

2024-2025

Oak Ridge War Eagle

Cheerleader and Mascot Tryouts



Attached you will find all the necessary information for a student interested in trying out for cheerleader or mascot. Make sure to read the packet in its entirety. All rules and regulations as stated in the constitution, as well as USA Cheer, NFHS Spirit, UIL guidelines and the Conroe ISD Recommended Cheerleading Guidelines and Procedures, will be followed carefully. You will need to read and understand every page before making your decision to try-out for cheerleader/mascot.

Thank you for your interest in becoming an Oak Ridge High School Cheerleader.

If you have any questions concerning the ORHS Cheer Program, ORHS Cheer Booster Club or Cheer Tryouts, please contact:
Coach Truxton at btruxton@conroeisd.net

Make-Up of Squads and Team Selection:

All teams will be selected by a judges' panel consisting of 3 qualified judges from various independent organizations. The judge's scores will be averaged together to make up 70% of the total score. The remaining 30% will be a coach's evaluation based on school discipline, attendance and cheer discipline.

The scoring will be tabulated by employees of CISD on the day of tryouts. Tabulators have no affiliation with any candidate trying out.

In order to make varsity as a sophomore, the cheerleader must have one of the top 10 scores. No freshmen will make JV or varsity.

- If you are part of an outside cheerleading program non-school related (I.E. All Stars), you are responsible for upholding all responsibilities of our cheer program. This includes, but not limited to, practice, game, participation, fundraising, team bonding, choreography, competitions, etc. The Varsity team cannot be compromised due to a scheduling conflict. We will do our best to work with anyone who is in an outside cheerleading program, but when most outside cheerleading programs have 100s of girls to replace you for one event, we are very limited on members and time, so participation at our events (i.e. games, practice, pep rally, choreography, etc.) is mandatory.

Make-Up of UIL GameDay Team

There will be tryouts for our UIL GameDay team. Please keep in mind it is a huge commitment that will require extra practices.

Oak Ridge High School Cheerleading Merit System

The merit system is a method that establishes structure and discipline within the cheer team. The system holds the cheerleaders/mascot responsible for his/her actions and helps to maintain a dedicated team, while rewarding members who go above and beyond. The following are reasons for merits and demerits.

Section A

- I. A record will be established for all cheerleaders. The document will record all infractions for each cheerleader over the course of the year. The record will be kept by the cheer coach and will be kept confidential. A cheerleader may only view their record.
- II. When a demerit is recorded, the coach will document the entry. The Cheerleader/Mascot will also receive conditioning for their demerit if a coach deems appropriate.
- III. Each cheerleader/mascot will begin the year with 75 merits. Merits can be lost or gained according to the rules that follow in section B and C.
- IV. If a cheerleader reaches 50 merits, they will be put on probation for one week and will be required to earn extra merits to bring their merits back above 50. A cheerleader who loses all points will be dismissed from the squad.. If a cheerleader is on probation twice in a year they will be dismissed.
- V. Any cheerleader/mascot removed from the team or quits the program will still be responsible for designated fees.
- VI. Any captain or co-captain that reaches 50 merits will be dismissed from their responsibilities as captain or co-captain.
- VII. Any cheerleader/mascot who defies the coach's authority, whether at a game, practice, cheer class, event, etc. can be put on automatic suspension. This includes, but not limited to, disrespect, backtalking, walking away from the team or coach, disobeying instructions, etc.

Positive Behavior Rewarded		Merits
1.	All A's on progress report/report card	+10
2.	Community Service	+10
3.	SAE, email from school official for outstanding behavior in school	+5
4.	Participation in fundraiser	+5
5.	Raised most money in fundraiser	+5
6.	Participating in bringing extra spirit items created by the cheerleader	+5
7.	Making extra spirit signs	+5
8.	Helping other members 30 min before or after regular scheduled practice	+5
9.	Helping with equipment when not assigned	+5
10.	Tutoring after school	+5
11.	Participating in Pep-Rally themes or spirit days	+5
12.	No tardies per nine weeks	+5
13.	No absences per nine weeks	+5
14.	Cheerleader of the week	+5
15.	Going above and beyond in practice	+5
16.	Extra workout	+5

Section B and C

Offense		Demerits
1.	Drug use, smoking, drinking or fighting (advisory board approval)	-50 or Dismissal*
2.	DAEP or OSS (advisory board approval)	-50 or Dismissal*
3.	Inappropriate sexual activity on school grounds (advisory board approval)	-50 or Dismissal*
4.	Hazing (advisory board approval)	-50 or Dismissal*
5.	Theft (advisory board approval)	-50 or Dismissal*
6.	Unfavorable publicity to the school (advisory board approval)	-50 or Dismissal*
7.	ISS	-25
8.	Being disrespectful to sponsors, teachers, or administrator	-20
9.	Failure to know material (cheers, chants, dances) by deadline	-20
10.	Saturday School for disciplinary reasons	-15
11.	Stunting or tumbling without direct approval/sponsor supervision	-15
12.	Unsportsmanlike conduct at games, pep-rallies, and school functions	-15
13.	Unexcused absence from game, practice or other function	-15
14.	Failure to notify a coach of an absence via email/text	-15
15.	Slandering or being disrespectful to fellow cheerleaders	-15
16.	Public display of affection at school or any other school related event	-15
17.	Missing summer practice for non-UIL activity or unexcused absence	-15
18.	Refusal to tumble at games, pep-rally or events	-15
19.	Borrowing items and not returning them	-15
20.	Negative social media presence (chronic issues may result in dismissal)	-15
21.	Wearing uniform outside of school functions	-10
22.	After School Detention	-10
23.	Violation of school rules or other problems reported in the classroom	-10
24.	Leaving game, practice, or event early without pre-approval	-10

25.	Talking or distracting behavior during games or practice (for example: combing hair, talking to people in stands or players, cell phone usage)	-10
26.	Inappropriate behavior on a bus	-10
27.	Failure to make, post or clean up assigned responsibilities at practice, special events or games	-10
28.	Inappropriate dress at school or school function	-10
29.	Poor sideline display (sulking, not saying cheers, not using proper motions, chatting between cheers, not in proper position)	-10
30.	Refusal to participate in practice (stunting, working out)	-10
31.	Constant wrong clothes at practice (constant or chronic problem)	-10
32.	Turning in forms, money etc., past stated deadline	-5
33.	Late to practice, meeting, game, back from halftime or after break	-5
34.	Not in appropriate dress (any one of the following) <ul style="list-style-type: none"> • Missing or wrong color hair bow • Wrong uniform • Nails longer than finger length or with colored nail polish • Wearing jewelry (this includes at practice) • Dirty uniform/shoes • Wrong socks 	-5

Oak Ridge High School Cheerleader Try-out Evaluation

(Addendum A)

The main purpose of the tryout process is to select the best overall individuals to represent Oak Ridge High School. When selecting the cheerleading squad, we are looking for individuals who can generate school spirit and pride, demonstrate proper technique skill, and model positive student behaviors to the student body. Cheerleading tryouts are not based on performance alone, but also on qualities of cooperation, teamwork, leadership, and being a positive role model. These qualities shall be considered as 30 points of the candidates score as a whole. Each category is worth 10 points to a total of 30 points. A contestant who is new to the school/program will be scored on a previous coach's evaluation (if cheered before), grades, and attendance/disciplinary records on file.

The following are some of the evaluation criteria considered in the selection process of making the squad:

POSITIVE ROLE MODEL (Coach's Evaluation)

- Administration Evaluation (including discipline, tardiness and absences)
- Sportsmanlike Behavior (does not yell at referees or another school's crowd)
- Cheerleading Discipline File (all infractions occurred through the previous season)

COOPERATION/DEDICATION (Coach's Evaluation)

- Cooperative (works well with student body, adapts to changes, helps others)
- Willingness to Learn (ability to accept constructive criticism, learns new material and practices)
- Appearance (aware of appearance/habits and conforms to school policies and school regulations)
- Attendance (attends school on a regular basis, attends all cheer events)
- Demonstrates respectful and positive attitude towards others (teammates, coaches, other teams, etc.).

LEADERSHIP/TEAMWORK (Coach's Evaluation)

- Responsible (never late, never out of uniform, excellent grades, fundraisers completed)
- Self-discipline (follows all the rules, excellent grades, manages time, always on task)
- Spirit/Enthusiasm (over-all cares for the sport and school spirit, never complains, creative)
- Team Player (willing to do what it takes for the team to accomplish goals)
- Academic Performance (demonstrates the ability to balance grades and cheerleading)

ABILITY (Judge's Evaluation)

-Proper techniques

- Jumps
 - Tumbling (standing and running)
 - Motion placement and technique
 - Projection/Voice
 - Expression/Personality
 - Dance (stunt for boys)
 - Crowd Involvement
 - Confidence/Memory
 - Sharpness
-

Candidate Name: _____ Squad: FRESHMAN/JV/VARSITY (circle all that apply) revised 2/11/2020

Oak Ridge High School Cheerleading Try-Out Evaluation

Coach Form

Positive Role Model:

Administrator's Initial

- 10 Possible Points** **Includes:** Administration evaluation of discipline
Cheerleading discipline file
- 10 Superior** Never assigned DAEP, ISS, ASD, SD
Superior Behavior: Less than two minor infractions
- 7.5 Above Average** Never assigned DAEP or ISS
Attended 1-2 ASDs/SD
Excellent Behavior: Less than five minor infractions
- 5 Average** Never assigned DAEP or ISS/SD
Attended 3-4 ASDs/SD
Good Behavior: 5 to 8 minor or one major infraction
- 2.5 Below Average** Never assigned DAEP or ISS
Attended 5-6 ASDs/SD
Acceptable Behavior: 8 to 10 minor or two major infractions
- 0 Poor** Assigned DAEP or ISS
Attended seven or more ASDs/SD
Poor Behavior: Over two major infractions. Released or resigned from squad

Score:

Dedication:

Administrator's Initial

- 10 Possible Points** Attendance
- 10 Superior** Misses no days of school—unexcused
- 7.5 Above Average** Missed 1 - 3 days of school—unexcused
- 5 Average** Missed 4 - 5 days of school—unexcused
- 2.5 Below Average** Missed 6 - 8 days of school—unexcused
- 0 Poor** Missed more than 8 days of school—unexcused (Available backup documentation in AP's Office)

Score:

Leadership/Teamwork:

10 Possible Points
Students new to the program start with five points
in Leadership/Teamwork

For each category score: one point for low ability
two points for high ability
10 points total

- Includes:** Academic performance
- Responsibility
- Self discipline/Respect/Positive attitude
- Spirit/Enthusiasm
- Team player/Cooperative/Sportsmanship
- 10 Superior**
- 7.5 Above Average**
- 5 Average**
- 2.5 Below Average**
- 0 Poor**

Score:

*This is a guideline for coaches. Coaches may use any number within the range. Coaches and the campus principals will determine the techniques and the weight of each for the scoring process.

*Failure to complete the prior cheerleading season shall result in (0) points out of a possible (30) points on the coach's tryout evaluation, even if the participant quit directly after team placement the previous year or parents pulled cheerleader from program.

*Performance of 70 points and coaching evaluation of 30 points shall be added together to obtain a total score. Scores will be ranked from highest to lowest.

*Students new to the program or students who were not members the previous cheer season will start with a 1 in each category of Leadership/Teamwork and can either earn up or go down during cheer clinic week.

*Two ½ day absences will count as a full day absence. Single class absences will be added together total a full day absence based on the campus's schedule. Hours of early check-out from school will also be weighted and may count against you. Skipping a class period will count as 1 full day of absence.

*Field Trips, UIL, or school events will not count against students.

*Excessive absences, even if excused, may count against students. Being at school is just as important as cheer. The coaches have the right to view and score accordingly based off of the nature of the absences.

Cheerleading Tryout Score Sheet

Candidate's #

Judge's #

Jumps <ul style="list-style-type: none"> • Toe Touch (0-5) _____ • Hurdler R or L (0-5) _____ • Favorite Jump (0-5) _____ 	Total Jump Points: _____ <div style="text-align: right;">Up to 15 points</div>
Tumbling <ul style="list-style-type: none"> • Back handspring (0-5) _____ • Standing Back Tuck (0-5) _____ • Running Tumbling (0-5) _____ 	Total Tumbling Points _____ <div style="text-align: right;">Up to 15 points</div>
Cheer <ul style="list-style-type: none"> • Voice projections (0-5) _____ • Smile (0-5) _____ • Confidence/Memory (0-5) _____ • Motion Placement (0-5) _____ • Sharpness (0-5) _____ 	Total Cheer Points _____ <div style="text-align: right;">Up to 25 points</div>
Chant <ul style="list-style-type: none"> • Voice projection (0-5) _____ • Crowd involvement (0-5) _____ • Confidence/Memory (0-5) _____ • Motion Placement (0-5) _____ • Sharpness (0-5) _____ 	Total Chant Points _____ <div style="text-align: right;">Up to 25 points</div>
Band Dance <ul style="list-style-type: none"> • Voice projection (0-5) _____ • Smile (0-5) _____ • Confidence/Memory (0-5) _____ • Sharpness (0-5) _____ 	Total Band Dance Points _____ <div style="text-align: right;">Up to 20 points</div>
Total Points	Total Score: _____ <div style="text-align: right;">Up to 100 points</div>
Comments:	

Cheerleading Tryout Score Sheet

Candidate's #: _____

Judge's #: _____

Squad: MASCOT

Category	Possible Points	Total Points
Skit Delivery/Energy <ul style="list-style-type: none">Does the skit appeal to the audience?	1-20	_____
Skit Creativity <ul style="list-style-type: none">Crowd involvementOriginality	1-20	_____
Use of props <ul style="list-style-type: none">Do the props go with the overall theme?Were props used accordingly?	1-20	_____
Personality <ul style="list-style-type: none">Does their personality show though the costume	1-20	_____
Overall Impression <ul style="list-style-type: none">Overall Effect and theme of skitMovement and Actions	1-20	_____
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Judge's Total	1-100	_____

Comments:

Judges Initials _____