



McMillen High School Dazzlers Drill Team 2023-2024 Tryout Packet

Congratulations!!! You have decided to try out for the **THIRTEENTH** line of the award-winning McMillen Dazzlers Drill Team. This packet contains some very important information concerning audition procedures, team requirements, and district policies. Please read this packet **thoroughly** and keep the information for future reference.

Each tryout packet should contain:

- Important Dazzler Tryout Information
- Dazzlers Time Commitment and Sample Annual Events Timeline
- 2023-2024 Upcoming Important Dates for New Team Members
- Dazzlers Estimated Expenses
- Dazzlers Drill Team Constitution
- Plano ISD Drill Team Guidelines
- Reminders Page
- All items to be turned in:
 - McMillen Dazzlers Drill Team Application
 - McMillen Dazzlers Tryout Signature Page
 - Constitution Contract Form
 - Medical Release Form
 - Copy of Medical Insurance Card
 - Guidelines for District Extracurricular Activities
 - Publications, Video, Internet, and Artwork Display Consent and Release Agreement
 - Permission for Members of Student Groups to Participate in School-Sponsored Trips
 - Concussion Acknowledgement Form
 - Sudden Cardiac Arrest (SCA) Awareness Form
 - Preparticipation Physical Evaluation Form (complete both sides, front and back, with your physician **ANNUALLY**)

Forms due Friday, February 24th by 4:30 pm
McMillen High School Front Office
NO LATE APPLICATIONS ACCEPTED!

Important Dazzler Tryout Information:

Friday, February 24	4:30 PM	<u>ALL Application Forms DUE</u>
Monday, February 27	4:30 – 6:30 PM	Tryout Workshop I, Small Gym
Tuesday, February 28	4:30 – 6:00 PM	Tryout Workshop II, Small Gym
Wednesday, March 1	4:30 – 6:00 PM	Tryout Workshop III , Small Gym
Thursday, March 2	5:00 PM - ?	Team Tryouts, Small Gym (holding area is Competition Gym/Locker Room)
Friday, March 3	BY 7:00 PM	New Team Results Posted Online - Website link will be provided to all candidates via Google Classroom

Eligibility Requirements:

1. Residency/Enrollment: Students enrolled in a Plano ISD School must be in attendance at the tryout school, one of its feeders, or have an approved transfer on file at the time of the tryouts. Please note: if a student is enrolled at a feeder school on a transfer, a new transfer must be obtained for the campus they want to try out for, prior to tryouts, if that campus is not the campus the student would attend based on residency. If the currently enrolled PISD student is relocating to an area within the Plano ISD, but within another feeder pattern, the student must present proof of residency by the time of the packet deadline. Non Plano ISD students must provide proof of residency, within the attendance zone of the school they are wanting to try out for, by the time of the packet deadline. Proof of residency in Plano ISD includes a copy of a natural gas or electricity bill, original lease agreement, or an approved certificate of eligibility to enroll form and must be approved by the Plano ISD Student Services Department prior to the try out.
2. All candidates are eligible to attend the three workshops and tryouts *regardless* of academic standing.
 - a. ALL THREE WORKSHOPS ARE EQUALLY IMPORTANT TO ATTEND!
3. Vacancies occurring after the tryouts and prior to the beginning of the next school year *may* be filled, at the discretion of the campus principal and director, until the opening date of school, utilizing the next highest-ranked candidate.

3 Workshops: (February 27 - March 1)

1. Only the students auditioning for Dazzlers will be admitted to the workshops. All practice sessions and auditions are closed to the public.
2. All workshops will begin promptly at 4:30 pm – PLEASE be on time.
3. Candidates must wear school-appropriate fitted dance clothes. Jazz shoes must be worn at all times. NO SHORTS OF ANY KIND WILL BE ALLOWED!
4. Hair must be pulled back in a ponytail.
5. No gum is allowed and ALL jewelry must be removed before the workshops begin.
6. Food and drinks are not allowed in the workshops. (A closed top water bottle is permitted.)

Team Tryouts: (March 2)

1. Only those students auditioning for Dazzlers will be allowed into the tryouts, along with any current Dazzler members who are assisting.
2. All candidates will have an individual tryout number that will be used for posting results. Tryout numbers will be assigned and communicated through the Director.
3. Candidates should wear appropriate performance makeup with bright lipstick. **NO LOOSE GLITTER!**
4. **No** jewelry is allowed (including stud earrings) and hair must be in a slick low or high ponytail. No ribbons or scrunchies are allowed. Please make sure your hair is secured tightly.
5. Candidates must wear the following items for **TEAM AUDITIONS:**
 - Black leotard. **NO** t-shirts or tank tops.
 - Solid black jazz (flare) pants or leggings (fitted all the way down to the floor)
 - Black or Tan Jazz shoes (any style/brand)

Judging Criteria:

1. All candidates will be judged on the following categories as stated in the Plano ISD Drill Team Operational and Tryout Guidelines for high school drill team tryouts. The sample judging score sheet is included in this packet.
 - a. Overall Kick Technique – 20 points
 - b. Splits – 10 points (5 each side)
 - c. Dance Technique – 25 points
 - d. Showmanship – 10 points
 - e. Memory – 20 points
 - f. Timing/Rhythm – 10 points
 - g. Poise – 5 points
2. The judges only know each candidate by number – **NO NAMES WILL BE USED.**
3. Each candidate must remain at the tryout site until the Director dismisses the candidates in the event that callbacks are necessary.
4. The team will allocate the first 30 positions to the 30 highest scoring incoming 10th graders, with scores ranked above the minimum score of 70. The remaining positions will be filled at large from incoming 9th or 10th graders with scores of 70 or higher until the maximum number for the team is achieved. (55 is the maximum number for the high school level team.)
5. The results will be posted by **7:00 pm on Friday, March 3.**
6. After tryouts occur – you may request your scores. Please do **NOT** email the drill team director. You must email the assigned administrator assigned to hold tryout scores. This year's administrator is Kamili Carthledge and the email is kamili.carthledge@pisd.edu. They will be placed in an envelope and left at the front desk for you to pick up. You must give the administrator your tryout number. The process must be completed within **ten** school days after tryouts. **Please send an email to the assigned administrator with your tryout number, indicating that you are requesting scores for Dazzlers Drill Team Team Tryouts.**
7. **If you are currently receiving accommodations for a disability through Section 504 or Special Education (IEP) and believe you need an accommodation in order to have equal access to participate in Dazzlers Drill Team Tryouts, please let the Dazzlers Director know as soon as possible, but no later than two (2) school days prior to the start of the tryout process.**

2023-2024 McMillen Dazzlers

Time Commitment

- ★ McMillen Dazzlers requires a **substantial** time commitment and it is important that you understand the requirements before you decide to join the team. Please review the important dates and sample timeline carefully and discuss it with your family.
- ★ All McMillen Dazzler practices, meetings, and performances are **mandatory** for team members **AND** managers. This includes summer boot camp, pictures, and line camp before school begins. Summer is when the team learns all football routines, pep rally routines, traditional annual dances, and when we start our team bonding. It is vital that **everyone** is present for **all** of these events.
- ★ During the school year, we occasionally practice in the mornings and after school around one afternoon per week. The entire team practices during the class period every day. During Competition/Spring Show season we will have **at least** one weekly evening practice, and **several** Saturday practices leading up to these events. Some evening and weekend times are added to accommodate choreographers and special performances.
- ★ Dance officers, social officers, and those who have been selected as part of a special group will have extra morning and/or afternoon rehearsals. Please be aware of this before you audition for those positions!
- ★ Football games are held on Wednesday or Thursday nights. We also perform at one Plano East varsity football game, usually on a Friday evening.
- ★ During the basketball season, the team may perform at one or more games at McMillen and/or Plano East.
- ★ If we attend a contest, it will be on a Saturday. It is mandatory and is a full-day commitment.
- ★ The Spring Show will be held in the spring semester, and rehearsal is the full week of the show in the evenings with performances on Friday and Saturday night. It is mandatory for all team members to practice and perform.

SAMPLE Dazzlers Annual Events Timeline

MAY/JUNE/JULY

New Officer Meetings/Rehearsals
Sister Reveal
Officer Camp
Boot Camp/Line Camp
Team Pictures and Pool Party
Team Fundraisers

AUGUST

Lions Football Picnic
Kimbrough Stadium Rehearsal
Evening Practice with PESH
Lion Camp Performance
Performance Auditions
Football Games/Pep Rallies
Morning Band Practices
Learn Competition Choreography
Officer Rehearsals
Team Fundraisers

SEPTEMBER

Performance Auditions
Football Games/Pep Rallies
Morning Band Practices
Learn Competition Choreography
Officer Rehearsals
Talent Show
Team Fundraisers

OCTOBER

Performance Auditions
Football Games/Pep Rallies
Morning Band Practices
Learn Competition Choreography
Officer/Ensemble Rehearsals
Boo Ball Performance
Pink Out/Homecoming
Team Fundraisers

NOVEMBER

Performance Auditions
Football Games
Pep Rallies
Morning Band Practices
Dazzlers Dance Clinic
Learn Competition Choreography
Officer/Ensemble Rehearsals
Basketball Games
Team Fundraisers

DECEMBER

Performance Auditions
Learn Competition Choreography
Officer/Ensemble Rehearsals
Basketball Games
Murphy Holiday in the Park
Plano Holiday Parade
Nursing Home Visit
Dazzlers Holiday Party
Team Fundraisers

JANUARY

Performance Auditions
Officer/Ensemble Rehearsals
Basketball Games
McMillen Expo
Competition Rehearsals
Team Fundraisers

FEBRUARY

Officer/Ensemble Rehearsals
Basketball Games
Spring Pictures
Competition Rehearsals
Competition Showcase
Regional Competition
Spring Show Rehearsals
Team Fundraisers

MARCH

Spring Show Rehearsals
Dazzlers Team Tryouts
Dazzlers Officer Tryouts
Team Fundraisers

APRIL

Spring Show Rehearsals
Plano East Spring Show Rehearsals
Plano East Spring Show
Dazzlers Spring Show
End of Year Banquet
Team Fundraisers

Upcoming Important Dates for New Team Members:

- **March 14-16:** Dance Officer Tryouts (please see separate packet)
- **March 20-22:** Social Officer Tryouts (please see separate packet)
- **March 20:**
 - New Team Pictures, Spring Show Prep, and Social Officer Voting: 4:30-5:30 pm, Small Gym
 - Attire: Dressy
- **March 22:**
 - 1st New Team Payment of **\$300 Due (Pay Online)**
- **March 23:** New Team Fittings, 4:30-5:30 pm, Small Gym
- **March 30:** Spring Show Dress Rehearsal, 7 pm
- **March 31-April 1:** Dazzlers Spring Show Performances - 7 pm
- **April 5:**
 - Team Camp Payment Due (**Pay Online**)
 - Officer Camp Payment Due (**Pay Online**)
- **April 26:** New Team **Balance Due** (**Pay Online**)
- **Week of May 8:** New Booster Club Elections
- **Week of May 8:** Field Uniform Checkout (Sign-Up for Time Slot)
- **May 18:**
 - Big Sis/Lil Sis Reveal, 4:30-5:30 pm, Small Gym
- **May 25:** New Team Uniform Pictures, 5-6 pm, Big Gym
- **June 6-9, 12:** Team Camp, 8 am-5 pm, MHS Gym
- **June 12:** Booster Club Meeting, 7 pm
- **July 26-28, July 31-August 1:** Team Practice, 10 am - 3 pm, MHS
- **August 2-4, 7:** Team Practice, 5:30-7 pm, MHS
- **August:** Lion Camp Performance, TBA (maybe August 7!)

McMillen Dazzlers Estimated Drill Team Expenses

Dazzler ESTIMATED fees due between the months of March-May

PAID TO PLANO ISD:

- Team Line Camp.....\$120.00
- Practice and Performance Attire (tops, bag, warm-ups, hat, boots, game day shirt, leggings, etc.).....\$740.00 (dependent on number of optional items ordered)

PAID TO DAZZLERS BOOSTER CLUB:

Booster Club Fees***.....\$150.00

Booster Club fees can include Team Lanyards, Homecoming Mum, Spirit Shirt, Spring Banquet Ticket, and End of the Year Banquet Gift. There are other payments made through the Booster Club for things not being purchased through PISD. Please be aware that these items are SEPARATE from Booster Club fees and occur throughout the year.

These are estimated amounts. Some attire is optional, some are required, and some you may already have. If you order optional items, your balance due will be different than other team members. Also, if you are chosen for dance/social officer your balance due will be higher.

Please add these dates to your calendar:

- ★ March 22: 1st payment of \$300 due (Online-Student Quick Pay***)
- ★ April 5: 2nd payment due; Team Camp and Officer Camp (Online-Student Quick Pay***)
- ★ April 26: Remaining balance due (Online-Student Quick Pay***)
- ★ May: Booster Club Fees Due (\$150 to Dazzlers Booster Club-pay through the Membership Toolkit website after account creation/renewal)

Payments will go through Student Quick Pay (Rycor). Team members will receive an email detailing their balances (based on what is ordered at fittings) and how to make payments. All balances include tax and shipping.

If the balance is not *paid in full* by time of attire delivery, the drill team member will not receive their items! Thank you for your prompt attention to this matter.

Miscellaneous OPTIONAL Fees:

Approx. Month	Item:	ESTIMATED Amount:
May 2023	Yard Sign/Car Decals/Optional Spiritwear	\$40-\$55 each
Aug-Nov 2023	Game Day Meals (football season-optional)	\$42 (6 games)
October 2023	Competition Fees	\$110-200
2023-2024	Football/Basketball/Competition Spectator Tickets	\$5-\$15 each
January-May 2024	Spring Show T-Shirts	\$25-30 each
February 2024	Competition Meals (optional)	\$10-25
January-May 2024	Spring Show Spectator Tickets	\$5-\$15 each
April-May 2024	Spring Banquet Tickets for parents/guardians	\$30-\$40
January-May 2024	Spring Show/End of Year Video	\$30-\$90

McMillen High School Dazzlers Drill Team Constitution

(Revised January 2022 and approved by PISD Drill Team Coordinator and MHS Student Activities Principal)

United we stand, divided we fall: Everything you say, everything you do, reflects on you, your family, and the activities you participate in. Therefore, others put your actions through a test every day. Remember, actions DO speak louder than words. It is up to you and your teammates to determine the public's opinion of this team!

Article I-Name

The name of this organization shall be the McMillen Dazzlers Drill Team.

Article II-Purpose

The Dazzlers will function as a support organization representing McMillen High School. The McMillen Dazzlers will provide entertainment at home football games, home basketball games (schedule permitting), community events, pep rallies, competition, and the Spring Show.

Article III-Special Performances

The Dazzlers may also perform in special performances such as competition, senior high drill team performances, and any other venues/performance selected and approved by the Director. The team might not attend a competition every year. The Director will make this decision on a year-by-year basis. All members will be expected to participate in all mandatory activities and performances.

Article IV-Code of Ethics

Being on a drill team is a privilege, not a right. As a result, McMillen Dazzler members will take pride in themselves and in the Dazzler organization as they are held to a higher standard. They will conduct themselves in a proper manner and will maintain the highest moral and ethical standards at *all times*. This includes, but is not limited to:

1. Following all laws concerning consumption and possession of illegal substances.
2. Using appropriate language.
3. Acting in an appropriate manner reflecting the values of the organization.
4. Being the only students allowed to wear any "Dazzler" team wear, apparel, costumes, and uniform pieces.
5. Making up any missed work to preserve eligibility.
6. Being especially cautious of presence on social media - All Dazzler members are reminded to maintain high ethical and moral standards when posting and also reminded that others can easily post such things as pictures of Dazzler members on their own pages, which can result in negative attention upon the team. All Dazzler members are reminded to avoid events that could lead to this type of situation where embarrassment to themselves, their parents, and the team as a whole is the result.
7. Not being involved in gossip - Every person has passed it on and been hurt by it. The difference is that if we are to be a team - we simply cannot afford idle words. Always ask yourself, "If that person walked into the room, would I continue my conversation?" If not, then you should reconsider the benefit of those who have to listen to you.

Article V-Grades:

1. A member must meet all grade requirements as outlined by the State Board of Education, Texas Education Agency, U.I.L., and state law.
2. Grades for McMillen Dazzlers Drill Team class will be assessed by the willingness to follow policies, procedures, and class participation. (Demerits)
3. Every Dazzler starts with a participation grade of 100 each week. For each demerit received, 2 points will be deducted from the weekly grade. Each of the nine weekly grades will be combined to form the nine weeks grade. (This begins on the first day of school.)
4. All mandatory performances will count as a major grade during the nine-week period that they occur. Therefore, all eligible members are expected to be present at all mandatory events.

Article VI-Summer Camp & Summer Practice/Practices/Performances/Attendance Procedures

Summer Camp/Summer Team Practice:

1. Summer Camp/Summer Team Practice – It is mandatory for all Dazzler members to participate in summer camp practice and summer team practice.
2. Summer Camp is an important building block for a successful year.
3. Any member who misses camp, for whatever reason will be expected to learn any choreography and material taught during camp on their own time. They will also receive five demerits (if considered an unexcused absence) and will not be able to perform at the first Dazzler performance of the year. Any extenuating circumstances must be discussed with the Director **prior to team auditions**.
4. Special practices will **not** be formally arranged for those who miss any days of camp.

Practices:

1. Practices will be conducted by the Director and assisted by the Dance Officers.
2. Proper attire and designated shoes must be worn at all times. No jewelry (other than stud earrings) may be worn.
3. No gum, food, or open drinks (except water) in the dance areas at any time, unless approved by the Director for a specific reason or occasion. Please help keep our dance areas clean!
4. All dance bags, books, jackets, and personal items should be stored and **LOCKED** in school lockers or lockers assigned in the locker room. You may not leave items in the gym or on the floor of any dance area during practice.
5. Cell phones may not be used during drill team practices or events (excluding bus rides), unless otherwise given permission by the Director.
6. Only the Director is to operate any school-owned video or audio equipment unless trained and given permission by the Director.
7. Dazzler members should not be in the Director's office or the storage closet unless invited or sent in by the Director for a specific purpose. The Director's office and storage closet are closed in the event that the Director is off-campus.

Performances:

1. It is possible to be a member of the Dazzlers and *not* perform in every performance. This includes football, basketball, competition, pep rallies, spring show, and any other performance selected by the Director.
2. Selection for routines may be based on auditions if the Director chooses. If auditions are necessary, the director will announce them at least one week in advance of the performance.
3. If a member misses an audition for *any unexcused reason* no makeup audition will be provided and the member will not perform in that routine.
4. If a Dazzler member is not performing with the team, they will still attend the practices and performances in uniform. If academically ineligible, they will still attend practices, but may not attend performances in uniform.
5. Dazzlers will not be allowed to talk to friends or family members while in the stands at football or basketball games. During these events, time may be designated friend and family visits under the Director's discretion. If an emergency arises, the Dazzler member must clear it with the director.

Attendance: (McMillen Dazzlers Drill Team follows McMillen High School's Attendance Policies)

1. All practices and performances are mandatory. All performances are mandatory unless indicated as "optional" in advance. Annual calendars will be distributed in the summer and schedule updates/changes will be announced as far in advance as possible.
2. **Unexcused absences** are those listed in the Plano ISD Student Handbook, and include: vacations and trips (except those excused by the principal for unusual circumstances), babysitting, working (including modeling), and non school-sponsored athletic events and programs. It is the student's responsibility to avoid scheduling these activities during time periods involving the Drill Team. Unexcused absences result in consequences as per Article VII.
3. If a drill team activity conflicts with another school-related activity, then the Director and the other teacher(s) involved should be notified in writing **as far in advance as possible**. The Director and the other teacher(s) will confer and work out the best solution to the problem. Under no circumstances is the student to do as they please and then use the conflict as an excuse.

4. **Excused absences** are those listed in the Plano ISD Student Handbook, and include: religious holy days, required court appearances, activities related to obtaining U.S. citizenship, documented health-care appointments (if the student returns to school on the same day of the appointment and brings a note from the health-care provider), absences resulting from a serious or life-threatening illness or related treatment that makes a student's attendance infeasible (with certification by a physician), an activity required under a court-ordered service plan, military-family exemptions, one day to obtain a learner license (age 15 and up with documentation of their visit to the driver's license office), one day to obtain a driver's license (age 15 and up with documentation of their visit to the driver's license office), election-related exemptions, or death in the family.
5. Special problems or situations that might require an absence should be requested in writing at least two weeks in advance. *A two-week notice does not guarantee approval but is required before approval may be considered.*
6. If last-minute emergencies arise, the Director should be contacted by email, phone, or in-person if possible.
7. **No matter the situation, if a Dazzler member is going to miss practice, they are expected to provide an explanation of the absence from their parent/guardian BEFORE missing practice. The Dazzler member or parent/guardian must call McMillen High School and leave a message for the Director at 469-752-8600 ext. 38610 or send an email to Cortney.davis@pisd.edu. (Email is always best). If a Dazzler member fails to email or call, they risk being cut from the upcoming performance.**
8. If a Dazzler needs to go to a school tutoring session that conflicts with practice time, the Dazzler must personally notify the Director, and secure permission, in advance of the missed practice. **Not all** requests can or will be granted. This is only to be used in emergencies.
9. If a Dazzler member does not attend the **TWO** practices immediately before the performance, then they will be pulled from the performance. No Exceptions! *For example: If there is a performance on a Thursday and the team member misses the Tuesday and Wednesday practices, they will be pulled from the upcoming Thursday performance.*
10. If a Dazzler member is going to be absent from school, the Dazzler member must call McMillen High School and leave a message for the Director at 469-752-8600 ext. 38610 or send an email to Cortney.davis@pisd.edu. (Email is always best). If a Dazzler member fails to email or call, they risk being cut from the upcoming performance. The message must be received in advance of the absence.
11. If a Dazzler member must leave early from a scheduled practice, one-day advance notice is required. *However, if the reason is considered 'unexcused,' demerits will be received.*
12. The week before Spring Show will require every member (including managers) to be in attendance. All tech rehearsals and dress rehearsals are **mandatory**. There will be **ONE** mandatory staging rehearsal, separate of this week, and it is generally scheduled on a Saturday, Student Holiday, or Teacher Workday, leading up to Spring Show Week. The dates for all of the aforementioned events will be communicated as soon as possible.

Article VII-Demerits/Probation/Merits

Discipline is essential for a drill team to run properly. In order for the McMillen Dazzlers to function in this manner, the team will operate on a merit and demerit system.

1. Only the Director is allowed to issue demerits.
2. Squad members will be inspected by their Dance Officer at every practice, performance, and Dazzler event. All issues requiring demerits will be reported to the Director by the Dance Officer.
3. Demerits begin the first day of summer team practice and end the last day of school.
4. Each team member is responsible for keeping track of their demerits by checking the Digital Demerit Binder.
5. For every five or more **accumulated** demerits, the Dazzler member will not be allowed to perform in the next performance/activity. *However, if a fifth demerit or greater is issued on a performance date, the removal of the student will take place at the next scheduled performance.* The Dazzler member is still required to attend and participate in all practices. They may not do homework or attend tutorials during this time. They must also attend the performances in uniform.

Demerits: A Dazzler member will receive demerits for the following actions:

Incorrect practice attire (<i>Demerits assigned per item.</i>)	1 demerit
Hair not properly pulled up	1 demerit
Wearing any jewelry (<i>ONLY stud earrings allowed during practice and performance</i>)	1 demerit
Not having poms/props at practice	1 demerit
Having incorrect or no shoes on during outside/inside practice	1 demerit
Requested items not returned on time (<i>Demerits assigned per day/per item</i>)	1 demerit
Leaving personal belongings unsecured in the dance room/gym/locker room	1 demerit
Eating food/chewing gum during practice	1 demerit
Tardy to practice (20 minutes or less; 20 minutes or more is an <i>unexcused absence</i>)	1 demerit
Talking during practice without permission	1 demerit
Inappropriate public display of affection at school or Dazzler event	1 demerit
Poor attitude in practice	1 demerit
Use of profanity	2+ demerits
Leaving practice early for an unexcused reason	2 demerits
Incorrect/incomplete uniform or accessories for performance (<i>Demerits assigned per item.</i>)	2 demerits
Inappropriate behavior during a school or Dazzler event	2 demerits
Leaving the stands without permission during a sporting event	2 demerits
Tardy to a performance	2 demerits
Unauthorized use of mobile phone/earbuds/smartwatch during practices, performances, or Dazzler events	2 demerits
Lending any piece of Dazzlers team wear, apparel (including Dazzler spirit wear), costumes, uniform pieces, or props to a non-Dazzler (this includes ALL items paid for through PISD)	3 demerits
Missing school transportation to a performance or Dazzler event	5 demerits
Unexcused absence from a practice, performance, or Dazzler event	5 demerits
Leaving early from practice/performance/Dazzler event without permission	5 demerits
Chewing gum and/or eating food/snacks in uniform at any time	5 demerits
Visible tattoos or piercings other than ears, during practice, performance, or Dazzler event	5 demerits
Receiving detention (<i>for disciplinary reasons</i>)	5-10 demerits
Receiving an Office Referral	5-10 demerits

Probation: A Dazzler member will possible probation or dismissal from the team for the following actions:

Insubordination	Suspension from school (ISS/OSS)
Repeated failure to follow the Constitution (15+ Demerits)	Truancy
Academic Dishonesty	Forgery
Excessive misbehavior in school	Severe discipline problems in school
Excessive absences and tardies in Drill Team (including practice and performances before school, during the period, and after school)	Continuous failing of classes
Disrespectful to Officers	Hazing/Bullying/Teasing of others
Disrespectful to teammates/Director/Dazzlers Organization	Illegal substance use or involvement
Disrespectful to teachers/administrators/school personnel	Inappropriate online presence of a Dazzler or by a Dazzler (this includes all public and "Spam" accounts)

1. Listed above are possible grounds for probation and dismissal from the team after a review with the Director, Activities Principal and Parent/Guardian(s). The Director will determine punishment on a case-by-case basis.
2. If a Dazzler member is placed on probation for any reason, it will be for a minimum of *three weeks*. The Dazzler member will not perform during this time and will continue to attend practices, performances, and Dazzler events in uniform.
3. While on probation, if another offense occurs, it may be grounds for dismissal from the team after a review with the Director, Activities Principal and Parent/Guardian(s).
4. If a Dazzler member is placed on probation twice (either first and second semester, or twice-in one semester), they may be dismissed from the team after a review with the Director, Activities Principal and Parent/Guardian(s).
5. Probation is for disciplinary actions only. If a Dazzler member is academically ineligible, they are not on disciplinary probation.
6. If a student is academically ineligible at the time of a benching or disciplinary probation, the penalty will be served simultaneously. All extra-curricular activities must follow due process before any probation, temporary removal, or permanent dismissal can occur.

Merits:

1. Dazzler members have the opportunity to earn merits to offset demerits.
2. Merits will not affect the student's nine-week grade.
3. It will be up to the discretion of the Director on how the merits are earned. (Cleaning, organizing supplies, writing papers, community service, dance hours, drill team supply donations, etc.)
4. Team members should not request merits outside of what the Director offers as merit opportunities.
5. If a service organization is offering incentives (hours, points, etc.) for a particular community event that the Dazzlers are also participating in, the Dazzler team member must choose whether they would like to receive merits or credit from the service organization.

Article VIII-Academic Eligibility

1. All members are expected to be academically eligible as per UIL regulations.
2. If a Dazzler member becomes ineligible, they will attend and participate in all practices.
3. Academically ineligible members may not attend performances in uniform or travel with the team.

Article IX-Uniforms, Costumes, Poms, Props, and Equipment

1. Game uniforms, costumes, poms, props, etc. are provided by Plano ISD and are the property of McMillen High School.
2. Members will be required to sign a uniform contract upon receipt of their uniforms. The uniform includes all field uniform pieces, practice poms, stadium seats, rain poncho, and halftime props as needed. Members will be required to sign a costume contract upon receipt of their costumes. The costumes include all costumes, props, and accessories needed for competition and Spring Show.
3. It is the McMillen member's responsibility to treat uniforms with care. It should be returned in excellent condition.
4. No alterations are to be made without written consent from the Director.
5. Damaged or lost items will be repaired or replaced at the individual member's monetary expense.
6. The Director should be contacted immediately if an issued uniform, costume, pom, prop, or equipment is damaged.
7. The Dazzler uniform/costumes are not to be worn in public for the exception of traveling to and from performance sites unless the Director gives personal permission for a specific reason.
8. Dazzler poms, props, and equipment are not to be used outside of drill team practices and performances unless the Director gives personal permission for a specific reason.
9. Dazzler members will not eat food/snacks, chew gum, or drink unauthorized beverages while in an assigned uniform/costume.
10. All parts of the Dazzler field uniform must be worn together at all performances, including the hat. Under no circumstances is a Dazzler to wear portions of the field uniform alone, or take a single piece of the uniform off.
11. All parts of a Dazzler costume are to be worn together, including accessories. Under no circumstances is a Dazzler to wear portions of a costume alone, or take a single piece off.
12. Nail polish other than clear or nude tones will NOT be worn for any performances in uniform and/or costume.
13. If a Dazzler member leaves the team for any reason, all uniforms, costumes, poms, props, and equipment must be returned immediately. In this matter, the aforementioned items will be treated like textbooks, and the student will not be allowed to register or have their transcripts forwarded if transferring until these items have been properly returned and inventoried.

Article X-Transportation

1. All Dazzlers must ride school transportation to and from scheduled performances and Dazzler events.
2. Exceptions must be cleared in advance with the Director and the proper Plano ISD forms must be completed and on file for the student.
3. Students must have their Emergency Form on file before they may travel with the team.
4. Buses will be left spotless and Dazzlers will always treat bus drivers with respect.

Article XI- Hazing

School Board Policy prohibits hazing. There will be no hazing or initiation of new members (including officers). Anyone engaging in these activities (even hazing others who are NOT on Dazzlers) falls under the district's policy for extracurricular code of conduct.

Article XII- Director Communication

1. Parents/Guardians and/or Dazzlers should address their concerns with the Dazzlers Director before contacting a school administrator. Just as with any class, the teacher should be contacted first and allowed to address the issue. If the concern is not addressed to the satisfaction of the student or parent, then contacting an administrator is encouraged.
2. Any concerns you may have with the Director - email is the quickest way of communicating with the Director. (Cortney.davis@pisd.edu) However, you may leave a message for the director 24-hours a day via her voice mail at 469-752-8600 ext. 38610. The Director will make every effort to return your email or call by the following school day.
3. Meeting in person with the Director may be arranged during the Director's scheduled conference period.

4. If a concern arises when school is not in session (summer, holidays), parents may contact the Dazzlers Booster Club President or leave the Director an email. The Director will return emails as soon as possible; however, accessibility to the Director will be limited during these times.
5. If a Dazzler member has a concern after school/practice hours, the first point of contact should be their squad's Dance Officer.
6. Parents/Guardians will not contact a Dazzler Officer regarding a concern. All parent/guardian concerns must be addressed with the Director.
7. *Please contact the Dazzlers Director through school email or school telephone only.*

Article XIII – Leadership Positions

McMillen Dazzlers Drill Team Dance Officers

1. The Dazzlers will have Dance Officers that may consist of 9th and 10th graders.
2. Any team member that places in the top ten at team tryouts may try out for a Dance Officer position.
3. The Dazzler Dance Officers will be expected to assist the Director in teaching and choreographing routines, leading practice, and organizing events.
4. The ranks will be as follows: Captain, First Lieutenant, and Lieutenant(s). The Director may amend these rankings as desired and possible rankings include Co-Captain, Lieutenant Captain, etc. Captain and First Lieutenant titles are reserved for 10th grade candidates.
5. All rules and regulations apply to the Dance Officers.
6. Should a Dance Officer fail to follow through with their assigned duties or should their attitude be questioned, they will be dismissed from their position.
7. Should a Dance Officer exceed ten or more demerits, they will be removed from their position. Dance Officers are responsible for providing an excellent example for the team.
8. Occasionally, the dance officers will be given the opportunity to perform as an officer group, which includes both the captain and lieutenants. These performances will be designated by the Director and should not be assumed by the officer squad. Each year is different and the opportunities can vary from year to year. Solos in the Spring Show are reserved for the Captain and First Lieutenant only.

IT IS AT THE DIRECTOR'S DISCRETION TO DETERMINE RANKS AND NUMBERS FOR ANY DANCE OFFICER POSITION.

McMillen Dazzlers Drill Team Social Officers

1. The Dazzlers will have Social Officers that may consist of 9th and 10th graders.
2. Any interested team member may try out for a Social Officer position.
3. The Social Officers are in charge of social activities for the team, team building activities, birthdays, and other duties the director may assign.
4. Social Officer ranks will be as follows: President, Vice-President, Secretary, Historian, and Treasurer. The Director may amend these rankings as desired.
5. All rules and regulations apply to the Social Officers.
6. Should a Social Officer fail to follow through with their assigned duties or should their attitude be questioned, they will be dismissed from their position.
7. Should a Social Officer exceed ten or more demerits, they will be removed from their position. Social Officers are responsible for providing an excellent example for the team.

IT IS AT THE DIRECTOR'S DISCRETION TO DETERMINE RANKS AND NUMBERS FOR ANY SOCIAL OFFICER POSITION.

Article XIII – McMillen Dazzlers Drill Team Managers

1. The Director will determine the need for managers on a year-by-year basis.
2. Both 9th and 10th graders may apply to be a Dazzler manager.
3. In the event a manager(s) is chosen, they will be expected to follow all the rules and regulations stated in this Constitution.
4. Should a manager fail to follow through with their assigned duties or should their attitude be questioned, they will be dismissed from their position.

PLANO ISD DRILL TEAM Operational and Tryout GUIDELINES



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PLANO INDEPENDENT SCHOOL DISTRICT

Drill Team Operational Guidelines

I. GENERAL INFORMATION

- A. Drill Team Prep will be offered at the ninth and tenth grade level, and will cover the basic fundamentals used in drill teams.
- B. One class period will be designated on each high school and senior high campus for the drill team.
- C. Drill team members must be full-time students on their campuses.
- D. High school drill teams may perform at a maximum of five in town football games per season, schedule permitting. High school drill teams will not perform at out-of-town games.
- E. Members may not perform as a group representing the school unless the director or a faculty representative is present.
- F. Hazing, as stated in Plano I.S.D. Board Policy #FNCC, will not be permitted at any time. All events, whether on or off campus (i.e. camps, contests, etc.), are included in this guideline.

II. PURPOSE

- A. Drill Team High School:
The 9th - 10th grade drill team program is designed to provide an introductory experience in drill team that encourages participation by interested students. Students will have the opportunity to participate in public performances and/or competition at an intermediate level. In addition to the development of drill team dance skills, the high school drill team shall promote school spirit, good sportsmanship, encourage teamwork, develop leadership skills, and support the mission of the high school campus. The high school drill team also serves to develop skills to prepare students for participation in drill teams at the senior high school level.
- B. Drill Team Senior High School:
The 11th - 12th grade senior high school drill team program serves to continue those drill team skills taught at the 9th -10th grades high school, but at an advanced level for public performance and/or competition. The senior high school drill team shall promote school spirit, good sportsmanship, encourage teamwork, develop leadership skills, and support the mission of the senior high school campus.

III. TRYOUT REQUIREMENTS

- A. Residency/Enrollment:
Students enrolled in a Plano ISD School must be in attendance at the tryout school, one of its feeders, or have an approved transfer on file at the time of the tryouts. Please note: if a student is enrolled at a feeder school on a transfer, a new transfer must be obtained for the campus they want to try out for, prior to tryouts, if that campus is not the campus the student would attend based on residency. If the currently enrolled PISD student is relocating to an area within the Plano ISD, but within another feeder pattern, the student must present proof of residency by the time of the packet deadline. Non Plano ISD students must provide proof of residency, within the attendance zone of the school they are wanting to try out for, by the time of the packet deadline. Proof of residency in Plano ISD includes a copy of a natural gas or electricity bill, original lease agreement, or an approved certificate of eligibility to enroll form and must be approved by the Plano ISD Student Services Department prior to the try out. For students wishing to tryout, who enroll in the district after tryouts have been completed but before the first day of school, please contact the Director at the school.
- B. Eligibility:
All eligibility requirements will meet the criteria subject to state law and/or rules interpretation by the State Board of Education. As per TEA/UIL guidelines, a student who is academically ineligible may attend all practices and tryouts, as actual participation does not occur until the following year.

C. Video Use for Injuries or Illness:

A drill team candidate may provide a video of his/her performance for the judges only if he/she is incapable of the required physical activity at the time of tryouts. Directors must receive a doctor's note prior to tryouts that state the reason(s) the candidate is not able to tryout, as well as the specific skills the candidate is incapable of performing because of their injury or illness. The candidate's video must be submitted and approved by the Director no later than the day before the tryout. The video will need to include the skills the candidate is unable to execute due to the injury or illness and will be judged using the same criteria outlined on the tryout rubric. There must be evidence in the candidate's video of the specific skills required in the tryout to receive points. The final determination of eligibility to tryout using a video will be at the Director's discretion.

IV. AUDITIONS

A. Procedures for Auditions:

1. Students may try out at only one campus per year.
2. Students desiring to try out will pick up an information packet and sign up at their HOME school. The packets and sign-up forms will be available in the principal's, or designee, office.
3. Students must bring back the signed permission slip (included in the tryout packet) to Cortney Davis (Director) at McMillen High School by 4:30 pm on February 24, 2023.
(designated person) (time) (date)
Applications for tryouts will not be accepted after the deadline.
4. Each student will be certified as to eligibility for tryouts by the HOME school principal, or designee. Eligibility will consist of meeting:
 - residency and enrollment requirements
 - other items listed in these guidelines
5. The HOME school will provide the host school a list designating those students who are eligible.

B. Selection Process

1. There will be one audition conducted to select each drill team. The audition process will consist of three practice days and one audition day. Judges may call back a candidate(s) after the audition is complete if they feel they need to see a candidate(s) perform part or all of the material again. Call backs will be the same day as the audition.
2. A panel of three to four judges, from outside the Plano I.S.D, will be secured by the Building Principal, or designee, from the resources supplied by the Coordinator of Drill Team Activities. Judges must not have taught, or be related to, any student trying out. At least three judges must be present for the auditions to be conducted. Judges will use the approved Plano I.S.D. judging sheet, and will rank candidates by total score. In the event there are only three judges present at either audition, the candidate's lowest score on the audition with four judges will be dropped. Judges' sheets will be initialed by the individual judge and retained on file in the principal's office until the opening day of the following school year.
3. Parents may review individual scores of their students by contacting the principal, or designee. Requests to view scores must be made within 10 school days from the last day of tryouts. Individual scores of other students may not be viewed.
4. All names of candidates will be assembled in one pool and random drawing will be used to determine tryout positions, with some accommodation for height.
5. Judges will not confer during tryouts. Each judge is expected to give his/her fair and honest evaluation of each candidate based upon the criteria and points on the judging sheet. (Judges will be seated at separate locations.)
6. At the discretion of the building principal, an average score of 70 may be utilized as the minimum score for placement of students on the drill team. Regardless of score, the

maximum allowable drill team members shall remain in effect as per Membership requirements, section V - A.

7. In the event of a tie for the final position on the drill team, all students involved in the tie will be allowed on the team.
 8. A committee of one building administrator from each high school and senior high school, Executive Director of Campus Services, Director of Fine Arts and Special Academic Services, and Coordinator for drill team activities will be formed to obtain consistency for the drill team program throughout the district.
- C. The method for selection of drill team officers will be left to the discretion of the campus principal and sponsor. Criteria for selection may include additional criteria beyond those physical skills listed for the regular line tryout.
 - D. The method for selecting auxiliary personnel (Maroon Guard, Golden Escorts, etc.) will be left to the discretion of each campus sponsor and principal.
 - E. **RESULTS OF TRYOUTS** - Tryout results may not be appealed beyond the campus level.

V. **MEMBERSHIP REQUIREMENTS**

- A. The maximum number per team will be:

High School	- 55 ^{1,2}
Senior High School	- 75 ^{1,3}

¹ The maximum number may be exceeded at either the high school or senior high school in the event of a tie for the final position on the drill team, in which case all students involved in the tie will be allowed on the team.

² The high school team will allocate the first 30 positions to the 30 highest scoring incoming 10th graders, with scores ranked above the minimum score of 70. The remaining positions will be filled at large from incoming 9th or 10th graders with scores of 70 or higher until the maximum number for the team is achieved.

³ The senior high school team may exceed 75 members in years when more than 40 juniors are exempted from auditions. Example: If 43 juniors are exempted from auditions, up to 3 additional students may be allowed.

Vacancies occurring after the tryouts and prior to the beginning of the next school year may be filled, at the discretion of the campus principal and sponsor, until the opening day of school, utilizing the next highest ranked student.
- B. All current junior line members on senior high teams will be exempt from tryouts for the senior year with the exception of juniors on probation.
- C. **Grades**: All academic eligibility requirements will meet the criteria subject to state laws and/or rules interpretation by the State Board of Education.
- D. Other rules (Constitution, by-laws, Demerit System, etc.) may be instituted by the individual campuses, but must be in keeping with the content and intent of these guidelines and other policies of the school district. They shall be approved and initialed by the principal **before** being distributed to the students and/or parents.
- E. All students and parents will receive a copy of these guidelines **prior** to drill team tryouts. Parents will sign these guidelines and return them to the building principal prior to tryouts.
- F. **Physicals** and an updated medical history form will be required on an annual (yearly) basis. These forms must be completed and submitted to the Director prior to any participation.
- G. After tryouts, the student is considered part of the new school year drill team, therefore, infractions that occur after tryouts then become part of the new school year. Drill Team members may be placed on probation, removed temporarily, or removed permanently.

VI. **TRANSPORTATION/COMPETITION TRIPS**

- A. Transporting of the team must be in accordance with Plano ISD regulations.
- B. High school competitions will be limited to one in state contest per team per year, subject to district overnight travel guidelines.
- C. Senior high school drill teams may participate in two competitions per year provided at least one competition is a local competition, and does not require school absence or overnight

accommodations. Senior high school drill teams may travel out of state for one competition, subject to district overnight travel guidelines.

VII. FINANCIAL/GIFTS

- A. The school district, through the operating budget, will furnish all field uniforms, props, and accessories used in public performances, with the exception of spring show costs, competition costumes, and personal items such as tights, socks, workout outfits, etc.
- B. Student/parent expenditures for costumes, supplies, and equipment shall not exceed the prescribed dollar amount as set by the district each school year, excluding camp expenses. This amount will be adjusted each school year in accordance with the consumer price index based upon the 1995 baseline of \$450. The adjusted amount for 2023-24 is \$740. Boots and/or hats are included in the per student maximum expense. A listing of these items and their costs is to be provided to the building principal each year.
- C. Drill team organizations and/or their parent booster groups may conduct fundraising events consistent with PISD policies and guidelines (excluding door-to-door direct selling), for the purpose of a recognition banquet for members, and to establish a fund to assist drill team members and/or their organizations in the purchase of additional items necessary for special events. Funds are to be deposited into the campus activity account or booster account as per PISD School Board Policy GE (Local).
- D. Treats for athletes will not be permitted.
- E. The exchanging of gifts (big sis/lil sis, buddy system, etc.) will not be a requirement for participation or membership on the drill team. Such voluntary gifts are subject to an annual \$10 maximum expense per student.
- F. Booster clubs may not give gifts to individuals. Booster Clubs may not present gifts exceeding \$500 in value to drill team directors. These amounts are cumulative for the year.
- G. All purchases are to be requested by purchase order. Student payments for individual items are to be deposited into the student activity account.

VIII. ROUTINE PERFORMANCE REQUIREMENTS

Routines for performance during the regular season shall be designed to utilize all of the drill team members. Tryouts may be held at any time during the week, at the Director's discretion, to determine the student's preparedness level for performance that week. Students may also be disqualified from participation because of failure to meet weekly grade requirements and/or other disciplinary action.

PLANO INDEPENDENT SCHOOL DISTRICT

Drill Team Spring Show Guidelines

I. HIGH SCHOOL SPRING SHOW GUIDELINES

- A. Running Time
Spring shows will run no longer than one hour and forty-five minutes, including intermissions and slide shows.
- B. Participants
In order for the current members of the drill team to be involved in their spring show as much as possible, they should be the only participants in the show. No other groups or individuals, with the exception of the show's emcee and/or other organizations from the home campus or feeder campuses, will be allowed to participate.
- C. Costuming
Students may provide a maximum of two costumes, subject to overall drill team spending limitations as established under Operational Guidelines section III.B. In the event that the costume expense causes the drill team spending limit to be exceeded, the costumes may be provided by booster funds or show proceeds. Costumes paid for by boosters or show proceeds become the property of the campus. Additional costuming needs may be provided through existing costume inventory within the district.
- D. Practice Time
The director will adhere to the eight-hour practice rule as defined in Senate Bill 1. The director may begin rehearsals for the spring show two months prior to the actual show dates. The high school and senior high director will work together, when scheduling rehearsals, in hopes of avoiding potential conflicts.
- E. Production Expense
All expenses and costs of the spring show shall be paid from the proceeds of the show. Supplemental funds may be provided by the parent booster organizations. The drill team sponsor shall present a budget to the principal for approval prior to the beginning of rehearsals. Maximum expense for all spring show expenses, except costuming, shall be calculated by the following formula.

$$(\text{house capacity}) \times (\text{ticket price}) \times (\# \text{ of performances})$$

If unusual circumstances arise that create the need for the expense limitation to be exceeded, the Coordinator for drill team activities must give approval.

- F. Show Dates
It is recommended that high school spring shows run for a maximum of two nights. In cases where seating capacity and fire safety are concerns, an extra day may be added. High school spring shows may not exceed three nights. As per UIL/TEA guidelines, performances are limited to one during the school week, which is defined as Monday through the close of school on the last day of the school week. Additionally performances may be scheduled after school on the last instructional day of the week and on Saturday. Sunday rehearsals/performances are prohibited except in extenuating circumstances as per PISD administrative guidelines. Show dates should not conflict with senior high drill team events. If conflicts do arise, the Coordinator for drill team activities will mediate.

II. SENIOR HIGH SPRING SHOW GUIDELINES

A. Running Time

The length of spring shows shall not exceed two hours. This time limit is inclusive of slide shows and intermissions. Senior high spring shows may include a senior award presentation at the conclusion of the final show. This will not be included in the time limitation.

B. Spring Show Participants

Groups and/or individuals apart from the home campus, with the exception of the show's emcee and parents of drill team members, shall not be allowed to perform as a part of the spring show. Senior high shows may include sophomore drill teams in the feeder cluster. If the feeder cluster drill teams are used, all of the high schools in that feeder cluster should be offered the opportunity to participate.

C. Costuming

Students may provide a maximum of two costumes, subject to overall drill team spending limitations as established under Operational Guidelines section III.B. In the event that the costume expense causes the drill team spending limit to be exceeded, the costumes may be provided by booster funds or show proceeds. Costumes paid for by boosters or show proceeds become the property of the campus. Additional costuming needs may be provided through existing costume inventory within the district.

D. Practice Time

Practices must conform to the eight-hour rule as defined in Senate Bill 1. The director may begin rehearsals no earlier than two months prior to the opening date of the show.

E. Production Expense

All expenses and costs of the spring show shall be paid from the proceeds of the show. Supplemental funds may be provided by the parent booster organizations. The drill team director shall present a budget to the principal for approval prior to the beginning of rehearsals. Maximum expense for all spring show expenses, except costuming, shall be calculated by the following formula.

$$(\text{house capacity}) \times (\text{ticket price}) \times (\# \text{ of performances})$$

If unusual circumstances arise that create the need for the expense limitation to be exceeded, the Coordinator for drill team activities must give approval.

F. Show Dates

It is recommended that senior high school spring shows run for a maximum of three nights. In cases where seating capacity and fire safety are concerns, an extra day may be added. Senior high spring shows may not exceed four nights. As per UIL/TEA guidelines, performances are limited to one during the school week, which is defined as Monday through the close of school on the last day of the school week. Additional performances may be scheduled after school on the last instructional day of the week and on Saturday. Sunday rehearsals/performances are prohibited except in extenuating circumstances as per PISD administrative guidelines.

HIGH SCHOOL DRILL TEAM JUDGES TRYOUT SHEET

Campus: _____

Judge #: _____

Category	Student #1	Student #2	Student #3	Student #4
Overall Kick Technique (20) -Kicks to nose -Thumbs in -Pointed toes -Straight legs -Prep with feet together -Body is aligned -Arms straight -Sharp head pops -Flexibility				
Right Split (5) -Pointed toes -Straight legs -Hips squared -Flexibility -Upright posture				
Left Split (5) -Pointed toes -Straight legs -Hips squared -Flexibility -Upright posture				
Dance Technique (25) -Extension/alignment -Turn execution -Leap execution -Control -Smooth transitions -Flexibility -Completion of movements -Coordination -Use of plié -Dynamics -Strength of movement				
Showmanship (10) -Projection -Body carriage -Expression -Energy level -Personality -Presence -Confidence				
Memory (20) -No hesitations -Does not watch others				
Timing/Rhythm (10) -Correct tempo -Ability to count music				
Poise (5) -Adheres to tryout guidelines, attire & makeup -No jewelry or visible piercing -Overall impression				
Total (100)				

Judges Initials: _____

Administrator Initials: _____

SR. HIGH SCHOOL DRILL TEAM TRYOUTS JUDGES SHEET

CANDIDATE NUMBER _____

JUDGE NUMBER _____

0-5pts.	6-10pts.	11-15pts.	16-20pts
Needs Improvement	Fair	Good	Excellent

Jazz Technique - 20pts. _____/20pts.

Extension Control Flexibility Completion of Movement

Turn: Double Pirouette, Chaine, Pique Leaps: Grande Jete, Press Leap

Jazz Execution - 20pts. _____/20pts.

Memory Precision Style Facings

Rhythm Dynamics Spacing Timing

Kick Height - 20pts. _____/20pts.

Control Flexibility Full Range of Motion Kicking to Center of Body

Kick Technique - 20pts. _____/20pts.

Pointed Arms Straight Thumbs In

Straight Feet Prep Together Body is Correctly Aligned

0-3pts.	4-5pts.	6-7pts.	8-10pts
Needs Improvement	Fair	Good	Excellent

Showmanship - 10pts. _____/10pts.

Projection Expression Personality Poise Confidence

Body Energy Level Presence

Splits - 10pts. **Right (1-5pts)** **Left (1-5pts)** _____/10pts.

Pointed Feet Body is Correctly Aligned Straight Legs Flexibility

Judges Initials _____

Administrator Initials _____

Total Score /100

Reminders:

- Please review the important dates and make sure you can meet these commitments.
- The following signed and dated forms/papers are due **Friday, February 24** no later **4:30 pm** in the **McMillen High School Front Office**, paper clipped, and in the following order:
 - Forms Cover Sheet with Name (Print, please)
 - McMillen Dazzlers Drill Team Application (with a picture attached)
 - McMillen Dazzlers Tryout Signature Page
 - Constitution Contract Form
 - Medical Release Form
 - Copy of Medical Insurance Card
 - Guidelines for District Extracurricular Activities
 - Publications, Video, Internet, and Artwork Display Consent and Release Agreement
 - Permission for Members of Student Groups to Participate in School-Sponsored Trips
 - Concussion Acknowledgement Form
 - Sudden Cardiac Arrest (SCA) Awareness Form
 - Preparticipation Physical Evaluation Form (complete both sides, front and back, with your physician **ANNUALLY**)

*****Please set up your doctor's appointment to get your physical done as soon as possible! *****

**DAZZLERS DRILL TEAM
FORMS TO BE RETURNED**

Name: _____

McMillen Dazzlers Drill Team Application

Please, **paper clip** and turn in all pages of your completed application packet to the McMillen High School front office by **Friday, February 24 no later than 4:30 pm.*****

**** Late packets will NOT be accepted.*****

Student ID: _____

Student Full Name (First, Middle, Last):

Student Grade Level (2023-2024 School Year): _____

Student Date of Birth (Month/Day/Year): _____

Student Home Address:

City/State/Zip Code:

Student Phone Number: _____

Student Email Address: _____

Student T-Shirt Size: _____

Student Food Allergies: _____

Student Emergency Medical Devices (Epipen, Inhaler, etc.): _____

Student Nickname (if different than legal name): _____

Primary Guardian Full Name: _____

Primary Guardian Phone Number: _____

Primary Guardian Email Address: _____

Secondary Guardian Full Name: _____

Secondary Guardian Phone Number: _____

Secondary Guardian Email Address: _____

**TAPE Photo Here
(Recent close-up shot)**

McMillen Dazzlers Tryout Signature Page

We, the parents/guardians of, _____, grant our permission for them to try out for the McMillen Dazzlers Drill Team. We have read Plano ISD Drill Team Operational and Tryout Guidelines, the Dazzlers Drill Team Constitution, and the Guidelines for District Extracurricular Activities and the Student Code of Conduct. We agree to abide by **all** the rules and regulations set forth by these documents. We also understand and agree to the consequences of breaking these rules and regulations. Furthermore, we understand that if selected for the team, my student will be required to pay for their practice clothing, shoes, boots/hat, game day attire, etc. A reasonable estimate of these expenditures is included in the PISD Drill Team Guidelines (excluding camps and workshops). I further understand that this is an extracurricular activity and that attendance at all practices, games, and special functions are requirements of team membership. Finally, we understand the tryout process. We agree and understand that the decision of the judges is final.

Parent/Guardian Full Name: _____
(Please Print)

Parent/Guardian Signature: _____

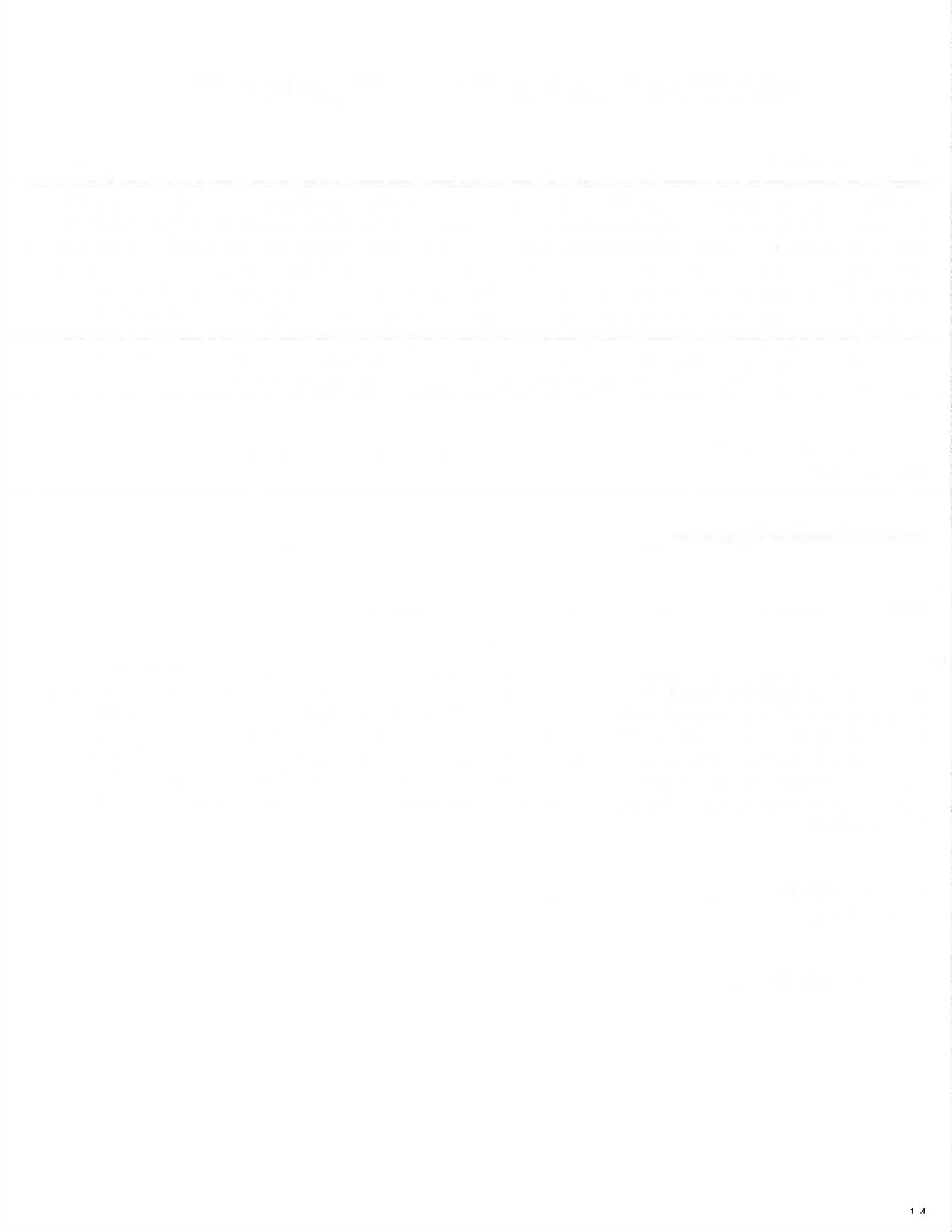
Date: _____

I, _____, am choosing to tryout for the McMillen Dazzlers Drill Team. I have read **all** the guidelines included in this packet and the Dazzlers Drill Team Constitution and agree to abide by **all** rules and regulations. I also understand and agree to the consequences of breaking these rules and regulations. If I am selected to the drill team, I understand that I am expected to uphold the standards set by the team/director and by Plano ISD *beginning the day* I make the team. Should I fail to meet these standards, I will be subject to disciplinary action. Finally, I understand the audition process. I agree and understand that the decision of the judges is final.

Student's Full Name: _____
(Please Print)

Student's Signature: _____

Date: _____



**McMillen High School
DAZZLERS DRILL TEAM
CONSTITUTION CONTRACT**

I, _____ have read and understand the Constitution of the McMillen Dazzlers organization. I promise to comply with the Rules and Regulations. I realize that failure to uphold this contract and adhere to the Constitution as well as the Rules and Regulations will result in disciplinary action.

Printed Name of Student

Signature of Student

Date

I have read the Rules and Regulations and understand the contract set forth by the McMillen Dazzlers drill team and will support my team member,
_____ in their efforts to uphold them.

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date

Medical Release Form

Student's full legal name: _____

I, _____, certify that my student is free of any health related concerns that might impede them from participating in the McMillen Dazzlers Drill Team Tryouts and fulfilling the requirements of a McMillen Dazzlers Drill Team member. My student is currently free of physician care and any physical concerns have been listed below.

I authorize **Cortney Davis (Director)** at McMillen High School to contact directly the person named on this document and do authorize the named physicians to render such treatment as may be deemed necessary in an emergency, for the sake of the said child. In the event physicians or other persons named on this form, or parents cannot be contacted, the above-named school official is hereby authorized to take whatever action is deemed necessary in their judgment, for the health of the aforesaid child. I will not hold the aforesaid school official or the Plano Independent School District financially responsible for emergency care and or transportation of the said child.

Signature of parent or legal guardian

Date

Home Phone: () _____ - _____ Mobile Phone: () _____ - _____

Work Phone: () _____ - _____

Home Address: _____

City: _____ State: _____ Zip: _____

Participant's Birth Date: _____

Family Physician: _____

Physician's Phone Number: () _____ - _____

ATTACH A COPY OF MEDICAL INSURANCE CARD FOR RECORDS.

Medical Insurance Policy #: _____

Address of Insurance Company: _____

Insurance Company Phone: () _____ - _____

Party responsible for payment: _____

List brief medical history and recurring health problems such as asthma, allergies, epilepsy, etc.:

List any physical concerns so that the director may be aware of any injuries such as ACL, ankles, joints, etc. This information will only be used to monitor student's progress during tryouts. It will **not** be used to gain judging points for the student during tryouts.

Indicate and medications or drugs to which the child is allergic:

List all regular medications the child is taking:

List one additional contact in the event you are not available should an emergency arise:

Name: _____ Phone Number: () _____ - _____



Plano Independent School District GUIDELINES FOR DISTRICT EXTRACURRICULAR ACTIVITIES

Students involved in extracurricular activities are held to a higher standard of conduct than the general student body. Plano ISD views participation in extracurricular activities as a privilege not a right. Any student who violates the Student Code of Conduct shall be subject to extracurricular discipline and/or regular school district disciplinary action. This includes any misconduct, regardless of time or location, that would reflect negatively upon representing Plano ISD in an extracurricular activity. Students clearly involved in major disciplinary infractions (including, but not limited to, drugs, alcohol and violent behavior) will be placed on probation, removed temporarily or removed permanently from extracurricular activities. Seasons of extracurricular activities may vary and could extend into the next school year.

Discipline action may affect tryout eligibility for the next season.

Disciplinary measures taken by the sponsor/principal may be in one or more of three forms, defined as (1) special assignments, (2) probation or (3) dismissal.

Special assignments may consist of extra duties and may be assigned for minor disciplinary infractions.

Probation and/or dismissal from extracurricular activities will be for infractions involving alcohol, vaping, smoking, drugs, use of abusive or offensive language, violence and other serious offenses as defined by the Plano ISD Student Code of Conduct, or when the sponsor/principal believes the integrity and credibility of the organization has been jeopardized by the student's action. Probation may also be assigned when the student fails to comply with rules and regulations of the extracurricular activity. (Probation is defined as: A trial period in which a student is permitted to redeem bad conduct.)

The student may be dismissed from the extracurricular activity upon any major infraction, or during a probationary period. Prior to being dismissed from extracurricular activities, the student and parents will be notified of the reasons for the action. The student or his/her parents will be afforded the opportunity of a hearing with the sponsor and campus administrator. The appeals process will be outlined at that time. A request for an appeal must be made in writing within five (5) school days at each level of the appeals process. In the event of dismissal, the student will not be eligible for any individual, group or team activities or recognitions that occur after the date of dismissal.

Separate and return the signed section to the sponsor _____

Extracurricular Activity Conduct Statement

I understand and consent to the responsibilities outlined in the District's Student Code of Conduct and the guidelines above. I also understand and agree that my child shall be held accountable for the behavior and consequences outlined in the Student Code of Conduct at school and at school-sponsored or school-related activities. Students involved in extracurricular activity are held to a higher standard of conduct. Plano ISD views participation in extracurricular activities as a privilege not a right. I understand that any student who violates the Student Code of Conduct shall be subject to disciplinary action. This includes any misconduct, regardless of time or location, that would reflect negatively upon representing Plano ISD in an extracurricular activity.

Student Name (please print)

Student Signature

Parent Name (please print)

Parent Signature

Date

Plano ISD
043910
STUDENT RECORDS
FL(EXHIBIT)

EXHIBIT D

RELEASE FORM FOR PUBLICATIONS, VIDEO, AND ELECTRONIC
DISPLAY OF STUDENT WORK

**Plano Independent School District
Publications, Video, Internet, Artwork Display Consent and Release Agreement**

Students who attend school in the Plano Independent School District are occasionally asked to be a part of school and/or District publicity, publications, social media, and/or public relations activities. In order to guarantee student privacy and ensure your agreement for your student to participate, the District asks that you sign this form and return a form to the school for each of your students.

The form referenced below indicates approval for the student's name, picture, work, voice, verbal statements, or portraits (video or still) to appear in school publicity or District publications, videos, or on the District's website. For example, pictures and articles about school activities may appear in local newspapers or District publications and artwork may appear in public spaces. These pictures and articles may or may not personally identify the student. The pictures, videos, and artwork may be used by the District in subsequent years.

AGREEMENT

The student and parent/guardian release to Plano ISD the student's name, voice, verbal statements, class assignment(s), portraits (video or still), pictures, and artwork and consent to their use on behalf of Plano ISD for publicity purposes.

Plano ISD agrees that the student's name, work, voice, verbal statements, class assignment(s), portraits, or pictures (video or still) will only be used for public relations, public information, school or District promotion, publicity, and instruction.

Student and parent/guardian understand and agree that:

- Consent and release have been given without coercion or duress;
- This agreement is binding upon heirs and/or future legal representatives; and
- The photo, video, artwork, class assignment(s), or student statements may be used in subsequent years.

If the student and parent/guardian wish to rescind this agreement, they may do so at any time with written notice.

Effective date of agreement: _____

Student's name (*please print*): _____

Student's signature: _____

Parent/Guardian's name (*please print*): _____

Parent/Guardian's signature: _____

Plano ISD
043910
STUDENT RECORDS
FL(EXHIBIT)

Pursuant to Texas Education Code, Section 26.009(b)(2)

Plano ISD has no control over media use of pictures/statements that are taken without permission.

The information above does not relate to yearbooks. The Yearbook Consent and Release Agreement must be completed for yearbook authorization and is found on the Plano ISD Parent Portal ("Authorization Statements" tab) and the *Student/Parent Policy Guide*.

Plano ISD
043910
STUDENT ACTIVITIES
TRAVEL
FMG(EXHIBIT)

EXHIBIT C
(English version)

PLANO INDEPENDENT SCHOOL DISTRICT
PERMISSION FOR MEMBERS OF STUDENT GROUPS
TO PARTICIPATE IN SCHOOL-SPONSORED TRIPS

Name of group: _____

School year of group activities: _____

I desire that my son/daughter be allowed to travel to and from the events attended by the group listed above during this school year and to participate in these events.

Printed name of parent or guardian: _____

Signature of parent or legal guardian: _____

Date: _____

Printed name of student: _____

Signature of student: _____
(if 18 or more years of age)

Date: _____

Note: Student medical/emergency information card must be on file in the school office.



CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student _____

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention - Teach and practice safe play & proper technique.

- Follow the rules of play.
- Make sure the required protective equipment is worn for all practices and games.
- Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion - The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

(1) the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;

(2) the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;

(3) the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play; and

(4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:

(A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;

(B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and

(C) have signed a consent form indicating that the person signing:

(i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;

(ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;

(iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and

(iv) understands the immunity provisions under Section 38.159.

Parent or Guardian Signature

Date

Student Signature

Date

<p>What are the current recommendations for screening young athletes?</p> <p>The University Interscholastic League requires use of the specific Preparticipation Medical History form on a yearly basis. This process begins with the parents and student-athletes answering questions about symptoms during exercise (such as chest pain, dizziness, fainting, palpitations or shortness of breath); and questions about family health history.</p> <p>It is important to know if any family member died suddenly during physical activity or during a seizure. It is also important to know if anyone in the family under the age of 50 had an unexplained sudden death such as drowning or car accidents. This information must be provided annually because it is essential to identify those at risk for sudden cardiac death.</p> <p>The University Interscholastic League requires the Preparticipation Physical Examination form prior to junior high athletic participation and again prior to the 1st and 3rd years of high school participation. The required physical exam includes measurement of blood pressure and a careful listening examination of the heart, especially for murmurs and rhythm abnormalities. If there are no warning signs reported on the health history and no abnormalities discovered on exam, no additional evaluation or testing is recommended for cardiac issues/concerns.</p>	<p>Are there additional options available to screen for cardiac conditions?</p> <p>Additional screening using an electrocardiogram (ECG) and/or an echocardiogram (Echo) is readily available to all athletes from their personal physicians, but is not mandatory, and is generally not recommended by either the American Heart Association (AHA) or the American College of Cardiology (ACC). Limitations of additional screening include the possibility (~10%) of "false positives", which leads to unnecessary stress for the student and parent or guardian as well as unnecessary restriction from athletic participation. There is also a possibility of "false negatives", since not all cardiac conditions will be identified by additional screening.</p> <p>When should a student athlete see a heart specialist?</p> <p>If a qualified examiner has concerns, a referral to a child heart specialist, a pediatric cardiologist, is recommended. This specialist may perform a more thorough evaluation, including an electrocardiogram (ECG), which is a graph of the electrical activity of the heart. An echocardiogram, which is an ultrasound test to allow for direct visualization of the heart structure, may also be done. The specialist may also order a treadmill exercise test and/or a monitor to enable a longer recording of the heart rhythm. None of the testing is invasive or uncomfortable.</p>	<p>Can Sudden Cardiac Arrest be prevented just through proper screening?</p> <p>A proper evaluation (Preparticipation Physical Evaluation – Medical History) should find many, but not all, conditions that could cause sudden death in the athlete. This is because some diseases are difficult to uncover and may only develop later in life. Others can develop following a normal screening evaluation, such as an infection of the heart muscle from a virus. This is why a medical history and a review of the family health history need to be performed on a yearly basis. With proper screening and evaluation, most cases can be identified and prevented.</p> <p>Why have an AED on site during sporting events?</p> <p>The only effective treatment for ventricular fibrillation is immediate use of an automated external defibrillator (AED). An AED can restore the heart back into a normal rhythm. An AED is also life-saving for ventricular fibrillation caused by a blow to the chest over the heart (commotio cordis).</p> <p>Texas Senate Bill 7 requires that at any school sponsored athletic event or team practice in Texas public high schools the following must be available:</p> <ul style="list-style-type: none"> ➤ An AED is in an unlocked location on school property within a reasonable proximity to the athletic field or gymnasium ➤ All coaches, athletic trainers, PE teacher, nurses, band directors and cheerleader sponsors are certified in cardiopulmonary resuscitation (CPR) and the use of the AED. 	<p>➤ Each school has a developed safety procedure to respond to a medical emergency involving a cardiac arrest.</p> <p>The American Academy of Pediatrics recommends the AED should be placed in a central location that is accessible and ideally no more than a 1 to 1 1/2 minute walk from any location and that a call is made to activate 911 emergency system while the AED is being retrieved.</p>
<p>Student & Parent/Guardian Signatures</p> <p>I certify that I have read and understand the above information.</p>			
<p>Parent/Guardian Signature</p>			
<p>Parent/Guardian Name (Print)</p>			
<p>Date</p>			
<p>Student Signature</p>			
<p>Student Name (Print)</p>			
<p>Date</p>			



SUDDEN CARDIAC ARREST (SCA) AWARENESS FORM

The Basic Facts on Sudden Cardiac Arrest

Website Resources:

American Heart Association:
www.heart.org

Lead Author: Arnold Fenrich, MD
and Benjamin Levine, MD

Additional Reviewers: UIL Medical
Advisory Committee

Revised 2016

What is Sudden Cardiac Arrest?

- Occurs suddenly and often without warning.
- An electrical malfunction (short-circuit) causes the bottom chambers of the heart (ventricles) to beat dangerously fast (ventricular tachycardia or fibrillation) and disrupts the pumping ability of the heart.
- The heart cannot pump blood to the brain, lungs and other organs of the body.
- The person loses consciousness (passes out) and has no pulse.
- Death occurs within minutes if not treated immediately.

What causes Sudden Cardiac Arrest?

Inherited (passed on from family) conditions present at birth of the heart muscle:

Hypertrophic Cardiomyopathy – hypertrophy (thickening) of the left ventricle; the most common cause of sudden cardiac arrest in athletes in the U.S.

Arrhythmogenic Right Ventricular Cardiomyopathy – replacement of part of the right ventricle by fat and scar; the most common cause of sudden cardiac arrest in Italy.

Marfan Syndrome – a disorder of the structure of blood vessels that makes them prone to rupture; often associated with very long arms and unusually flexible joints.

Inherited conditions present at birth of the electrical system:

Long QT Syndrome – abnormality in the ion channels (electrical system) of the heart.

Catecholaminergic Polymorphic Ventricular Tachycardia and Brugada Syndrome – other types of electrical abnormalities that are rare but run in families.

NonInherited (not passed on from the family, but still present at birth) conditions:

Coronary Artery Abnormalities – abnormality of the blood vessels that supply blood to the heart muscle. This is the second most common cause of sudden cardiac arrest in athletes in the U.S.

Aortic valve abnormalities – failure of the aortic valve (the valve between the heart and the aorta) to develop properly; usually causes a loud heart murmur.

Non-compaction Cardiomyopathy – a condition where the heart muscle does not develop normally.

Wolff-Parkinson-White Syndrome – an extra conducting fiber is present in the heart's electrical system and can increase the risk of arrhythmias.

Conditions not present at birth but acquired later in life:

Commotio Cordis – concussion of the heart that can occur from being hit in the chest by a ball, puck, or fist.

Myocarditis – infection or inflammation of the heart, usually caused by a virus.

Recreational/Performance-Enhancing drug use.

Idiopathic: Sometimes the underlying cause of the Sudden Cardiac Arrest is unknown, even after autopsy.

What are the symptoms/warning signs of Sudden Cardiac Arrest?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)
- Family history of sudden cardiac arrest at age < 50

ANY of these symptoms and warning signs that occur while exercising may necessitate further evaluation from your physician before returning to practice or a game.

What is the treatment for Sudden Cardiac Arrest?

Time is critical and an immediate response is vital.

- **CALL 911**
- **Begin CPR**
- **Use an Automated External Defibrillator (AED)**

What are ways to screen for Sudden Cardiac Arrest?

The American Heart Association recommends a pre-participation history and physical including 14 important cardiac elements.

The UIL **Pre-Participation Physical Evaluation – Medical History form** includes ALL 14 of these important cardiac elements and is mandatory annually.

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

2020

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____
 In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ (W) _____

Explain "Yes" answers in the box below**. Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had prior testing for the heart ordered by a physician?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:		
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member or relative died of heart problems or of sudden unexplained death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
When was your last concussion? _____					
How severe was each one? (Explain below)			Females Only		
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	19. When was your first menstrual period? _____		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period? _____		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	Males Only		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	20. Are you missing a testicle? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>	21. Do you have any testicular swelling or masses? _____		
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> An electrocardiogram (ECG) is not required. I have read and understand the information about cardiac screening on the UIL Sudden Cardiac Arrest Awareness Form. By checking this box, I choose to obtain an ECG for my student for additional cardiac screening. I understand it is the responsibility of my family to schedule and pay for such ECG.		
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):		
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>			
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

It is understood that even though protective equipment is worn by athletes, whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

For School Use Only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (____ / _____, ____ / ____)
brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It *must* be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * *Local district policy may require an annual physical exam.*

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
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			
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/rehabilitation for: _____

☐ Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.