

Aledo High School



2024-2025

Cheerleader/Mascot Handbook

Aledo ISD does not discriminate on the basis of race, color, national origin, religion, sex or disability in providing educational services, activities, and programs, including athletic programs in accordance with title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended; and Title II of the Americans with Disabilities Act.

Revised February 8, 2024

2024-2025 Cheer Season

SECTION 1: ALEDO HS CHEERLEADER/MASCOT TRYOUT SCHEDULE

1. Tryout Meeting: Tuesday, February 20th:

Mandatory candidate and parent/guardian tryout meeting at 6:00 PM in the DNG Cafeteria.
Please bring this tryout packet with you for reference.

2. Tryout Application Due: Friday, February 23rd:

Completed tryout application forms must be turned in by 4:15 PM to the AHS Main Office.

Tryout Clinic/Tryout Expectations:

- Candidates who have not submitted all forms will not be allowed to participate in the tryout process.
- Tryout clinics are mandatory.
- The tryout clinic and tryouts are closed to the public. No parents/friends will be allowed.
- Hair must be pulled back and out of your face, natural-colored nails only (must be sport-length), and no jewelry will be permitted.
- During the tryout clinic, candidates will learn tryout material (cheer and a band dance), review proper jump technique, and have an opportunity for open gym time for candidates that would like to practice their stunting and tumbling skills.

3. (VARSITY CANDIDATES ONLY) Mandatory Stunt Clinic for Saturday, February 24th at the AHS Indoor Facility from 2-5 pm:

Dress Code: Please wear a white t-shirt that covers the midriff and black athletic shorts (no spandex) with appropriate cheer/athletic shoes.

4. (ALL CANDIDATES) Tryout Clinic: Monday, March 4th and Tuesday, March 5th at the DNG Cafeteria from 4:30-6:30 pm, Open Gym 6:30 - 7:00 pm.

Dress Code for Monday & Tuesday: Returning Cheerleaders will wear to clinic on Monday (black AHS practice shirt with name on it and boxing short) and to clinic on Tuesday (white practice shirt with black practice shorts). All other candidates will wear a black shirt and black shorts (no spandex) with cheer/athletic shoes.

5. Mock Tryouts: Wednesday, March 6th at the DNG Cafeteria starting at 4:30pm:

Senior cheerleaders will conduct a mock tryout. Varsity candidates will start first promptly at 4:30 followed by JV/Mascot candidates.

Dress Code: Plain white shirt (covers midriff), plain black shorts (no spandex) & cheer/athletic shoes

6. Cheer Tryouts: Thursday, March 7th at the AHS Practice Gym starting at 3:45 pm:

Judging of **all** candidates will be done by a panel of cheerleading professionals. Tryouts are closed, and no family or friends are allowed to enter the building. All eligible Varsity candidates will try out first and then JV/Mascots.

Dress Code: Plain white shirt and plain black shorts (no spandex) with cheer/athletic shoes. Your tryout number will be given to you at the tryouts.

7. Results: Friday, March 8th by 5:00 PM: Results will be posted on the Aledo High School Website.

SECTION 2: ALEDO HS CHEERLEADER/MASCOT EVENTS SCHEDULE

All events listed are required for all athletes. Failure to attend may result in removal from the squad.

1. **Monday, March 18th:** Used Uniform Sale for **NEW CHEERLEADERS** from 2:00 - 4:00 PM at AHS in room 205 (Coach Burk's Room) for cheerleader and parent/guardian to attend. Individual times will be given. **This is cash only and must be paid on the day of purchase.** This money goes directly to the seller(s) and the amount is not counted in the bill and payment schedule that you get from the coaches. (Returning Cheerleaders will not need to come to the used uniform sale.)
2. **Tuesday, March 19th: Parent/Cheerleader Meeting and Introduction of Booster Club** at 6:00 PM in the AHS Cafeteria.
3. **Thursday, March 21st:** Uniform and Practice Clothes Fitting with our Varsity Spirit Brand Representative for **EVERYONE** from 3:30-6:00 PM in Room 205 @ AHS (Coach Burk's Room) for cheerleader and parent/guardian. Shopping times will be assigned by squad. Sizes will be agreed upon by a cheer coach and parent/guardian.
4. **SPRING PRACTICES/EVENTS**
 - a. Practices (ALL SQUAD) @ AHS 4:30-6:30 PM –April 10th, 11th, 18th, 25th & May 1st, 6th, 8th, 13th, 15th - locations TBD
 - b. UCA Stunt Clinic: Saturday, April 6th from 9:00 AM-12:00 PM - location TBD

5. SUMMER COMMITMENT

Every cheerleader will be expected to workout throughout the summer. More information about summer workouts will be given after tryouts. Please do not plan any summer vacations, appointments, etc. from July 15th-start of school. Times and dates are listed below. Please understand that times and locations may need to be adjusted (AHS is undergoing major maintenance and construction over the summer).

- **July 15th:** Mini Cheer Camp Prep 8 AM - 12 PM at MMS
- **July 16-19th:** Mini Cheer Camp 8 AM - 12 PM at MMS
- **22nd-25th Pre-Camp:** Summer Practice 8:30 AM - 12:00 at MMS
- **July 27th-30th:** UCA Summer Cheer Camp at Great Wolf Lodge. Details regarding camp will be released closer to camp.
- **August 1st & 2nd:** Pep Rally Prep Practice 8 AM - 12 PM at MMS

6. CHEER COMPETITIONS: *These dates are subject to change.* (These were the dates of the competitions in 2023-24.)

- a. UCA Regionals: Weekend of November 23rd/24th
- b. NCA Regional: Weekend of November 10th or 17th - (Team Orange Only)
- c. NCA Spirit of Texas Competition: Weekend of December 7th/8th or 14th/15th
- d. Mustang Invitational: January 11th (confirmed)
- e. UIL Spirit State Competition (Team Black Only): January 16th-18th (confirmed)
- f. NCA Nationals: January 23-26th

7. PRACTICES OVER WINTER HOLIDAY BREAKS

- a. January 2, 3, 4, 6, 7
 - i. Team Orange 10 am -12 noon
 - ii. Team Black 1 - 4pm

SECTION 3: AHS CHEERLEADER/MASCOT FINANCIAL SCHEDULE

1. FINANCIAL COMMITMENT

Aledo Cheer is a huge financial commitment. Your cheer bill will vary depending on if you are a new or a returning cheerleader with uniforms, and what you can buy used from outgoing cheerleaders.

2. PAYMENT SCHEDULE

- a. **March 21** - First payment due of \$500.
- b. **April 22** - Second payment due of \$500.
- c. **May 20** - Third payment due of \$500.
- d. You will receive a detailed bill once all uniforms have been ordered, and camp has been paid for, and we have been invoiced from all other remaining companies. This will be on later than the start of summer break.
- e. The remainder of your balance will be split up into two payments to be paid on **June 24th** and **July 15th**.

******You must be paid in full prior to attending mandatory summer camp unless otherwise discussed with the head coach and administration with a written payment plan in place.******

"Our mission is to epitomize competitive excellence, fortified by unwavering mental toughness and fueled by relentless effort. We prioritize unit cohesion and effective communication, recognizing them as the foundation of our success. In addition to our commitment to athletic achievement, we dedicate ourselves to igniting school spirit and pride within our community. Through spirited performances and enthusiastic engagement, we strive to inspire unity and passion among our peers. Furthermore, we pledge to actively contribute to our community, embodying the values of service and leadership both on and off the sidelines. Together, we rally behind the banner of excellence, embodying resilience, spirit, and a profound dedication to our school and community."

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This handbook is subject to change according to rules and standards set forth by the Texas Education Agency, UIL Side By Side Manual, or Policy of the Aledo ISD School Board.

Selection of Cheerleading Candidates

- A. Practice Clinics will be held before the tryout date. Sessions may be conducted by senior cheerleaders, UCA clinicians and coaches. Candidates must attend all practice sessions and be on time. Universal Cheerleaders Association (UCA) and National Federation of State High School (NFHS) guidelines will be followed. During the pre-tryout practice/training sessions, all candidates will be taught a cheer, jump sequence, and a short band dance. Tumbling is not required. Varsity candidates will also be scored on stunt.
- B. Squads:
- Varsity: Current juniors, sophomores, and freshmen may be eligible to try out for the varsity squad. Cut off will occur at the natural point break or at the judges or coach's discretion.
 - Junior Varsity: Current sophomores, freshmen and eighth graders may tryout for the junior varsity squad. Cut off will occur at the natural point break or at the judges or coach's discretion.
 - Mascot: At least one (1) member will be selected as varsity mascot. The mascot candidates can be from the current 8th -11th grade students.
 - Tryouts determine your team for football season. Competition teams are selected at coach's discretion and can be changed at any point in the season.**
- C. Mascot Tryouts: Each mascot candidate will prepare a 90 second (minimum) to 2 minute (maximum) spirit routine pre-approved by the coach. For tryouts, each candidate must wear the Bearcat costume and may use props for the routine. No other individuals will be allowed in the routine.
- D. Judges will rate the cheer candidates in the following categories: Jumps, motion technique, dance technique, crowd leading skills, stunt (VARSITY ONLY), use of props.
- E. Current Sophomores and freshmen must choose prior to tryouts whether they want to be considered for the Varsity, Junior Varsity or either squad.
- F. Candidates are not eligible to try out if they have been removed from or have quit any AISD cheerleading squad for any reason from the current years. Extenuating circumstances may be considered for students who were removed as a result of illness or injury with the sponsor and principal approval.
- G. All candidates for cheerleader must have maintained at least 90% attendance average during the current school year.
- H. A placement in DAEP during the current school year will result in a candidate being disqualified from tryouts.
- I. If a candidate has failed any two classes during the current year, based on posted cycle grades, the candidate will be disqualified from tryouts. This can be the same or different subjects. This follows UIL eligibility requirements.
- J. If a candidate has received two or more "N's" or one or more "U" citizenship grades during the current year, the candidate may be disqualified from tryouts. Discipline referrals or any referrals to the office will be taken into consideration regarding tryouts.
- K. All outstanding balances from previous years owed to AHS Cheer must be paid in full prior to **March 1st** to be eligible to try out.

L. The candidate must comply with the local district policy on physicals. All physicals must be current and on file with the AHS trainers prior to tryouts. AISD will host a physical clinic on April 30th from 4:30-6:00 at AHS. Cost is \$20. (This is not mandatory, but a great option.)

Procedures for Cheerleading/Mascot Tryouts

A. All candidates and their parent/guardian must read and sign a consent form stating they have read the AHS Cheer Handbook and all required dates for the upcoming year.

B. There is a mandatory fee of \$30.00 cash or check made out to AHS Cheer for tryouts to cover the cost of the choreography and judges.

C. All signed forms for tryouts and fees are due no later than Friday, February 23, 2024 by 4:15 p.m. Directions attached to the paperwork at the end of the packet.

D. Current Senior Varsity Captains, in cooperation with the coaches, will conduct a tryout clinic. It will be held the week of tryouts in the main gym of the high school. Dates and times for the clinic are listed on Page 2. All cheerleader candidates are required to attend and participate in the clinics.

E. The clinic and tryout is closed to everyone other than candidates. Only the coaches, participating Senior Cheerleaders and administrators are admitted to the clinic. Parents will not be allowed to attend.

F. Tryouts before judges will be held on Thursday, March 7, 2024. Tryouts will begin at 3:45 p.m. in the practice gym of the high school. Varsity candidates will tryout first followed directly by JV/Mascot candidates.

G. The skill each candidate performs during her tryout will be the skill she will be required to perform at games, pep rallies, competitions, etc. throughout the duration of the school year. The only exception to this will be injuries/illnesses.

H. Tryout Material to be taught will be decided upon by the coaches and participating Senior Varsity Captains. Spirited entrance or during transitions between elements will not be allowed. There will be:

- a. Tumbling (optional) Do not spirit before or after
- b. Jumps- Do not spirit before or after

- c. Group Cheer
 - d. Band Chant- Spirit will be incorporated into band chant
 - e. Varsity candidates only a stunting portion of the tryout
- I. The candidates will be given a number on Tuesday, March 5th for their order to try out. Candidates will tryout in groups of 4.
- J. Outgoing Cheerleaders who are leading the Tryout Clinics, will not be permitted to give individualized instruction to candidates, outside of the official clinic times. If this rule is violated, the candidate will be disqualified from the tryout process.

Uniforms

- A. Uniform fittings are scheduled for March 24th. These will be scheduled in advance, by appointment. Parents are required to attend. Uniforms ordered in the wrong size will be replaced at the cheerleader's expense.
- B. Uniforms and accessories will be purchased by each cheerleader. It is highly recommended that all items be labeled with the member's name. Uniforms are to be kept clean and neat at all times.
- C. The cheer coaches will select the uniforms/spirit/camp wear. Some items may be reused from the previous year.
- D. If any part or all of the uniform becomes damaged, lost, or not wearable, it is the cheerleader's responsibility to replace the needed item in a timely manner as determined by the coaches. All alterations must be pre-approved by a coach. Any unapproved alterations may result in the purchase of a new uniform. All cheerleaders will purchase megaphones and pom-poms, as needed.
- E. Cheerleaders will maintain proper care of the uniforms. Anyone out of uniform may be suspended from that event. That includes socks, spunks, ribbon, etc. Do not let others wear or use any part of your uniform; this includes CATS fleece and megaphones.
- F. Tattoos are to be covered at all times while in uniform and representing Aledo High School as a cheerleader. JEWELRY will not be worn at practice, pep rallies, games or competitions. No non-natural hair color will be permitted. Nails must be athletic length per NFHS rules and natural in color at all times.

Duties of Cheerleaders/Mascots

- A. Cheerleaders will cheer throughout the entire game – win or lose. No one (cheerleader or mascot) is to leave the field area or court during a game without permission (except in emergency situations.) Mascot may leave to get air or water. Cheerleaders are expected to perform ALL skills performed at tryouts throughout the year and at all games and competitions.
- B. Cheerleaders must know all cheers and routines. This includes motions and words.
- C. It is very important that all members know that he/she represents Aledo High School. Conduct should be above reproach at all times, both in and out of school. He/she must conform to the rules of the Aledo High School Student Handbook and rules/expectations set forth by each squad's cheer coach.
- a. Being placed in In School Suspension, or Friday Night School will result in a suspension from a game or event.
 - b. Being placed in DAEP will result in removal from the squad.
- D. Cheerleaders will be on duty from the time of arrival until dismissal by Coach. This includes practices as well as games. They will arrive 45-60 minutes prior to football game time and 15 minutes prior to any other school event. They MUST arrive dressed and ready to cheer.
- E. Cheerleaders will attend and perform at all designated athletic events scheduled by coaches.
- a. Varsity will cheer at all football games, home district basketball games, and selected sports playoff games.
 - b. JV will cheer at selected Freshman and JV district football games and home district basketball games. JV may travel and cheer at selected playoff games per the coaches discretion.
 - c. Most high school games are scheduled on Tuesdays, Thursdays and/or Fridays. Do not schedule other activities such as tumbling classes or driver's education on these days. Competitive cheerleading cannot interfere with high school cheerleading. These absences will be unexcused. If there is a conflict between a competition that is not hosted by AISD, school cheer takes precedence.

F. During the summer and school year there will be mandatory all squad choreography dates and practices to prepare for pep rallies. On mornings of pep rallies, all squads will be required to arrive in the main gym by 7:00 a.m. to set up for pep rallies. Pep Rally duties will be assigned by coaches. After the pep rallies are over, all equipment must be placed back in the proper area. Failure to arrive on time and in uniform may forfeit the privilege to be part of the pep rally.

G. Performance Eligibility: Cheerleaders must understand that they are not guaranteed to be in all routines even though they may have been offered a spot on the cheer team. A cheerleader may be pulled from performances or routines at any time for any reason by the coach. As we are no different than any other Varsity sport, hard work and constant improvement is required from all members and will be evaluated by the AHS Cheer coaching staff. If the coaching staff does not deem a cheerleader as performance ready, they will not perform.

H. ALL CHEERLEADERS are required to be a part of one of the 2024-2025 Competition Squads. If a cheerleader does not fulfill competition obligations, they will be dismissed from the team.

I. If a cheerleader/mascot sustains an injury, he/she must attend all practices and games (if physically able) and sit in uniform with the coach. A doctor's release will be required to return to full cheer duty.

J. It is a cheer duty for ALL Varsity Game members to decorate goody bags during football season. For ALL SQUADS there will be a "Game Day" crew assigned to each game. Game Day Crew is responsible to get water, signs and any other item deemed necessary by the coach to and from the game that week. If this is not completed, additional practice duties will be assigned at the following practice from the event.

K. Cheerleader duties do not expire until the end of the school year. Those who do not fulfill cheer responsibilities will not be allowed to try out the following year, attend the cheerleading banquet or be able to apply for the senior cheer scholarship.

L. Senior cheerleaders will not be eligible for booster club scholarships without participation in booster club events and fundraisers. Scholarship requirements are set by the booster club. Booster club participation is strongly encouraged. Our goal is to have 100% membership.

M. Varsity letter jackets will be awarded to each Varsity cheerleader/mascot at the end of two completed school semesters. UIL rules state a student may only receive one letter jacket from the school.

Travel and Transportation

A. Travel to and from games will be provided by the AISD transportation department. Cheerleaders will ride the bus to out of town games and events. All cheerleaders are required to ride the bus back from games and events.

B. If events/games are scheduled where riding home with parents may be considered, that will be communicated prior to the event, and requirements for doing so will be shared at that time. In case of emergency, all other considerations should be discussed with the coach.

C. Squad members are responsible for their equipment for the duration of the trip.

D. Members must conduct themselves appropriately and responsibly on all trips as representatives of Aledo High School and Aledo ISD.

Grades and Citizenship

A. Grade policy will follow the UIL-TEA Side-by-Side eligibility manual for extracurricular activities. If a grade falls below 70 as reported at the end of a grading period, the student will not resume duties until he/she meets the UIL requirements for extracurricular participation. If a cheerleader/ mascot fails two or more classes in any nine weeks, he/she will be dismissed from the squad and not be eligible for tryouts for the next school year. The nine weeks do not have to be consecutive, nor do the failing grades have to be in the same subject.

B. Any concerns brought to the attention of a coach will be investigated and may result in a cheerleader being benched from a performance or removal from the squad.

C. All cheerleaders/mascots will comply with the rules and regulations as stated in the Aledo Cheerleader Handbook and the AISD Student Code of Conduct. This includes any school related drug testing.

Attendance, Suspensions and Dismissals

- A. Members are expected to attend school all day in order to maintain eligibility for participation in a game or event.
- B. If a cheerleader/mascot does not attend classes at all on the day of a game or event, he/she is ineligible to cheer at the game that night. In case of an extenuating circumstance, the absence must be cleared with the coach or principal prior to the absence. Written documents must be provided to the coach prior to the game.
- C. All practices, performances, and meetings are mandatory. Each member is required to attend all scheduled events.
- D. Absences from cheerleading/mascot duties may be excused **ONLY** for the following: personal illness, school-sponsored events, family emergencies, religious reasons, or other conflicts approved by the coach. Make-up work, tests, and doctor appointments need to be scheduled outside of practice/performance time. Work is not an excuse to miss practice or a scheduled event. Coaches will have full discretion on consequences for absences.
- E. If a cheerleader is suspended from performing, they must sit in uniform with the coach.
- F. If a cheerleader/mascot is ill or unable to attend practice, he/she must call the coach to notify them of the absence **PRIOR** to the start of practice. If a cheerleader/mascot is absent (excused or unexcused) from the practice before an event, the cheerleader may sit out for that event. If a cheerleader/mascot becomes ill or injured and will be absent for several practices or games, a doctor's release will be required in order to resume duties.
- G. The coaches will review excessive excused absences and appropriate action will be taken, if deemed necessary.
- H. If a cheerleader/mascot is unable to fully perform all cheer duties (cheers, jumps, tumbling, stunting, etc.) due to injury or illness, the cheerleader/mascot will sit out until recovered, and bring a doctor's release to resume duties.

Standards for an Aledo High School Cheerleader/Mascot

- A. The following standards are expected from each member of the squad.
- a. Appearance is to be neat and appropriate.
 - b. School attire should meet school dress code at all times.
 - c. Behavior should be above reproach at school and practice.
 - d. There should never be any improper language at school or practice.
 - e. Attendance and participation is required at all times.
 - f. Maintain sportsmanlike conduct.
 - g. Represent the squad and Aledo High School to the best of your ability at every event.
- B. All of the above conduct applies when in or out of uniform, while at school, and while acting as a representative of the school at other functions.
- C. Cheerleaders/Mascots are to be informed of all rules. All members are expected to follow these rules and expectations. Lack of compliance will result in consequences. Members will not be excused from consequences due to the lack of knowledge of rules and expectations.
- D. No member of any squad should represent themselves as an Aledo Cheerleader without expressed permission, supervision, or scheduling by the appropriate coach.
- E. Electronic and Social Media will need to be appropriate based on the guidelines set in the AISD Student Code of Conduct.
- F. **Electronic Device Policy:** Cell phones are not permitted to be used during any district provided bus ride, games, competitions, or camps/clinics. Cell phones will be collected by the coach. During practices, cell phones must be kept in the cheerleaders' bags or designated areas and set to silent mode. By adhering to this cell phone policy, we aim to maintain a focused and safe environment for all cheerleaders while promoting team unity.

Head Cheerleader and Co-Captains

- A. The Varsity squad will maintain senior(s) as the varsity head cheerleader(s). The cheer coach will decide if a co-captain will be set on the varsity squad. The candidates for captain(s) and co-captain will fill out an application, participate in a coach/candidate interview, and teach the squad a new chant or sideline dance upon coaches directions. In addition, the position of captain(s) and co-captain will be voted on by the other squad members. Coaches will make the final decision based on interview, leadership skills, communication skills and squad member input.

- B. Duties of Cheerleader Captain(s) will include:
- Responsible for setting a good example for others to follow.
 - Promote positive team/school spirit at all times.
 - The captain should be cooperative, helpful, and dedicated.
 - Responsible for organizing the squad and all activities.
 - Making sure information is shared to all squad members as needed.
 - Teaching and making sure the squad knows all cheers, words, and motions.
 - Captains must be willing to spend extra practice time when necessary.
 - Keep close contact with cheerleaders, coaches, and other squads.
 - Act as a liaison between squad and coaches.
 - Collaborate with coaches on all decisions regarding events and activities.
- C. The coach may remove a captain or co-captain from the position at any time if the responsibilities and duties of the position are not being fulfilled.



Tryout Rubrics & Score Sheets

Stunt Difficulty Rubric

Execution effects score. All stunts must be held for 1, 8-count. Pop off desired dismount. No cradle dismounts will be allowed.

13-15 Range

- Single Base extension
- Quad Full-up to extension
- Quad Low to high full-around

10-12 Range

- Single Base Hands push to Extension
- Quad low to low full around bump and go to extension

7-9 Range

- Single Base Hands
- Quad Low to low full around
- Quad straight up to lib

5-6 Range

- Quad extension rewind to load
- Quad full-up to prep

3-4 Range

- Single Base Shoulder Stand pop off
- Quad extension

1-2 Range

- Single Base Shoulder Sit (Must load by lifting and sitting on shoulder, pop off)
- Quad prep

Tumbling Difficulty Rubric

Execution will affect score.

6-10– Standing Tuck

4-5 RO Multi BHS (2 or more) to Tuck

3- RO Tuck, RO Multi BHS (2 or more)

2- RO BHS

1- Standing BHS

0- Round Off, Front Walk Over, Back Walk Over, Cart Wheel

Cheerleader Judging Score Sheet: Varsity

Category	Possible Points	Points
Stunt Execution/Difficulty	15	_____
Tumbling Skills	10	_____
Jumps Height, arm placement, leg placement, pointed toes	10	_____
Motion Technique Arm levels, Timing, motion sharpness, motion placement	15	_____
Crowd Leading Skills Projection, Facial Expression, Confidence, Ability to Use Spirit Raising Props	10	_____
Band Dance Technique Motion Gameday Spirit, sharpness, motion placement, confidence, rhythm	15	_____
Grades Academically eligible for the first semester (-1pt for each B (80-89), -2 pts for each C (70-79))	<i>subtotal</i> 25	_____ _____
	Total (possible100)	_____

2024-2025 Application

* Print the following pages to turn in.

Students who are interested in becoming cheerleaders/mascots must bring all completed paperwork to the AHS front office no later than 4:15 p.m. on Friday, February 23, 2024.

1. The last 7 pages of this packet filled out completely.
2. \$30 Tryout fee in the form of cash or check (made out to Aledo ISD and in the memo put your candidates name and cheer tryouts)
3. A current copy of their report card
4. Doctor's Release/Physical Acknowledgement
5. A current color photo of candidate (will not be returned)
6. Complete sentence answers to questions given

Packets should be in a 9"x12" envelope labeled with the following:

Attn: Sarah Burk

Cheer Tryout Application

Candidates Name

Current Campus

Current Grade Level

Application for Cheerleading Tryouts 2024-2025

I am interested in being a cheerleader/mascot at Aledo High School. I understand the risks stated above. If selected, I agree to abide by the rules and regulations set forth by the coaches and principal at Aledo High School. I promise to cooperate and follow the instructions of the cheerleading coach.

Printed Student Name _____ Current Grade _____

Student Signature _____ Date _____

Home Address _____ City _____ Zip _____

Parent Cell Phone _____ Student Cell Phone _____

My child, _____, has my permission to be a cheerleader/mascot at Aledo High School. I understand that he/she must abide by the AHS Cheer Handbook rules and regulations set forth by the coaches and the principal of Aledo High School and he/she must be present for all practices and games. I have read the rules and regulations in the AHS Cheerleader Handbook and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. **I understand that all forms must be completed, and the fee must be paid by Friday February 23rd by 4:15 pm, or my child will not be allowed to try out.** I understand my child must attend ALL clinic dates (March 4th-6th).

Parent Initials

_____ I understand that my son/daughter will be evaluated by qualified judges and I agree to abide by the decision of the judges.

_____ I understand all costs involved as stated in the handbook.

_____ I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones; the risk also includes catastrophic injuries, such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Aledo High School/Aledo ISD or any of its personnel responsible in the case of accident or injury at any time.

Parent or Guardian Printed Name _____ Date _____

Parent or Guardian Signature _____

PARENT RELEASE FORM

_____ has my permission to perform in all activities during the 2024-2025 school year. In case of emergency, I give any of the cheerleading coaches or any Aledo ISD employee (teacher or administrator) permission to get medical attention for my son/daughter. In case the emergency is a medical decision, I will not hold the coaches or Aledo ISD responsible for the outcome of any decision.

Parent Name (printed) _____

Parent Signature _____

Home Address _____

City _____ Zip _____

Parent Email Address: _____

Student Email Address: _____

Home Phone _____ Cell Phone _____

Work Phone _____ Student Cell Phone _____

Insurance Company _____

Policy Number _____

Family Doctor _____ Phone Number _____

Hospital of Your Choice _____ Phone Number _____

Emergency Contact Name _____ Phone Number _____

Any medicine allergic to _____

Other previous injuries _____



Transportation Permission Slip 2024-2025

I give permission for my cheerleader/mascot, _____, to be transported by school bus, school-acquired charter bus, or sponsor-driven AISD vehicle to/from any cheerleading function. I release Aledo ISD and any employee of Aledo ISD from any liability.

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____

DOCTOR'S RELEASE / PHYSICAL ACKNOWLEDGEMENT

CANDIDATE NAME _____

GRADE _____

CHECK ONE:

_____ I am currently enrolled in Athletics or a current Cheerleader at an AISD school
Sport(s): _____

_____ I am not currently enrolled in Athletics or not a current cheerleader in AISD

If the candidate checked "I am not currently enrolled in Athletics or not a current cheerleader in AISD" then they will need to have the bottom portion of this form completed by a doctor.

MEDICAL RELEASE:

To the best of my knowledge, _____, is physically capable to participate in the strenuous activity associated with cheerleading and is able to **continue to practice with Aledo cheer until April, 30th 2024.**

PHYSICIANS NAME: _____

PHYSICIANS SIGNATURE: _____

DATE: _____

NOTE: If the candidate is a current cheerleader or other athlete in AISD, has a current physical on file and there have been no serious injuries since the date of that physical, a physician's signature is not required on this form.

Questions for Cheerleaders

1. Why do you want to be a part of one of the AHS cheerleading squads?
2. What does Servant Leadership mean to you and how have you displayed this trait in the past year?
3. Can you describe a challenging situation you faced in cheerleading or another team activity, and how you handled it?
4. How do you handle constructive criticism and feedback?
5. What skills or qualities do you believe you can bring to the cheerleading squad?
6. How do you prioritize your commitments, such as academics, extracurricular activities, and personal time?
7. What motivates you to work hard and continuously improve as a cheerleader?
8. How do you manage your time effectively, especially during busy periods like competition season?
9. Can you give an example of a time when you had to work collaboratively with others to achieve a common goal?
10. How do you handle pressure or stressful situations, like performing in front of a crowd?
11. How do you demonstrate sportsmanship, both on and off the field?
12. You must be willing to commit to attending all practices, games, events and competitions, how will you ensure you can fulfill these commitments?
13. How do you plan to maintain a positive attitude and support your teammates, even during challenging times?
14. Can you describe a situation where you had to adapt quickly to unexpected changes or obstacles?
15. How do you plan to balance your responsibilities as a cheerleader with other commitments in your life?

Squad Consideration:

Incoming Sophomores and Juniors please circle the following:

I want to be considered for either JV or Varsity

I want to be considered for JV ONLY

I want to be considered for VARSITY ONLY