REQUIRED TRYOUT FORMS AND INSTRUCTIONS

2025-2026

- Application and Candidate Information Form
- KISD Cheer Candidate Information
- Activity Permission Form
- Travel/ Medical Release Form: KISD policy requirement
- · Transportation Consent and Release
- Student/ Parent/ Guardian Contract
- TWO Copies of Physical: ALL candidates MUST have a physical
- Due Thursday, February 26 with packet.
- Medical History
- Keller ISD Extra Curricular Code of Conduct Signature Page
- 1st Semester Report Card ALL CANDIDATES MUST TURN ONE IN.
- Emergency Information Form: Please fill out each blank carefully and legibly. This form will be kept on hand by the coach(es) in case of an emergency.

*All paperwork MUST be printed online at:

https://www.kellerisd.net/students-families/athletics/cheerleading

Application/Required Paperwork DUE

2/26/25

to YOUR Middle School office no later than 4:00

Failure to turn in complete paperwork, by the deadline, may result in disqualification from tryouts, since unable to participate without release forms.

Required Tryout Week

MONDAY 3/24 – WEDNESDAY 3/26

Tryout Clinic is **CLOSED** to the public

(You MUST attend at your school)

Tryout Results Posted

Friday, March 28 - at 4:00 pm

Thank you for your interest in the KISD Cheerleading Program. We wish you the best of luck.

Sincerely,

Rebekah Preston - KMS 8th grade Coach

Lindy Kaemming - KMS 7th grade Coach

Kimberlee Noteboom - ISMS 7th & 8th grade Coach

Allisyn Field – FHMS 7th & 8th grade Coach

Cheryl Newton-TMS 8th Grade Cheer Coach

Kaitlyn Rainwater-TMS 7th Grade Cheer Coach

Sara Scheffler - TSMS 8th Grade Cheer Coach

Morgan Sneed - TSMS 7th Grade Cheer Coach

Hillary Anderson- HMS 7th grade Coach

Brandi Frazier – HMS 8th grade Coach

Taylor Dill - VRMS 8th grade Coach

Morghan Kroesche- VRMS 7th Grade Coach



CANDIDATE INFORMATION FORM

KISD MS CHEERLEADER

Name:		Student ID;	
For 2025-2026 School Yea	ar: 7 th Grade or 8 th Grade	CURRENT School:	
T-Shirt Size: (Circle) AXS	AS AM AL AXL		
Physical Home Address: _	<u> </u>		
City:	State:	Zip Code:	
Athlete Cell #:		 .	
Birthday:			
Cheerleader's E-mail addr	ess:		
Mom's Name		Cell #:	
Mom's E-mail address:		, , , , , , , , , , , , , , , , , , , ,	
Dad's Name:		Cell #:	
Dad's E-mail address:			
Do you plan to try out for a	n officer/leadership positio	n? (Circle) Yes No	
What position?			

KISD CHEER CANDIDATE APPLICATION

Name:	
Grade Next Year (2025-2026): Current School:	_
*Why do you want to be a Middle School cheerleader?	
*What are your strengths and weaknesses, as a cheerleader?	
*Explain how you will be committed to this program for the entire year. Explain, in detail.	

CURRENT Standing Tumbling Skills you can successfully land:

Back Handspring

Series (3) Back Handspring(BHS)

Back Tuck

Toe touch to Tuck

1-3 BHS to Layout or full

CURRENT Running Tumbling Skills you can successfully land:

Roundoff Back Handspring

Roundoff Series (3 connected back handsprings)

Roundoff BHS Back Tuck

Roundoff BHS Layout, or Layout Step Out

Roundoff BHS Full

Stunting Positions you can currently do:
 Flyer Main Base Side Base Back Spot
CURRENT Stunts you can, and have performed, within the corresponding
position:
Flyer:
Main Base:
Side Base:
Back Spot:
Prior Cheer Experience:

Please list any other activities you plan to be involved in next year:

School Sponsored Activities (Choir, Show Choir, Band, Athletics, Theatre, Stuco, NJHS, etc.)	Outside Activities (All-Star Cheer, Club sports, Dance, etc.)

ACTIVITY PERMISSION FORM

has my permission to tryout for
KISD Cheerleader, Manager, or Mascot for the 2025-2026 school year. I
understand that elected squad members are required to attend all sporting
events and other activities scheduled by the coach. Due to the amount of time
that cheerleading requires all jobs, and/or participation in other nonacademic
activities or sports that may interfere with cheerleading are not advisable. At all
times, KISD cheerleading responsibilities are to take priority over other such
activities. Approval is required by the cheerleader coach before tryouts and
prior arrangements must be agreed upon before a cheerleader may be
committed to another sport or activity. In accordance with the state legislation
a passing average must be maintained by my son/daughter in all subjects at all
times. I understand that elected squad members are required to participate in
cheerleading camp for up to one week during the summer break (Coach(s) will
announce dates and places) and to attend mandatory summer and holiday
practices and activities. I understand that there will be a cost for my child's
participation as a cheerleader for camp, uniforms, events, and supplies. I
understand that I will be held responsible for these costs and agree to pay
expenses. I acknowledge that failure to pay may be handed over to a
collection agency. I grant the release of legal responsibility of my son/daughter
to Keller Independent School District and the coaches or teachers while
participating in cheerleading activities. I understand the tryout requirements and the consequences of violations. I agree to abide by these expectations. I also
understand that the cheerleading selection decision is final. I will show good
sportsmanship by accepting that decision.
Parent Signature
Date
Student Signature
Date

TRAVEL/MEDICAL FORM

the Keller Independent School District. I field trip or activity as I am at school. I ur of drugs and/or alcohol is prohibited and	understand that I am gove nderstand that possession I that the school's authorit ns, transportation vehicles	s, etc. I understand that any infraction will be
Student's Name	Äge	Date of Birth
Coach	- ,	nization
I,	beina ti	he legal parent/guardian of Middle School give my full event or activity. Furthermore, I do hereby
- 1	a student at	Middle School dive my full
Service or civilian physician/ medical fac	personnel. I further cons , my son/daughter/ward b illity as required, in the ev ia or surgical treatment or physician or other physic	sent to the treatment of by the medical facilities of a Public Health went of any illness/accident arising. The represent a services rendered under the general sans assigned to his or her care.
He/she requires medication for the treatr	ment of	
The following listed are significant medic		, Our family doctor is
		he/she can be reached at he name of our insurance company is
Parent/Guardian Signature		 Date
-		

TRANSPORTATION CONSENT AND RELEASE



Student Name:	
Student ID #:	Campus:
by the Keller Independent Sch off-campus events and activiti other towns, whether by drivin my spouse, driving a private v	dentified above, in lieu of utilizing transportation provided of District (the "District), to obtain his/her own transportation to s, including but not limited to extra-curricular competitions in his/her personal vehicle, driving a vehicle owned by me and/o hicle provided by a third party, or by riding in a private vehicle referred to as "Personal Transportation").
receipt and sufficiency of whi individually and by next friend agents, heirs, beneficiaries, trus legal representatives, do hereb District, all of its employees, a their representative, official, complaints, grievances, claim whatsoever kind or character OMISSION), or in contract, constitutions, or the common la from or relate to the Personal claim or suit against and/or receive above-described persons an entities regarding such claims prosecution of any action, la	nience and privilege of utilizing Personal Transportation, the is hereby acknowledged, I, by my signature affixed below of the above named child, acting for myself, my minor child, my ees, executors, successors, assigns, administrators, attorneys and RELEASE, ACQUIT AND FOREVER DISCHARGE the ents, trustees, volunteers, attorneys, and legal representatives, in and individual capacities, of and from any and all charges demands, causes of action, damages, loss, or expense, or in tort (INCLUDING NEGLIGENCE OR NEGLIGENT hat are created by or arise under state and federal statutes by, whether known or unknown, which may in any manner arise transportation. I hereby waive my rights to institute any action, ever compensation, benefits, or damages from the District and/or entities, and covenant and agree not to sue any such persons or in any court or tribune and not file or aid in the institution or except the entities of action (whether or not by direct action, expleader) regarding any claim released herein.
Name (printed)	Date

STUDENT-PARENT/GUARDIAN CONTRACT

questions are designed to determine if the student has develope Student's Name: (print)				Age Date of Birth		
				Phone	_	
Grade School				THORE THE PROPERTY OF THE PROP		
Personal Physician			TOTAL TO THE CALCULATION	Phone		
In case of emergency, contact:						
Name Relationship			Phone ((M)(W)		
xplain "Yes" answers in the box below**. Circle questions you do				V /		
	Yes	No		Yé	s No	n.
Have you had a medical illness or injury since your fast check up or physical?			13.	Have you ever gotten unexpectedly short of breath with	Ī	
Have you been hospitalized overnight in the past year?	П			exercise? Do you have asthma?	, <u> </u>	7
Have you ever had surgery?				Do you have seasonal allergies that require medical treatment?	╡╞	1
. Have you ever had prior testing for the heart ordered by a physician?			14.	Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position		i
Have you ever passed out during or after exercise?				(for example, knee brace, special neck roll, foot orthotics,		
Have you ever had chest pain during or after exercise?		Ц		retainer on your teeth, hearing aid)?		
Do you get tired more quickly than your friends do during exercise?			15.	Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any] 1
Have you ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholestero??				joints?		•
Have you ever been told you have a heart mumur? Ras any family member or relative died of heart problems or of				Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? If yes, check appropriate box and explain below:] [J
sudden unexplained death before age 50? Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long				☐ Head ☐ Elbow ☐ Hip		
QT syndrome or other ion channel pathy (Brugada syndrome, etc.), Marfan's syndrome, or abnormal heart rhythm?				Neck Forearm Thigh Back Wrist Knee		
Have you had a severe viral infection (for example,		П		Chest Hand Shin/Calf Shoulder Finger Angle		
myocarditis or mononucleosis) within the last month?	Ц	ш		Shoulder Finger Ankle. Upper Arm Foot		
Has a physician ever denied or restricted your participation in activities for any heart problems?			16, 17.	Do you want to weigh more or less than you do now? Do you feel stressed out?		ļ
Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost		H	18:	Have you ever been diagnosed with or treated for sickle cell		ĺ
your memory?	Ш	Ц	Females O	trait or sickle cell disease?		
If yes, how many times?			1 1 1	Inly I choose not to provide written information on Question 19 but with a medical period?	will dis rofessi	seus ona
When was your last concussion? How severe was each one? (Explain below).			Wh	en was your most recent menstrual period?		
Have you ever had a seizure?	П		Hoy	y much time do you usually have from the start of one period to the start	of	
Do you have frequent or severe headaches?	片	Ħ	anot	ther?		
Have you ever had numbness or tingling in your arms, hands,				v many periods have you had in the last year?		
legs or feet?		_	Whi	at was the longest time between periods in the last year?		
Have you ever had a stinger, burner, or pinched nerve?			Males Onl		20 but ofessio	will nal:
Are you missing any paired organs? Are you under a doctor's care?			1	you missing a testicle?		
Are you currently taking any prescription or non-prescription	H			you have any testicular swelling or masses?		
(over-the-counter) medication or pills or using an inhaler?			An An	electrocardiogram (ECG) is not required. I have read and understand the	inforn	nati
Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?			this	ut cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form box, I choose to obtain an ECG for my student for additional cardiac scr	. By che	ecki . T
Have you ever been dizzy during or after exercise?	П	_	und	erstand it is the responsibility of my family to schedule and pay for such	ECG.	, 1
Do you have any current skin problems (for example, itching,	H		N	N 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):		_
rashes, acne, warts, fungus, or blisters)?		_	1			
Have you ever become ill from exercising in the heat? Have you had any problems with your eyes or vision?	Η	\mathbb{H}				
It is understood that even though protective equipment is worn by athle nor the school assumes any responsibility in case an accident occurs. If, in the judgment of any representative of the school, the above studes consent to such care and treatment as may be given said student by an	it should	need imi	mediate care a	ibility of an accident still remains. Neither the University Interscholastic League and treatment as a result of any injury or sickness, I do hereby request, authorize, use or school representative. I do hereby agree to indemnify and save harmles.	and	
school and any school or hospital representative from any claim by any r If, between this date and the beginning of participation, any illness or injury.				id treatment of said student. his student's participation, i agree to notity the school authorities of such illness or		
I hereby state that, to the best of my knowledge, my answers	to the a	bove qu	estions are	complete and correct: Failure to provide truthful responses could	$\overline{}$	
subject the student in question to penalties determined by th	e UTL ent/Guard			Date:		
Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medic	al evalua	tion whi	ch may inclu	de a physical examination. Written clearance from a physician, physician		
assistant, chiropractor, or nurse practitioner is required before any PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORM or School Use Only:	oarticipa ANCE OF	CONT	IL practices. EST BEFORI	games or matches. THIS FORM MUST BE ON FILE PRIOR TO E. DURING OR AFTER SCHOOL.		
This Medical History Form was reviewed by: Printed Name				Date Signature		

PREPARTICIPATION PHYSICAL I	EVALUATION —	PHYSICAL I	EXAMINATION			
Student's Name		Sex	Age	Date of Birt	n	
Height Weight	% Body fat (opti	ional)	Pulse	BP	_/ (/,/) od pressure while sitting
Vision: R 20/ L 20/	Correc					☐ Unequal
As a minimum requirement, this F prior to first and third years of high the student's MEDICAL HISTORY FOR	h school participat	tion. It mus	st be completed cal district policy	if there are yes a may require an	answers to st	pecific questions on sical exam.
MEDICAL	NORMAL		ABNORMA	L FINDINGS		INITIALS*
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					45-50-50	
Genitalia (males only) if indicated Skin						
Marfan's stigmata (arachnodactyly,						
pectus excavatum, joint						
hypermobility, scoliosis)						
Neck						
Back						
Shoulder/Arm						
Elbow/Forearm						
Wrist/Hand						
Hip/Thigh						
Knee						
Leg/Ankle						
Foot						
*station-based examination only						
CLEARANCE						
Cleared						
☐ Cleared after completing evaluation	on/rehabilitation fo	or:				
Particular to the second secon						
□ Not cleared for:			Reason:			
Recommendations:						
The Current Control of the Current Cur						
The following information must be fil						
Physician Assistant Examiners, a Reg						
or a Doctor of Chiropractic. Examina	ation forms signed	l by any othe.	r health care pra	ctitioner, will not	be accepted.	
Name (print/type)			Date of Exa	mination:		
Address:				· · · · · · · · · · · · · · · · · · ·		
Phone Number:						·
Signature:						
Must be completed before a student partic					d out-of-seasor	a) or performance/
· · · · · · · · · · · · · · · · · · ·	W 5 B		10.00	N THE STATE OF STATE		

KET PER

Keller ISD Athletics Extra-Curricular Code of Conduct 2024-2025



Statement of Expectations:

The Keller Independent School District believes that being involved in extra-curricular activities is an honor. Participation in one or more of these activities should be considered a privilege, not a right.

The following are expectations of our students:

- ✓ Obtaining a quality education is the primary reason for attending school.
- ✓ Compete at the highest level while promoting good sportsmanship and courteous behavior.
- ✓ Exhibit positive leadership.
- ✓ Develop and maintain high morals and ethical values.
- ✓ Exhibit conduct becoming of a young lady or gentleman.
- ✓ Exhibit respect to coaches, faculty, officials, opponents, and fellow students
- ✓ Develop and show school pride.

Standards for District Extra-Curricular Activities

Keller ISD students are expected to adhere to the *District Student Code of Conduct* as it applies to school-related and/or school-sponsored activities. Prior to participation in a Keller ISD Extra-Curricular activity, students and parents must also agree to abide by all guidelines outlined in the *Extra Curricular Code of Conduct*. Students involved in extra-curricular activities are expected to maintain high standards of ethical conduct. Extra-curricular participation is a privilege and not a right. Any misconduct that reflects negatively on the Keller Independent School District will fall under this Code of Conduct. These guidelines are developed to deal with misconduct that occurs within the school's jurisdiction as well as outside of the school's jurisdiction, regardless of time or location. Disciplinary action or suspension will be mandated to students who are involved in any disciplinary infraction on or off campus, including, but not limited to, theft, possession or use of drugs, improper use of prescription medicines, alcohol or tobacco, violent behavior, any inappropriate behavior including presence at functions where illegal substances are being consumed and other offenses that result in the violation of the district Student Code of Conduct, which in turn results into ISS (other than tardies or dress code), DAEP, Off Campus Suspension or expulsion. If a student is responsible for multiple violations prior to the initial investigation, it may be determined that a higher-level consequence be deemed appropriate.

Administrative Procedures for the Keller ISD Code of Conduct

The Keller Independent School District has adopted the following administrative procedures to deal with violations of the Extracurricular Code of Conduct. The investigation will be conducted by the head coach of that sport, the campus athletic coordinator, and the campus administration.

All violations will adhere to the following policies:

- 1. Confirmation that a violation has occurred via one of the following:
 - A. Report from a law enforcement agency
 - B. Personal disclosure by the participating student or parent/guardian
 - C. Observed behavior by a school employee
 - D. An investigation may be initiated if a KISD representative receives credible and specific information.
- 2. Notification by administrative designee to parents or legal guardian within 72 hours

- 3. Notification by activity sponsor to campus principal or assigned campus administrative designee within 72 hours.
- 4. Meeting with parent, student, and discipline panel, which consists of the sponsor/director/head coach and administrative designee. The purpose of the meeting is to ask the parent(s) and student(s) for any new evidence or documentation that needs to be reviewed before the sponsor/director/head coach and/or administrative designee finalizes a discipline decision.
- 5. The head coach, campus athletic coordinator, and campus administration will determine the level of discipline that will be assigned. Copies of the meeting summary will be sent to the activity sponsor, campus principal, and district-level director.
- 6. <u>Appeals:</u> The appeal process begins with contacting the appropriate campus principal. It must be done in writing and within 72 hours of the conclusion of the initial discipline hearing. The campus principal and athletic director's decision is final. There is no appeal to the decision after this level.

Cumulative Offenses (specific to grades 7-8 and 9-12)

Disciplinary offenses committed in grades 7 and 8 are cumulative for a student's middle school career but will not carry on to high school. Any subsequent offenses that occur in high school will be cumulative during the student's high school career.

It is an exception to this rule if the district receives credible evidence indicating that a middle school student committed an act involving the elements of a Class A misdemeanor or a felony. In this case, the offenses will carry from grade 7 through the completion of grade 12.

Cumulative offenses prior to the initial investigation

If a student is responsible for multiple violations prior to the initial investigation, a higher-level consequence may be appropriate.

Categories for Code of Conduct Offenses

<u>Level 1</u> - When a student commits misconduct involving the elements of a Class B or C misdemeanor (class C traffic violations are not applicable) or misconduct that does not involve a law enforcement agency.

If a student is arrested for or commits the elements of a crime of violence, the administrative designee and coach/sponsor may suspend the student from the extra-curricular activity while the case is being decided.

1st Offense (Level 1)

- ✓ Meeting with student, parent, and discipline panel (head coach, AC, and campus administrator)
- ✓ Student will be assigned by school officials the following:
 - Twenty hours of community service (30 days to complete)
 - 2-4-week suspension from game/competition activities, excluding practice
 - * In cases involving substance abuse, students may be asked to attend substance abuse intervention. Failure to attend assigned intervention will constitute an additional level one offense and suspension until all requirements are met.

2nd Offense (Level 1)

- ✓ Meeting with student, parent, and discipline panel
- ✓ Suspension from all activities for 30-60 days (if out of season, the consequence will begin at the beginning of the next competition season)
- ✓ Student will be assigned the following:
 - Twenty hours of community service (30 days to complete)
 - *In cases involving substance abuse, students may be asked to attend substance abuse intervention. Students involved in their second substance abuse offense must attend substance abuse intervention. Failure to attend shall result in continued suspension.

3rd Offense (Level 1)

✓ Meeting with student, parent, and discipline panel

shall result in continued suspension.

✓ Penalty shall include suspension from all activities for one calendar year
 *In cases involving substance abuse, students may be asked to attend substance abuse intervention. Students involved in their second substance abuse offense *must* attend substance abuse intervention. Failure to attend

Level 2 -If a student commits misconduct that contains the elements of a felony or a Class A misdemeanor.

1st Offense (Level 2)

If a student commits misconduct that contains the elements of a felony crime or a Class A misdemeanor:

- ✓ Student(s) will be suspended from all activities until the case is completed.
- ✓ Students found NOT GUILTY will return to the activity with no further penalty.
- ✓ Students found GUILTY will be removed from all activities for a period of at least one calendar year.

Students who accept deferred adjudication or have a case adjudicated in a way other than those identified above will have their specific situation reviewed by a committee consisting of at least (1) the Director of Fine Arts, (2) the Director of Athletics, (3) an administrator from the student's campus, and (4) another district level administrator. That committee will decide the appropriate consequences for the behavior at issue. The committee's decision is final and cannot be appealed.

In cases involving substance abuse, students may be asked to attend substance abuse intervention. Students involved in their second substance abuse offense *must* attend substance abuse intervention. Failure to attend will result in continued suspension.

2nd Offense (Level 2)

If a student commits misconduct that contains the elements of a felony crime or a class A misdemeanor:

- ✓ Student will be suspended from all activities until the case is completed.
- ✓ Students found NOT GUILTY will return to the activity with no further penalty.
- ✓ Students found GUILTY will be permanently removed from the program.

Automatic student removal from a program:

Any inappropriate behavior on school time or at a school-sponsored activity or event, including representation on social media, that is disrespectful to the district, school, athletics program, or coaching staff may result in immediate removal at the discretion of the principal and athletic director.

Keller ISD Extra-Curricular Code of Conduct Signature Page

This page must be signed by both the student and the student's parent/legal guardian and returned to the coach or activity sponsor before the student can participate in the activity.

Signing this sheet signifies that the student and parent/legal guardian of the student have read and understand the procedures and punishments set aside for a violation of the <u>Athletics Extra-Curricular Code of Conduct</u>.

	Date:	
Student's Signature:		
Father/legal guardian (please print):	Date;	
Signature of Father/legal guardian:		
Mother/legal guardian (please print):	Date:	
Signature of Mother/legal guardian:		