



2025-2026 TCHS Cheerleader,
Yell Leader and Mascot Tryout
Parent Meeting





TCHS Cheer Coaches

Varsity Cheer Coach:

Heather Jones

- **Former Tyler Junior College and UNT cheerleader for 4 years.**
- **Graduated from UNT with a Bachelor of Fine Arts. Currently teach Art 2, 3 and 4 Drawing, and AP Art at TCHS. Going into 28th year teaching and coaching at TC and 29th year teaching total.**
- **NCA staff/head instructor/judge –18 years.**
- **NCA Coaches certification program for 6 years.**
- **NCA judge for tryouts and local and state competitions.**
- **Texas Girls Coaches Association Spirit Committee for 10 years.**





TCHS Cheer Coaches

JV Cheer Coach

Maddie McClain

- OSU Small Coed Cheerleader for 1 year
- Graduated from OSU with a Bachelor of Arts in Strategic Communication.
- TC Cheer alumni
- Competitive Cheerleader at Express Cheer for 11 years
- Competitive dancer
- Starting 4th year teaching English at TCHS
- Starting 4th year coaching the freshmen/JV team at TCHS



TCHS Cheer Coaches

Freshmen Cheer Coach

Caroline Kai

- **Graduated from UNT with a Bachelor of Business Administration in Human Resource.**
- **Former MLB Cheerleader for the Texas Rangers.**
- **Former UTD Cheerleader for 1 year.**
- **Former competitive cheerleader for 12 years at CA and EC Athletics.**
- **Starting 3rd year teaching at TCHS.**
- **Starting 3rd year coaching the freshmen cheer team at TCHS.**

Tryout Paperwork/Eligibility



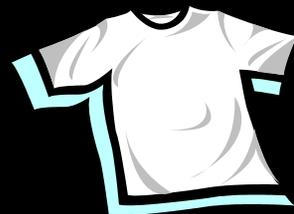
***All Tryout Papers are due by February 24th!**

- **Cheerleader Information Sheet (online form)**
- **Cheer Tryout Parent Permission Form (online form)**
- **Cheerleader Tryout Application (online form)**
- **Extracurricular Code of Conduct (print and complete)**
- **Physical form** (filled out by a physician; current cheerleaders can use the one they have on file as long as it is still up to date. Those in other sports that have one, need to bring a copy of it if it is up to date.) *Can be turned in by the start of the first clinic date of March 3rd.
- **Early Graduation Contract (online form)** (if applicable- only for seniors that plan to graduate early and have talked to the coaches)



Evaluations and Tryouts

- * The tryout material will be posted on the TCHS Cheer website after school on Friday February 28th. Everyone should learn the tryout material prior to Monday's evaluations. We will not teach it, only go over it at the clinic.**
- Mandatory evaluations March 3rd and March 4th in the TCHS middle gym. These dates will be from 4:30-6:30.**
- Mandatory Tryouts March 5th starting with Varsity in the cheer class period in the large gym. JV needs to be here right after school. Meet in the middle gym. Freshmen need to arrive no later than 4:30.**
- All candidates need to wear a white T-shirt with black athletic shorts and all white tennis shoes all 3 days. No spunks/booty shorts!**
- Hair should be all up and there is no jewelry allowed. Nails should be active length. Make sure you look presentable each day!**





Evaluations and Tryouts

- **Parents/spectators will not be allowed in the building during any phase of the clinic or tryout. Only coaches and administration will be allowed in the tryout gym. Outgoing seniors may help in the warm up gym if designated by the coaches.**
- **Squad make up: Freshmen tryout for the freshmen team, Sophomores and Juniors tryout for the JV team and Juniors and Seniors tryout for the Varsity team. There are no minimum or max numbers for teams anymore, but our budget also has not increased for uniforms. The number on the team will be determined by the coaches evaluations! *The decision to move team members up can be done at the discretion of the coaches and based on numbers and team needs.**
- **Mascots/Yell Leaders are determined by the number that tryout. Yell Leaders (sophomores-seniors) will tryout for Varsity first and then if they don't meet the skill level for varsity, they can be placed on the JV team if the coach feels their evaluation meets the JV team level. Freshmen males will only tryout for the freshmen team.**



Evaluations and Tryouts



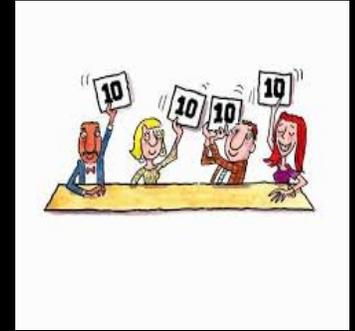
- The mascots will create a skit that can use music and others trying out for cheer. They will be given a prop to incorporate that will be posted on the website February 28th along with the tryout material. This prop will be used in their skit along with any other props of their choice. The mascot skit should be around 2 minutes or under.
- Captains- varsity captains must be a senior that has already cheered one year on varsity. They can be chosen by a combination of squad vote, essay evaluation, teacher evaluations and coach's evaluation. Depending on squad size and needs of the team, the coaches can also choose a junior co-captain if they feel it is necessary for the team. JV/F captains will be chosen by squad vote and coach's evaluation. JV captains should have already cheered at the freshmen level. The number of captains will be determined by the coaches. A captain can be demoted from their position at any time if the coach feels they are not performing to their expectations. It is the coaches decision whether or not to have a captain for their team.

Evaluations and Tryouts



- **There will not be any call backs!**
- **If there is an injury prior to tryouts for new candidates, it is at the coaches discretion whether to use a video of skills prior to the injury. Current members will be evaluated on skills/attitude witnessed by the coaches through the season.**
- **Candidates will not be allowed to “chunk” tumbling skills! If they can not perform the skill safely without a spot on the correct surface, they do not need to attempt it during evaluations.**
- **Final results will be published on the school web site on Friday March 7th.**
- **Request for the coaches feedback from tryouts can be done by email to the head coach. You are only allowed to be given your child’s evaluation feedback.**

Evaluations and Tryouts



- **Candidates will be evaluated on jumps, spirit, standing tumbling, running tumbling, voice, motion technique, memory of cheer and dance, game day performance, dance, stunting (skill level and technique), attitude, participation and anything else the coach determines. The coaches will watch them during the two evaluation 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.**
- **We do have a rubric that shows a point range for each category. This is posted on the Tryout tab on our website.**
- **Your child still can make the team if they don't throw a certain skill and receive a 0 in that category; don't let that discourage**

Evaluations and Tryouts

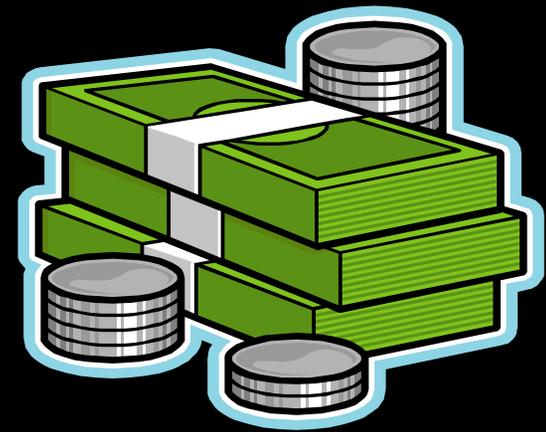


- **How the Evaluation and Tryouts will run:**

- All candidates should wear the black short and white shirt each day of evaluations/tryouts. They will be issued a number each day that they will need to wear all 3 days. (This will be the same number, but we will give you a new sticker each day so you don't have to worry about keeping up with it)
- We will evaluate all the skill based items on Monday and Tuesday of the evaluations. This will include: 3 consecutive jumps, running tumbling with a spirited entrance, standing tumbling and their stunt skills. They will get several chances to show these skills during evaluations.
- Each candidate will need to perform the stunts in the stunt groups designated by the coaches. If time permits, they can show a skill in a group of their choice. Some candidates may be asked to show multiple stunt parts.
- On the tryout day (March 5th) they will only be performing their cheer and dance portion. They will come into the gym in a group of 3, perform the cheer individually and then the dance in the group of 3. They will be evaluated on: voice, motion technique, memory, crowd leading and dance/ rhythm.

Cost Estimate Sheet

(See handout in packet for costs)



Cheer Guidelines

Page 1



Purpose: Promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit and representatives of their school.

Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the rules as stated in the LISD Student Code of Conduct.

Cheerleaders are expected to maintain a higher standard of behavior both on and off campus and with academic achievement than that of their peers.

On and off the field they are to enthusiastically support all TCHS athletic teams and groups.

Cheer Guidelines

Page 3



- **Cheer guidelines are from March to March. These rules apply to cheerleaders, yell leaders and mascots.**
- **Academic eligibility- students must have passed all subjects the preceding grading period or regained UIL eligibility in order to participate.**
- **Commitment- Cheerleading is a year long duty, any cheerleader that quits will not be allowed to tryout the next year without coach approval. 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 grad contract is signed with the tryout ppw.**
- **The decision to combine squads or move team members up can be done at the discretion of the coaches at any time based on numbers and team needs; this will override the grade level per squad.**

Cheer Guidelines

Page 4-5



Communication of the Parent:

- Concerns regarding their child expressed directly to the coach at the appropriate time and place.
- Specific concerns with regard to the coach's philosophy/expectations.
- Notification of schedule conflicts.
- Mental and physical treatment of a student.
- Improvements on which a cheerleader may need to focus.
- Student behavior/safety.

Concerns not appropriate for discussion with coach:

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

Cheer Guidelines

Page 5

Communication of the Coach:

- Requirements/feedback the coach has for the student/team.
- Locations/times of practices and performances.
- Team requirements of fees, special equipment, uniforms, team guidelines, travel arrangements, etc.
- Procedures in the event of an injury during a performance/practice.

Communication between parent, school and coach:

- Call to set up appointment
- Outline objectives of meeting
- Do not confront coach outside of meeting or during cheer practice, class or performances.
- You **MUST** contact your squad coach before taking an issue to the next level! (See the guidelines for the chain of command)

Cheer Guidelines

Page 5

- All cheerleaders, yell leaders and mascots follow UIL guidelines for grade eligibility.
- 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.
- Ineligible squad members will still attend classes and all practices.
- A squad member that is ineligible for 3 grading periods due to grades will not be eligible for tryouts the following year without coach and administration approval and will be removed from cheerleading at the 3rd failing grading period.



Cheer Guidelines

Page 6



Discipline- Any member removed for disciplinary reasons will be ineligible to tryout the following year without coach and principal/AD approval.

In School suspension (ISS)

1st offense: Benched for one event.

2nd offense: Benched one event and placed on probation.

3rd offense: Removal from squad.

***Students in ISS may not wear the uniform to school or practice during school.**

Out of school suspension

1st offense: Benched for two events and principal/coach review for possible dismissal.

2nd offense: Removal from squad.

District Alternative Education Program (DAEP)- Any student assigned to DAEP or expelled will be removed from the cheerleading program.

Anyone that is assigned Out of school suspension or DAEP will only be allowed to tryout the following year with coach and administrative approval.

Any eligibility situation not covered by these policies will use UIL standards.

Cheer Guidelines

Page 6



Behavior Contract:

- **Cheerleaders are expected to demonstrate exemplary character at all times!**
- **They should have a positive attitude, work hard, be willing to learn new things, improve skills, encourage teammates and show respect for each other, coaches and other staff!**
- **Those that do not meet expectations will be counseled by the coach with parent notification. If it continues, then they will sign the behavior contract and could be removed from the team.**

Cheer Guidelines

Page 6



- **Extracurricular Code of Conduct (ECOC)- Use of drugs, alcohol or other illegal activities will be punished by the ECOC.**
- **Any incident that happens off campus or after school hours will be disciplined through the ECOC, which will supersede the district guidelines during this time.**



Cheer Guidelines

Page 7



- **Attendance/Absences**- any absence must be cleared by the coach ahead of time. Excused: illness with a doctor's note/ school nurse, death in the family, absences approved by coach/principal. All appointments should be scheduled around cheerleading. Unexcused: work/vacation, personal appointments and any other absence not approved by the coach. Excused absences without prior notice is a half game benching and unexcused absences is a full game benching.
- Cannot miss the last practice before an event or benched that event.
- Must attend all summer practices.
- An injury that keeps a student out of two practices will require a note from parent or Dr. If it is 3 or more days, then a Dr. note is required! The note **MUST** be specific of the length of time out and what cheerleading skills can and cannot be performed!
- You **MUST** contact the coach on SportsYou anytime you are absent from the cheer period or for after school events!

Cheer Guidelines

Page 7

- **Injured team members are still required to attend all practices and events.**
- **In the case of an absence, it is the team members responsibility to find out what was covered and learn any new material missed.**
- **Absences can result in being moved to a different position in a routine, game line up or performance.**
- **If there is an absence not approved on the day that a paid choreographer is in attendance then you will be removed from that routine.**
- **Each team member is allowed to use up to 3 absences for situations beyond their control with at least a weeks notice to the coach for approval.**





Cheer Guidelines

Page 7



- * College visits and other school approved visits must be approved by the coach ahead of time if missing class, events or practice.**
- * All other school activities will not be approved without at least a weeks prior approval from the coach. School field trips will not be excused during competition season or other important performances. TCHS Cheer takes precedence over any other club, organization, sport or outside activity.**
- * 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 give excused absences for this reason.**

Cheer Guidelines

Page 8



- **Practice/Performance Guidelines:**

- ***Team members can cheer one contest per week per UIL. A school week consists of Mon-Thurs. Fri/Sat do not count in the calendar week. Exceptions are given for playoffs.**

- ***Violations/game benching's and conditioning can be given for not following these guidelines: appropriate cheer attire, hair all up and secure with natural color only, nail length, jewelry, bringing in required items on time, leaving the practice/performance area without permission, maintaining skills performed at tryouts and performing skills at the expectations of the coach.**

Cheer Guidelines

Page 8



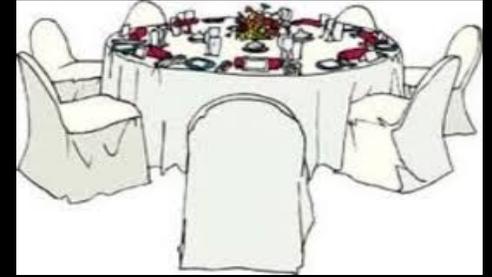
- **Class Period:**

- All team members are required to take the 4th per. cheer class and will be graded on all cheer duties and skills.
- Team members will have 5 min after the tardy bell to get dressed and be in their assigned spot for cheer class.
- Tardies, wrong clothes/shoes, hair not properly put up, jewelry on, shorts rolled, etc. will be given immediate conditioning.
- Practice can consist of stretching, jumping, running, weight training, tumbling, stunting, cheers/chants, routines, sign making and anything else designated by the coaches.



Cheer Guidelines

Page 9



- **Community Service**- will be set up by the cheer coaches and attendance is mandatory.
- **Socials**- that are paid for by the booster club for the full team will be required and unexcused misses will follow the absence guidelines.
- **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 team member or guest. Early grads can only attend if the early grad form is filled out at the time of tryouts.
- **Summer camp**- All team members will attend summer camp. Camp is MANDATORY- failure to attend summer camp is reason for dismissal from the team.

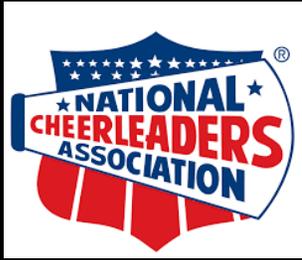


Cheer Guidelines

Page 10



- **Cheerleaders will follow all school rules and LISD policy, including dress code and Campus Code of Conduct and ECOC.**
- **Accumulation of 3 game benching's (for any reason) will result in principal/coach review and possible removal from the squad. Game benching's will be served at the next in line football or basketball game.**
- **If a member is removed or quits, they are responsible for reimbursement to the booster club if payments for tumbling class or other fees have been paid out.**
- **Failure to comply with any rules may at times require judgment calls to be made. These decisions will be left up to the coach.**
- **Coaches reserve the right to upgrade any penalty depending of the severity of the situation.**



Cheer Guidelines

Page 10-11

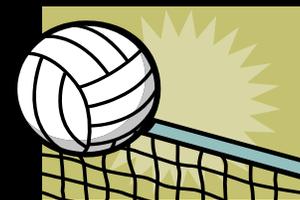
Safety Guidelines:

- A cheer coach or other knowledgeable designated school employee will be at all practices, performances and functions and will ride with team members when bus transportation is required.
- Proper training will be given before skills are attempted.
- Safe locations only will be chosen for practices.
- Team members will be trained in spotting techniques.
- Warm up and stretching should take place before all cheer activities.

***All U.S. All Staff Federation and USA Cheer guidelines will be followed at all times!**



Cheer Guidelines



Page 11

Cheering Activities:

Football- Varsity cheers for home and away games as designated by coach. JV and freshmen cheer all home games as designated by coach. Playoff games will be covered.

Volleyball- All squads will cheer all home district games as designated by the coach. JV/F will cover some varsity games that fall on Friday football games. No out of town games unless we go to playoffs.

Basketball- All squads will cheer all home district games as designated by the coach, not to exceed more than two games per week. No out of town games unless we go to playoffs.

- Some wrestling matches, baseball and softball games will be covered as designated by the coach.
- Playoff games will be short notice and are mandatory.





Cheer Guidelines

Page 11



Competition Squads:

- UIL competition is required if chosen. Teams can be chosen from Freshmen, JV and Varsity squads.
- Performance competition teams/STUNT may also be chosen at the discretion of the coaches and can also be chosen from freshmen, JV and Varsity squads.
- Those chosen for a competition team will be expected to fulfill their position. Refusal to compete on a competition team if chosen as a member or **alternate** could remove them from all cheer duties.
- Competition teams are a privilege; the coaches have the right to remove anyone from the team at anytime. No one's spot on the team is ever permanent.

Cheer Guidelines

page 12



Behavior:

- Relatives and friends should understand that the cheerleaders have responsibilities during games, practices and performances. They should only take posed photos after the duties are completed.
- Cheerleading is a team sport; suspending cheerleading activities as a home punishment 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!

HELP!



Tentative All Squad Calendars (March-August)

***Note that once you make the TCHS Cheer team, all dates become mandatory!**

Questions???