

BHS Cheerleader and Mascot Tryouts

Ms.Rich

Application Pick Up: Feb. 1

Parent Meeting: Feb. 3

All Applications due: Feb. 8

Tryout Clinic:

(attendance is critical to a successful tryout, MUST attend 2 to be eligible to tryout)

– Practice 2/14 6:00 am -7:30 am

– Practice 2/15 6:00 am -7:30 am

– Practice 2/16 6:00 am-7:30 am

- Practice 2/17 6:00 am-7:30 am

In order to receive tryout information and practice material please join the BHS Cheer Tryout Classroom

Link: [xyvsu6b](#)

TRYOUTS

BHS Gym

Uniform fitting with varsity- tba

Camp and equipment money due: April 30th

Camp practice: May 24th-28th @ BHS 3:45-5:15

Cheer camp: May 31st-3rd @ Texas State University in San Marcos

BMS Cheerleader Tryouts

Ms. Allison

Informational Meeting and Application Pick Up: February TBA

All Applications due: February TBA

Tryout Practices:

**** (BMS Cheer Sponsor is coordinating the dates w/ BMS Track Coach)**

Attendance is critical to a successful tryout. A candidate **MUST** attend all 3 after school practices to be eligible to tryout. We will do mock tryouts on 3/3 and 3/10.

Practice 1: TBA, BMS gym

Practice 2: TBA, BMS gym

Practice 3: TBA, BMS gym

Additional practices will be held on: TBA during the Advisory Period. Cheerleaders must make sure that they have taken care of all academic assignments prior to coming to practice.

All candidates will have access to online videos of the cheer, sideline and dance that they can watch and practice with at home.

In order to receive tryout information and practice material please join the BMS Cheer Tryout Classroom

Link: qtyn2d7

TRYOUTS- TBA

BMS Gym

Uniform fitting with varsity- tba

Camp and equipment money due at the fitting 1 week after tryouts.

Cheer camp will be a home camp during the summer. Dates will be announced as soon as scheduled.

BHS/BMS Cheerleader and Mascot Handbook



CHEERLEADER GUIDELINES 2022-2023

Purpose

The purpose of Brazos High School and Brazos Middle School cheerleaders is to promote school spirit and a positive school climate by participating at athletic events and extracurricular activities as deemed appropriate by the administration and cheer coach. Cheerleaders are expected to be positive role models, serving as role models, serving as high school and middle school ambassadors at school, in the district, and community.

The information provided in the brochure explains qualifications and responsibilities of high school cheerleaders

- Required qualifications for tryout
- Selection process
- Responsibilities of cheerleaders
- Discipline and consequences
- Tryout evaluation form
- Dates for tryouts, practices, camp
- Approximate cost
- Calendar

<p style="text-align: center;">REQUIRED QUALIFICATIONS TO TRYOUT FOR A POSITION AS 2022-2023 BRAZOS HIGH SCHOOL CHEERLEADER</p>
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There will be 12 positions on the Varsity cheer squad, and 8 on the JV squad. Students entering 9th, 10th, 11th, 12th during the 2022-2023 will be eligible to try out this spring. UIL maximum age requirements are in effect for all the cheerleaders.

Academic Standing

Cheerleader candidates must:

- Meet UIL eligibility requirements to try out.
- Be passing all classes with a minimum of 70
- Earn five academic credits at the end of the year of tryouts in order to assume their cheerleader role for the subsequent year.
- Have good attendance (90%) with no truancy charges in the current school year

School Behavior

Candidates must have exhibited appropriate conduct in the classroom, other school functions, and community settings. Therefore, a candidate may not have:

- Committed any offense that leads to an alternative campus (DAEP) assignment.
- Returning cheerleaders must be in good standing in order to try out the following year.

Physical Examination

Candidates must submit a statement from a physician prior to our camp on Monday, May 31st which indicates that the candidate is capable of performing all the essential functions of a cheerleader. The physician is to document the physical examination on the Pre-participation physical evaluation-medical history forms included in the back of this packet.

Requirement physical skills

Essential physical functions of a cheerleader are:

- Perform jumps and other physical moves that are a part of a cheerleader routines
- Perform stunts that may involve climbing, balance, agility, and upper body strength
- Exhibit rhythm and coordination in performing cheerleading routines
- Demonstrates stamina in a performing regular physical activities that involve physical endurance and fitness
- Perform routines in both indoor and outdoor settings, in hot and cold weather.
- Demonstrate clear diction and strong vocal qualities.

Participation in pre-tryout clinic

The pre-tryout clinic acquaints candidates with the format of tryouts and offers instruction in the routines/ skills to be evaluated by judges during the cheerleading selection process.

Candidates are strongly encouraged to attend each day of the pre-tryout clinic offered in order to be as well prepared as possible for tryout. Should a candidate not be present at a clinic session, he/she is responsible for learning any missed material on his/her own time from other participants: clinic leaders are not permitted to provide make-up instruction. Candidates must attend at least 3 of the 4 pre-tryout practices. Students must be present before the judges in order to be eligible for selections. Students must attend at least one half-day of school on the day of judging in order to participate.

Documents

Students must submit specified documents by their published due date in order to be a cheerleader. Documents include:

- Trip authorization form
- Pre-participation physical evaluation / medical history
- Person student information for cheerleader squad
- Parent / student acknowledgments to uphold cheerleader obligations / requirements

REQUIRED QUALIFICATIONS TO TRYOUT FOR A POSITION AS 2022-2023 BRAZOS MIDDLE SCHOOL CHEERLEADER
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There will be 8 positions on the BMS cheer squad, four 7th graders and four 8th graders. Students entering 7th and 8th grade during the 2022-2023 will be eligible to try out this spring. In the event there are not five members trying out from one grade level, then the remaining spots may be filled with additional members from the other grade level. Additionally, in the event there are only five candidates from a grade level trying out, candidates must still attend tryouts to receive the experience and feedback. In the event of an exact tying score for the 5th position, in either grade level, a 6th position will be added.

1. Candidates for tryouts must have an overall 70 average in all classes. Applicants cannot have a six weeks grade of F (69 or less) in any class. Grades will be checked through the last report card date prior to tryouts. Any candidate that is academically ineligible will not be able to participate in the tryouts.
2. Candidates must have maintained a 90% or higher attendance rate for the year at the time of tryouts.
3. Candidates must attend the required amount of practices, as set by the coach, unless prior notice is given to the coach.
4. Candidates must have a signed parent permission form and have all necessary paperwork complete and turned in by due date set by coach.
5. Candidates must have successfully completed one year of BMS Pep Squad to try out unless the student moved into the district after the pep squad season is over.

School Behavior

Candidates must have exhibited appropriate conduct in the classroom, other school functions, and community settings. Therefore, a candidate may not have:

- Committed any offense that leads to an alternative campus (DAEP) assignment.
- Returning cheerleaders must be in good standing in order to try out the following year.

Physical Examination

Candidates must submit a statement form a physician prior to our camp this summer, which indicates that the candidate is capable of performing all the essential functions of a cheerleader. The physician is to document the physical examination.

Requirement physical skills

Essential physical functions of a cheerleader are:

- Perform jumps and other physical moves that are a part of a cheerleader routines
- Perform stunts that may involve climbing, balance, agility, and upper body strength
- Exhibit rhythm and coordination in performing cheerleading routines
- Demonstrates stamina in a performing regular physical activities that involve physical endurance and fitness
- Perform routines in both indoor and outdoor settings, in hot and cold weather.
- Demonstrate clear diction and strong vocal qualities.

Participation in pre-tryout clinic

The pre-tryout practices acquaint candidates with the format of tryouts and offers instruction in the routines/ skills to be evaluated by judges during the cheerleading selection process.

Candidates are strongly encouraged to attend each day of the pre-tryout practices offered to be as well prepared as possible for tryouts. Should a candidate not be present at a clinic session, he/she is responsible for learning any missed material on his/her own time. Candidates must attend the 3 after school, pre-tryout practices. We will do mock tryouts on two of the days. Students must be present before the judges in order to be eligible for selections. Students must attend at least one half-day of school on the day of judging in order to participate.

Documents

Students must submit specified documents by their published due date in order to be a cheerleader. These will be provided at the informational meeting on February 5, 2021.

SELECTION PROCESS BHS

The selection process of high school cheerleaders is done by knowledgeable, impartial judges observing the candidate in a series of activities performed on a single afternoon. The results of impartial judging determines which cheerleader candidates are selected for the squad.

Pre- tryout clinic

- The tryout clinic
 - Practice 2/15 2:00pm-3:45 pm

- Practice 2/16 6:00 am -7:30 am
- Practice 2/17 6:00 am-7:30 am
- Practice 2/22 6:00 am-7:30 am
- Practice 2/23 6:00 am-7:30 am
- The final run through and draw for order is Tuesday February 23rd at 6:00am ‘

Tryout Format (Judging)

- The tryout process is organized and facilitated by the cheer coach. In addition to the judges, the cheer coach, senior cheerleaders, and a faculty member may be present in the tryout room to give directions and assist students who are waiting. The tryout room is closed to all spectators, including parents, friends, and uninvolved school personnel.
- Judges shall be acknowledged cheer coaches, former college cheerleaders, or UCA/NCA staff. Judges shall not be BISD employees. Judges shall not be a relative of any candidate or a private coach of any candidate.
- Candidates perform in front of the judges individually
- The activities performed at the tryouts will be:
 - SIDELINE
 - DANCE
 - CHEER
- While viewing the prescribed activities, the judges will assign points of candidates on their potential to perform cheerleading skills and functions. The specific skills and attributes to be judged include:
 - Audience appeal
 - Spirit/Enthusiasm/Poise
 - Voice Projection
 - Motion Technique
 - Jump Technique
 - Neatness/Appearance
 - Gymnastics/Tumbling
- The scoring template is included in this packet.
- Candidates draw for a participant number on Tuesday Feb. 23rd
- During the judging and tabulation of scores, students are referred to by number only.
- Candidates must adhere to the required dress for tryouts. All high school students must wear a WHITE SHIRT and BLACK SHORTS. No logos or words can be on their shirts or shorts. All candidates must wear tennis shoes, long hair must be pulled back, and all jewelry removed.

Tabulation of results

- Each judge scores the candidates' performance using a numerical scale. The judge will initial any change to rating.
- All scores will be added to determine the final score for each candidate.
- Candidate told scores are ranked in numerical order.
- The twelve candidates with the highest rating will be named as the new varsity cheerleaders, with the remaining eight named junior varsity.
- Squad results will be posted outside the gym immediately following tryouts.

- In the event of a tie for the last spot on varsity, those whom the tie is between will be asked to reappear in front of judges to do their best jump, tumble, and repeat the dance one more time for a tie breaker evaluation.
- In the event that we end up with less than 4 members on JV, the 3 or fewer members will be moved to Varsity.

Mascots (High School Only)

Candidates trying out for mascot will perform a 2-4 minute skit before the judges. Mascots may use props in their skits. No additional individuals will be allowed as part of the skit. Music used in the skit must be school appropriate and approved by the sponsor prior to tryouts. **One mascot will be chosen.**

Expectations:

- **Mascots will be expected to perform for all football and basketball games, but will be permitted water breaks when needed.**
- **Mascots will also be required to keep their entire suit on for all events.**
- **Mascots are expected to not speak while in uniform and keep their heads on at all time when in front of a crowd.**

There will be no Brazos Middle School Mascot.

After tryouts you have until the next day to let Ms.Rich or Ms.Allison know that you will be either accepting or declining your position.



**SELECTION PROCESS
BMS**

The selection process of middle school cheerleaders is done by knowledgeable, impartial judges observing the candidate in a series of activities performed on a single afternoon. The results of impartial judging determines which cheerleader candidates are selected for the squad.

Tryout Format (Judging)

- The tryout process is organized and facilitated by the cheer coach. In addition to the judges, the cheer coach, and a faculty member may be present in the tryout room to give directions and assist students who are waiting. The tryout room is closed to all spectators, including parents, friends, and uninvolved school personnel.
- Judges shall be acknowledged cheer coaches, former college cheerleaders, or UCA/NCA staff. Judges shall not be BISD employees. Judges shall not be a relative of any candidate or a private coach of any candidate.
- Candidates perform in front of the judges individually
- The activities performed at the tryouts will be:
 - SIDELINE
 - DANCE
 - CHEER
- While viewing the prescribed activities, the judges will assign points of candidates on their potential to perform cheerleading skills and functions. The specific skills and attributes to be judged include:
 - Gymnastic Skills
 - Spirit
 - Communication Skills (voice, facial expressions, confidence)
 - Motion Technique (arm levels, sharp motions, correct fists)
 - Dance Technique (sharp motions, keeps beat, expression)
 - Jumps

Contestants will perform in a group and as an individual.

- The scoring template is included in this packet.
- Candidates draw for a participant number on a date determined by the coach.
- During the judging and tabulation of scores, students are referred to by number only.
- Candidates must adhere to the required dress for tryouts. All middle school students must wear a WHITE or RED SHIRT and BLACK SHORTS. No logos or words can be on their shirts or shorts. All candidates must wear tennis shoes, long hair must be pulled back, and all jewelry removed.

Tabulation of results

- Each judge scores the candidates' performance using a numerical scale. The judge will initial any change to rating.

- All scores will be added to determine the final score for each candidate.
- Results of the tryouts will be announced no later than the end of the day of tryouts.
Sealed envelopes will be given to each candidate indicating if they made the squad.

Brazos Middle School Additional Info:

BMS Cheerleaders will cheer at all home football games.

BMS Cheerleaders will travel to two away football games.

They will assist BHS cheerleaders as needed with mini-cheer camp.

Additional events may be added throughout the year.

Pep Rallies: BMS will hold 5 pep rallies as determined by the sponsor.

There is no middle school mascot.

Brazos ISD Cheer Constitution

Purpose

The purpose of Brazos cheerleading is twofold. It is to create, promote, and uphold school spirit in accordance with school rules and represent Brazos ISD at cheerleading-oriented activities. Cheerleaders/Mascot encourage high academic standards and promote leadership, sportsmanship, self-discipline, and good citizenship for school and fellow cheerleaders. Cheerleaders/Mascot plan and initiate activities, which will promote student body and community support and involvement in the promotion of athletic events and other school activities.

Expectations – Grades

Grades will be checked at the end of each six weeks' grade reporting period. In accordance with Texas Education Code, §33.0811, a cheerleader failing a course will be ineligible to cheer according to dates listed on the eligibility calendar. The eligibility calendar is created yearly based on the school instructional calendar. A copy is available by request to the cheer sponsor. During that time, the member will dress out and participate in all practices, but may not participate in any pep rallies, games, etc.

Expectations – Attendance: Events/Practices

1. Cheerleaders are expected to attend and participate in all practices and activities. Excused absences are: Personal illness or accident, Death in the family, Other school activities with advanced approval from sponsor
2. Unexcused absences are grounds for disciplinary action. Any cheerleader with absences that prevent them from participating in events for more than two consecutive days must bring a note from the doctor or the parent.
3. Sponsors must be notified if a cheerleader is ill and will miss an event. Any cheerleader unable to perform because of an injury will appear at the event in full uniform and sit in a designated area. Any member found not to be truthful about an absence from a cheering event will be dismissed from the squad.
4. Any cheerleader whose absence from OR lack of performance in getting the gym ready for pep rallies, decorating or collecting materials after cheering WILL NOT perform at the next pep rally and/or game.

5. Cheerleaders/Mascot will ride the bus or school transportation to and from out-of-town athletic events. If a parent is at an event, the cheerleader may ride home with the parent or an adult approved by the parent, provided a note from the parent is given to the sponsor prior to the event. In addition, if a cheerleader/mascot is attending another school event they may travel to the cheer event with their parent or an adult approved by the parent with prior written notice given to the sponsor.
6. All Varsity members will participate in the UIL spirit competition in Mid-January (BHS)
7. Band members that are also hoping to cheer, must be prepared to cheer for all 4 quarters and perform at halftime. (BHS)
8. In the event that there is no JV squad for the year. Varsity will also cheer for JV games, however in smaller groups determined by the coach.

Expectations-Practices

Since most cheerleaders participate in other extra-curricular activities we will try to limit any practices after school. However, it may be necessary to schedule some after school or weekend practices. Should that be necessary those practices will be set so as to not interfere with any extra-curricular events. Any scheduled practice will be mandatory and required by all cheerleaders & mascot to attend.

No practices or meetings may be held without the sponsor's supervision.

Expectations – Uniforms

1. Cheerleaders are responsible for maintaining all uniforms and accessories.
2. Uniforms may only be worn by cheerleaders to approved activities.
3. All cheer clothing is to be clean and in good repair before each cheer activity.
4. When in uniform at school or in public, the proper cheerleading shoes, socks, accessories must be worn at all times.
5. Jewelry may not be worn while in uniform.
6. Hair must be pulled away from the face while in uniform.
7. It is the discretion of the sponsors to determine the proper fit of the uniform.
8. Cheerleaders are expected to pay for all of their cheer obligations in a timely manner. A

payment breakdown and schedule will be given to each member.

Expectations – Fundraising

Cheerleaders are expected to participate fully with fundraisers that benefit the entire program.

A fundraiser will be held to help each member raise money towards their bill.

Expected Participation during Events

1. Summer camp; we try to have it during the first week of June.
2. Summer work weeks.
3. Cheer throughout the game-win or lose. No one is to leave the track or court during a game without permission.
4. Cheerleader duties do not expire until the end of the school year. Those who do not uphold their obligations will not be allowed to tryout the following year as a cheerleader.

Brazos Cheerleading/Mascot Discipline System

A cheerleader/mascot will receive consequences when he/she fails to satisfactorily complete any responsibility or violates the student code of conduct. The consequence will coincide with the student handbook and/or will be determined by the cheer sponsor. A demerit/merit system will be in place and records kept to document behavior.

Removal/Suspension from the Squad

Certain acts or violations **may** result in removal from the squad. This will be at the discretion of the sponsor and district administration. In-school discipline problems resulting in ISS, Saturday School, Swats or Suspension may result in dismissal from the cheer program. The following violations **may** also result in suspension or dismissal from the Brazos Cheer Program:

1. Using illegal drugs, alcohol, or tobacco at any time.

2. Allowing yourself to be in a situation, in school or away from school, where you are accused of/arrested for an illegal activity.
3. Missing practice (unless excused by the sponsor).
4. Skipping class or school.
5. Poor sportsmanship
6. Harassment (verbal/physical/sexual/etc...) of another student or team member.
7. Any act (either in school or away from school) which in the opinion of the sponsor and/or school administration, reflects in a negative manner on the Brazos Cheer Program.
8. Electronic communication (text, Facebook, Twitter, etc...) should be positive and should never negatively reflect on other teammates or coaching staff. If it is not positive don't post it.

In School Suspension (ISS) Procedures

A Cheerleader/Mascot assigned ISS will be permitted to practice before and after school hours. The athlete becomes eligible for competition/events at the end of the school day on the final day of the ISS assignment. The athlete will not be allowed to leave ISS prior to the end of the school day to travel to a competition.

If a Cheerleader Quits/Moves

High School: After tryouts, the top 12 scorers will be selected for varsity cheer. If a varsity cheerleader quits BEFORE the fitting and there is a junior varsity squad, the junior varsity cheerleader who is next in line, based on tryout scores, will have the opportunity to move up to varsity cheer. If there is no junior varsity squad and more than 12 students tried out, the candidate with the next highest score will be offered the opportunity to join the varsity cheer squad. If there were 12 or fewer candidates who tried out for cheer, the position will remain vacant. **No additional tryouts will be held.**

Middle School: If a middle school cheerleader quits or moves before the date of the uniform fitting, the candidate with the next score in line will have the opportunity to join the squad. No spots will be filled after uniform fittings are held.

Expenses

1. Cheerleaders will be responsible for the cost of their own uniforms, camp, camp clothes, pom-poms, shoes, and other accessories. A fundraising activity will be conducted to help pay for costs. Any funds raised above the total amount of the bill will be deposited to the group activity account.
2. The cheerleading uniform will be worn only when cheering as a group

member at pep rallies, football or basketball games, or another school sponsored event.

3. A list of cheer expenses will be included with the tryout registration packet.

Captain/Co-Captain

The Cheer Sponsor will decide the JV and Varsity captain. Captain must be a returning varsity cheerleader. When the captain is not present, the co-captain/captains will assume the captain's position and duties.

Captain Responsibilities/Duties:

- Weekly meetings with sponsors to develop and plan practices and events
- Be early to all events and practices
- Call out cheers at all events
- Plan and run weekly practices

BISD Cheerleader Demerit/Merit System

Being a cheerleader is an honor. Cheerleaders are to promote good sportsmanship, good citizenship, wholesome and enthusiastic school spirit, and are first and foremost representatives of their school. Cheerleaders should exemplify both individual and group behavior suitable to their position and in accordance with the BMS/BHS Student Code of Conduct. Because of these responsibilities, members of the cheerleading squad will be expected to maintain a higher standard of behavior both on and off campus and academic achievement than that of their peers.

Whenever a rule is not followed, cheerleaders will be given a fixed number of demerits, or negative points. Likewise, merits, or positive points will be given for superior conduct or performance.

Demerits Given	Offense
1	- Late for a game, function, or practice - Chewing gum, eating, or drinking while cheering or practicing - Cell phone or electronic device use during practice or games without permission - Unnecessary conversation during practice or games with squad, crowd, or team - Failure to learn cheers/chants/dances - Horseplay during stunting
3	- Appearance: untidy uniform, jewelry, fingernail polish, incorrect uniform/ribbon/socks and/or unsuitable hairstyle (falling down, not in ponytail), - Failing to meet deadlines – paperwork, financial, etc.

5	<ul style="list-style-type: none"> - Inability to cooperate with squad or coach, lying to coach, engaging in drama with squad members - "social" drama (at school, out of school or online) - Profanity, vulgar gestures - Disrespectful behavior toward squad members, coach or school staff - Unexcused absence from practice/game/event - Negative reports from teachers - Inappropriate interactions (pictures/comments/status) on any social media platform
5 – 20	Discipline referrals (subject to principal and coach's discretion)
Immediate Dismissal	<ul style="list-style-type: none"> - Possession or use of alcohol, drugs or tobacco - DAEP assignment - Suspension from school

10 demerits = suspension from participation in cheer activities (games and pep rally) for 1 week. Cheerleader must still attend events, but will sit out with coach – out of uniform.

15 demerits = suspension from participation in cheer activities (games and pep rally) for 2 weeks. Cheerleader must still attend events, but will sit out with coach – out of uniform.

Merits Awarded	Achievement
1	all "A" average for grading period
1	Noteworthy teamwork
1	High consistent motivation
1	Unsolicited exemplary remarks from faculty
1	Other: at the coach's discretion

BMS Cheerleading Tryouts Judging Sheet

Judge's Signature: _____

Squad: Brazos Middle School

Candidate: _____ Group #: _____

Category	Possible Points	Points
Gymnastic Skills	5	

Spirit	5	
Communication Skills (voice, facial expression, confidence)	10	
Motion Technique (Arm levels, sharp motions, correct fists)	10	
Dance Technique (Sharp motions, keeps beat, expression)	10	
Jumps	10	
		Judge's Total:



2021 Spirit State Championships OVERVIEW

GAME DAY CHAMPIONSHIP INFO:

January 13-15, 2021 Ft. Worth Convention Center

This document is a general OVERVIEW.

Complete rules and regulations should be referenced at: uitexas.org/spirit

SAFETY RULES:

UIL rules require performances be in accordance with safety standards prescribed by the NFHS Spirit Rules, which may be purchased in electronic or print form at www.nfhs.org.

SCHOOL CONFERENCES AND DIVISIONS*:

- 1A—Maximum of 12 participants (3 or fewer males)
- 2A—Maximum of 12 participants (3 or fewer males)
- 3A—Maximum of 20 participants (3 or fewer males)
- 4A—Maximum of 20 participants (3 or fewer males)
- 5A D1—Maximum of 30 participants (3 or fewer males)
(School enrollment 1,854 to 2,219 students)
- 5A D2—Maximum of 30 participants (3 or fewer males)
(School enrollment 1,230 to 1,853 students)
- 6A D1—Maximum of 30 participants (3 or fewer males)
(School enrollment 2,780 and above)
- 6A D2—Maximum of 30 participants (3 or fewer males)
(School enrollment 2,220 to 2,779 students)
- COED—Maximum of 30 participants (4 or more males)

*UIL reserves the right to combine or add divisions based on final registration.

**Mascots and flag runners are welcomed but cannot be involved in the execution of cheer skills. All participants on the floor count toward total.

GAME DAY FORMAT—QUALIFYING ROUND

Each team will showcase its best crowd-leading material in Band

Chant, Crowd Leading, and Fight Song routines that will be performed **individually** during a **SINGLE** trip to the competition floor. The use of crowd-leading tools is encouraged. Sideline practicality should be highest priority in routine development.

CROWD LEADING (Follows Band Chant)

- 1 minute time LIMIT. No music allowed.
- Time will **begin** with a buzzer sound with the team already on the floor and following the band chant. Performance should have an emphasis on crowd involvement. Performance should be completed before time limit.

SKILL RESTRICTIONS

- No basket, sponge or elevator tosses allowed (cradles are dismounts, not tosses)
- No inversions
- No twisting dismounts from stunts
- Single-leg extended stunts are limited to liberties and liberty hitches
- No running tumbling
- Standing tumbling is limited ONE SKILL. Back tuck is the most elite tumbling skill allowed.

FIGHT SONG (Follows Crowd Leading)

- 1 minute time limit—recorded BAND music
- In addition to fight song motions and movement, up to three **CONSECUTIVE** eight counts can be incorporated with stunts, tumbling and/or jumps. **IF** added skills are repeated, must be exactly as initially performed.
- Same skill restrictions as listed in Crowd Leading Rules and Restrictions

BAND CHANT (1st Performance)

- 1 minute time limit—recorded BAND music
- Traditional sideline uniforms required
- Emphasis on crowd effectiveness and practicality
- No stunts or tumbling permitted



2021 Traditional Overnight Camp Schedule

DAY 1		DAY 2		DAY 3		DAY 4	
9:00 am - 12:00 pm	Registration	8:30 am	Coaches' Meeting #2 / Big Brother Big Sister Check-in & Game Day Class: Band Chant & General Sidelines	8:30 am	Coaches' Meeting #3 / Big Brother Big Sister Check-in & Game Day Class: Fan Chants!	9:00 am	Team Time: Big Brother Big Sister Camp Routine Championships
1:00 pm	Opening Staff Demo: It's Showtime! / Coaches' Meeting #1 / Spirit Prop Workshop & Game Day Class: Sidelines	9:30 am	Group A - Cheer Private Coaching	9:15 am	Group A - Game Day Private Coaching	9:30 am	Game Day Championships
1:30 pm	Camp Dance	10:30 am	Group B - FNL Frenzy & Squad	9:45 am	Group B - Team UCA & Material Review	10:15 am	Squad Credentialing Presentation
2:00 pm	Safety Awareness	11:30 am	Credentialing	10:15 am	Group A - Team UCA & Material Review	11:00 am	Who's Who: Meet the UCA Staff
2:30 pm	Stunt Class		Credentialing	11:30 am	Group B - Game Day Private Coaching	11:15 am	Final Awards & Pin It Forward
2:45 pm	UCA Staff Sideline Demonstration		Group B - Cheer Private Coaching		Lunch		Elective Classes:
4:00 pm	Group A - Situational Sideline Private Coaching		Lunch		1:30 pm		*Fight Song Critique
4:05 pm	Group B - Squad Leadership Training & St. Jude Letters	1:15 pm	Captains' Leadership Training / Coaches' Stunt Workshop #2	1:30 pm	Group A - Camp Routine Private Coaching		*Fight Song
4:30 pm	Dinner	1:30 pm	Cheer Evaluations	2:15 pm	Group B - Team Unity & Squad Credentialing		*Timesout Dance
6:15 pm	Group A - Squad Leadership Training & St. Jude Letters	1:55 pm	UCA Staff Game Day Demonstration	2:00 pm	Group A - Game Day Practice & Team UCA		*Additional Material
6:40 pm	Pyramid Class	2:00 pm	Group B - Stunts & Pyramids	3:00 pm	*Elective Classes		*Stunt Workshop
7:30 pm	UCA Staff Cheer Demonstration	3:15 pm	Group A - Stunts & Pyramids	3:45 pm	All-American Set Up		*Basket Toss Class
7:35 pm	Game Day Class: Cheers	3:15 pm	Group B - Game Day Practice & Team UCA	4:00 pm	All-American Tryouts		
7:50 pm	Cheer Private Coaching Prep	4:30 pm	Dinner	4:30 pm	Dinner		
8:15 pm	Material Review / Coaches & Captains' Stunt Workshop & Goal Setting	6:15 pm	Group A - Personalized Pyramids & Camp Routine Private Coaching Prep	6:15 pm	Camp Routine Evaluations		
8:30 pm	Big Brother Big Sister & Daily Awards	6:45 pm	Group B - Stretching, Flexibility & Jumps	6:45 pm	Sideline Stunts		
		7:00 pm	Group A - Stretching, Flexibility & Jumps	7:20 pm	Intermission: Gatorade Break		
		7:45 pm	Group B - Personalized Pyramids & Camp Routine Private Coaching Prep	7:30 pm	Spirit Night!		
		8:15 pm	Spotlight On: Jump Off	8:15 pm	Daily Awards & Pin It Forward		
		8:30 pm	Big Brother Big Sister & Daily Awards	8:30 pm	Final Coaches' Q&A		

SPOTLIGHT ON SPIRIT



PREPARTICIPATION PHYSICAL EVALUATION – MEDICAL HISTORY

2017

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
 In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers in the box below**. Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had prior testing for the heart ordered by a physician?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:		
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
When was your last concussion? _____			<i>Females Only</i>		
How severe was each one? (Explain below)			19. When was your first menstrual period? _____		
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period? _____		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	<i>Males Only</i>		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	20. Do you have two testicles? _____		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	21. Do you have any testicular swelling or masses? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>			
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>			
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>			
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

****EXPLAIN 'YES' ANSWERS IN THE BOX BELOW** (attach another sheet if necessary):

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL.

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

For School Use Only:
 This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (_____/_____, ____/_____) brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * *Local district policy may require an annual physical exam.*

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
 - Cleared after completing evaluation/rehabilitation for: _____
 - Not cleared for: _____ Reason: _____
- Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.

BHS Cheerleading Tryouts Judging Sheet

Judge's Signature: _____

Squad: Brazos High School

Candidate #: _____

Category	Possible Points	Points
Audience appeal	5	
Spirit/Enthusiasm/Poise	5	
Voice Projection	10	
Motion Technique	10	
Jump Technique	10	
Neatness/Appearance	5	
Gymnastics/Tumbling	10	

		Judge's total:
--	--	----------------