

Jaguar Cheer

Tryout Information

Flower Mound High School

2025 – 2026

Download the app **'BAND'**
Find tryout information,
material, and updates here.



Important Dates:

February 12 – 4:45 – 6:00 pm – FM White Gym : Pre-Tryout Clinic for new candidates

February 18 – 6:30 pm – FMHS Library : Mandatory Parent Tryout Information Meeting

March 1 – Tryout Dance and Cheer posted to Jaguarcheer.org and Tryout Band

March 3 – 6: Tryout Week – FMHS Silver Gym

March 7 – 12:30 pm – Results Posted on jaguarcheer.org and @fmhscheer on Instagram

March 21 – 6:30 pm – First event with Full Program – FM Baseball w/ FMYSA

March 25 – 6:30 pm – First Merit event – FM Baseball w Miracle League

March 26 – First Payment Due; Program cheer and band dances posted to learn

March 26 – 5:00 – 8:00 pm – White Gym: Mandatory New Team Meeting and Fittings

March 31 – 4:45 – 6:00 pm – White Gym: Full Program Meet & Greet and Practice

April 2 – 4:45 – 6:00 pm – White Gym: Freshman and JV Practices begin every M/W

April 12 – 8:00 am – 12:00 pm – FM Athletic Facilities: Athletic Trainers Physicals Clinic

April 21 – Second Payment Due

May 8 – 6:00 pm – Spring Football Game (JV and Varsity will cheer, Freshman observe)

May 15 – 4:45 – 6:30 pm – White Gym: Cheer Family Reveal and Celebration

May 19 – Final Payment Due

May 27 – 28 – FM Silver Gym – Hosting Middle School Cheer Day Camp/Sign Painting

June 6 – 9 – Mandatory Overnight Cheer Camp at Great Wolf Lodge

August 4 – 5 – 9:00 am – 4:00 pm – Silver Gym: Mandatory Choreography

August 8 – 9:00 am – 12:00 pm – White Gym: Back to School Prep

August 14 – 15 – Competition Team Tryouts in Class

Tryout Week:

Mandatory Tryout Clinic: March 3 – 6

Formal Tryout: March 7

FM Silver Gym

Friday, Feb 28 – 4:00 pm : Tryout material posted to band

Monday, March 3 – 4:30 – 6:00 pm: Tryout Clinic

Tuesday, March 4 – 4:30 – 6:00 pm: Tryout Clinic

Wednesday, March 5 – 4:30 – 6:00 pm: Stunt and Jump Evaluations

Thursday, March 7 – 2:00 pm – Current FM Students

4:30 – ?? – Incoming Students

Friday, March 8th – 1:00 pm: Results posted to jaguarcheer.org and the Tryout Band

Required Attire:

- White athletic tank or fitted t-shirt (No spaghetti straps)
- Sports bra (no bra straps or loose undergarments)
- Black athletic shorts
- Athletic/Cheer shoes
- High ponytail, no wispies
- White cheer bow
- No jewelry

Important:

- Coaches, administrators, and out-going seniors will administer tryouts.
- No parents, family members, or friends are permitted inside the building or gyms during tryouts
- The formal tryouts are judged by FMHS cheer coaches.

Announcement of New Squads:

Results will be posted at 12:30 pm on March 7 to jaguarcheer.org and Instagram @fmhscheer.

Squad members will be posted by tryout number.

Names will be posted 1 week after tryouts.

Final roster decisions will be determined by
squad coaches, head coach, and FMHS admin.

Tryout Clinic Process:

Friday: Cheer and Dance will be posted to the tryout Band. Please learn as much of the material as you can before the clinic on Monday. Cheer candidates will benefit more with time reviewing and cleaning during the clinic.

Monday - Tuesday: Form stunt groups, divide into groups to rotate stations. Stations include: jumps, motions, spirit/cheer, dance, and stunt.

Wednesday: Stunt and Jump evaluations, final review of material

Thursday: Formal Tryouts

Coaches reserve the right to conference with tryout candidates on performance, skill concerns, and behavior.

Tryout Day:

1. Rally in the door entering the gym
2. Running tumbling individually
3. Rally to performance mat
4. Standing Tumbling individually
5. Cheer individually
6. Varsity: Rally Routine and Dance
Non-Varsity: Dance
7. Rally out exiting the gym

Varsity:

- Team may consists of seniors, juniors, and sophomores
- There is not a definite number for varsity, but usually consists between 18-25 members.

JV:

- Team may consist of juniors, sophomores, and freshmen, if needed.
- Juniors must sign a form indicating their acknowledgement and acceptance of placement. If they do not qualify for Varsity, and indicate on the form they do not want to be on JV, they will not be accepted on any team.
- There is not a definite number for JV, but usually consists between 10-15 members.

Freshman:

- Team may only consist of freshmen.
- There is not a definite number for Freshman, but usually consists between 10-15 members.

Purpose of being a FMHS Cheerleader:

Being a cheerleader is an honor and a privilege. Those selected to be members of the Flower Mound High School Cheer Program are expected to abide by and uphold all school rules and policies. In addition, cheerleaders are to adhere to the LISD Cheerleader handbook. Our purpose is to build school spirit and bring positivity and encouragement to the school, all sports programs, activities, and in the community. We strive to be selfless, kind, hardworking, and boost overall FMHS morale.

Estimated Costs:

New incoming Cheerleader on JV or Freshmen: \$1700

Returning JV Cheerleader: \$1300

New Varsity Cheerleader: \$1800

New To Program Varsity Cheerleader: \$2200

Returning Varsity Cheerleader: \$1400

These amounts are only an approximate amount and are subject to change after final orders, bookings, and fittings. New program uniforms may be purchased for the 2025 year and will require an additional uniform rental fee.

There will be extra costs throughout the year that will need to be purchased individually.

Paperwork and Permission Slips

You will need to submit a hard copy of each signed page to Coach Wells by Feb 27. If you are an incoming freshman, or new to FMHS, you may turn your paperwork in to the FM Main campus front office.

1. **Sign-up Here: Tryout Application Google Form:**

<https://forms.gle/Qh3uXuhCHMB8c9KK7>

2. **Turn in:**

a. Candidate Agreement

b. Parent Agreement

c. Acknowledgement of Handbook

d. Copy of current physical

FMHS Cheerleading CANDIDATE Tryout Agreement

1. I understand that my commitment as a Flower Mound Cheerleader is from the date I am selected until the end of the following year.
2. I commit to maintain integrity and a positive attitude throughout my term as a cheerleader at Flower Mound High School.
3. I commit to making smart choices on social media that reflect the mission and image of an FMHS Cheerleader.
4. I commit to remaining respectful to my coaches, teammates, and the FMHS cheerleading program at all times.
5. I commit to maintaining a positive attitude and speaking positively about the FMHS Cheerleading Program, my responsibilities as a cheerleader, my coach's decisions, and the respect for my teammates.
6. I understand that I am expected to participate in all community service and fundraising activities set by the coaches.
7. I have reviewed the Spring/Summer Schedule provided and confirm that I CAN attend ALL mandatory events and summer cheerleading camp.
8. I understand that missing a mandatory event or summer cheerleading camp can/will result in removal from the squad.
9. I understand that Flower Mound Cheer comes before any other extra-curricular activity and I must work around my Flower Mound Cheerleading schedule when participating in any outside activity.
10. I understand that my coach expects me to maintain the skills and spirit performed at tryouts throughout the course of the season.
11. I understand that my coach has the right to bench a cheerleader during a game or event for not meeting communicated expectations during a performance. This includes skills, spirit, behavior, etc.
12. I understand that if I am out of proper uniform at a game or event, my coach has the right to not allow me to participate.
13. I understand that coaches and administrators have the right to make decisions on my behalf when it comes to discipline or removal from the program, when it deems necessary.
14. I understand that all tryout decisions and rosters are FINAL. Any and all questions and concerns will be addressed with the coach directly.
15. I have read the handbook and will commit to adhering to all parts of it throughout my season as an FMHS Cheerleader.

I, _____, have read and agree to ALL of the guidelines listed in the above tryout agreement. I will ensure to follow each of these throughout the course of the cheerleading season.

Student Signature

Parent Signature

FMHS Cheerleading PARENT Tryout Agreement

Cheerleading is a commitment and takes up a great amount of time and dedication on the part of the parents. Prior to tryouts, read and consider the following information before allowing your daughter/son to try out for the FMHS Cheerleading Program. Parent/guardian commitment and involvement are vital to the success of each cheerleader and the cheerleading team. If your daughter/son is selected, the following guidelines will be expected from the parents:

1. Parents will encourage their athletes to follow and abide by the rules set forth by the handbook, coaches, and administrators.
2. Parents will attend the monthly booster club meetings. Your attendance is vital.
3. Parents will pay all dues on time.
4. Parents will refrain from using cheerleading as a punishment for your athlete. This does not just punish one cheerleader, but the entire squad.
5. Parents will oversee the time management of your cheerleader (ex: practice and game schedules, community service, team building, sign paintings, etc.)
6. Parents will provide punctual transportation if needed.
7. Parents will direct concerns about your cheerleader on an individual basis directly to the appropriate coach, first. (Freshman will contact the freshman coach, and so on)
8. Parents will follow the LISD Chain of Command. (See FMHS Campus Cheerleading Guidelines and Expectations Handbook).
9. Parents will strive to speak positively to other parents, community members, athletes, etc., about the team, program, coaches, and other athletes involved in the FMHS Cheerleading Program. This is the only way to maintain a strong program.
10. Parents will provide the encouragement your cheerleader needs in his/her pursuit of excellence.
11. Parents need to schedule all appointments so as to avoid the cheerleader missing cheer class, practices or events as this impacts the entire squad.
12. Parents will check emails and calendars for updates.
13. Parents will assist with volunteer and fundraising activities.
14. Parents will follow all forms of proper communication when addressing/speaking with the coach. (See FMHS Campus Cheerleading Guidelines and Expectations Handbook).
15. Parents will understand and support that the coaches are responsible for instructing the practices and performances, creating and enforcing cheerleading rules and consequences, and making decisions for the team as a whole. Please respect decisions made by the coach and contact them directly with any questions and/or concerns.

Please understand that unforeseen circumstances do occur; interim changes may be made at the discretion of the coaches and administrators. All decisions made by the coaches and/or administration are final. Thank you for all of your support.

Please sign and date below to acknowledge that you have read and understand the FMHS Cheerleading Parent Tryout Agreement and agree to follow all guidelines listed:

Parent/Guardian Signature: _____ Date: _____

ACKNOWLEDGEMENT OF HANDBOOK GUIDELINES & ACCEPTANCE OF HANDBOOK POLICIES

I have read, understand, and accept all guidelines, rules, and policies set forth in the FMHS Cheerleading Campus Guidelines and Expectations Handbook. I am also aware of all policies regarding disciplinary consequences, including benchings and dismissal. I understand I am bound by the rules of this document for the duration of the cheerleading year, which runs from squad selection to the following year's tryouts. (March to March)

Candidate's Printed Name & Date

Candidate's Signature

My signature below indicates that I have received a copy of the FMHS Campus Cheerleading Guidelines and Expectations Handbook and I will acknowledge and abide by all policies included in the document and agree to assist my child to abide by all provisions set forth in the FMHS Campus Cheerleading Guidelines and Expectations Handbook.

Parent/Guardian Signature Date