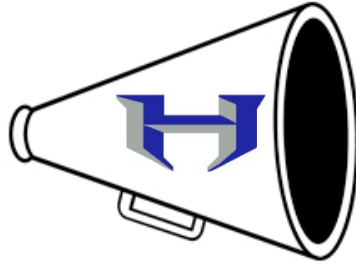


Hebron High School
Cheerleading, Talon Crew, & Mascot
Try Out Packet



2009 – 2010

Tryout Information

The tryout clinic will be conducted March 9th - 11th. Practices will be held in the Hebron High School gym from 4:30-6:00 p.m. Candidates will be taught the cheer and dance material during this time. Attendance will be taken each day of the clinic. If a candidate misses the clinic for any reason, they will not be permitted to tryout. Candidates will be on time each day.

The tryouts will be held on March 13th. Candidates trying out for Mascot, Talon Crew and Varsity cheerleader must be ready to begin at 4:00 pm. Candidates for Junior Varsity must be ready to begin at 4:30 pm, and candidates for freshmen must be ready to begin at 5:00 pm. Results will be posted by 9:00 P.M. on the Hebron High School web site. Results will be posted by number and divided by squads. Candidates will be expected to leave the tryout area when they complete their tryout. Tryouts are closed; only cheer coaches, judges, tabulators, and HHS administration will be permitted in the tryout area.

What To Wear

Clinic: All participants must wear shorts, t-shirts, tennis shoes and socks each day. All females must have their hair pulled back in a ponytail, out of their face, and secured so that it does not have to be re-done every 5 minutes. T-shirts must be tucked in and shorts may not be rolled. Denim shorts, crop tops, tank tops, gum and jewelry are not allowed.

Tryouts: All candidates must wear black shorts, a solid white t-shirt, white socks and tennis shoes. All females must have hair in a ponytail according to directions from above; females with short hair must have it pulled back from their face. All candidates will wear their number pinned to their shirt. Only one number will be given out; if you lose, rip or ruin the number, you will not receive another one. Appearance is important!!! Look your best.

If You Make the Squad

- 1) Mandatory meeting for both parents and cheerleaders/mascots on Tuesday, March 24th at 6:00 p.m. Meet in the HHS cafeteria. We will discuss camp, uniforms and money. Your camp payment of \$285 will be due this night.
- 2) Mandatory fitting for cheerleaders/mascot (no parents) on Wednesday, March 25th beginning at 2:30 for returning cheerleaders. Incoming freshmen and new cheerleaders will need to be here as soon as they are dismissed from school. All squad members will be fitted for uniforms on this day. Please wear briefs and a sports bra.
- 3) After school practices for freshmen are **MANDATORY!** If you know that you will be unable to attend these practices, do not try out. The practice schedule is as follows:

March	Tuesday	31 st	4:30-5:30	May	Tuesday	5 th	4:30-5:30
April	Wednesday	1 st	4:30-5:30		Wednesday	6 th	4:30-5:30
	Thursday	2 nd	4:30-5:30		Thursday	7 th	4:30-5:30
	Tuesday	14 th	4:30-5:30		Tuesday	12 th	4:30-5:30
	Wednesday	15 th	4:30-5:30		Wednesday	13 th	4:30-5:30
	Thursday	16 th	4:30-5:30		Thursday	14 th	4:30-5:30
	Tuesday	21 st	4:30-5:30		Tuesday	19 th	4:30-5:30
	Wednesday	22 nd	4:30-5:30		Wednesday	20 th	4:30-5:30
	Thursday	23 rd	4:30-5:30		Thursday	21 st	4:30-5:30
	Tuesday	28 th	4:30-5:30		Tuesday	26 th	4:30-5:30
	Wednesday	29 th	4:30-5:30		Wednesday	27 th	4:30-5:30
	Thursday	30 th	4:30-5:30		Thursday	28 th	4:30-5:30

- Varsity and JV must have their schedules changed into 4th period cheer class. We will stay until 4:30 every Tuesday and Thursday.
- The times of practices are subject to change due to the need of individual squads.
- JV and Varsity will practice Friday, June 5th from 1:00 to 3:00.
- All squads will practice Saturday, June 6th 10:00 am – 3 pm. Bring a sack lunch.
- Mandatory cheer camp – June 8th to 11th at UT Austin – more information at a later date. Do not try out if you are unable to attend this camp!
- Fall practice will be held the week of August 10th – 14th and there may be clinics the first 2 Saturdays in August.
- There may be other scheduled activities. More information will be available closer to the end of school.

Mascot Tryout Information



The Hebron High School Mascot should be a person who is outgoing, energetic and full of spirit. The following information will be helpful to any student who wishes to tryout for the 2009-2010 school year.

What will tryouts require from you?

1. The following is a breakdown of the skills required for tryouts:
 - Mascot interview – each candidate will be interviewed and asked a series of questions.
 - Each candidate will be required to make up a 1 1/2 to 2 minute skit to show creativity. Candidates should use props and music to enhance the routine. Props and music are the responsibility of the candidate.
 - Skits must be pantomimed in the mascot uniform.
 - Skits should incorporate spirit raising and crowd involvement.
2. The following are tips which will help you create your skit:
 - Use props such as:

* Hats	*Signs	*Brooms	*Plastic weights
* Sunglasses	*Capes	*Grass skirts	*Fake money
* Foam fingers	*Stuffed animals	*Wigs	*Big-wheels
* People	*Chairs	*Tricycles	
 - Use music like:

* Macho Man	*Eye of the Tiger	*TV theme songs
*YMCA	*Dr. Who	*Jump-House of Pain
*Thriller	*I'm Too Sexy	*Anything off Jock Jams
3. Tryouts will be held on Friday, March 13th at 4:00 in the Hebron High School gym. The results will be posted by 9:00 pm on the Hebron High School web site.

**ACKNOWLEDGEMENT OF CONSTITUTION GUIDELINES &
ACCEPTANCE OF CONSTITUTION POLICIES**

I have read, understand, and accept all guidelines, rules, and policies set forth in the Lewisville ISD High School Cheerleading Constitution. I am also aware of all policies regarding disciplinary consequences, including benchings and dismissal. I understand I am bound by the rules of this document for the duration of the cheerleading year, which runs from squad selection to the following year's tryouts (typically March to March)

Candidate's Printed Name

Date

Candidate's Signature

My signature below indicates that I have received a copy of the LISD High School Cheerleading constitution and I will acknowledge and abide by all policies included in the document and agree to assist my child to abide by all provisions set forth in the LISD High School Cheerleading Constitution.

Parent/Guardian Signature

Date

Effective through the conclusion of the 2009-2010 cheer year.

Hebron High School
Cheerleading, Talon Crew & Mascot
Parent/Guardian Permission Form

I have read, understand, and accept the rules and regulations set for the cheerleaders, as well as the penalties for failing to comply. I agree to abide by these rules, regulations and penalties as long as I am a member of the squad.

_____ Signature of Student

_____ (print candidate's name) has my permission to participate as a member of the cheerleading squad at Hebron High School. I understand and accept the rules and regulations set for all cheerleaders, as well as the penalties for failing to comply. I will assist in any way to see that these rules and regulations are enforced.

While I expect school authorities to exercise reasonable precaution to avoid injury, I understand that they assume no financial obligation for any injury that might occur.

_____ Parent/Guardian (please print)

_____ Date: _____

Signature of Parent/Guardian

On the lines below please print the address of the home where the cheerleader will be living. Please also include phone number information so that the coach will be able to reach you or your child.

Home Address: _____

Parent Home #: _____ Parent Cell #: _____

Parent Work #: _____

Student Phone #: _____ Student Cell #: _____

Emergency Contact: _____ Phone #: _____

HEBRON HIGH SCHOOL CHEERLEADING

CHEERLEADER/MASCOT MEDICAL RELEASE FORM

Student's Name: _____ Grade: _____

I certify that _____ is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during squad related activity when either parent cannot be reached. If there is any physical or medical reason he/she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during cheerleading.

Parent(s) Signature: _____ Date: _____

MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my son/daughter is on a school sponsored practice, performance, or trip, I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my son/daughter _____ to receive medical treatment.

Home Phone: _____ Cell Phone: _____ Business Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Person to be notified other than parent or guardian in case of emergency

Name: _____ Phone: _____

Family Doctor: _____ Phone: _____

If you do not grant permission or authorization for consent to medical treatment, what procedure should be followed?

Insurance Company: _____ Policy #: _____

Parent(s) Signature: _____ Date: _____

MEDICAL INFORMATION

Heart condition or disease	Circle One Yes No	Asthma	Circle One Yes No
Diabetes	Yes No	Allergic to medication	Yes No
Convulsions disorder	Yes No	Allergic to insect things	Yes No

State allergies: _____ Date of last tetanus shot: _____

Additional medical information that may be helpful: _____

Any medications currently receiving: _____

Extracurricular Code of Conduct

If I am selected to represent _____ School in its extracurricular program, I will be sincerely interested in contributing my best effort to the success of the program. I therefore agree to the following expectations and consequences as they pertain to out of school and after hours behavior while a member of an extracurricular group. It should be noted that the LISD student code of conduct and local school policies regarding appropriate behavior shall always be applied first and foremost when violations occur at school, at a contest/event, traveling to and from an event/contest, or when the students represent themselves as part of a school team, organization, or school group. Participation in extracurricular activities is considered a privilege and, certainly, higher standards are expected from all participants as it pertains to grades, behavior in and out of school, attendance, work ethic, and commitment.

The following restrictions refer to **any amount** of alcohol, drugs, or tobacco **off campus**.

- | | | |
|------|---|--|
| I. | Use and/or possession of Alcohol will not be tolerated. | 1 st offense: Removed from competition for two contests and/or performances. School staff counseling required.
2 nd offense: Removed from competition for a semester. School staff counseling required.
3 rd offense: In the event of a third violation of these rules, the student will no longer be permitted to participate in competitive extracurricular activities for the remainder of the student's enrollment in the District. |
| II. | Use and/or possession of Drugs will not be tolerated. | 1 st offense: Removed from competition for three contests. School staff counseling required.
2 nd offense: Removed from competition for a semester. School staff counseling required.
3 rd offense: In the event of a third violation of these rules, the student will no longer be permitted to participate in competitive extracurricular activities for the remainder of the student's enrollment in the District. |
| III. | Use and/or possession of Tobacco will not be tolerated. | 1 st offense: Suspension from one contest and/or performance.
2 nd offense: Removed from the program for a semester.
3 rd offense: Removed from the program for one calendar year from date of infraction. |
| IV. | Hazing
(as defined by Board Policy FNCC Legal) | 1 st offense: Removal from the program for no less than 30 days and up to 90 days with reinstatement to the program at the Sponsor/Coach and Administrator discretion.
2 nd offense: Removal from the program for no less than 90 days and up to one calendar year. Reinstatement to the program will take place only at the Sponsor/Coach and Administrator approval. |
| V. | Charged with a felony involving bodily harm

Adjudication and/or Conviction of a felony | Removed from the program until the case is decided.

Removed from the program indefinitely. |

- *****1. Once a participant has been removed from the program, the Sponsor/Coach and /or Administrator has the right to review the case and make a decision as to whether to allow the participant back into the program after the 90 day suspension.
2. A semester is considered to be 90 days.
 3. Infractions will not accrue from year to year. Infractions will be tabulated for one calendar year beginning August 1 and ending July 31. Penalty can carry over from term to term until time is served.
 4. These violations have to be (a) witnessed by District personnel (b) ticketed by law enforcement (c) or admitted to by the participant.
 5. You are expected to follow the code of ethical behavior both on and off campus.

VI. Additional expectations for extracurricular activities: failure to meet these expectations will result in counseling by the coach or sponsor, or some form of punishment or suspension.

- A. Conduct: We expect you to conduct yourself as ladies/gentlemen at all times. Follow school rules and procedures.
- B. Attendance: Do not cut class. Do not be tardy. If you miss an athletic period or participation be sure it cannot be helped. Your commitment may include holidays and non-school days. Call the coach or sponsor if you are absent from an athletic period.
- C. Profanity: We do not allow it.
- D. Injury: We have a professional trainer who has been educated in training procedures. If you have an injury, see the trainers first. They will either treat the injury or tell you to see your doctor.
- E. Grades: We expect you to work and maintain good grades.
- F. Promptness: Always be on time, to practice, meetings, and games.
- G. Equipment and facilities: Be responsible and take care of both.
- H. Respect for coaches and teachers: Treat them with respect and in return you will be treated with respect.
- I. Stealing: Taking things that do not belong to you will result in severe consequences.
- J. Accountability: You will be held accountable for all of your actions. Be sure you "think" before you "act".

*Due process procedures will be in accordance with LISD Board Policies: FOC (Local),FOA (Legal), FOC(Legal), FOD(Legal), and FOD(Local).

I have received a copy of the Extracurricular Code of Conduct and understand that all students will be held accountable for their behavior and will be subject to the disciplinary consequences outlined in the Code.

Name of Student (Please print)

Signature of Student

Signature of Parent/Guardian

Date _____ School _____ Grade Level _____

Payment Plan

There will be two payment plans available to pay for the expenses of cheerleading. Everyone must pay for cheerleading expenses before attending camp. All payments must be made in the form of check or money order. NO cash will be accepted. All cheerleading expenses must be paid in full on or before May 22nd, 2009.

Plan #1

March 24th *Camp payment
April 17th *Remainder in full

Plan #2

March 24th *Camp payment
April 17th *Pay half of bill
May 22nd *Pay remaining portion

I _____ the parent of
_____ agree to pay the full amount of my
child's cheerleading costs by May 22nd, 2009. I understand that failure to
complete payment by this date will result in suspension of my child's
cheering privileges until the full amount is paid. I will pay the amount of
my child's expenses using Plan #1, or Plan #2 (please circle one).

FOR JUNIORS TRYING OUT FOR VARSITY

**If you will be a Junior for the upcoming 2009 – 2010 school year and are trying out for the Varsity squad, please fill out the following form and return it with your other tryout forms.*

I, _____, am trying out for the Hebron Varsity Cheerleading Squad for the 2009 – 2010 school year. Should I not make the Varsity squad, I realize that as a Junior, I may be eligible to be on the JV Squad if my score permits.

If I do not make the Varsity squad and my tryout score permits, I choose

_____ **YES**, to be a member of the JV Squad for the 2009 – 2010 school year.

_____ **NO**, not to be a member of the JV Squad for the 2009 – 2010 school year.

The Varsity coaches will also be choosing a manager for the 2009 – 2010 school year. This person would be a part of the cheer class and perform various duties as assigned by the coaches.

If I do not make the Varsity squad, I

_____ **would** like to be considered for the position of manager for the 2009 – 2010 school year.

_____ **would not** like to be considered for the position of manager for the 2009 – 2010 school year.

Candidate Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____

INHERENT RISKS OF CHEERLEADING

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals and medical releases must be on file with the coaches before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. **Never** stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. **Lift weights and maintain proper conditioning** to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear jewelry of any kind or chew gum when cheering including practices and games.
15. Always have your hair pulled back from your face and shoulders.
16. Eat **nutritious** meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Take all activities seriously.

I have read the preceding warning. I understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

STUDENT SIGNATURE _____ DATE _____

PARENT SIGNATURE _____ DATE _____

Hebron High School
Cheerleading, Talon Crew & Mascots
Tryout Forms Checklist

*This checklist will assist you in turning in all of your materials on time. Make sure each form is filled out completely and turned in by **March 9th, 2009.***

1. _____ Acknowledgement of Constitution Guidelines & Acceptance of Constitution Policies
2. _____ Consent to Constitution
3. _____ Parent/Guardian Permission Form
4. _____ Medical Release Form
5. _____ Extracurricular Code of Conduct
6. _____ Payment Plan Form
7. _____ Varsity/JV Choice Form
8. _____ Inherent Risks of Cheerleading
9. _____ Self-addressed, stamped envelope to have scores mailed

All materials must be returned in a letter size file folder in the order listed above. The candidate's name and squad they are trying out for should be clearly marked on the folder tab.

Example: Jane Smith - Varsity