

# Saginaw High School Cheer 2023-2024 Tryout Packet

**Head Coach:** Courtney Anderson [canderson01@ems-isd.net](mailto:canderson01@ems-isd.net) **Administrator:** Dawn Self-Turpin [dself-turpin@ems-isd.net](mailto:dself-turpin@ems-isd.net)

## Attend the Mandatory Tryout Meeting:

All candidates and a parent representative are required to attend.

February 22<sup>nd</sup> at 6:00pm - Saginaw High School Large Lecture Hall B115

## Attend the Tryout Clinic:

**WHEN:** Monday-Wednesday March 6<sup>th</sup> – March 8<sup>th</sup> from 4:30PM – 6:00PM

**WHERE:** Saginaw High School CHEER Gym **\*Closed Practice\***

**BRING:** Bottled Water, Solid White T-Shirt, Solid Cardinal Red Softe Shorts, Hair in High Ponytail with White Bow, and Athletic/Cheer shoes.  
All required paperwork must be complete and submitted prior to the tryout clinic - Physical, Participant Contract, & Release Form.  
**\*No cheer shirts allowed, must have on Softe shorts not just spandex or Nike pros\***

**FOCUS:** Learn, review, and perfect the tryout material.

## Attend the Mock Tryouts:

**WHEN:** Thursday, March 9<sup>th</sup> from 4:30PM – 6:00PM

**WHERE:** Saginaw High School CHEER Gym **\*Closed Practice\***

**BRING:** Bottled Water, Solid White T-Shirt, Solid Cardinal Red Softe Shorts, Hair in High Ponytail with White Bow, and Athletic/Cheer shoes.  
All required paperwork must be complete and submitted prior to the tryout clinic - Physical, Participant Contract, & Release Form.  
**\*No cheer shirts allowed, must have on Softe shorts not just spandex or Nike pros\***

**FOCUS:** Review tryout material. Get acclimated with tryout process and expectations.

## Attend the Cheer Tryouts:

**WHEN:** Friday, March 10<sup>th</sup> at 4:30PM until dismissed (approx. 8:30PM)

**WHERE:** Saginaw High School Cheer Gym **\*Closed Tryouts\***

**BRING:** Bottled Water, Snack, and Appropriate Tryout Attire:  
Solid White T-shirt, White Sports Bra, Solid Cardinal Red Softe Shorts, Athletic/Cheer Shoes, Hair in High Ponytail and White Cheer Bow. No artificial nails/nail polish.  
**\*Candidates must have completed all previous requirements to attend.**  
**\*\*No cell phones permitted – a candidate caught with phone will be dismissed.**

**CHEER FOCUS:**

- Spirited Entrance
- Tumbling Skills (Running & Standing)
- Jumps (Toe-Touch, Choice Jump and Connecting Jumps of Candidate Choice)
- Small Group Cheer (Learned @ Clinic)
- Small Group Dance (Learned @ Clinic)

*Friends and family are **NOT** allowed inside the building during the clinic or tryouts.*

**Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\***

# Saginaw High School Cheer 2023-2024 Tryout Packet

PAYMENT PLAN	
1 <sup>st</sup> Payment	\$400.00 Due March 28 <sup>th</sup>
2 <sup>nd</sup> Payment	\$400.00 or Balance Payoff Due April 18 <sup>th</sup>
Final Payment	Balance Payoff Due May 9 <sup>th</sup>
Balances must be paid in full to receive uniform/accessories for cheer camp.	
Payments are to be made via Revtrak: <a href="http://www.emsisd.revtrak.net">www.emsisd.revtrak.net</a> > Cheer	

- ✓ **Made-It-Meeting** - Tuesday, March 28<sup>th</sup> at 6:00PM in Large Lecture Hall B115
  - \$400 DUE (Camp Deposit and Spring Show Shirt)
- ✓ **Stunt Clinic** – April 4<sup>th</sup> 4:30pm-6:00pm in the SHS Cheer Gym
- ✓ **Uniform Fitting** – April 5<sup>th</sup> 3:30pm-5:30pm in the SHS Cheer Gym
- ✓ **Spring Show Choreography** – April 11<sup>th</sup> 4:30pm-6:00pm in the SHS Cheer Gym
- ✓ **Spring Show** - April 28<sup>th</sup> & April 29<sup>th</sup> @ Saginaw High School
- ✓ **UCA Summer Camp** – June 2<sup>nd</sup> – June 5<sup>th</sup> @ UTA
- ✓ **Gameday Competition Choreography** – August 8<sup>th</sup>- August 10<sup>th</sup> 4:30pm-6:30pm in the SHS Cheer Gym

## COVID-19 DISCLOSURE

### Required Screenings

For the safety of all participants and the ability of the athletic activity to continue without interruption, it is important that parents' partner with us to ensure that their child is well and demonstrates NO symptoms.

- Parents must self-screen their child before sending them to any UIL activity.
- Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms or is lab-confirmed.

### Performance Areas and Congregated Settings

- The district provides hand sanitizer and/or sanitizing wipes and encourages everyone to use soap and water frequently.
- High-touch surfaces are regularly cleaned.

### Covid-19 Related Quarantine/Absences DURING CLINIC/TRYOUTS

- ALL tryout candidates must have a pre-recorded tryout video to submit; In the event a tryout candidate falls ill or gets quarantined due to Covid-19 during the week of tryouts, they will be permitted to submit a pre-recorded tryout video in place of a live tryout.
- A doctor's note must be submitted to Coach Anderson and the Campus Administrator (Cheer) Mrs. Self-Turpin prior to the day of tryouts.
- In the event a candidate falls ill or gets quarantined due to Covid-19, pre-recorded tryout video submissions will be due by email to Mrs. Self-Turpin at [dself-turpin@ems-isd.net](mailto:dself-turpin@ems-isd.net).
- Include the tryout candidates name, grade, and ID# in the email body.
- Tryout video submissions should NOT be sent to Coach Anderson.
- The video tryout submission window will open Monday, March 6<sup>th</sup> at 4:30pm and close Thursday, March 9<sup>th</sup> at 6:30pm. Late videos will not be accepted.

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*

# 23-24 Squad Selection

Candidate Name: \_\_\_\_\_

**2023-2024 Grade Level:**      9<sup>th</sup>                  10<sup>th</sup>                  11<sup>th</sup>                  12<sup>th</sup>

**Tryout Level:** All levels defined at the February 21<sup>st</sup> Parent Meeting.  
**CIRCLE THE DESIRED LEVEL.**

**Varsity Only**  
(Seniors, Juniors, Sophomores Only)

**Varsity or Sub Varsity**  
(Varsity: Seniors, Juniors, Sophomores Only)

**Sub Varsity Only**  
(Incoming Freshman)

**Mascot**  
(Varsity: Seniors, Juniors, Sophomores Only)

**Return ALL of the Following Forms:**

- \_\_\_\_\_ Squad Selection Form
- \_\_\_\_\_ Eligibility Form
- \_\_\_\_\_ Candidate Information Sheet
- \_\_\_\_\_ Tryout Permission Form (2 pages)
- \_\_\_\_\_ Constitution Contract
- \_\_\_\_\_ Copy of 4<sup>th</sup> 6-Weeks Report Card
- \_\_\_\_\_ Copy of Current Physical
- \_\_\_\_\_ Copy of Email Receipt of Completion of Districts  
Medical Paperwork (Rank One)

**\*\*Incomplete Packets Will Not Be Accepted\*\***

\*Please keep the front page of this packet for reference\*

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*

# EM-S ISD *cheerleader* Eligibility

**This Sheet Must Be Signed by An Administrator and The Athletic Trainer for High School Applicants OR Coach for Middle School Applicants.**

Attach the following:

- A copy of the 4<sup>th</sup> six weeks report card
- A copy of a current physical
- A copy of the email receipt of completion of the districts online medical paperwork (<http://www.rankonesport.com>).

-or-

A coach's signature for middle school applicants verifying that a copy of the physical, medical history, and online paperwork is on file at an EM-S ISD school.

Candidate's Name \_\_\_\_\_

## **For Campus Administration only to fill out:**

# of Suspensions (Amount of times assigned, not days) \_\_\_\_\_

Was the student assigned to DAEP during the 2022-2023 school year? **Yes** or **No**

Is the student in good attendance standing (Less than 9 unexcused absences for the fall 2022 semester)? **Yes** or **No**

Administrator signature \_\_\_\_\_ Date \_\_\_\_\_

- Current copy of medical paperwork on file at EM-S ISD

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature from Athletic Trainer (*Coach if middle school applicant*)

## **IMPORTANT:**

All physicals expire at the end of the school year.

**ALL TEAM MEMBERS MUST HAVE A NEW PHYSICAL DATED AFTER MAY 1, 2023.**

Please plan accordingly.

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*

# Candidate information Sheet

Name: \_\_\_\_\_ Student ID#: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Shoe Size: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ 2023-2024 Grade: 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>

Contact: (Phone) \_\_\_\_\_

(E-mail) \_\_\_\_\_

Address: (Street) \_\_\_\_\_

(City, State, Zip) \_\_\_\_\_

**Parent/Guardian #1:** \_\_\_\_\_

Contact: (Phone) \_\_\_\_\_

(E-mail) \_\_\_\_\_

Address: (Street) \_\_\_\_\_

(City, State, Zip) \_\_\_\_\_

**(Parent/Guardian #1 contact info will be put into a spreadsheet for team contact purposes)**

**Parent/Guardian #2/Emergency Contact:** \_\_\_\_\_

Contact: (Phone) \_\_\_\_\_

(E-mail) \_\_\_\_\_

Address: (Street) \_\_\_\_\_

(City, State, Zip) \_\_\_\_\_

**Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\***

We are honored that your child has expressed an interest in trying out for a high school cheerleading squad in the Eagle Mountain-Saginaw I.S.D. school district and we hope this extracurricular choice proves to be a wonderful experience for each participant. The following information should be taken into consideration when making the decision to give your child permission to try out for the Saginaw High School Cheerleading Team:

- **Expenses** are based on initial fees, competition fees, and miscellaneous expenses incurred throughout the year. **Initial expenses** include, but are not limited to, summer camp, practice clothes, shoes, warm-ups, uniforms, backpack, megaphone, and accessories. **Competition fees** include, but are not limited to, travel expenses which may include hotel, transportation, meals, entry fees, and entertainment. **Miscellaneous expenses** include, but are not limited to, spirit sticks, decorations, pep rally outfits, meals, and special events. (Costs may be offset by fundraising, which begins shortly after tryouts).
  - **Estimate of Initial Cheerleading Expenses \$800.00 - \$1800.00**
- **Time Commitment** is a requirement for an EM-S ISD Cheerleader. Mandatory practices begin about 2-3 weeks after tryouts and continue through summer. Cheerleaders practice two to four days a week after school in the Spring. Summer practices will be scheduled as deemed necessary by coordinator. Back to school practices begin in early August. **Cheerleaders are required to attend all football games, home basketball games, competitions, and any other function required by the coordinators or sponsors.** Cheerleaders are required to take the 8<sup>th</sup> period cheer class. It is the responsibility of the cheerleader to share athletic schedules between cheer and a students' chosen sport. Excused absences will only be granted with prior communication between athlete and coach.
- **Physical injury** is a personal risk that every cheerleader and their parent must consider. These risks include, but are not limited to muscle pulls, dislocation, broken bones, and catastrophic injuries such as paralysis or even death.
- **Drug testing** is a requirement for all Cheerleaders at EM-S ISD.
- **Rules and regulations** are stated in the Eagle Mountain-Saginaw I.S.D. Cheerleading Constitution. An EM-S ISD Cheerleader is required to abide by those requirements stated within as long as he/she is a member of the team.

We \_\_\_\_\_ (**parent/guardian**) and \_\_\_\_\_ (**candidate**) have read and fully understand the information above and are aware of the financial obligation, time commitment, drug testing policies, personal risk, and the requirement to follow the rules and regulations involved with being an EM-S ISD High School Cheerleader.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

In addition, understanding the risks involved in cheerleading, I \_\_\_\_\_ (**parent/guardian**) will not hold Saginaw High School, Eagle Mountain-Saginaw I.S.D. nor any of its personnel responsible in the case of accident or injury at any time.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*

# Tryout *permission* Form

By signing below, you as parent or guardian give permission for your child to try out for the Saginaw High School Cheerleading Team. You agree to meet the financial obligations of the Saginaw High School Cheerleading Team stated previously, provide transportation needs, and agree that your child will abide by the policies outlined in this contract and the Eagle Mountain Saginaw I.S.D. Cheerleading Constitution.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Candidate's Name \_\_\_\_\_ Date \_\_\_\_\_

## Transportation Release:

In rare cases, an event might occur that would require your student to ride in the personal vehicle of a school employee, fellow cheerleader, and / or parent chaperone. School transportation will be provided as much as possible, and the need for students to be transported in any other fashion must be made by the cheer coach, and only after the following form is initialed and signed by a parent / guardian. I give permission for my student to ride with, and release from liability the following persons: (Please initial all individuals authorized to transport your cheerleader.)

\_\_\_\_\_ School Personnel (Coaches, Administrators, and Staff)

\_\_\_\_\_ Parents

\_\_\_\_\_ Licensed Varsity Cheerleaders

## Publicity Release:

\_\_\_\_\_ I hereby GRANT permission for my student to be photographed for publicity (all print and electronic media) purposed by and for Eagle-Mountain Saginaw- ISD, and their respective cheerleading organizations.

\_\_\_\_\_ I hereby DO NOT GRANT permission for my student to be photographed for publicity (all print and electronic media) purposed by and for Eagle-Mountain Saginaw ISD, and their respective cheerleading organizations.

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*

# EAGLE MOUNTAIN SAGINAW ISD

## CHEERLEADER *constitution* CONTRACT

- I have read and fully understand the rules and regulations presented in the EM-S ISD Cheerleader Constitution.
- I understand that these rules are necessary to ensure that the cheerleading team will be ran in an organized and fair manner and that the performances and appearances will always be of the highest quality.
- I understand that I will serve as cheerleader from the time of election until tryouts of the next school year and will be expected to abide by the rules and regulations presented in the EM-S ISD Cheerleader Constitution for the entire duration that I hold the position of cheerleader.

I hereby agree to abide by the rules of this constitution as long as I am associated with the EM-S ISD Cheerleaders.

\_\_\_\_\_  
Cheerleader Candidate Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian 1 Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian 2 Signature

\_\_\_\_\_  
Date

Tryout Packets are DUE by March 1<sup>st</sup> at 4:30pm \*Late Packets Will Not Be Accepted\*