or ISS/SD  
Attended 3-4 ASDs/SD  
Good Behavior: 5 to 8 minor or one major infraction
  - 2.5 Below Average**.....Never assigned DAEP or ISS  
Attended 5-6 ASDs/SD  
Acceptable Behavior: 8 to 10 minor or two major infractions
  - 0 Poor**.....Assigned DAEP or ISS  
Attended seven or more ASDs/SD  
Poor Behavior: Over two major infractions. Released or resigned from squad

Score:

### Dedication:

\_\_\_\_\_  
*Administrator's Initial*

- 10 Possible Points**    Attendance
- 10 Superior**.....Misses no days of school—unexcused
  - 7.5 Above Average** .....Missed 1 - 3 days of school— unexcused
  - 5 Average** .....Missed 4 - 5 days of school—unexcused
  - 2.5 Below Average**.....Missed 6 - 8 days of school—unexcused
  - 0 Poor**.....Missed more than 8 days of school—unexcused    *(Available backup documentation in AP's Office)*

Score:

### Leadership/Teamwork:    **10 Possible Points** *Students new to the program start with five points in Leadership/Teamwork*

For each category score:    one point for low ability  
two points for high ability  
**10 points total**

- Includes:**
- Academic performance ..... \_\_\_\_\_
  - Responsibility..... \_\_\_\_\_
  - Self-discipline/Respect/Positive attitude..... \_\_\_\_\_
  - Spirit/Enthusiasm..... \_\_\_\_\_
  - Team player/Cooperative/Sportsmanship..... \_\_\_\_\_

Score:

- 10 Superior**
- 7.5 Above Average**
- 5 Average**
- 2.5 Below Average**
- 0 Poor**

### Notes:

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# Conroe ISD Cheerleading Tryout Evaluation - Junior High School

Candidate name: \_\_\_\_\_

Squad: 7th 8th

## Coach Form

### Positive Role Model:

\_\_\_\_\_  
*Administrator's Initial*

- 10 Possible Points**     **Includes:** Administration evaluation of discipline  
Cheerleading discipline file
- 10 Superior** ..... Never assigned DAEP, ISS, ASD, SD  
Superior Behavior: Less than two minor infractions
  - 7.5 Above Average** ..... Never assigned DAEP or ISS  
Attended 1-2 ASDs/SD  
Excellent Behavior: Less than five minor infractions
  - 5 Average** ..... Never assigned DAEP or ISS/SD  
Attended 3-4 ASDs/SD  
Good Behavior: 5 to 8 minor or one major infraction
  - 2.5 Below Average** ..... Never assigned DAEP or ISS  
Attended 5-6 ASDs/SD  
Acceptable Behavior: 8 to 10 minor or two major infractions
  - 0 Poor** ..... Assigned DAEP or ISS  
Attended seven or more ASDs/SD  
Poor Behavior: Over two major infractions. Released or resigned from squad

Score:

### Dedication:

\_\_\_\_\_  
*Administrator's Initial*

- 10 Possible Points**     Attendance
- 10 Superior** ..... Misses no days of school—unexcused
  - 7.5 Above Average** ..... Missed 1 - 3 days of school— unexcused
  - 5 Average** ..... Missed 4 - 5 days of school—unexcused
  - 2.5 Below Average** ..... Missed 6 - 8 days of school—unexcused
  - 0 Poor** ..... Missed more than 8 days of school—unexcused     *(Available backup documentation in AP's Office)*

Score:

### Leadership/Teamwork:     10 Possible Points

*Junior High starts with 10 points in Leadership/Teamwork, points can be deducted from this starting total.*

For each category score: one point for low ability  
two points for high ability  
**10 points total**

- Includes:**
- Academic performance ..... \_\_\_\_\_
  - Responsibility ..... \_\_\_\_\_
  - Self discipline/Respect/Positive attitude ..... \_\_\_\_\_
  - Spirit/Enthusiasm ..... \_\_\_\_\_
  - Team player/Cooperative/Sportsmanship ..... \_\_\_\_\_

Score:

- 10 Superior**
- 7.5 Above Average**
- 5 Average**
- 2.5 Below Average**
- 0 Poor**

### Notes:

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# Conroe ISD Cheerleading Performance Evaluation

Each campus shall use an integrated system in judging performance.  
 Performance categories shall be divided to total 70 points.  
 This system shall be developed with the approval of the campus principal.

<i>Example 1</i>					
<i>Motion</i> 24 points	<i>Superior</i> 24 100%	<i>Above Average</i> 16.8 70%	<i>Average</i> 12 50%	<i>Below Average</i> 7.2 30%	<i>Poor</i> 4.8 10%
<i>Jumps</i> 23 points	<i>Superior</i> 23 100%	<i>Above Average</i> 16.1 70%	<i>Average</i> 11.5 50%	<i>Below Average</i> 7.2 30%	<i>Poor</i> 4.8 10%
<i>Tumbling</i> 23 points	<i>Superior</i> 24 100%	<i>Above Average</i> 16.8 70%	<i>Average</i> 17 50%	<i>Below Average</i> 7.2 30%	<i>Poor</i> 4.8 10%

<i>Example 1</i>					
<i>Motion</i> 35 points	<i>Superior</i> 35 100%	<i>Above Average</i> 24.5 70%	<i>Average</i> 17.5 50%	<i>Below Average</i> 10.5 30%	<i>Poor</i> 7.0 10%
<i>Jumps</i> 18 points	<i>Superior</i> 18 100%	<i>Above Average</i> 12.6 70%	<i>Average</i> 9.0 50%	<i>Below Average</i> 5.4 30%	<i>Poor</i> 3.6 10%
<i>Tumbling</i> 17 points	<i>Superior</i> 17 100%	<i>Above Average</i> 11.9 70%	<i>Average</i> 8.5 50%	<i>Below Average</i> 5.1 30%	<i>Poor</i> 3.4 10%

Performance of 70 points and coaching evaluation of 30 points shall be added together to obtain a total score. Scores will be ranked from highest to lowest.

## Transfers from CISD Schools

Students currently attending CISD secondary campuses are permitted to tryout at only one campus. Students who have been approved for a transfer to a different district campus are eligible to tryout at the school he/she will be attending in the fall if known and approved prior to the tryout date.

Students who make a cheerleading squad at one campus and then transfer to another campus are not placed on the new school's squad.

Because tryout standards and competition may be different from school to school, students who move from one attendance zone to another during the school year or during the summer and transfer to a different secondary campus within the school district will not be automatically placed on a team. However, because changing addresses is frequently beyond the control of the family, it is our desire to allow transfer students who have been a member of another campus squad within our school district to be considered for audition or tryout for the squad of his/her new school as a courtesy. However, the final decision as to whether to allow a student to audition will be the principal's.

If permitted to tryout, the receiving cheerleader sponsor, with the approval of the campus principal, will determine whether the student who transferred is eligible for membership on one of the teams based on the student's tryout performances.

Conroe Independent School District  
**Guidelines Commitment**

I have received, read, and understand the Cheerleader/Mascot guidelines and procedures. My signature below indicates my agreement to adhere to all the guidelines and procedures outlined. I also understand that the guidelines are not all inclusive and that the cheerleader/mascot coach and/or administration may impose additional guidelines and procedures. Each Cheerleader/Mascot will receive addenda to the guidelines and procedures as they are made. I am also aware that in the event of a safety issue, the cheer coach may implement a guideline and procedure so the cheerleaders/mascots are safe.

Parent initials: \_\_\_\_\_ Candidate initials: \_\_\_\_\_

I am aware that the expenses involved in cheerleading can surpass \$1000.00 at the high school level and \$500.00 at the junior high school level. I further understand that all expenses must be paid prior to camp, according to due dates set by the coaches. I agree to pay the expenses involved in this sport by the due dates.

I understand that summer camp and fall football practices are mandatory. My daughter/son is able to attend practices and camp for the full time. Failure to attend camp will result in dismissal from the squad.

Parent initials: \_\_\_\_\_ Candidate initials: \_\_\_\_\_

I understand that cheerleading is a time-consuming activity, and that if my son/daughter makes a squad, cheerleading activities must take priority. I have reviewed the attached calendar, but I understand that dates will be added as game/event schedules are finalized.

Parent initials: \_\_\_\_\_ Candidate initials: \_\_\_\_\_

My child has my permission to be a Cheerleader/Mascot in the Conroe Independent School District. I understand that my child cannot try out at more than one CISD school per year. I understand that my daughter/son will be evaluated by qualified judges and evaluated by coaches; we agree to abide by the decision of the judges and coaches. I understand that by the very nature of the activity, cheerleading carries risk of physical injury or death. No matter how careful the participant and coaches are, how many spotters are used, or what type of landing surface is used, this risk cannot be eliminated. I understand these risks and will not hold any CISD personnel responsible in the case of accident of injury.

**Note:** *A cheerleader/mascot will not be allowed to participate in cheerleader/mascot activities until this acknowledgment form is on file with the cheerleader/mascot coach.*

\_\_\_\_\_  
Cheerleader/Mascot's name *(Printed)*

\_\_\_\_\_  
Cheerleader/Mascot's signature

\_\_\_\_\_  
Parent(s) name *(Printed)*

\_\_\_\_\_  
Parent(s) signature

\_\_\_\_\_  
Date

Student's name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Student ID Number: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Student's address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Father's Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Mother's Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Office Number: \_\_\_\_\_

Emergency contact in case parent/guardian cannot be reached:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Medical History

Does your child have a previous history of: Yes No

Bone/joint injury or disease?.....

Neck injury?.....

Being unconscious/knocked out?.....

Seizures/convulsions?.....

Frequent headaches?.....

Bleeding/blood disorders?.....

Heat illness?.....

Allergies (seasonal, insects)?.....

Allergies (medication)?.....

Heart disease?.....

High blood pressure?.....

Heart murmur?.....

Viral infection (mono)?.....

Eye/vision problems?.....

Missing/non-functioning limb?.....

Asthma?.....

Emotional disturbances?.....

Take medication?.....

Had surgery in the past year?.....

Currently under physicians care?.....

Wearing contacts/glasses?.....

Insurance Information

Insured's Name: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Group #: \_\_\_\_\_

Policy #: \_\_\_\_\_

PPO or HMO: \_\_\_\_\_

Explain all yes answers:

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_

I hereby understand that this form is for tryout use only and once tryouts are over I must have a complete physical on file in the training room to participate with the squad.

If in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to the said student by any physician, athletic trainer, nurse, hospital, or school representative: and I do hereby indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

Note: You will not be covered by the Conroe ISD insurance plan during tryouts. Any injury that occurs will be the responsibility of the parent/guardian.

Student's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's/Guardian's signature: \_\_\_\_\_ Date: \_\_\_\_\_