

Elkins High School Cheerleading Tryout Information 2024-2025



You will need to review the following two documents:

Elkins High School Tryout Packet

Fort Bend I.S.D. Cheerleading Handbook (found online <http://elkinscheer.weebly.com/>)

ATTENTION:

It is required that you must download and read the FBISD Handbook and Elkins Handbook found on the Elkins website cheer page. These documents state what is required of Elkins cheerleaders and disciplinary guidelines set not only by the district, but by the school as well. By reading the documents candidates and candidates parents understand what is expected before trying out.

Try-Out Dates

- **Informational Parent Meeting: MUST attend ONE**
 - **Thursday, February 15, 2024**
 - **@ 6:30 in the Elkins Library**
 - **Make up meeting on Zoom- Tuesday 2/20/2024 6:30 (by request, email me for link)**
- **Tryout Clinic: Wednesday, March 4th –March 5th @6:00-8:30 in the Practice Gym (EHS)**
 - All candidates will learn the tryout dance and cheer. At the tryout clinic, we will only go over the tryout dance and cheer. Any other skills needed for tryouts will be shown, but not taught.
- **Mock Tryout: Wednesday, March 6th @ 6:30 in the Practice gym (EHS)**
 - **All candidates should attend in order to receive their tryout number and go through the tryout process. Candidates will be given a score sheet that the judges will use on the actual tryout date.**
- **Elkins Tryout: Thursday, March 7th time TBD by district. Practice gym Elkins High School**

What Will It Cost?

Varsity/JV Cheerleading Expense List

New JV Members:	\$1000
Returning JV Members:	\$700
New Varsity Members :	\$1200
Returning Varsity Members:	\$900

Payment dates are as follows:

New & Returning Members

April 15th —\$400

May 15th —calculated after fitting

July 15th —calculated after fitting

Please note:

These costs are estimates. After the fitting, you will receive an updated total with amounts owed. State sales tax will be added to clothing items.

- Your child will be permitted to keep all items that you purchase. All other items will be returned at the end of the season (i.e.: school issued uniforms, megaphones, school issued pink out attire). Your child is monetarily responsible for the upkeep and maintenance of their school-owned equipment. They must pay for anything that must be replaced.
- Each girl will receive an invoice for the costs listed above. Payments can be made in full or in installments.
- Miscellaneous items may be added to the initial costs as the year continues (i.e. spirit shirts, sweatshirts, pink out bloomers, etc.); all extra items will be announced well in advance.

How Does It Work?
Tryout Process and Procedures

In order to try out...

- * Candidate must turn in all paperwork by **March 4th 2024**. This includes: **parent signature agreement, candidate release/medical information form, parent permission form, and copy of first and second nine weeks report card. All other paperwork must be completed online RankOne. (This includes: acknowledgment of rules, UIL Steroid Use and Testing Form, concussion acknowledgement form, original athletic physical signed by a doctor, medical history form, Fort Bend Emergency Form, Fort Bend athletic policies. To find the online and physical forms, go to the Fort Bend website, click on the athletics link, and select the UIL physical form).**
- * Candidate cannot have **more than two** F's (grades), N's or U's (conduct), or **out of compliance with attendance laws** on his/her report card through the second nine weeks period.
- * **If I do not receive ALL of the candidate's paperwork, the candidate will be in jeopardy of not being able to tryout. It is important that every piece of paperwork is, filled out correctly and turned in on time.**

Physical appearance at tryouts....

- * You must wear a plain white T-shirt (**not tight or see-through**), light-colored sports bra, royal blue shorts (**not short or tight**), spunks, plain white socks and tennis shoes or cheer shoes.
- * You must put your hair in a neat ponytail. You may **not** wear a bow in your hair.
- * You must remove ALL jewelry (including all piercings) and long nails or bright fingernail polish.
- * You may wear everyday make-up (no competition make-up).

On March 7th ...

- * Arrive at Elkins High School by **time determined by district** to warm up and stretch. Enter through the student parking lot door in Gold Hall.
- * All cheer candidates must stay at Elkins until everyone has performed. Candidates will wait in the Competition gym when they are not trying out.
- * **Tryouts are closed to the public.** Only candidates, senior captains, coaches, judges, and impartial tabulators are allowed in Elkins.
- * Once tryouts are over, all candidates must leave Elkins.
- * **The results will be posted on the front doors at Elkins High School, Friday March 8, at 5 PM**

What Should I Expect?

Being a EHS Cheerleader

- * Elkins cheerleaders work hard. The squads train to avoid injury and keep in shape. Weekly workouts may include, but are not limited to, circuit training, yoga, strength training, running and more. Appropriate clothing is required at all times—which includes proper undergarments, socks, and cheer shoes. Please see the EHS cheer by-laws for more details.
- * Elkins cheerleaders practice schedule will vary. On average, practice will be held three days after school. After-school practices are mandatory, as we review cheers, dances, practice jumps, tumbling, and stunting.
- * Elkins cheerleaders are a team. If one person is absent, it affects the entire squad. We try to avoid excessive absences. Absences during the week of a pep rally will not be tolerated, as all participating cheerleaders are necessary to execute a successful pep rally.
- * Elkins cheerleaders notify their coaches 48 hours *prior* to an absence, not the day of the absence.
- * Elkins cheerleaders understand that **outside cheerleading** or **after-school jobs** are not excuses for missing a game or practice. Elkins cheerleading always comes first!
- * Elkins cheerleaders do more than cheer at games. They also perform at celebrations, paint signs, host pep rallies, and volunteer in the community. All cheerleaders are expected to participate in these activities.
- * Elkins cheerleaders are part of a year-long sport. They promote and facilitate pride and school spirit. Their job is not easy, but each member of the team works hard and supports each other. **ALL cheerleaders must be enrolled in the cheer class for the entire year.** The only exceptions to this rule will be seniors, who have **previously** participated in another Varsity sport.
- * Elkins cheerleaders understand that they always represent their student body, on or off campus. They know that their behavior is to be respectable and a positive representation of a young adult in public, on-line, and at school.
- * Elkins cheerleaders have read, understood, and follow the FBISD Cheerleading Handbook and the FBISD student athletic handbook.

What Happens If I Make It?

Dates to Remember

- * Clothes fitting and meeting of the squad will also be held **Thursday, April 4th at 5:45 pm.** All cheerleaders **must** attend. We will also discuss spring and summer schedule. **There are no parents allowed at the fitting.**
- * A mandatory parent meeting will also be held on **Tuesday, April 9th at 5:45 p.m.** for all parents to discuss the upcoming cheer season.
- * **The first payment is April 15th. Payments can be made via My Varsity link you will receive in an email.**
- * **We plan to attend camp July 22-25. This includes members who are currently at another campus.**

Tentative Schedule through August:

Tuesday, April 4th -Cheer Fitting @ 5:45 pm Coach Dominy's Room

Tuesday, April 9th - Mandatory parent meeting in Coach Dominy's room 109 @ 5:45

Monday, April 29th - after school practice starts (**Mandatory** practice will be held every Monday and Wednesday in the month of from April 29 through May 15th from 4:45-6:15.)

July 22-25 Camp at A&M- Per district policy, if your cheerleader does not attend camp, they will be removed from the squad. You will not receive a refund on any monies paid.

August practices- TBD

August – November: Football Season, don't make weekend plans before seeing the football schedule. Also, Friday Knight Lights—the first football game of the year with pads—will likely be the first week of school. In addition, be prepared to work especially hard the week before and of Homecoming.

December – March: Basketball Season

January- UIL State Competition

Please Note: **ALL** unexcused absences will lead to being benched for that week's game. Every cheerleader has 5 excused absences (illnesses, club/other extracurricular activities (approved by coach), doctor appointments, etc...) after the 5th excused absence the cheerleader will be benched for the week, including pep rallies, send offs, and/ or other activities.

ELKINS HIGH SCHOOL CHEERLEADER PARENT EXPECTATIONS AND INFORMATION

Transportation

Each cheerleader is responsible for getting herself to every in-district game and practices on-time. Transportation will only be provided to away games and playoff games. Please make sure your daughter has a ride and is on-time to all games and practices. Your daughter is ultimately responsible and will face consequences for being late or not being able to go based on a lack of or undependable transportation.

Be supportive of your cheerleader.

This year will be strenuous on your cheerleader and usually on your schedule, as well. Support your cheerleader knowing that cheering develops cooperative skills, respect for others, and leadership skills that wouldn't otherwise be refined.

If your child makes the cheerleading squad, please don't forget to be added to the distribution list for updates and important e-mails. Email your child's coach.

Most communication about cheerleading will be via email or be handled/told to the cheerleaders directly. Please check your email regularly as communication is key!

Varsity
Justine.dominy@fortbendis.com

Junior Varsity
Lotanna.Nneji@fortbendis.com

PARENT/GUARDIAN PERMISSION FORM

_____ has my permission to try out for cheerleader for the 2024-2025 school year at Elkins High School.

- * I understand that he/she is required to attend all sporting events chosen by the coaches on a monthly calendar. I understand that dates/times may change, and my cheerleader is expected to attend all mandatory events. I understand that the coach will give as much advanced notice as possible. I understand that scheduling flexibility is important during play-offs and that my cheerleader is expected to attend all play-off games.
- * I understand that he/she is responsible for participating in all fundraiser activities coordinated by the coaches.
- * I understand that the responsibilities of a cheerleader and a mascot are always considered more important than other extra-curricular activities and/or an after-school job.
- * I understand that he/she must currently be currently eligible according to UIL standards and cannot have more than two failing or incomplete grades or unsatisfactory or poor marks in conduct to try out.
- * I understand that to participate next year, he/she must be always passing all subjects on his/her report card.
- * I understand that he/she is *required* to attend cheerleader camp in July, as well as all summer practices.
- * I understand that all ballots from the official tryout will be counted by unbiased tabulators, and a designated committee will determine squads from top candidates.

I grant the release of legal responsibility of my son/daughter to Fort Bend ISD and the Elkins cheerleading coaches while on any project or activity concerning cheerleading responsibilities.

I will show good sportsmanship by accepting the decision of the judges' scores and accepting the final results of tryouts.

Parent Signature _____

Candidate Signature _____