

**2025-2026**  
**LCISD Cheerleading Programs**

**High School Cheerleading:**

Spring tryouts will be held to select two squads at each high school in LCISD. These spirit squads will be responsible for supporting campus and community events, increasing school spirit, and promoting their school's teams on the fields and courts.

The Junior Varsity or JV Squad will be made up of 9th – 11th graders while the Varsity Squad will be made up of 10th – 12th graders. In addition, each school will also select 1 – 2 mascots. Each school's squad size will be between 12– 16 on the Junior Varsity and 16 – 24 on the Varsity. Squads will be determined by the candidate's total score.

After September 1<sup>st</sup> of the 2025 – 2026 School year, the High School Coach will select the members of their Competition Squad for UIL Competition. Those members can be any member of the student body and students in any grade level. The Competition Squad is considered a Varsity level activity as well.

**Junior High School Cheerleading:**

Spring tryouts will be held to select one junior high school cheer squad that will be made up of a combination of 7<sup>th</sup> and 8<sup>th</sup> graders.

**Tryout Structure:**

Each coach will hold a pre-tryout meeting with all interested students and parents prior to the tryout process beginning. High schools will hold their meetings in February and tryout paperwork will be due to the head coach by Feb. 14th. Junior high schools will hold their meetings in March and all paperwork will be due to the coach by March 6th. All cheerleading candidates must have current physical and online forms completed in RANKONE to tryouts.

By the Friday prior to each group's tryout, a video link will be placed on the LCISD Athletic Department web page on the CHEER tab. The video will show the tryout routines that will be used by all candidates in LCISD. The video will be produced by an independent gym and instructor.

Coaches may choose to host a practice clinic during the week leading up to their tryouts to afford candidates practice time. That schedule will be shared by the coach on each campus. Each coach will hold mock tryouts during the week before their official tryout. At this time, they will check attire, give cheerleaders their tryout order and number, and do a rehearsal of the whole tryout process for the next night.

There will be one day of High School tryouts and they will both be hosted at a central location. Candidates will be bussed to the tryout location as the gyms will be closed to all spectators. The same format will be used for junior high tryouts as well.

**High School Tryouts will be as follows:**

***March 1<sup>st</sup> @ George Ranch HS***

10am – Randle and George Ranch

Noon – Lamar and Fulshear

2pm – Foster and Terry

4pm - Tomas

**Junior High School Tryouts will be as follows:**

***April 12<sup>th</sup> @ Foster High School***

10am – Briscoe and Leaman

Noon - Lamar and Wright

2pm – George and Reading

4pm – Banks

Tryouts will take place in front of **a panel of 3 cheer judges**. All candidates will be judged on 6 categories (Jumps, Choreographed Cheer, Standing Tumbling, Situational Sideline Chant, Running Tumbling, Dance). This score will make up 60% of the candidate's overall score.

The remaining tryout categories will be as follows; 10% Behavior, 10% Academics and 20% Coach Score. The standards for the scores in Behavior and Academics will be established by the district and used universally at each campus. Each coach will score their school's candidates on a scale of 0 – 20 based on participation, clinic/mock performance, and athlete's overall attitude during the tryout process. Sample tryout rubrics and scorecards can be found on the LCISD Athletic Department Website under CHEER.

The LCISD Athletic Director will establish a score for all candidates' behavior and academics categories based on their records in Skyward. Coaches will submit their scores for each candidate prior to the night of tryouts. These scores will not be shared with the judges prior to tryouts but included in the final overall ranking of candidates.

Coaches will get their candidates prepared and organized for tryouts, they will then watch the tryout from the bleachers but have no contact with the judges or input in the tryout process/scoring. A Campus Administrator will also be in attendance with the cheer coach during tryouts as an observer only. No other spectators will be admitted to the tryout area.

Any candidate who is ill or injured and does not feel they can participate fully during tryouts, needs to submit a physician's note prior to the day of tryouts. The note should contain specific limitations from the physician with regard to all elements of the tryout. Candidates should complete all elements of the tryout they are able to, even if restrictions are in place (for example, walking during spirited entrance or sitting during dance portion). Injured or ill candidates may submit a video for the jumps and tumbling portions of the tryout only. Videos must be of jumps and/or tumbling performed on a wooden gym floor, turf surface, or running track and must be from the previous calendar year.

The process for tryout routines will be as follows:

- Candidate comes in doing a spirited entrance.
- Candidate does 2 required jumps, toe touch and either pike or hurdler.
- Candidate moves into choreographed cheer.
- At conclusion of cheer, candidate completes either back handspring or standing tuck if able.
- After standing tumbling portion, a football announcement indicating candidate's team is on offense or defense will be played out loud. Candidate will then perform correct situational chant.
- Candidate moves to end of gym to do tumbling pass.
- Candidate exits gym but is held just outside the door.
- After 6 candidates perform their individual sessions, they come out as a group to do the dance portion of the tryout.

2025 - 2026 Cheerleaders will be announced online by the Saturday following their tryouts on the LCISD Athletic web page under the CHEER tab.

### **Out of Pocket Maximums:**

Cheerleaders and their parents incur costs associated with their sport due to the individual nature of uniform parts and equipment. The following out of pocket maximums will help parents budget for the expenses associated with cheerleading. There will be a schedule for payments to be made at each campus. Failing to make a payment on time could create a lack of uniform, missing camp experience or loss of cheer time for an athlete. Any financial hardships or request for payment extension can be made to the campus coach or LCISD Athletic Director. More details regarding these costs will be shared after tryouts by each campus coach.

**Varsity Team** = No more than \$750 on apparel and up to \$1,000 maximum that includes camp.

**Junior Varsity Team** = No more than \$750 total including any camp charges. JV Teams will not travel to camp but may have a camp in LCISD.

**Competition Team** = No more than \$100 additional dollars for any additional apparel.

**Junior High Teams:** No more than \$565 total including any camp charges. Junior high teams will attend a day camp in LCISD with other junior high teams.

### **Cheerleading Code of Conduct:**

All LCISD Cheerleaders will adhere to the LCISD Athletic Code of Conduct as outlined in the Extracurricular section of the LCISD Secondary Student Handbook.