

KISD

Cheer Tryout Information

2021-2022

KISD Head Coaches

Be sure you fill out the google form at the end of this slideshow to provide us your information and verify that you have read through this powerpoint

Zoom Meetings will be held by individual schools which will provide more specific information for each school

CENTRAL HS:

Varsity Coach

Dorothy Loftin

Dorothy.loftin@kellerisd.net

KELLER HS:

Varsity Coach

Shelly Waggoner

shelly.waggoner@kellerisd.net

FOSSIL RIDGE HS:

Varsity Coach

Victoria Butler

Victoria.butler@kellerisd.net

TIMBER CREEK HS:

Varsity Coach

Alisha Fickle

alisha.fickle@kellerisd.net

Zoom Meeting Information

- Tuesday, January 26, 7:00pm

- Fossil Ridge High School

- <https://kellerisd.zoom.us/j/83328153967>
- Meeting ID: 833 2815 3967
- Passcode: Ridge

- Central High School-

- <https://kellerisd.zoom.us/j/2910693117>
- Meeting ID: 291 069 3117
- Passcode: Cheer

Zoom Meeting Info Cont'd

- Thursday, January 28, 7:00pm
 - Keller High School
 - Join Remind
 - Text @khscheer21
 - To 81010
 - Timber Creek High School
 - <https://kellerisd.zoom.us/j/84216570619>
 - Meeting ID: 842 1657 0619
 - Passcode: tccheer

Communication

- CHS: Google Classroom- fd44lgp
– Email: Dorothy.loftin@kellerisd.net
- FRHS: Band
- KHS: Email-
Shelly.waggoner@kellerisd.net
- TCHS: Google Classroom- 3usapnt

Thank you for your interest in KISD cheerleading!

1. Cheer Constitution and cheer candidate eligibility requirements
2. Required forms for tryouts
3. Tryout process
4. Overview of joining a cheer program in KISD

Am I eligible to be a candidate
for a KISD cheer program, can I
try out?

Part 1- Eligibility requirements

★Membership and Eligibility★

Am I eligible to tryout?

- Sub-Varsity and Varsity 9th- 12th graders.
- Must not have lost academic credit, for any course due to absences, from the fall semester. All credit must be made up by the first day of tryout week.
- Returning members must have a Zero Balance on their campus. **All candidates must have the cheer application signed by a former season coach that ensures no balance due**
- No resignation or dismissal from a KISD cheer program within the calendar year
- Candidates planning on early graduation during the cheer year must communicate the plan with head coach prior to tryouts
- DAEP or excessive disciplinary issues will cause a candidate enter on probationary status or be ineligible to tryout
- **2- 9 weeks of academic ineligibility will be subject to academic review by the head coach and assistant principal. If a candidate is allowed to audition and makes the program, the candidate enters on an academic probationary contract.**
- More than 1 conduct grade of N or U for any candidate will cause them to enter on probationary status with a contract agreed upon by the head coach and administrator
- Must meet attendance requirements during tryouts. No school= no trying out!

KISD Constitution

- Constitution is located on the KISD webpage under athletics select cheerleading.
- Keep a printed copy
- It is important to read through ALL sections, before trying out.



Social Media

- Please be aware that inappropriate social media behavior will result in disciplinary actions, including but not limited to athletic code of conduct.
- **Any inappropriate behavior, including representation on social media, that is disrespectful to the district, school, cheer program, or coaching staff may result in immediate removal from the program as per the athletic director.**

Membership and Eligibility

- Cheer Season: The KISD cheer season runs from March to March. All candidates that make a team in the cheer program are expected to fully participate the entire cheer season. Athletes who cannot commit to the time requirement may be removed from competition teams and/or cheer seasons. Please consider your outside time commitments and how they will balance with KISD Cheer.

Transfer Information

- A prospective member must reside with his/her parent/legal guardian within the attendance zone of the KISD high school they are zoned to attend and may only tryout at the campus of which they are approved to attend.
- When and if your transfer is approved and you made cheerleader at another KISD program you may be re-evaluated by your new transfer campus for placement on a team.

I meet eligibility
requirements to tryout ...now
what?

Part 2- Required Tryout Packet

Tryout Packet Contents

- Access the tryout packet on the KISD Website select athletics/cheerleading
- All forms MUST be on file by **Tuesday, February 16th @ 4:00PM**
- Do NOT send in interoffice mail!
 - Application and Candidate Information Form
 - Activity Permission Form
 - Emergency Information Form
 - Travel/Medical Form
 - Transportation Consent and Release
 - Student/Parent/Guardian Contract
 - TWO copies of Physical for EVERY candidate
 - Medical History
 - Extra Curricular Code of Conduct
 - First Semester Report Card for EVERY candidate
 - Order Tryout Shirts Online-KISD Cheer Candidate Information Form

Every candidate must include:

- REPORT CARD:

- ALL candidates MUST have a copy of their first semester report card. *Reminder: all 1st semester seat time must be completed before the first day of tryouts!*

- PHYSICAL:

- ALL candidates MUST have TWO copies of a NEW physical EVERY year. Physical must have been done in 2021 to be good!

- DUE: Tuesday, February 16th by 4:00pm

I meet tryout eligibility requirements, I completed a packet, now what is tryouts going to be like?

Part 3- Tryout Process

TRYOUTS

- Monday, March 8th -Thursday, March 11th
 - 4:30-7:30 pm
- 3 or 4 day evaluation process, coaches take notes and observe skills
- ONLY candidates, coaches, administrators and trainers are allowed in the gym while the tryout is being held. Failure to comply will cause disqualification of a candidate.

TRYOUT LOCATION

Tryouts will be held at the High School for which you attend.

- CHS- small gym
- TCHS, FRHS and KHS- cheer gyms
- Thursday may not be needed, TBA by your coach

Tryout Material

- Tryout material will be posted on the KISD website (select the athletics tab and then cheerleading) and will be available by Thursday, March 4th by 4:00pm.
- Candidates are responsible for learning all material independently and evaluations will begin on the first day of tryouts.

★TRYOUT ATTIRE★

- OFFICIAL Tryout shirt
- Black cheer shorts
- White ankle socks
- White tennis shoes
- Hair in a HIGH ponytail - NO WHISPIES!
- A white ribbon or bow MUST be worn!
- Presentation of the candidate will be noted by judges
- NO JEWELRY ALLOWED!



Being out of dress will be cause for dismissal from tryouts and loss of tryout eligibility.

Expected to be ready at 4:30.

★Official Tryout Shirts★

- **OFFICIAL Tryout shirts:**
 - Cost \$25.00
 - DUE February 16th - pay online
 - You will wear the same shirt throughout the tryout period, so it is up to the candidate whether to order 1 set or multiple sets of shirts.
- **Shirts will be distributed at check in on the first day of tryouts March 8th**

★Tryout Process★

1. During each day of the tryout, candidates will be observed performing cheer skills in the 8 scored domains. The coaches will take notes and record what the candidate displays. **No coaching, spotting or assisting will be permitted during the try out.**
2. The coaches notes from observing candidates will then be scored in accordance with the KISD cheer tryout rubrics for each of the 8 scored domains.

(Please refer to rubrics for any CHANGES and to prepare as a candidate)

3. High Schools will post team divisions following tryouts. All schools will post team divisions from tryouts that will remain for the year, however movement may occur if skills change.
4. Coaches will not stay late for candidates to have extra time for displaying skills.

Display your best by being your best each day.

Tryout Criteria

THE CANDIDATE WILL BE JUDGED ON:

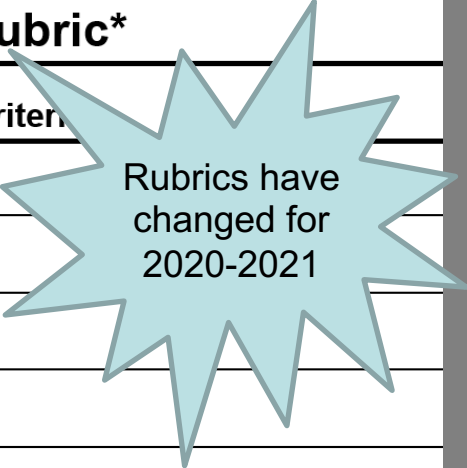
- **STANDING TUMBLING**
- **RUNNING TUMBLING**
- **JUMPS**
- **CHEER**
- **DANCE**
- **BAND CHANT**
- **STUNTS**
- **PERFORMANCE**

Tryout scoring rubrics for all 8 cheer skill areas are available to view/ print from the KISD athletics website.

Sample RUBRICS

HS Standing Tumbling Rubric

Score	Judging Criteria
1	Back handspring
2	Series (2-3) Back handspring
3	Back Tuck
4	Toe-back Tuck
5	1- 3 <u>backhandsprings</u> to a layout or full



Rubrics have
changed for
2020-2021

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

HS Group Stunt Rubric

Score	Judging Criteria
2	Prep to press up extension, pop off
4	Straight up extension, pop off
6	Full up or full around to prep, pop off
7	Extended liberty, pop off
8	Extended liberty with body position, plus one point for twisting dismount (twisting pop off or full down)
10	Full up or full around to extended position, switch to one leg, plus one point with twisting dismount

Some pointers I can give you about the process...

- Candidates need to be prepared for displaying their VERY BEST. View the rubrics ahead of time and see where you can gain max points.
- The coach will always ask to see one skill higher than the skill the candidate displays- trying to help you maximize and not miss displaying a mastered skill. If you do not have the skill do not attempt just say pass.
- Tryouts is not the time to be lazy, complacent or silly. **Only what you perform is counted**- do not rely on your coach knowing your abilities, potential, etc.
- Our entire coaching staff will observe skills at once to avoid inconsistency and discrepancy in judging.
- Show consistency each day in skills to be awarded points for skills. Ex) throwing a back tuck one day out of 4 does not show comfortable mastery of the skill.
- A tumbling requirement skill will be expected to be executed on count and incorporated as it would be in football season and or competition season when applicable on certain skill requirement teams.
- Only show skills you are confident with throwing. We want to see accomplished skills not something you could risk injury performing. **NO SPOTTING PERMITTED**
- Be versatile and flexible in stunting. It does not help a candidate show consistency if they can only stunt with certain people or if they display a poor attitude for trying new groups, grips, positions, etc.
- Coach ability and a good attitude is very important to display. **Do not rely on previous year's team placement!**

★TUMBLING REQUIREMENTS★

All teams at all schools will have RECOMMENDED tumbling expectations

- *If a candidate is able to throw a recommended skill, it does NOT guarantee them a position in the cheer program or at any point during the year on team divisions.*
- Throwing, and landing a recommended tumbling skill only allows them to be eligible to be considered for that corresponding team.

KISD Cheer Skill Recommendations and Requirements

- Tumbling Recommendations:
 - **Sub-varsity**- required: working towards backhandspring;
 - recommended: standing backhandspring
 - **Varsity**- required: backhandspring;
 - recommended: standing backtuck with poms in hands **** each school has different minimum requirements- be sure to check with the head coach at your school ****
- Strong crowd leading confidence and presence is expected of all athletes

KISD Cheer Skill Recommendations and Requirements

- Group Stunt REQUIREMENTS:
 - *Sub-varsity*- required: prep press to extension, pop off/bump down;
 - recommended: straight up extension, pop off
 - *Varsity*- required: straight up liberty with 1 body position (heel stretch preferred) pop off
 - recommended: full up or full around to extension, pop off
- Male requirement: hands

Additional Tryout Info

- Tryout material must be learned on your own prior to arrival on day 1 of tryouts.
- Dress code/attire will be strictly enforced and candidates may be asked to leave if they are not in correct attire.
- Injured candidates must email the head coach ASAP to discuss the tryout procedure for injured candidates.

TRYOUT Results



CHS results will be announced:

Friday, March 12th @ 4:00PM posted on each
schools communication format

** No questions, discussions or meetings concerning scores
will be responded to over the Spring Break. **

**You have 1 week following Spring Break to
contact/schedule a meeting with the **cheer administrator** for
score review. **

Please fill out the google form

- <https://forms.gle/LdgJou4PF3RFu1qQA>