

**PROGRAM**

**TRYOUT PACKET**

**2022-2023**

**Leander Independent School District**

**P0 Box 218**

**Leander, TX 78646**

**(512) 570-0000**

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**Rouse High School Cheerleading Program**

Dear Parent/Guardian and Candidate,

Thank you all for your support of the LISD CHEER program. We are really excited to work with such a talented group of athletes! We anticipate a great tryout this year.

Included in this packet is the necessary information to be reviewed regarding tryouts for LISD cheer programs. All information should be read and reviewed by both you and the candidate. A **MANDATORY** informational parent meeting will be held via zoom on **Monday, February 21 at 6:00pm.** The link for the zoom will be shared via email and posted on [**https://www.rousecheer.com/**](https://www.rousecheer.com/)

**All online forms must be reviewed, filled out, and submitted by 4:00pm on March 1.**  If a candidate does not turn in all paperwork by the deadline, she/he will not attend the clinic and will not be eligible to try out.

Each candidate should carefully consider the responsibilities of being a cheer team member or a mascot before deciding to try out. It is an honor that requires discipline, dedication, hard work, and commitment. **It takes a great deal of time**. Being part of the cheer program is a **YEAR-ROUND COMMITMENT.**

Every cheer team member is **required** to be in the cheerleading class. If you are selected for the competition squad you will be expected to be in class every single day. All other cheer members will be in the class period every other day. Every candidate is expected to participate in physical conditioning, which requires running, cardio, weight lifting, etc. **A cheer team member or mascot is required to complete a UIL physical and all related paperwork before the tryout clinic.** The physical must be turned into the cheer coach by the **beginning of the first day of the tryout clinic OR be current and on file with the athletic trainers.** All members are required to attend all practices as scheduled. Cheerleaders are expected to participate in several mandatory service projects throughout the school year. Cheerleaders are also required to paint signs, make cards for other teams, and participate in all scheduled events. A calendar will be provided with events in advance, however there are occasional times when short notice is provided for events. The cheer team member may be asked to participate in community activities such as parades, grand openings, etc.

**If a cheer team member has a job, their employment schedule should not conflict with any of the above-mentioned activities or practices. If you currently have a job, it would be a good idea to check with your employer before trying out if you intend to do both.**

**If you are a member of an all-star squad or competition squad with an outside gym, you and your parents need to know that the high school commitment comes first.** Practice/game schedules will **NOT** be flexible around jobs or other competitive squads. Absences related to an outside gym or work will not be excused and will be considered a strike, See “LISD Cheer Discipline Process.” If this is a problem, please think through your decision on whether or not to try out for the cheer team. Being a cheer member is being part of a team, and we count on your commitment to the program.

You and your child need to also consider the financial obligations of being a cheer team member or the mascot. Please see the “Cheer Cost” section for a price estimate. There will be fund raising activities to help absorb some of the costs.

Final payment on your child’s balance will need to be paid in full by the designated due date or he/she will not be able to attend camp and therefore be removed from the cheer program. Any family needing special arrangements needs to speak to the campus cheer coach for payment options.

All candidates must be enrolled in an LISD school or provide official documentation of residency such as lease agreement, deed, title, etc. on or before the first day of the tryout clinic. Candidates considering a transfer to another LISD school must try out for the school they are currently enrolled in/zoned for unless they have a transfer approval.

**Candidates must be academically eligible (passing) the 4th 6 weeks or become eligible at progress report time(March 5th) in order to try out.**

Although we understand that unfortunate circumstances may arise, LISD CHEER will only conduct one tryout per year. If you are unable to participate in this tryout, you must wait until the following year. Limited exceptions may apply. A candidate may petition for an exception by notifying their cheer coach. The decision will be made by the cheer coach and administrative representative. Administrative decision is final.

**Contact Information**

Communication is vital to the unity of our program; therefore, you should contact the cheer coach if a problem arises or if you have any questions. Listed below are the cheer coach and administrative contact information. Please feel free to contact them at any time and allow 24 hours for a response.

All candidates will also need to join our Google Classroom “Rouse HS Cheer Tryouts. **Google Classroom Code: oo5udvv**

**Rouse High School Cheer Coach**

Ashley Swoda

512-570-2000

[Ashley.Swoda@leanderisd.org](mailto:Ashley.Swoda@leanderisd.org)

**Rouse High School Cheer AP**

Rosie Palazzolo

512-570-2000

[rosie.palazzolo-thompson@leanderisd.org](mailto:rosie.palazzolo-thompson@leanderisd.org)

**LISD Fine Arts Director**

Megan Liles

512-570-0384

**Important Due Dates**

**for Cheer Tryouts**

Online Paperwork Deadlines:

* Tryout Info Sheet and Signed Agreement 3/1/2022
* Rank One Paperwork 3/1/2022
* Physical 3/4/2022
* Character Score Verification 3/1/2022

**Paperwork, with the exception of the physical, will be online this year**. The info form must be submitted by **4:00 pm, March 1, 2022.** All 8th graders NOT in athletics and those not already a part of the cheer program this year must complete Rank One paperwork. Link will be posted in the tryout email.

**If applicable, Character Score notifications will be distributed on 3/7/2022 at the tryout clinic and will be due back 3/10/2022. NO Exceptions.**

**Dates for Tryout Clinic: Monday, March 7th- Thursday March 10th, Tryout Friday March 11th.**

Athletes will be notified of cheerleading placement on Friday, March 11th.

**All notifications will be posted in a google classroom. Google Classroom Code: oo5udvv**

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**The Dances, Chants, & Cheer that candidates will be evaluated on will be posted to the “Rouse HS Cheer Tryouts” Google Classroom on 3/4/22 by 4 pm. We will not be teaching the material at the tryout clinic, we will ONLY be REVIEWING.**

**Google Classroom Code: oo5udvv**

**Candidates will be evaluated throughout the clinic using the rubrics in this packet.**

**Estimate of Cheerleading Cost**

Cheer Items

* Camp Fees and Travel (approx $650)
* Practice Wear (shorts/shirts)
* Squad Uniforms
* Warm Ups
* Sports Bras
* Spandex
* Shoes
* Bows (Game and Practice)
* Poms
* Bag (for cheer items)
* Yard Sign (optional)

**Other Costs:**

Each campus coach will determine any additional cost, such as dinner before games, spirit items, big sib/little sib gifts, etc.

**Total Estimated Cost: ~ $1900-$2250**

New to Program and/or Varsity: approx. $2250

New to Program and/or JV: approx. $1900

Returners: approx. $1200 (assorted uniform pieces, booster items, etc)

Competition: approx. $850 (not including travel or possible additional apparel)

**\*Many returning cheerleaders will not need to purchase all of the above items. The cheer coach will determine the final list of items to be purchased.**

**Competition Team Estimate: $850.00 - $900**

\*Competition team will be chosen on / by March 11th. There will be extra payment dates and fundraising opportunities to help offset this extra fee. **Does not include potential nationals costs**.

**Tryout Clinic Procedures and Dates:**

**Online Tryout Info Form Due:** March 1st by 4 pm (posted at [**https://www.rousecheer.com/**](https://www.rousecheer.com/))

**Tryout Clinic Week:**

\*\*\*Candidates MUST attend every day of the clinic\*\*\*

* **Monday, March 7th, 415-615pm** - Review of material, Tumbling
* **Tuesday, March 8th, 415-615pm -** Review of material, Tumbling, Stunt Technique
* **Wednesday, March 9th, 3-5pm -** Evaluation of chant, cheer, jumps, & tumbling
* **Thursday, March 10th, 415-615pm -** Full Mock tryouts and review of any material as determined by the coaches.
* **Friday, March 11th, 4-8pm-** Official Tryout Day

**Important Information about tryout clinic:**

* Clinic will be held in the cheer gym at RHS
* All candidates should be dropped off at RHS entrance to the courtyard (near the bus lanes where you would enter to attend a basketball game)
* **Clinic will be from 4:15 pm-6:15 pm every day of the clinic with the exception of Wednesday, March 9th (3:00 - 5:00)**
* Each candidate must have a current LISD/UIL physical by **March 4th.**
* Each candidate **MUST** attend each day of the tryout clinic. UIL events may be considered excusable absences with sufficient notice to the coach at least 24 hours before the absence.
* All candidates are required to supply their own “**tryout uniform” (solid black crew neck shirt, solid black shorts, solid black bow, white no show socks, cheer shoes)**
* All candidates must wear the “tryout uniform” throughout the duration of the tryout clinic. **No part of any official cheer uniform may be worn. No logo of any kind should be displayed on clinic attire**.
* **No jewelry** may be worn during the clinic or tryouts. **Points will be deducted** from your coach evaluation for noncompliance.
* Hair must be in a high pony with a black bow.
* All candidates must wear a name tag/try out number provided by the coaches throughout the clinic week.
* **Clinic will be closed to everyone except the cheer candidates, managers, seniors, and coaches.** No recording of any portion of the clinic is allowed.

**LISD Cheer Tryout Scoring**

**Tryout scores are based on a point scale consisting of the following sections:**

1. **Character Evaluations** (worth up to 10 points)
2. **Coach Evaluation** (worth up to 10 points)
3. **Tumbling-running and standing** (worth up to 20 points – running 10 points & standing 10 points)
4. **Jumps** (worth up to 10 points)
5. **Chant** (worth up to 15 points)
6. **Band Dance** (worth up to 15 points)
7. **Stunts** (worth up to 15 points)

**Character Evaluations: (10 points total)**

Character evaluations are necessary due to the fact that LISD CHEER members are viewed as leaders both in and out of the classroom. Each candidate’s performance on campus will be carefully examined. Coaches will review grades, attendance, discipline reports from the current year, and strikes issued. All discipline and attendance records will be viewed and verified by your campus Assistant Principal. **Points will be deducted from the 10 possible points at the following rate of reduction:**

Cheer Strikes: - 2 points per incident

Level One Discipline -5 points per incident

Level Two Discipline -8 points per incident

Level Three Discipline -10 points per incident

Attendance: -1 point per hour owed

**Character Evaluations Continued:**

The following is not a fully exhaustive list of disciplinary problems, but it is meant to serve as a guideline for categorizing disciplinary infractions. If a disciplinary problem occurred that does not clearly fall on this list, the AP will classify the infraction according to his or her best judgment. Please note that character points could be negative and will result in being deducted from the overall final score.

**Level One Discipline (-5 points)**

Disrespect

Failure to Accept Discipline

Horseplay

Forgery

Inappropriate Language

Inappropriate Use of Technology

Insubordination

Non-Attendance to D-Hall or Sat. School

Skipping/Truancy (Single class or partial day)

Dress Code Violation (3rd offense & again for every offense thereafter)

**Level Two Discipline (-8 points)**

Skipping/Truancy (all day)

Tobacco/Vaping/Paraphernalia

Fighting

Plagiarism/Cheating

Inappropriate Language (directed at an individual)

**Level Three Discipline (-10 points)**

Assault

Alcohol

Drugs

Vandalism

Theft/Stealing

Sexual Harassment/Harassment/Bullying/Hit List/Slander/Cyberbullying

**Coach Evaluation: (10 Points Total)**

Because LISD cheer team members and mascots are expected to work with each other in a respectful and cooperative manner, in a variety of situations, the coaches conducting the tryout clinic will be observing and taking notes on the candidates’ behavior, manners, promptness, and ability to work with one another for the duration of the clinic. Points will be deducted from this category if a candidate displays inappropriate, rude, or negative behavior/comments. Points will also be deducted for the inability to wear the appropriate attire for the clinic (including tryout numbers and hair in a high ponytail), or if a candidate does not remove all jewelry. Each candidate will start with a total of 10 points. There is a 2-point rate of reduction.

**Tumbling: (20 Points Total)**

Points will be awarded based on the following point scale. Tumbling will be judged based on technique, level of difficulty, and execution. Busts, touch downs, or poor execution of skill will result in point deductions. Point ranges are based on progression of skills.

**Tumbling Rubrics**

**Running Tumbling Rubric (10 Points)**

\*Required minimum running tumbling pass for Varsity is a back handspring (running OR standing). JV there is no minimum BUT working back handspring is greatly preferred. There will be no spotting on the final evaluation/ tryout day.

| **Score** | **Judging Criteria** |
| --- | --- |
| 1 | Front walkover to cartwheel to round off / Consecutive back walkovers |
| 2 (V) | Round off back handspring |
| 3 | Round off back handspring series (3 minimum) |
| 4 | RO - back handspring |
| 5 | RO - back handspring - tuck |
| 6 | 2 back handspring - back |
| 7 | 3+ handspring – back |
| 8 | Layout |
| 9 | Whip through to a back |
| 10 | Full or whip to a full |

\*\*Points will be added or subtracted for poor technique, performance, or form

**Standing Tumbling Criteria –**

\*There will be 2 spots available for an athlete that does not have the tumbling skill mandated but will be a Senior and has been in the program for the previous 3 years. They must have a stunt skill necessary for the team.

\*The cheerleaders must be able to execute the level of tumbling they try out with once they make the team. A skills test will occur periodically. If the cheerleader cannot demonstrate the same skill, he/she will be benched from any events or games held that week. Cheerleaders may also be asked to perform their running or standing tumbling skills on a gym floor during basketball games instead of on a mat.

**Standing Tumbling Rubric (10 points)**

\*Minimum standing tumbling skill for Varsity is back handspring.

| **Score** | **Judging Criteria** |
| --- | --- |
| 1 | Front Walkover |
| 2 (V) | Back handspring |
| 3 | Toe-back handspring |
| 4 | Back handspring series (2-3) |
| 5 | Back handspring – back |
| 6 | Standing back |
| 7-8 | Toe – back |
| 9 | Triple toe – back |
| 10 | Standing full or back handspring full |

\*\*Points will be added or subtracted for poor technique, performance, or form.

**Stunt Criteria**

Stunts will be assessed during the tryout clinic week by the coaches. Candidates will be evaluated in 2 stunt groups: 1 of their choice and 1 of coach’s choice. Minimum stunting requirement is a straight up liberty extension for Varsity. No minimum for JV.

**Stunting Rubric (15 Points)**

| **Score** | **Judging Criteria** |
| --- | --- |
| 2-3 | Prep – Bump down |
| 4 | Prep - Cradle |
| 5-6 | Prep press up to extension – cradle |
| 7-8 | Straight up extension – cradle, bump off/pop off |
| 10(V) | Straight up liberty – cradle or bump down/pop off |
| 11 | Extended body position – full down |
| 12-13 | Full up to extension – full down |
| 14 | Switch up to liberty – full down OR transitional skill |
| 15 | Full up to extended body positions – full down with transitional aspect |

\*\*Points will be added or subtracted for poor technique, performance, or form.

**LISD Cheer Program**

**Tryout Point Scale**

**Evaluation Scores:**

Coach Evaluation: 10 points

Character Evaluation: 10 points

Stunts: 15 points

Running Tumbling: 10 points

Standing Tumbling: 10 points

Jumps: 10 points

Chant/Cheer: 15 points

Band Dance: 15 points

Overall Impression: 5 points

Total Possible Points: 100 points

**Competition Cheerleader Criteria**

We are striving to build a competition team at RHS that can compete on a national level. Those that are interested in this extra commitment will be evaluated on specific skills that are necessary to reach this caliber. We are open to competing in Performance and Game Day Styles (TBD - one will be chosen). The number of athletes that can be on a floor at a time varies based on divisions. Division bracketing will be looked at when selecting these members. Criteria for Judging these prospective athletes will be based on Tumbling, Stunting, Dance and Jumps. MOTIONS will be one of the most important skills that will be evaluated (sharpness and placement). Competition Tryouts/selection process is TBA.

\*\*\*Review this packet PRIOR to the Parent Meeting on 2/21/22 and prepare any questions you may have\*\*\*