



**CHEERLEADER,  
YELL LEADER AND  
MASCOT TRYOUTS**

**Mandatory Tryout Parent Meeting**  
**Monday February 28<sup>th</sup>- Tryout meeting in the  
TCHS library at 6:30 PM.**

**\*\*All paperwork is due on or before February 28<sup>th</sup>.**

**Mandatory Tryout Evaluations**

**March 7<sup>th</sup> & 8<sup>th</sup> (4:30-6:30 PM)**

**Mandatory Tryout Evaluation**

**Wednesday March 9<sup>th</sup>**

**\*\*Paperwork is on the website: All forms are digital with the exception  
of the physical! This should be filled out by a doctor. You can find all forms  
using the QR code below.**



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**\*All forms in the packet are online submissions with the exception of the Physical form. You must turn in a copy of your physical if you are new to the program and it must have been completed by a doctor within the last calendar year on the date of tryouts.**

## Parental Letter

Dear parents/guardians,

We really appreciate that you and your child are interested in the TCHS cheerleading program. The tryout date this year will be Wednesday March 9<sup>th</sup> in the Varsity gym with the tryout evaluations running March 7<sup>th</sup> and 8<sup>th</sup> in the Varsity/Middle gym at TCHS. Please read all information in the packet carefully and make sure that ALL the correct paperwork is turned in on or before February 28<sup>th</sup>.

### Parent Meeting:

It is very important for each parent and child to understand that there is a great deal of commitment once chosen as a TCHS cheerleader. You and your child need to plan to commit to the full cheer year. The mandatory parent meeting will be in the TCHS library (enter at the front main entrance of the high school) on Monday February 28<sup>th</sup> at 6:30 PM. All participants MUST have a parent/guardian at the meeting and sign off on it in the paperwork to be eligible to tryout. Participants are also highly encouraged to attend the meeting. Please contact Coach Jones if there is a situation beyond your control that keeps you from attending the meeting.

### Paperwork:

You must turn in the following paperwork on or before February the 28<sup>th</sup>. Most of these forms will be digital and need to be completed online. 1. The cheerleader information sheet (digital), 2. TCHS parental permission form (digital), 3. Cheerleader tryout application(digital), 4. Extracurricular Code of Conduct(digital) 5. Physical form (bring in person if new to the program or scan and email), 6. Early graduation form(digital) (if applicable- only for seniors that wish to graduate early). Current team members may use their physicals on file but must have a new one by the coach's deadline. The physical MUST be filled out by a doctor on the provided form only.

### Tryout Evaluations:

All participants MUST attend the evaluation days on March 7<sup>th</sup> and 8<sup>th</sup>. If your child has a conflict with another school function, please talk to the coach about options. All evaluations will run from 4:30-6:30 PM on 3/7 and 3/8 in the middle gym. The tryout will begin at 3:00 PM on the 9<sup>th</sup> starting with the varsity candidates. Candidates must wear black shorts and a white T-shirt/tank top with all white tennis shoes the day of the tryout and during the clinic days. None of the attire should have anything related to cheerleading printed on it. Parent's, please remember that no one is allowed at the clinic or the tryout except for the participants, coaches, administrators, and anyone else approved helping with the clinic or tryout. Tryout results will be posted on the school web site by Friday evening March 11<sup>th</sup>.

All questions and concerns should be directed to the coaches at the parent meeting on February 28<sup>th</sup>. Any questions that may come up after this date may be directed to Coach Jones at 469-948-2550 or by email at [jonesha@lisd.net](mailto:jonesha@lisd.net).

Thanks again for your interest!

Heather Jones-TCHS Varsity Cheer Coach  
Kristen Cagle- TCHS JV Cheer Coach  
Morgan Elledge- TCHS Freshmen Coach

# THE COLONY HIGH SCHOOL CHEERLEADING Guidelines 2022-2023 Lewisville Independent School District



## **Statement of Purpose:**

Being a TCHS Cheer program member is an honor and special privilege. Cheerleaders and spirit groups exist to promote good sportsmanship, good citizenship, wholesome enthusiastic school spirit and are first and foremost representatives of the school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the LISD Code of Conduct. Members of these groups have a fundamental responsibility to play a leadership role in building teamwork and helping the school achieve its goals and objectives. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior and academic achievement both on and off campus than that of their peers. Cheerleaders are expected to be physically and mentally skilled in learning and remembering cheers/routines. They are also expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. On and off the field, they are to enthusiastically support all athletic teams and TCHS groups through advertisement, personal attitude and attendance at events chosen by the coach and approved by the principal.

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## DEFINITION/ELIGIBILITY/COMMITMENT

**DEFINITION:** Cheerleading year: The rules and procedures outlined in this handbook are in effect from the time the student is selected to the cheerleading program until the next tryout date (March to March). These rules apply to cheerleaders, yell leaders and mascots in the program equally. This does not include the academic guidelines. Because of TEA rules, the academic policies are in effect for a school year. The LISD Extracurricular Code of Conduct will be enforced for the duration of the Cheerleading year (March to March).

**ELIGIBILITY-TRYOUT:** A student is eligible to try out for cheerleader if the following conditions are met:

- At the time of the tryout, the student is enrolled in The Colony High School.
- If the student is not currently enrolled in The Colony High School, but is registered to attend the TCHS campus for the next school year, the student may try out at that campus with documentation to support residency within the boundaries of TCHS for the upcoming school year. Campus Administrative approval will be needed.
- \*To be eligible for tryouts, students must have either passed all subjects the preceding grading period or regained UIL eligibility prior to tryouts.

**COMMITMENT:** Candidates selected to be a member of the cheerleading squad are expected to make a commitment to the activity for the full cheerleading year. Parents should help their cheerleader uphold this commitment. Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to tryout for the next year without approval from the coach. The Coach has the right to approve seniors to graduate early as long as approval was given at the time of tryouts and the early graduation contract is signed with the tryout paperwork. Anyone that does not tryout for the team the following year or does not make the team at tryouts will be removed from the cheer period at the end of that grading period. They will finish the current grading period in a study hall period during that class.

## SELECTION/EVALUATION PROCESS

**SELECTION:** The procedures for selection are based on the Cheer Coaches Policies of The Colony HS and from the guidelines in this handbook. The coaches decision for squad selection is final. Parents will not be allowed in the building during any phase of the tryouts.

**TRYOUT GUIDELINES:** The coaches will be responsible for the preparation/distribution of a packet of information to be made available to all candidates. This information will include specific tryout dates, times, attire, and procedures. Candidates and parents must sign a form stating that they understand and will comply with all information in the packet before the student is allowed to participate in the tryout process. TCHS cheerleaders shall be selected by an evaluation made by the coaches during the clinics and tryout. Students wishing to try out for the cheerleading squad must fill out all required paperwork with the team coach by the first day of the clinic before the clinic begins. A physical exam or proof of prior exam is required before a student is allowed to participate in try-outs. A parental permission form is also required. These must be completed before a cheerleader, yell leader, or mascot can participate in any activity. Each student trying out must attend the tryout evaluations to be considered for a team.

### EVALUATION PROCESS:

Candidates will be evaluated on jumps, tumbling, spirit, voice, enthusiasm, motion techniques, game day performance, dance, stunting, attitude, participation and anything else the coach determines. The coaches will watch them during the two clinic days and the tryout day to determine if they execute the skills, attitude and work ethic to be placed on a team. Coaches decisions are final.

### SQUAD DYNAMICS:

**\*The decision to combine squads or move team members up can be done at the discretion of the coaches based on numbers and team needs at any time; this will override the grade level per squad.**

### Varsity:

- Number will be determined by the coaches evaluations at tryouts
- Consists of Junior and Senior females

### **Junior Varsity:**

- Number will be determined by the coaches evaluations at tryouts
- Consists of Sophomore females
- Any junior not making the Varsity squad may be eligible to make the Junior Varsity squad, if they consent in writing prior to the tryout

### **Freshmen:**

- Number will be determined by the coaches evaluations at tryouts
- Consists of freshmen males and females

### **Yell Leaders (Male Cheerleaders):**

-Sophomore, Junior and Senior males will be placed on the JV/V team that the coaches determine is best for the skill level. Freshmen males are only eligible for the freshmen squad.

### **Mascots/Managers:**

-Can be 9<sup>th</sup>-12<sup>th</sup> grade males or females. If there are no mascot candidates that tryout, then cheerleaders that do not meet the cheer tryout criteria can be placed as a mascot. Mascots will receive a PE credit, so they will do all athletic aspects of cheer as designated by the coaches. Mascots will be in the cheer class during football season and will perform at designated football games and pep-rallies. Mascots will also serve as the team manager at times as designated by the coaches. The number of mascots will be determined by the coaches.

### **Captains:**

-The Varsity captain can be chosen by a combination of squad vote, essay evaluation, teacher evaluations and coach's evaluations. The coach will have the final say on the captain process and the selection of captains. The number of captains will be determined by the coach. To be considered for captain, you must be a senior that has already cheered at least one year at the varsity level. A Varsity Co-Captain can be selected from the Juniors if the coaches choose to do so. This Junior must have cheered a full year on the JV team prior. Junior Varsity/Freshmen captains can be chosen by squad vote and coach evaluation. The number of captains and whether or not to have a captain is up to the coach. JV captains should have already cheered at the freshmen level. Captains can be demoted from their position at any time if the coach feels they are not performing to expectations.

### **VIDEO USAGE GUIDELINES:**

If there is an injury prior to tryouts for new candidates, it is at the coaches discretion whether to use a video tryout of skills prior to the injury. Current members will be evaluated on skills witnessed by the coaches.

### **NOTIFICATION OF RESULTS:**

All results will be posted on the school website on the date designated by the coaches.

### **PARENT REQUEST FOR EVALUATION RESULTS:**

Parents may request by email what was witnessed by the coaches in the evaluation process that determined the results. By law, all other student evaluations are protected and cannot be shared with anyone except the coach, principal, or principal designee. No other candidates will be discussed.

## **COMMUNICATION**

Parents have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know if parents have a concern; a parent should discuss concerns with the coach at the appropriate time and place.

### **COMMUNICATION OF THE PARENT:**

Appropriate communication coaches should expect from parents:

- Concerns regarding a son/daughter expressed directly to the coach at the appropriate time and place.
- Specific concerns with regard to the coach's philosophy and/or expectations.
- Notification of any prior schedule conflicts.
- Mental and physical treatment of a student.
- Improvements on which a cheerleader/mascot may need to focus.
- Student Behavior/Safety

Concerns not appropriate for discussion with a coach:

- Squad selection of cheers, chants, stunts or elements of a performance.
- Any situation that deals with other student athletes or squad members.

#### **COMMUNICATION OF THE COACH:**

Communication parents should expect from the coach:

- Requirements and/or feedback the coach has for his/her student and the team.
- Locations and times of practices and performances.
- Team requirements of fees, special equipment, uniforms, squad rules, travel arrangements and off-season expectations.
- Procedures in the event his/her student becomes injured during a performance or practice.

#### **COMMUNICATION BETWEEN PARENT/GUARDIAN, COACH AND SCHOOL:**

There are situations that may require a conference to promote resolution to an issue. If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment: Outline and define objectives for a meeting and stick to discussing facts only.
2. Do not confront the coach before, during or after a practice or performance. Meetings of this nature do not promote resolution of the situation, but often escalate it.
3. Do not attempt to enter the cheerleader athletic class without prior written permission from the Campus Principal or his/her designee during school hours. Parents and guardians are restricted to campus visits under the guidelines for campus visitors in LISD.
4. If the meeting with the coach did not provide a satisfactory resolution, a parent or guardian should follow the following chain of command: (You cannot contact the following if you have not first met with the coach directly)
  - Campus Assistant Athletic Coordinator or Athletic Coordinator
  - Assistant Principal over Cheer
  - HS Principal
  - Assistant District Athletic Director
  - District Athletic Director
  - Assistant Chief of Schools
  - Chief of Schools

### **ACADEMIC ELIGIBILITY**

**ELIGIBILITY:** Academic eligibility begins anew each school calendar year (August) as is the case with UIL sanctioned activities. A student whose recorded grade average in any course is lower than a 70 at the end of a UIL eligibility period shall be suspended from competition or performance. A suspension continues for a least three weeks and is not removed during the school year until the student is passing all subjects taken. This suspension shall become effective seven calendar days after the last day of the UIL eligibility period during which the grade lower than 70 was earned. Refer to board policy for list of courses that are exempt from this policy. A student who regains eligibility at the end of a UIL eligibility period shall not become eligible until the school day seven calendar days later at 4:00 pm. Cheerleaders will continue to attend classes, all practices, fundraisers and community service. Any cheerleader that becomes ineligible will not be allowed to perform, travel with the squad, or wear his/her uniform for any reason for the term of ineligibility without the coaches approval. The Head Coach will determine if the cheerleader(s) is required to attend an event without participation. This state policy regarding eligibility does not apply to social activities. Per the TEA/UIL Eligibility Calendar High School Side by Side, a cheerleader who is ineligible at a Nine Week grading period and two subsequent grading periods in the same or different subjects, will be removed from cheerleading at the next grading period. The participant will only be allowed to tryout the following year with the approval of the campus cheerleading coach.



## GENERAL CONDUCT RULES/EXTRACURRICULAR CODE OF CONDUCT (ECOC)

**GENERAL CONDUCT RULES:** Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the cheerleading squad and the high school they attend and should act accordingly. Any cheerleader removed from his/her squad for disciplinary reasons during the current cheerleading year will not be eligible to participate in the next tryout without approval from the coach. Areas to be reviewed will include but not be limited to a review of the reason(s) for removal and student records since removal (academic grades, discipline records, attitude, etc.) Proper manners should be used at all times to address adults. Mutual respect and politeness toward members within the squad are basic elements that contribute to the total success of the squad.

**IN-SCHOOL SUSPENSION:** Anyone assigned to in-school suspension will be subject to the following actions:

- First Offense – Benched for next event.
- Second Offense – Benched for next event and placed on probation for the duration of the year.
- Third Offense – Removal from squad.

Students assigned to in-school suspension may not perform, wear the cheerleader uniform, or practice with the squad while serving in-school suspension. However, students benched for disciplinary reasons will be required to attend the event, and stand in the designated area by the coaches.

**OUT-OF SCHOOL SUSPENSION:** Anyone assigned out of school suspension will be subject to the following actions:

- First Offense – Benched for next two events, Principal/Coach Review, Placed on probation for duration of school year. Possible dismissal.
- Second Offense – Removal from squad.

Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, or other illegal activities will be subject to review by the coach and principal. Dismissal from the group may result from that review. Any drug/alcohol violations will be disciplined in accordance with the LISD Student Code of Conduct at school or for any school sponsored activities. The LISD Extracurricular Code of Conduct will be implemented if not at school or school sponsored activities. Should any eligibility situation not be covered by the above policy, the UIL eligibility standards will apply. Any member who is expelled or placed in the Alternate Education Program will be removed from the cheerleading squad for the remainder of the school year. The participant will only be allowed to tryout the following year with the approval of the campus cheerleading coach and campus administration.

### **BEHAVIOR CONTRACT:**

Cheerleaders are expected to demonstrate exemplary character at all times. At practice, performances, and all cheer related events, cheerleaders are expected to have a positive attitude, work hard, be willing to learn new things and improve skills, encourage and help teammates, and show respect for each other, coaches, and other staff. Cheerleaders who do not meet these expectations will be counseled by the coach about needed improvement and parents will be notified. If the cheerleader continues to fail to meet these expectations, he/she will be required to meet with a coach and campus administrator and sign a behavior contract. Parents will be notified. Any failure to meet expectations after this point may result in removal from the squad. The Coaches have the right to discipline for poor attitude/behavior with conditioning, benchings or removal at anytime.

### **EXTRACURRICULAR CODE OF CONDUCT (ECOC):**

An extracurricular code of conduct has been developed and approved by the LISD school board. The ECOC must be signed by all cheerleaders and male spirit squad members as part of the tryout paperwork. The extracurricular code of conduct goes into effect from March of the current year until Tryouts of the upcoming year. Any incidents that occur after school hours or on the weekend will be disciplined in accordance with the extracurricular code of conduct, which will supersede the cheerleader constitution during these times. This does not include times that a cheerleader or male spirit squad member is participating at a school sponsored cheerleading event or activity, during which times the campus code of conduct and cheerleader constitution will be enforced. Cheerleading participation takes precedence over any other club, organization, or outside activity.

## DISCIPLINE SYSTEM

### ATTENDANCE/ABSENCE GUIDELINES:

\*Cheerleaders will attend all in/out of school practices and required events. Any absence must be cleared by the Coach prior to the practice/event.

- **EXCUSED:** Illness with a doctor's note/school nurse (unless for emergency reasons, the cheerleader should make every effort to schedule all medical and dental appointments around practice and events), death in the family, absences approved by coach/principal. Students will have one week from the absence to provide a doctor's note in order to be excused.
- **UNEXCUSED:** Work/vacation, personal appointments and any other absence not approved by the coaches. (Excused absences w/o prior notice benched for ½ game; exception, death in the family) Unexcused: Benched one game.
- Cheerleaders cannot miss the last practice before an event (Benched one (1) event).
- Cheerleaders will attend all summer practices (Benched one (1) game per miss).
- **Injuries:** If an injury occurs that keeps the student out of two or more practices, a note from the student's parent or doctor stating the reason will be required. If the injury restricts the student from three or more practices, a doctor's note will be required. This note should state the nature of the injury, the specific length of time of the restriction, the specific task the student cannot perform, and any special instructions. Lack of participation will be categorized as missing practice if there is no note.
- Injured cheerleaders will attend all cheer events.
- If a team member is absent, it is their responsibility to find out what was covered and learn any new material that was missed.
- You must call or email the coach ahead of time to let them know of any absence during the cheer period or after school events.
- An unexcused or excused absence without prior approval could result in being moved to a different position in a routine, game line up or performance. A squad member may also be moved if there is an absence (excused or unexcused) on a day when a routine is being worked on depending on the needs of the routine. A team member that is absent on the day that a paid choreographer or tumbling coach is either in the class period or working with the team after school **MUST** give prior notice since this is considered a scheduled team practice. This absence will result in being removed from the choreography. Each squad member is allowed to use up to 3 absences for situations beyond their control **with at least a weeks prior notice** to the coach for approval. The coach will decide if the absence is an approved reason.
- College visits and other school approved visits must be approved by the coach ahead of time if missing class, events or practice. TCHS Cheerleading should be your first priority after academics.
- All other school activities will not be approved without at least a weeks prior approval from the coach.
- All tutorials and make up work should be scheduled to the best of your ability around the cheer schedule. The coaches do not have to excuse them from practice/events for this reason.

### IN SCHOOL MINOR VIOLATIONS:

These items will be considered minor violations during the cheer class period: dress out, tardies, jewelry/spacers, gum, failure to bring binder, hair/bangs down, nail length, etc. All of these minor violations will result in immediate conditioning designated by the coaches. If the conditioning is not started the first time asked, additional conditioning will be added. If it is not started the second time asked, another additional amount of conditioning will be added. If a coach has to ask a third time, then it will result in an office referral. If a coach misses a minor violation at the start of class and then notices it later, the squad member will be asked to run double for not being upfront with the violation on their own.

### OUT OF SCHOOL MINOR VIOLATIONS:

These items will be considered minor violations and will be dealt with in the following manner: dress out/full uniform (including make up for females), tardies, jewelry/spacers, gum, failure to bring supplies needed (binder, poms, megaphones, etc.), hair/bangs down, nail polish/nail length (only clear or french are allowed), not fulfilling sign crew or committee meeting duties, etc. Three minor violations will result in a half game benching. One half-game benching

per season from minor violations (off season - from tryouts to the start of school, football - from the start of school until Dec. 1<sup>st</sup>, and basketball - from Dec. 1<sup>st</sup> until tryouts) will be allowed to be worked off with assigned conditioning. Work offs will be mandatory to complete if the squad member has not used a work off for that season. Any squad member that does not complete the work off in the designated time will serve their half game benching and will still be responsible for finishing the remainder of the work off in the time designated by the coach. The work offs need to be completed on the coach's scheduled time only. Cheerleaders that are injured at the time a work off is issued will be given other duties if the work off cannot be complete in the allotted time. (i.e. Cleaning and organizing the cheer closet, vacuuming mats, etc.)

**UNEXCUSED TARDIES:** An unexcused tardy that is under 10 minutes will result in a minor violation, unexcused tardies from 10:01-19 minutes will result in a half game benching and unexcused tardies that are 20+ minutes will result in a full game benching and will be considered an unexcused absence.

**SOCIAL MEDIA CONTRACT:** All team members chosen for the TCHS cheer program are required to sign the social media contract. Anyone that is found not following this contract can be subject to immediate dismissal or game benchings. The Coach will decide the consequence, depending on the severity of the contract violation.

### **PRACTICE/PERFORMANCE GUIDELINES**

UIL: One Contest/Per Week: Cheerleaders are not permitted to lead cheers for contests held on separate school nights during the week. Playoff games are an exception to this rule. A school week consists of contests Monday-Thursday. Friday-Saturday contests do NOT count in the calendar week.

Violation of the following guidelines may be dealt with by benching during practice/performance, running, jumping, mat duty, or other physical conditioning as determined by the Coach.

#### **CHEERLEADER GUIDELINES:**

- Appropriate attire when practice/performance begins.
- Hair must be up and secure with natural hair color only. No low pony tails unless length of hair requires that for practice only or half up. The coach will determine what length requires which option.
- Nail length should be considered active length and no polish while in uniform.
- No jewelry during performance, game, pep rally or practice.
- Bring all required items (forms, signs, poms, etc.) at the beginning of practice/performance.
- Be on time to all practices/performances, and also returning from halftime or breaks during an event.
- No leaving practice/performance area without Coach's permission.
- No leaving practice/performance until dismissed by the Coach.
- Must maintain skills demonstrated at tryouts. Failure to maintain these skills may result in benching until skills are regained.
- Must perform game skills at the expectation of the coach.

\*Note that unscheduled practices and events may be called with a 24-hour advance notice.

#### **CLASS PERIOD:**

1. Cheerleaders will have 5 minutes after the tardy bell to get dressed and be in their assigned spot for the cheer class. Any tardy to class, wrong clothes/shoes, hair not properly put up, no binder, jewelry, shorts rolled, etc. will be given immediate conditioning.

2. Practice and class time will consist of the following: stretching, jumping, running, weight training, tumbling, stunting, cheers/chants, routines, sign making and any other skills designated by the coaches.

3. All cheerleaders, yell leaders, and mascots will be required to take the cheerleading class period and will be graded on cheerleading skills as well as class participation, sign making, attitude, and other areas decided by the coaches. Seniors MUST stay in the cheer class the full year to be eligible to attend the end of the year cheer banquet. Only those seniors that need a required course to graduate will be given approval to get out of the cheer class the second semester. This MUST be scheduled the year prior during the scheduling period.

## OTHER CHEER DUTIES

### **SIGN CREW:**

JV/Freshmen cheerleaders will be required to attend designated varsity games to serve as sign crew and must remain at the game until all duties are fulfilled. All sign crew must ride to and from away games with the team. Any sign crew duties that need to be switched with another team member must be approved ahead of time by filling out the game switch form and turning it in to the varsity coach at least a week in advance. Minor violations will be given for each part of the sign crew duty that is not fulfilled. Sign crew **MUST** sit down on the track in the designated area given by the coach and must follow all the same guidelines as the varsity cheerleaders. This means that they should not be using their phones or eating/drinking during the game. This can be done at half time or before or after the game. Sign crew may also be assigned mascot duties if needed.

### **CHEER COMMITTEES:**

Cheer committees will be set up that have meetings determined by the coaches. Meetings are mandatory and will be given class grades or minor violations for any portion of the committee duty that is not fulfilled. Committee meetings are on the calendar that the coaches distribute in advance. Reminders may be given by the coaches, but the cheerleader is responsible for checking calendars on their own and attending all meetings. If a meeting is missed, it is up to the cheerleader to approach the coach about what they missed. Once a squad member has missed a third meeting it will become a benching. At the third miss, they will receive a half game benching, and the 4<sup>th</sup> will be a full game. There will be a full game benching for every miss after the 4<sup>th</sup>.

### **COMMUNITY SERVICE/SOCIALS:**

Community service hours will be set up as a group by the cheer coaches and attendance will be mandatory. If a cheerleader has to miss a community service event for an approved excused reason, then they will be required to make up those hours on their own approved scheduled event. These absences **MUST** be turned in for approval at least one week prior to the event. They will have one month from the scheduled community service date to make up the time and should show proof from the organization that the community service was done with. If it is not made up by this time, then it will be considered a miss from an event and a game benching will be given. All squad members **MUST** attend all required community service to be eligible to attend the end of year cheer banquet. Socials that are paid for by the booster club for the full team will be considered required and unexcused misses will follow the absence guidelines. Any events that a member volunteers for are mandatory once they have committed.

## **BANQUET**

Any squad member quitting the team or removed from the team will not be allowed to attend the end of year cheer banquet as a squad member or as a guest of a squad member. Squad members removed due to injuries will still be able to attend with prior approval from the coaches. Early grad seniors can attend banquet as a team member with coach approval only if the early grad form was filled out at the time of tryouts.

## **SUMMER CAMP GUIDELINES**

Cheerleaders will attend summer camp. Camp is **MANDATORY**. Failure to attend summer camp is reason for dismissal from the squad.

## **UNIFORM GUIDELINES**

### **CHEERLEADERS WILL NOT:**

- Wear uniform to a non-CHEERLEADING function (Eating after a game may be approved by the Coach as an exception to the guideline)
- Lend out uniforms, warm-ups, practice clothes etc. to someone who is not a cheerleader.
- Cut fabric without prior approval from the Coach for uniform alterations.

### **CHEERLEADERS WILL:**

- Turn in uniforms by the scheduled date.
- Be responsible for damage to or loss of any part of a uniform (replacement of uniform or repair cost).

- Uniforms are expected to be washed after each use during the season; it is unacceptable to wear dirty uniforms for performances. Wash uniforms inside out and then hang to dry. DO NOT dry clean, this ruins the emblems.
- Will be charged a cleaning fee of \$50 for unwashed/wet uniforms.

#### **GAME DAY READY:**

- All squad members should look game day ready anytime they are in uniform. Those that do not follow this will sit out until corrected. This will go towards their game benchings.
- Correct full uniform including shoes, top, skirt/pants, hair bow, white ankle socks and cheer issued backpack. This will also include jackets, leggings and crop tops if designated.
- Hair ALL up in a high pony tail (or half up if length is approved by the coach). NO wisps hanging down. Natural hair color only.
- Performance make-up for females.
- NO jewelry.
- Nails correct length/shape and no paint (french only).
- No visible tattoos or hickeys while in uniform.
- Team members should maintain an All-American look as determined by the coach.

#### **LETTER JACKETS:**

Letter jackets are optional and not part of the cheer uniform, so should not be worn with the uniform at games. Those on the Varsity team and those that actually compete on the floor at UIL are eligible to letter in cheer after the season. So these kids would be eligible for the fitting through athletics in the Spring. All letter jacket costs are the responsibility of each individual.

### **GENERAL GUIDELINES**

Cheerleaders will follow all school rules and LISD policy, including dress code (Campus Code of Conduct and ECOC)

#### **GAME BENCHINGS:**

- Accumulation of three (3) benchings (for any reason) will result in a Principal/Coach review and possible removal from the squad. Game benchings will be served at the next football or basketball game after the discipline is assigned.
- Volleyball games will not be used as game benchings. If a coach has too many benched from one game to have a full team, then they may assign the last person disciplined to the next game.
- If a member is removed or quits the team, they are responsible for reimbursement to the booster club if payments for tumbling class or any other fees have already been paid out.
- All rules set forth are general rules and guidelines for all TCHS cheerleaders and male spirit squad members. Failure to comply may at times require judgement calls to be made. These decisions will be left up to the individual Coaches for each squad.

**Coaches reserve the right to upgrade any penalty (immediate benching, office referral or removal) depending on the severity of the situation. Any conduct considered unbecoming of the program can be suspended from trying out for the program indefinitely. Coaches will determine what action will be taken in response to a situation on a case-by-case basis, and at their sole discretion.**

### **SAFETY GUIDELINES**

- Cheerleader squads should be placed under the direction of a knowledgeable coach.
- The Cheerleading coach or other knowledgeable designated school employee will be in attendance at all practices, performances, functions, and will ride with the team members on the bus when bus transportation is required.
- All Cheerleaders should receive proper training before attempting any form of cheerleading (tumbling, partner stunts, pyramids, and jumps).
- If possible, all practice sessions should be held in a location suitable for the activities of cheerleaders, i.e., use of tumbling mats where warranted, away from excessive noise and distractions, etc.

- Training in proper spotting techniques should be mandatory for all squads attempting Cheerleader skills; i.e., camp.
- Warm-up and stretching should precede all practice sessions, pep-rallies, games and performances.
- If possible, all cheerleading squads should develop a conditioning and strength-building program.
- Coaches must recognize the entire squad's particular ability level and adjust the squad's activity accordingly.

**SPECIFIC SAFETY GUIDELINES:** All U.S. All Staff Federation and USA Cheer guidelines will be followed at all times.

## **CHEERING ACTIVITIES**

### **FOOTBALL:**

- Varsity Cheerleaders-cheer at all varsity games
- JV and Freshmen Cheerleaders-cheer at JV and Freshman home games, respectively
- Playoff games will be covered if squads are available and as determined by the principal and/or coach.

### **VOLLEYBALL:**

- V, JV and FR squads will cheer at Varsity Volleyball games as determined by coaches.
- FR and JV squads will cheer at FR and JV home games and possibly cover some varsity games.
- Playoff games will be covered if squads are available.

### **BASKETBALL:**

- Cheering is limited to district games only.
- Varsity Cheerleaders – All V boys and girls district home games should be covered.
- JV Cheerleaders – JV will cover Girls/Boys JV home district games and will cover Varsity games as needed.
- Freshmen Cheerleaders – Freshmen will cover Girls/Boys district home games and Varsity games as needed.
- Playoff games will be covered if squads are available and as determined by the coach.

### **OTHER SPORTS/EVENTS:**

All playoff games designated by the coach to cheer are mandatory. Note that playoff games are not on the regular calendar and will have a shorter notice than other events, performances and games. Cheerleaders will cheer for any other sports as designated by the coaches.

### **COMPETITION SQUADS:**

- UIL competition will be required and can be chosen from freshmen, JV and Varsity squads.
- Performance competition teams may also be chosen at the discretion of the coaches and also will be chosen by the coaches/choreographer from the freshmen, JV and Varsity teams.
- Those chosen for the UIL/competition team will be expected to fulfill their commitment to that team. Refusal to compete on a competition team if chosen could remove them from all cheer duties.
- Competition team members may be asked to pay extra fees or participate in extra fundraisers to cover the cost of these fees.
- Competition teams are considered a privilege; the coaches have the right to remove anyone from the team at anytime. No one's spot on the competition team is permanent; members can be moved for any reason as the coach sees fit.

## **TRANSPORTATION**

### **TRANSPORTATION:**

Cheerleaders must utilize designated transportation. In emergency situations, students may ride home with their parent with prior approval in writing. Parents may be used to drive students to and from events where a school bus is not provided such as camp and competitions.

## **BOOSTER CLUBS/PARENT EXPECTATIONS**

### **BOOSTER CLUBS:**

ALL BOOSTER CLUBS WILL FOLLOW LISD GUIDELINES. Booster clubs are optional, but may be allowed at the discretion of the principal and coach. Booster clubs are formed by school patrons to help enrich an organization's participation in extracurricular activities. This should be their primary focus.

Fund raising activities should support the educational goals of the school and cheerleading squad, but they should not exploit students. Booster clubs should have a board of directors made of at least a President, Vice President and Treasurer. There should be at least two signatories on booster club checks. A detailed list of income and expenditures should be published by the Treasurer for the membership on a monthly basis. Cheerleaders shall not be required to pay dues to a booster club. Cheerleaders shall not be required to raise money if a parent prefers to pay the students' cost. Certain fundraising activities of the booster club may result in a donation to the school cheer activity fund.

#### **MEETINGS:**

All parents should try to attend the booster club meetings to stay informed with the program and will be required to attend at least one fundraiser to help the team. Tryout meetings and after tryout meetings will be MANDATORY for all team members parents. All freshmen parents and new parents to the program MUST attend an additional after tryout parent meeting to be designated by the coaches

#### **BEHAVIOR:**

Relatives and friends should understand that the cheerleaders have responsibilities during games, pep-rallies, performances, and practices. Therefore, they may only take photos or talk to the cheerleader after their responsibilities are completed.

Parents should remember that cheerleading is a team sport, suspending cheerleading activities as a punishment will punish the entire team and will not be excused.

Parents are expected to help out with events/activities as needed by the program; it is not acceptable to expect other parents to complete all required duties. All parents are expected to support the program as equally as possible and are required to help out with at least one team fundraiser. JV/Freshmen parents are also required to volunteer to work at least one spirit table fundraiser in addition to the team fundraiser.

### **MONIES COLLECTED/COSTS**

#### **MONIES COLLECTED BY COACHES:**

Cheerleader coaches collecting monies from students for a school account only will give receipts to students stating the amount of monies collected and what the money is to be paid toward (trip, uniform, banquet, etc.). Coaches have no access to booster club funds and information regarding this account will be supplied by the booster club.

#### **PROGRAM COSTS:**

A listing of additional costs can be obtained from the cheerleading coach and will be included in the campus tryout packet.

#### **HONORARY CHEER MEMBERS:**

Honorary Cheer Members are students from our TCHS Life Skills class that would like to join the cheer team without going through a tryout process. These team members will follow the separate Honorary cheer member guidelines and will have a more flexible schedule. See the contract for the Honorary Cheer Member guidelines. Any Life Skills student that would like to try out for the team under the TCHS guidelines may do so, but will need to meet the skill requirement of the cheer program.

## Cost Estimate Sheet

**\*Note: Some prices are based on last year's prices and are subject to change a little. THERE WILL BE FUNDRAISERS AND PAYMENT PLANS OFFERED!!!**

### Returning Varsity and Junior Varsity members

\$201.50-\$370.55 Basic Uniform (provided all their other items are in good condition)- 2 pr. Shoes-\$85.50, megaphone (Sr. only)-\$36.05, camp hair ribbon/pink out bow- \$16, pep-rally/booster club shirts/accessories/Hoco costume/camp gift/pink out socks- \$100, New uniform to keep (Sr only)- \$133  
\$150 Camp/practice outfits (4 shorts/5 shirts)  
\$423 NCA Camp (4-day overnight camp, includes meals and housing)

**TOTAL= \$774.50-\$943.55**

### New Cheerleaders

\$520.50-\$689.55 Basic Uniform- crop top- \$22, black leggings- \$26, 1 pr. of briefs- \$14.25, 1 pr. of metallic poms- \$42.50, megaphone (Sr. only)- \$36.05, 2 pr. of shoes- \$85.50, monogrammed warm up suit- \$146, monogrammed backpack- \$35, uniform hair bow- \$14.25, black sports bra- \$19, pep-rally/booster club shirts/accessories/Hoco costume/camp gift/pink out socks- \$100, camp hair ribbon/pink out bow- \$16, New uniform to keep (Sr. only)- \$133  
\$150 Camp/practice outfits (4 shorts/5 shirts)  
\$423 NCA Camp (4-day overnight camp, includes meals and housing)

**TOTAL= \$1093.50-\$1262.55**

### Mascots (will vary for male/female)

**\*See Coach for price options**

### Yell Leaders

\$415.05 Basic Uniform- 2 pr. shoes- \$100 (will depend on what they get), monogrammed warm up- \$146, monogrammed backpack- \$35, megaphone- \$36.05, pep-rally/booster club shirts/accessories/Hoco costume/camp gift/pink out accessories- \$100. \*Returning Yell Leaders will have lower costs if items are kept in good shape from year to year.  
\$150 Camp/practice outfits (4 shorts/5 shirts)  
\$423 Camp

**TOTAL= \$990.05**

**\*Everyone add \$15 for shipping and 8.25% for tax to their order!**

**Other cost through the year:**

-Letter jackets are optional and WILL NOT be purchased through the cheer order. Varsity cheerleaders and those that compete at UIL can be fitted through athletics and will pay for them on your own.

**\*Several fundraisers will be set up to help cover costs. If there are any problems getting Money by the deadlines, please see Coach Jones prior to tryouts to discuss options. Booster club dues are approximately \$35-\$85 (depending on what team you are on) and will cover MOST little expenses throughout the year so that you don't have to pay out of pocket at that time. Payment plans will be set up for the booster club dues, but all must be paid by the August deadline. The UIL/competition teams will have additional cost, but fundraisers will also be offered to help cover these costs.**





# MAR2022

Tentative All-Squad Calendar

SUN MON TUE WED THU FRI SAT

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|           |  |   |   |                           |   |           |
|-----------|--|---|---|---------------------------|---|-----------|
|           |  | <b>01</b>   | <b>02</b>   | <b>03</b>                 | <b>04</b><br>Tryout<br>Material<br>Posted by 4<br>PM. | <b>05</b> |
| <b>06</b> | <b>07</b><br>Cheer Tryout<br>Evals. 4:30-<br>6:30 in TCHS<br>Gym.  | <b>08</b><br>Cheer Tryout<br>Evals. 4:30-<br>6:30 in TCHS<br>Gym.             | <b>09</b><br>Cheer<br>Tryouts<br>starting with<br>Varsity at 3<br>PM. | <b>10</b>                 | <b>11</b><br>Tryout<br>Results<br>Posted by 4<br>PM.  | <b>12</b> |
| <b>13</b> | <b>14</b><br>Spring Break  | <b>15</b><br>Spring Break   | <b>16</b><br>Spring Break   | <b>17</b><br>Spring Break | <b>18</b><br>Spring Break                             | <b>19</b> |
| <b>20</b> | <b>21</b><br>Uniform Fittings:<br>V-2:15-3:35<br>JV-3:35-4:35<br>F- 4:35-5:35<br>Mandatory After<br>Tryout Parent<br>Meeting @6:30 in<br>TC Library. 1 <sup>st</sup><br>pymt. of \$350<br>due! | <b>22</b><br>Uniform Fittings:<br>V-2:15-3:35<br>JV-3:35-4:35<br>F- 4:35-5:35 | <b>23</b>   | <b>24</b>                 | <b>25</b>   | <b>26</b> |
| <b>27</b> | <b>28</b>  | <b>29</b>   | <b>30</b>   | <b>31</b>                 |   |           |

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# APR 2022

Tentative All-Squad Calendar

SUN MON TUE WED THU FRI SAT

01 02

V-Cheer Baseball @7:30 Be there @7:15. Wear BC shirt, warm up pants and cheer shoes.  
Paige's B-Day!

03 04 05 06 07 08 09

All-Squad Practice 4:30-6.  
Booster Club mtg. @6:30 in TC Cafeteria.

JV Cheer Softball @6:45 Be there @ 6:30. Wear BC shirt, warm up pants & cheer shoes.

10 11 12 13 14 15 16

All-Squad Practice 4:30-6.

JV Cheer softball @6:45. Be there @6:30. V-Cheer baseball @7:30. Be there @7:15. Both wear BC shirt, warm up pants and cheer shoes.

No School

17 18 19 20 21 22 23

No School

2<sup>nd</sup> pymt. of \$350 due.

JV Cheer softball @6:45 Be there @6:30. V-Cheer baseball @7:30 Be there @7:15. Both wear BC shirt, warm up pants and cheer shoes.

Carissa's B-Day!

24 25 26 27 28 29 30

All-Squad Practice 4:30-6.  
Melissa's B-Day!

V-Cheer baseball @7:30. Be there @7:15 Wear BC shirt, warm up pants and cheer shoes.



# MAY 2022

Tentative All-Squad Calendar

SUN MON TUE WED THU FRI SAT

**01** **02** **03** **04** **05** **06** **07**

Practice 4:30-6. BC Mtg. @6:30 in Coach Jones classroom.

Practice 4:30-5:30.

**08** **09** **10** **11** **12** **13** **14**

Practice 4:30-6.

Practice 4:30-5:30.

**15** **16** **17** **18** **19** **20** **21**

Final Pymt. Due

**22** **23** **24** **25** **26** **27** **28**

Exams

Exams Last Day of School. Early Release.

**29** **30** **31**



# JUN 2022

Tentative All-Squad Calendar

| SUN                          | MON                                      | TUE       | WED                                       | THU                                    | FRI                                    | SAT                                    |
|------------------------------|--|-----------|---|--|--|--|
|                              |  |           | <b>01</b><br>Camp at SMU.<br>Details TBA. | <b>02</b><br>Camp at SMU. Details TBA. | <b>03</b><br>Camp at SMU. Details TBA. | <b>04</b><br>Camp at SMU. Details TBA. |
| <b>05</b>                    | <b>06</b><br>Click here to replace text. | <b>07</b> | <b>08</b>                                 | <b>09</b>                              | <b>10</b>                              | <b>11</b>                              |
| <b>12</b><br>Selena's B-Day! | <b>13</b>                                | <b>14</b> | <b>15</b>                                 | <b>16</b>                              | <b>17</b>                              | <b>18</b>                              |
| <b>19</b>                    | <b>20</b>                                | <b>21</b> | <b>22</b>                                 | <b>23</b>                              | <b>24</b>                              | <b>25</b>                              |
| <b>26</b>                    | <b>27</b>                                | <b>28</b> | <b>29</b>                                 | <b>30</b>                              |  |  |

## Links to Tryout Forms to Complete

Cheerleader Information Sheet:

<https://forms.gle/v9XAq3JgTRSbRrk8>

TCHS Parental Permission Form:

<https://forms.gle/Dm1Jmib1zGYGd4gm9>

Cheerleader Tryout Application:

<https://forms.gle/woPi84gPUK5joEix5>

Extra-Curricular Code of Conduct:

<https://form.jotform.com/220156899058062>

Early Graduation Form (Only fill this out if you are a Senior that plans to graduate early):

<https://forms.gle/LxknoEcXpXP3tmED8>

**PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY**

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

Student's Name: (print) \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

*In case of emergency, contact:*

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers in the box below\*\*. Circle questions you don't know the answers to.

|  |   |                                    |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
|--|---|------------------------------------|--------------------------------|------------------------------|-------------------------------|----------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------------|--------------------------------|-------------------------------|------------------------------------|-----------------------------------|---------------------------------|--------------------------------|------------------------------------|-------------------------------|--|
| <p>1. Have you had a medical illness or injury since your last check up or physical? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>2. Have you been hospitalized overnight in the past year? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever had surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>3. Have you ever had prior testing for the heart ordered by a physician? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever passed out during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever had chest pain during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Do you get tired more quickly than your friends do during exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever had racing of your heart or skipped heartbeats? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you had high blood pressure or high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever been told you have a heart murmur? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Has any family member or relative died of heart problems or of sudden unexpected death before age 50? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Has a physician ever denied or restricted your participation in activities for any heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Have you ever had a head injury or concussion? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever been knocked out, become unconscious, or lost your memory? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 If yes, how many times? _____<br/>                 When was your last concussion? _____<br/>                 How severe was each one? (Explain below) _____<br/>                 Have you ever had a seizure? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Do you have frequent or severe headaches? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever had numbness or tingling in your arms, hands, legs or feet? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you ever had a stinger, burner, or pinched nerve? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>5. Are you missing any paired organs? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>6. Are you under a doctor's care? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>9. Have you ever been dizzy during or after exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>11. Have you ever become ill from exercising in the heat? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>12. Have you had any problems with your eyes or vision? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> | <p>13. Have you ever gotten unexpectedly short of breath with exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Do you have asthma? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Do you have seasonal allergies that require medical treatment? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>15. Have you ever had a sprain, strain, or swelling after injury? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you broken or fractured any bones or dislocated any joints? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <input type="checkbox"/> Yes <input type="checkbox"/> No<br/>                 If yes, check appropriate box and explain below:</p> <table border="0" style="width:100%;"> <tr> <td><input type="checkbox"/> Head</td> <td><input type="checkbox"/> Elbow</td> <td><input type="checkbox"/> Hip</td> </tr> <tr> <td><input type="checkbox"/> Neck</td> <td><input type="checkbox"/> Forearm</td> <td><input type="checkbox"/> Thigh</td> </tr> <tr> <td><input type="checkbox"/> Back</td> <td><input type="checkbox"/> Wrist</td> <td><input type="checkbox"/> Knee</td> </tr> <tr> <td><input type="checkbox"/> Chest</td> <td><input type="checkbox"/> Hand</td> <td><input type="checkbox"/> Shin/Calf</td> </tr> <tr> <td><input type="checkbox"/> Shoulder</td> <td><input type="checkbox"/> Finger</td> <td><input type="checkbox"/> Ankle</td> </tr> <tr> <td><input type="checkbox"/> Upper Arm</td> <td><input type="checkbox"/> Foot</td> <td></td> </tr> </table> <p>16. Do you want to weigh more or less than you do now? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>17. Do you feel stressed out? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><i>Females Only</i></p> <p>19. When was your first menstrual period? _____<br/>                 When was your most recent menstrual period? _____<br/>                 How much time do you usually have from the start of one period to the start of another? _____<br/>                 How many periods have you had in the last year? _____<br/>                 What was the longest time between periods in the last year? _____</p> <p><i>Males Only</i></p> <p>20. Do you have two testicles? _____</p> <p>21. Do you have any testicular swelling or masses? _____</p> | <input type="checkbox"/> Head      | <input type="checkbox"/> Elbow | <input type="checkbox"/> Hip | <input type="checkbox"/> Neck | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh | <input type="checkbox"/> Back | <input type="checkbox"/> Wrist | <input type="checkbox"/> Knee | <input type="checkbox"/> Chest | <input type="checkbox"/> Hand | <input type="checkbox"/> Shin/Calf | <input type="checkbox"/> Shoulder | <input type="checkbox"/> Finger | <input type="checkbox"/> Ankle | <input type="checkbox"/> Upper Arm | <input type="checkbox"/> Foot |  |
| <input type="checkbox"/> Head  | <input type="checkbox"/> Elbow  | <input type="checkbox"/> Hip       |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
| <input type="checkbox"/> Neck  | <input type="checkbox"/> Forearm  | <input type="checkbox"/> Thigh     |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
| <input type="checkbox"/> Back  | <input type="checkbox"/> Wrist  | <input type="checkbox"/> Knee      |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
| <input type="checkbox"/> Chest   | <input type="checkbox"/> Hand   | <input type="checkbox"/> Shin/Calf |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
| <input type="checkbox"/> Shoulder  | <input type="checkbox"/> Finger   | <input type="checkbox"/> Ankle     |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |
| <input type="checkbox"/> Upper Arm   | <input type="checkbox"/> Foot   |                                    |                                |                              |                               |                                  |                                |                               |                                |                               |                                |                               |                                    |                                   |                                 |                                |                                    |                               |  |

An electrocardiogram (ECG) is not required. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I have read and understand the information about cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.

EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

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 said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL**

Student Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

**For School Use Only:**

This Medical History Form was reviewed by: Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_

**PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION**

Student's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_/\_\_\_\_ (\_\_\_\_/\_\_\_\_, \_\_\_\_/\_\_\_\_)  
brachial blood pressure while sitting

Vision: R 20/\_\_\_\_ L 20/\_\_\_\_ Corrected:  Y  N Pupils:  Equal  Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. \* **Local district policy may require an annual physical exam.**

|  | NORMAL | ABNORMAL FINDINGS | INITIALS* |
|--|--------|-------------------|-----------|
| <b>MEDICAL</b>   |        |                   |           |
| Appearance   |        |                   |           |
| Eyes/Ears/Nose/Throat  |        |                   |           |
| Lymph Nodes  |        |                   |           |
| Heart-Auscultation of the heart in the supine position.                              |        |                   |           |
| Heart-Auscultation of the heart in the standing position.                            |        |                   |           |
| Heart-Lower extremity pulses   |        |                   |           |
| Pulses   |        |                   |           |
| Lungs  |        |                   |           |
| Abdomen  |        |                   |           |
| Genitalia (males only)   |        |                   |           |
| Skin   |        |                   |           |
| Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis) |        |                   |           |

**MUSCULOSKELETAL**

|               |  |  |  |
|---------------|--|--|--|
| Neck          |  |  |  |
| Back          |  |  |  |
| Shoulder/Arm  |  |  |  |
| Elbow/Forearm |  |  |  |
| Wrist/Hand    |  |  |  |
| Hip/Thigh     |  |  |  |
| Knee          |  |  |  |
| Leg/Ankle     |  |  |  |
| Foot          |  |  |  |

\*station-based examination only

**CLEARANCE**

Cleared  
 Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_

*The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.*

Name (print/type) \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Signature: \_\_\_\_\_

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.