



Plano Senior High School

Planoettes

2014-2015

Congratulations! You've decided to try-out for the award-winning Planoettes 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 packet should contain:

- Audition Information
- The Year in Review
- Anticipated Expenses and Fundraisers
- Planoette Calendar
- Constitution and Verification form
- PISD Drill Team Operational Guidelines
- PISD Drill Team Try-Out Guidelines
- Guidelines for District Extracurricular Activities
- Student Code of Conduct
- Planoettes Drill Team Application & Signature Sheet
- Medical Release Form
- PISD Physical Form

The following pages must be completed and returned to your home school's front office by Thursday, January 9, 2014 at 4:15 PM.

- Constitution Verification Form
- Student Code of Conduct Form
- Planoettes Drill Team Application
- Planoettes Audition Signature Form
- Medical Release Form

**Packets Due No Later than
January 9, 2014 by 4:15pm in
your home school's front office!**

Dear Parents and Planoette Hopeful,

The Planoettes organization is a one of a kind. If you desire friendships, success, self-discipline, and lasting memories, we want to encourage you to tryout to become a Planoette. It is not only hard work but a great lasting experience you will never forget.

This is a new endeavor for both you and your daughter. We feel it extremely important to share with you some basic information about the tryout process for the PSHS Planoettes. As a part of the team, you will perform at football and basketball games, pep rallies, competitions, Spring Show and other special events. In addition to these performances, the team will also participate in fundraising and community service projects throughout the year.

The 2014-2015 tryouts for becoming a member of the PSHS drill team will be a learning experience for your daughter. We will take the girls through every step of the tryout process in order to prepare them to be judged by a certified panel of judges. Please remember that all judge's scores will be final.

We will be holding an informational meeting in the PSHS Cafeteria for the parent(s) and girls that will be trying out for Planoettes. The meeting will be on December 10, 2013 at 6:30pm. This will be an extremely important time for you to learn more about the responsibilities of being on the team.

Tryouts for the Planoettes will be Thursday, January 23rd and Friday, January 24th starting at 5:30 in the PSHS gym. The workshops for the tryouts will be January 17th (cafeteria), January 21st (gym) and January 22nd (cafeteria) from 5:00-6:30pm. The results will be posted on the Planoettes website. The web address is www.planoettes.org.

Please read all information carefully in the packet before signing the contracts. If you have any questions, please e-mail both Mrs. Walraven (Meredith.walraven@pisd.edu) and Mrs. Davis (cortney.davis@pisd.edu) as Mrs. Walraven will be going on maternity leave late November/early December. We look forward to meeting you and your daughter and working with your daughter during the upcoming tryouts and year!

Sincerely,

**Meredith Walraven, Director
PSHS Planoettes**

**Cortney Davis, Asst. Director
PSHS Planoettes**

Planoettes Audition Information

Workshop and Audition Dates:

| | | |
|-------------------------------------|-----------------|---|
| Tuesday, December 10 th | 6:30pm | Mandatory tryout meeting in PSHS Cafeteria |
| Thursday, January 9 th | 4:15pm | Tryout Packets Due at home school office |
| Friday, January 17 th | 5:00-6:30pm | Workshop I in PSHS Cafeteria |
| Tuesday, January 21 st | 5:00-6:30pm | Workshop II in PSHS Gym |
| Wednesday, January 22 nd | 5:00-6:30pm | Workshop III in PSHS Cafeteria |
| Thursday, January 23 rd | 5:30-finished | Audition I in PSHS Gym(closed) |
| Friday, January 24 th | 5:30-finished | Audition II in PSHS Gym(closed) |
| Friday, January 24 th | Time TBA | New 2014-2015 Planoettes Posted on Planoettes Website... a time will also be posted to come back up to school for new Planoette ceremony. |
| Friday, January 24 th | After Auditions | New Team Meeting for Parents/Girls |
| Tuesday, March 18 th | 5:30pm | New Team Meeting/Fitting Date in PSHS Cafeteria |

Eligibility Requirements:

1. You must be an enrolled junior or senior student at Plano Senior High for the 2014-2015 school year to attend the workshops and auditions for drill team.
2. 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 date of school, utilizing the next highest ranked student.

Workshops:

1. Only those sophomore & junior students auditioning for drill team will be admitted to the workshops. All practice sessions and both auditions are closed to the public.
2. Workshops will begin promptly at 5:00-please be on time!
3. Hopefuls must wear a dance top and dance pants/capris during workshops. Jazz shoes must be worn at all times.
4. Hair must be in a ponytail... parted over left eye and slicked back – no whispies.
5. No gum is allowed and jewelry must be removed before the workshops begin.
6. Food and drink are not allowed in the gym. Only water bottles will be allowed.

Auditions:

1. Only those sophomore & junior students auditioning for drill team will be allowed into the gym area, along with Planoette members whom are helping.
2. All Hopefuls will have an individual number and a group number assigned to them. Each group will consist of 3-5 dancers. Judges know the Hopefuls only by number-no names are used.
3. Auditions will begin promptly at 5:30 pm on Thursday and Friday.
4. Hopefuls should wear appropriate drill team make-up.
5. The only jewelry allowed is rhinestone earring studs and hair must be in a slicked bun parted over the left eye.
6. Hopefuls must wear the following items for auditions:
 - Black turtle neck long-sleeved leotard
 - Black jazz pants (long)
 - Black socks
 - Black jazz shoes

Discountdance.com or any area dance store has the leotard or you may borrow from a current Planoette

Judging Criteria:

1. All Hopefuls will be judged on the following categories as stated in the PISD Guidelines for Senior High Drill Team Tryouts. For details on these categories, please see the judging category descriptors page in this packet.
 - Jazz Technique 20pts
 - Jazz Execution 20pts
 - Kick Height 20pts
 - Kick Technique 20pts
 - Showmanship 10pts
 - Splits 10pts
2. The judges only know each Hopeful by number-NO NAMES WILL BE USED.
3. If a Hopeful chooses to audition twice, then the highest total score will be used from that day, it is not an average of the two day's scores.
4. Each Hopeful must remain at the audition site until the final group has performed in the event that callbacks are necessary.
5. The maximum number of team members allowed for a varsity team is 75. The maximum number of team members may be exceeded in the event that there is a tie for the final position. In the event that there is a tie all Hopefuls involved in the tie will be allowed on the team.
6. The senior high team may exceed 75 members in years that there are more than 40 juniors exempted from auditions. Example if 43 juniors are exempted from auditions, up to 3 additional students may be allowed on the team.
7. You **MUST** receive a minimum average score of **70** to become a drill team member. Those girls receiving an average score of **70** or above will be members, provided that number does not exceed 75. However, if the number of girls receiving an average score of 70 or above does exceed 75, then the 75 girls with the highest scores will become drill team members.
8. No results will be posted after the first audition. Results will be posted Friday, January 24th on the Planoettes website. They will be posted at a particular time given by the director. Only **NUMBERS** will be posted.

Physicals:

ALL HOPEFULS **will be required** to go through a routine physical prior to the start of tryout workshops, January 17th. This is a requirement to take all appropriate steps to ensure the girls' safety at all times. The UIL physical forms can be found attached in this packet.

Planoette Official Website:

The website includes photos from performances that can be purchased, pertinent information, schedule of performances, booster club information, and all handouts sent home. This will be your first place to check to answer your questions.

www.planoettes.org

The Year in Review

Team Fitting:

March 18th at 5:30pm will be team fitting for new Planoettes. Team wear will cost approximately \$665 plus personal items such as tights, sports bras, shoes, etc. Payment plans may be set up. All team wear has to be paid prior to line camp in order to participate.

Summer Camp:

All members must attend summer camp. Camp is a time for the girls not only to get to know one another, but a time to develop skills needed throughout the year. The dates for summer camp are July 31st – August 3rd at the Hilton DFW Lakes. The camp clothes pick up will be Tuesday, July 29th, at 11:30am in the PSHS cafeteria. Payment for this camp will cost approx. \$425, is due by May 16th to Planoette Bootbackers.

Boot Camp:

Boot camp is held shortly before school begins, from 8:00am to 4:00pm. All members must attend the full practice time allotted. During this time, the team will practice all football routines, stand routines, some competition routines and condition for the fall. **New Planoettes:** August 5th – 7th from 8am -12pm at PSHS. **All Planoettes:** August 11th – 15th from 8am-4pm at Carpenter MS and August 18th - 20th from 4:30-7:30pm at PSHS.

Football Season:

Fall is football season and the beginning of our year! The Planoettes will perform at all football games, away and home. Members will tryout for each football routine. All members are expected to attend all games with the team. For all games, the team will meet in the dance room and ride a bus to and from the stadium.

Basketball Season:

The Planoettes will perform at select basketball games throughout the season. We will not travel to out of town regular season basketball games.

Competition Season:

Competition is a serious time for the team and a chance for them to grow as a team and as individuals. All members are expected to participate in competition. Members will try-out for all competition routines. Practices for competition will be held before and after school and on some Saturdays and weekday evenings. The time commitment will depend on the number of routines the member is involved.

PIZZAZZ- Spring Show:

Spring Show is a PSHS drill team production held in the Dr. Dean Performing Arts Center at PSHS. The girls will participate in a number of routines together and with specialty groups within the team. It will be their opportunity to show all they have learned throughout the year.

FUNDRAISERS:

The Planoettes participate in the following fundraisers throughout the year... please be aware that you are asked to participate in each of these. There are two mandatory fundraisers for the team as they are to pay for all spirit items, water and snacks for games and competition.

Fall/Spring Flower Sales- mandatory

Golf Tournament

Dance Clinic

Silent Auction/Dinner

Homecoming Mums

Spring Show Program Ad Sales

Planoettes Drill Team Anticipated Expenses



Mandatory Fees

These fees are requirements for members of the Planoettes. Please put these due dates on your calendar. These costs vary depending on what is purchased by your daughter. They go anywhere from \$400.00 (returning seniors) to \$665.00. As a senior you do not have to purchase a new hat, jacket, warm ups, etc.

| Due Date | Check To | For | Amount |
|---|-----------------------------|---|-------------------------------------|
| March 18 th (1 st Deposit/payment) | Check, Cash or CC to TMS | Attire (hats, boots, bag, dance clothes, jazz shoes, game-day shirt, etc) | \$200 deposit or full price paid |
| July 11 th (Final Deposit) | Check, Cash or CC to TMS | Attire-----> | Remaining balance minus deposit. |
| TOTAL - | | | |

Camp

Summer camp is MANDATORY and is considered to be a very important part of drill team. It is an excellent team-bonding time and most importantly we learn ALL of our football and pep-rally routines during this time.

| Due Date: | Check To: | For: | Amount: |
|------------------------|--|-------------------------------------|--|
| March 18 th | "Planoette Bootbackers" Or use PayPal (small fee included to use PayPal) | Line Camp | \$425 (Either pay \$425 or deposit of \$200) |
| March 18 th | | Booster Club Membership | \$50 |
| May 16 th | | Line Camp (2 nd Deposit) | \$225 (if not paid in full on March 18 th) |
| May 9 th | | Officer Camp | Approx. \$425 |
| May 9 th | | Sergeant Camp | Approx. \$425 |
| May 9 th | | Social Officer Camp | Approx. \$200 |

Planoette Drill Team Anticipated Expenses Continued.....



Miscellaneous Fees

MANY of these fees are optional, but often something your daughter/family will want. I want to give parents as much advance notice as possible so that you can budget accordingly. This might be a good incentive for your daughter to make some money this summer! Please know that these are **ESTIMATED** amounts as it depends on your daughter.

| Approx. Month | For: (Note * means required items or event) | ESTIMATED Amount: |
|-------------------|---|-------------------|
| March 2014 | Letter Jacket (not required but most get this) | \$100-\$200 |
| March 2014 | *Team Earrings | \$5 |
| March 2014 | *Choker for contest/spring show | \$30 |
| May 2014 | Yard Sign | \$40-\$45 each |
| May 2014 | Planoette and/or Parent Spirit Shirts | \$15-\$40 each |
| May 2014 | Car Decals | \$10-\$15 each |
| July 2014 | Team/Individual Pics, Buttons, Buddy Pics, etc | \$30 -\$100 |
| Aug 2014-Feb 2015 | Football/B-ball Tickets (to watch daughter's performance) | \$5-\$10 each |
| September 2014 | Father/Daughter Dad Ticket | \$15-\$20 |
| April 2015 | Spring Banquet Tickets for parents | \$30-\$40 |
| April 2015 | Memory Book | \$40-\$50 |
| April 2015 | End of the year DVD | \$25-\$45 |
| April 2015 | Spring Show DVD | \$35-\$40 |

***Payments Choices/Options:

IF you want to pay with a Check to Planoette Booster Club:

All checks must contain a phone number where you can be contacted and in the memo field - your daughter's first/last name **and** what the check is for.

IF you want to pay with a Credit or Debit Card to Planoette Booster Club:

You have an option of using PayPal... with this will be a small fee added to your total. Please visit www.planoettes.org to find our PayPal button on the homepage.

IF you want to pay with Cash:

You will receive a receipt.



Planoette Anticipated Fundraisers

| Fundraiser | Approx. Date | What can you do? | Goal? |
|---|-------------------------------|---|---|
| Spring Flower Sales (<u>mandatory</u> - pays for spirit gifts, water, banquets) | March/April 2014 | Sell Flowers to neighbors, family, and friends | 11 flats sold or check for profit amount (\$110) |
| Golf Tournament | May 2014 | Sign up two golfers | \$250 (2 players) |
| Homecoming Mums | May – October 2014 | Attend workshops, purchase mum/garter | \$60-\$150 (cost of mum/garter) |
| Dance Clinic | September 2014 | Sign up girls you know, work the clinic | \$45/girl Team goal: 120 participants |
| Fall Flower Sales (<u>mandatory</u> - pays for spirit gifts, water, banquets) | September/October 2014 | Sell flowers to neighbors, family, and friends | 11 flats sold or check for profit amount (\$110) |
| Dinner/Silent Auction | November 2014 | Bring in auction items and sell dinner and raffle tickets | 5 dinner tickets 15 raffle tickets 3 silent auction items |
| Spring Show Program Ad Sales | December 2014 – February 2015 | Sell ads to family members, friends, and business | \$250/girl worth of ads (1 page) |



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 team.
- B. One class period will be designated on each high school and senior high campus for 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. 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.

III. 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 1995 baseline of \$450. The adjusted amount for 2013-14 is \$665. 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 fund raising 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/li'l 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. Drill team awards will not exceed the allowable amounts set by the U.I.L. for their activities. Those amounts currently are \$10 per student, per year, for grades 9-11, and \$70 per year for grade 12. 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.

IV. 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.

V. 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.

PLANO INDEPENDENT SCHOOL DISTRICT

Drill Team Tryout Guidelines

I. 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 team 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.

II. Tryout Requirements

A. Residency/Enrollment:

Students must be enrolled in a Plano ISD school at the time of the packet deadline. In addition, they must be in attendance at the tryout school, one of its feeders, or have an approved transfer on file in the central administration building at the time of the tryouts. 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 certification, provided by the Plano ISD Student Services Department, at the time of the packet deadline.

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/UIIL guidelines, a student who is academically ineligible may attend all practices and tryouts, as actual participation does not occur until the following year.

C. Procedures for Auditions:

1. Students may try out at only one campus per year.
2. Students desiring to tryout 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's, office.
3. Students must bring back the signed permission slip (included in the tryout packet) to _____ at their HOME school by
(designated person)
_____ on _____. Applications for tryouts will not be
(time) (date)
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.

D. Selection Process

1. There will be two auditions conducted to select each drill team. The auditions will consist of three practice days and two audition days. Students will be allowed to participate in both auditions; however, it will not be mandatory. The highest total score obtained at a single audition will be the score used to determine ranking. As we have two auditions and use only one score, there will be no special scheduling of positions during try-outs to accommodate personal conflicts. UIL competitions and school-sanctioned activities are an exception. Call Backs may be allowed on day two of tryouts.
2. A panel of 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 III.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.

E. 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.

F. The method for selecting auxiliary personnel (Maroon Guard, Golden Escorts, etc.) will be left to the discretion of each campus sponsor and principal.

G. **RESULTS OF TRYOUTS** - Tryout results may not be appealed beyond the campus level.

III. **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 will be required upon entering the first and third year of high school. In the second and fourth years an updated medical history form will be completed by the parent and student. As long as there have been no changes in their medical history a new physical will not be required.* See form.
 - *For new members to the squad a physical will have to be completed and given to the sponsor before any participation and/or workout.
- 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.

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 Plano ISD in an extracurricular activity. Students clearly involved in major disciplinary infractions (i.e. 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 special assignments, probation, and 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, smoking, drugs, use of profanity, violence, and other serious offenses 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 principal. The appeals process will be outlined at that time. Request for an appeal must be done within 5 school days at each level of the appeals process. The student will not be eligible for any individual or team recognitions or awards that occur after the date of dismissal.

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/Alignment Control Flexibility Completion of Movement

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

Jazz Execution - 20pts. _____/20pts.

Memory Precision Style Facings

Rhythm/Musicality Dynamics Spacing Timing

Kick Height - 20pts. _____/20pts.

Control Flexibility Full Range of Motion Kicking to Center of Body

Kick Technique - 20pts. _____/20pts.

Pointed Feet Arms Straight Thumbs In

Straight Legs 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 Carriage Energy Level Presence

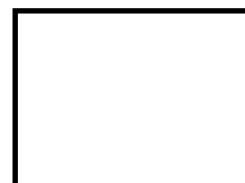
Splits - 10pts. **Right (1-5pts)** **Left (1-5pts)** _____/10pts.

Pointed Feet Body is Correctly Aligned Straight Legs Flexibility

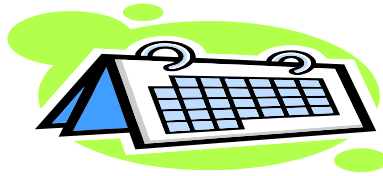
Judges Signature _____

Administrator Signature _____

Total Score _____/100



2014-2015 Planoette Drill Team Calendar



- ✓ Planoettes requires a *large* time commitment and it is important that you understand the requirements **before** you decide to join the team. Please review the attached calendar carefully and discuss it with your family.
- ✓ During the school year, we will practice every day from about 7:30am- 1st period. During football season we will have Thursday afternoon practice for rehearsal with the band. You should anticipate practicing on some evening and Saturdays in the spring for contest and spring show but you will get plenty of notice about these practices.
- ✓ Football games are *usually* held on Friday nights. (SOMETIMES they are on Thursday's or Saturday's as well).
- ✓ During basketball season, the team performs at select home basketball games. However, it depends each year. Basketball games are on Tuesday or Friday nights.
- ✓ Planoette activities will be held to a minimum on the weekends. You should expect one a month.
- ✓ All Planoette practices and meetings are mandatory.
- ✓ Summer line camp/summer team practices are **mandatory**. All Planoette members (including managers) are expected to participate in these rehearsals. This is the time that the team learns all football routines, pep rally routines, as well as team bonding. It is crucial that you are present for these events.

2014-2015 PLANOETTES

SPRING 2014

IMPORTANT DATES

| | |
|---|---|
| February 20 th – PSHS Gym 5:30pm | Officer/Sergeant Mocks |
| February 21 st – PSHS Gym 5:00pm | Officer/Sergeant Auditions |
| March 18 th – PSHS Cafe 4:30pm Srs. 5:30 Jrs. | Team FITTINGS (Clothing/Camp deposit DUE) |
| May TBA – Clark Stadium 5:00pm | Wildcat Spring Game |
| May 12 th – PSHS Cafeteria 6:30pm | 14-15 Team Parent Meeting |
| May 16 th – Payment due | Camp Balance DUE |
| May 19 th – 20 th – PSHS Gym 4:45-5:30pm | New Team Practices |
| May 19 th – 20 th – PSHS Gym 5:30-7:00pm | Learn Silver Line Tryout Dance |
| May 21 st – PSHS Gym 5:00pm | Silver Line Tryouts |
| May 27 th – PSHS Gym 4:45-5:30pm | Learn White Line Dance |
| May 27 th – PSHS Gym 5:30-7:00pm | Learn Maroon Line Dance |
| May 30 th – PSHS Gym 5:00pm | White/Maroon Line Tryouts |
| June 12 th – 16 th – Dallas CP | Officer/Sergeant Camp |
| June TBA | Business Officer Camp |
| July 11 th – Payment due | Balances DUE for camp clothing |
| July 25 th – Haggard Park 7:00am | TEAM PHOTO/Composite Headshots |
| July 28 th – 30 th – PSHS Cafeteria 8am – noon | Team Practice |
| July 31 st – August 3 rd – Hilton DFW Lakes | Team Camp (Required) |
| August 5 th – 7 th – PSHS Cafeteria 8am- noon | New Planoettes Boot Camp |
| August 11 th – 15 th – Carpenter MS Gym 8am-4pm | All Planoettes Boot Camp |
| August 18 th – 20 th – PSHS 4:30-7:30pm | All Planoettes Practice |
| August 20 th – PSHS Gym 4:30-8:30pm | Central Lock-In with Clark and Vines |
| August TBA – PSHS Gym 3:00pm | Cat Camp |
| August TBA – Silver Line and Maroon Line Choreography and Practices | |

All Dates and Times are subject to change...

Please look at www.planoettes.org for more information.

PLANOETTE CONSTITUTION

ARTICLE I NAME

The name of this organization shall be called "Planoettes".

ARTICLE II PURPOSE

The Planoettes will function as a support organization representing Plano Senior High School. Their purpose along with representing Plano Senior High at all times shall be to provide halftime entertainment at all Wildcat varsity football games, varsity basketball games, perform in PSHS pep rallies, participate in drill team contest, present Pizzazz (annual spring show), and participate or perform at any other functions involving Plano Senior High that the Director and administrators shall see as advantageous to Plano Senior High and the Planoette organization.

ARTICLE III PLANOETTE CODE OF ETHICS

"As a Planoette I will always conduct myself in a ladylike manner and I will maintain the highest moral standard at all times. I will not engage in any behavior that discredits or jeopardizes the integrity and moral standards of the team. I will always take pride in myself and the Planoette organization."

ARTICLE IV PLANOETTE LINE AUDITIONS

- A. Auditions for Planoettes will be held during the second semester of the school year. The audition dates will be set by the Planoette Director and the Associate Principal of Plano Senior High.
- B. Any girl who is currently enrolled in Plano Senior High, or at Plano Senior High feeder school and is currently a Sophomore or Junior is eligible to audition for Planoettes.

ARTICLE V PLANOETTE LINE MEMBER REQUIREMENTS

CONDUCT

- A. Members are expected to uphold a high standard of behavior that is necessary for the integrity and reputation of the organization. Members should be leaders in the school and should set a good example at all times. Members are expected to have and maintain a character above reproach.
- B. Proper manners should be used at all times to address adults and Officers. Mutual respect and politeness toward fellow members within the group are basic elements that contribute to the total success of the team.
- C. The following are expressly forbidden: assault or harassment of Director or team members, theft of team or individual property.
- D. The use of alcohol, tobacco, and illegal drugs are expressly forbidden and will not be tolerated.
- E. No visible tattoos or body piercings will be allowed during any drill team function/activity. Failure to abide by this policy will result in point deductions.

GRADES

- A. A member must meet all grade requirements as outlined by the State Board of Education, Texas Education Agency, UIL and state law.
- B. Any member receiving a grade lower than a 70 during a six week period will be ineligible and will be placed on probation. The candidate must participate in practice, but may not perform with the team or attend performance functions with the team.
- C. Any candidate who is placed on grade probation will become an alternate for any routine that she has been placed in. Once the member regains her eligibility she may re-audition for the routine but not guaranteed the same spot.
- D. As a junior Planoette, if you fail once during that year, you must re-audition to be on the team your senior year.
- E. At the time a Planoette fails for a second six weeks within a one year period, there will be a Director, Principal and Parent review.

UNIFORMS AND APPEARANCE

- A. Plano ISD will provide each drill team member with a school issued performance uniform.
- B. The uniform is to be worn to official functions only. The uniform must not be worn to public places unless to a specified performance or with prior approval from the Director(s).
- C. Uniforms must be kept clean at all times. They should be neatly pressed and not in need of mending.
- D. Proper performance make-up will be worn for all performances.
- E. Nail polish or any type of jewelry will not be permitted while in uniform.
- F. Absolutely no gum chewing or candy will be permitted while in uniform.
- G. At the end of the school year for seniors and non-returning members, all school issued uniforms must be laundered and returned on a hanger in laundered plastic bag. Parents are financially responsible for any damages to school issued uniforms and equipment.

PERFORMANCE AUDITIONS

- A. It is possible to be chosen as a Planoette and not perform at every football game, basketball game, competition, or in every dance in Pizzazz (annual Spring Show).
 - a. There will be auditions for each performance. The Director will judge routines. Factors such as attitude, manners, and effort will be taken into consideration as well as ability. Students unable to execute the routine to the expected standard or who have exhibited excessive negativity regarding practices will not be chosen to perform.
 - b. If you are cut from a performance you ARE required to attend all practices for that performance as well as attend the performance in uniform.
 - c. If a member has a question as to why she did not make a dance, she may conference with the Director(s) during a planned conference period. All the final decisions will be left up to the discretion of the Director(s).
- B. In keeping with the PISD drill team guidelines the following applies: "at least five games during the regular season (homecoming included) will be designed so that all drill team members can participate." The word "designed" means all the routines are choreographed for all members.
- C. Should the Planoettes attend competition, members would be required to audition for their spots in competition groups.
- D. If a member misses auditions for any reason including illness, she will not be permitted to perform that week.

PERFORMANCES

- A. Everything needed for performances will be carried in the drill team bag.
- B. Members who are wearing unacceptable, incomplete performance attire will not be allowed to perform.
- C. During football and basketball games, talking is allowed in the stands, but turning around in the stands will not be permitted.
- D. The use of cell phones or any other electronic devices is strictly prohibited in the stands. They will be taken up and demerits assessed.
- E. All Officers will lead their squad into the stands or performance area in an appropriate manner designated by the Director(s).
- F. Officers and Sergeants will sit in front of their stand lines during both football and basketball games and will maintain proper behavior for her stand line.
- G. Members must use the restroom before leaving the school for a performance. Members will be allowed to use the restroom during the 3rd quarter only. Emergencies must be approved by the Director.
- H. During a football game members must keep lines straight with bags and poms lined up as directed by the Director(s).
- I. Members should pay attention to the game and Planoette Captain at all times.
- J. Talking to visitors during the game will constitute points for talking outside of rank.
- K. Visitors will not be permitted to talk to members unless approved by the Director(s). The 3rd quarter has been designated for families to come down and take a quick picture and hold a quick conversation.

ATTENDANCE

- A. All performances are mandatory.
- B. All after school practices are mandatory.
- C. An absence is recorded if more than 20 minutes late.
- D. You are encouraged to attend tutorials during zero hour, lunch, or after practice. Should you need to attend tutorials during practice, you must secure the Director's permission one day in advance. If you fail to get 1 day in advance notice you will not be excused to attend.
- E. An unexcused absence from drill team class periods and other practices receives a 10-point deduction. (excused absences: personal illness (with doctor's note), death in family, funeral, and religious holiday)
- F. Absence from practice may result in student being benched from the performance that week even if excused, if the Director determines that the student's absence has hindered the ability of the team to practice efficiently or ability of its members to learn the routine.
- G. If you are ill and will miss a practice, or if you check out of school due to illness, your parent/guardian must call PSHS and leave a message for the Planoette Director at 469-752-9511 or email her prior to practice. Failure to do so will result in demerits (see demerit sheet).
- H. Outside employment is not an excuse to miss any part of drill team activities. Doing so constitutes an unexcused absence and results in point deductions.
- I. Students who are absent from school on a performance day are ineligible to perform.
- J. Members are expected to travel TO and FROM all drill team events with the team.
- K. Members are expected to be in attendance for the entire event except in case of an emergency.
- L. After being chosen as a Planoette you are REQUIRED to participate in camp and August practice. If you do not attend camp you will not perform in the first football game. Camp is an important building block for a successful year.

ARTICLE VI DEMERIT SYSTEM

The Planoettes are expected to follow all the rules set forth by the constitution and its bylaws. The following demerit system will be used to determine performance eligibility and exemption status for current Junior line members at the time of auditions for the following years squad.

- A. Once a drill team member has received 5 demerits she will be benched for the next performance or performance of Director's choice. Each additional 5 demerits will result in a benching.
- B. If a junior member accumulates 10 demerits in the first semester she will be required to audition for her senior year on Planoettes.
- C. If a member accumulates 5 demerits from the beginning of the second semester to the deadline date of the tryout application she will be required to audition for her senior year as well.
- D. Should a member receive 15 demerits in one semester she will be placed on probation for six weeks after a review with the Director, Principal and Parent.
- E. The accumulation of 20 demerits may result in immediate removal even if no benchings or probationary periods have occurred after a review with the Director, Principal and Parent.
- F. All Planoettes begin each six weeks with a 100 in the grade book. For each demerit received, 2 points will be deducted from the weekly participation grade.
- G. Accumulation of two or more benchings may result in a Principal/Director/Parent review.

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.

PROBATION AND SUSPENSION

- A. A member must meet all grade requirements as outlined by the State Board of Education, Texas Education Agency, UIL, and state law.
- B. Any member who is placed on probation will not be allowed to participate in any drill team performances during the probation, but must still fully participate in class and after-school practices though the member may not participate in a public performance.
- C. Upon receiving a grade lower than a 70 in any class during a six week period, a member will become ineligible to participate in any drill team activity (excluding practice) until the next eligibility period as set forth by the district and state/UIL guidelines.
- D. A member will be benched for an unexcused absence to class, practice, or a game. The benching will affect any performances within one full week of the unexcused absence. If no performances are scheduled within that week, the member will be benched for the next schedule performance.
- E. If a member is placed on probation, that member will also be on probation regarding Specialty Groups and may not audition for or perform with such groups.
- F. During any probation period, a member may not wear anything with Planoettes on it, this includes game days and pep rallies.
- G. 15 demerits equal possible probation with a review with the Director, Activities Principal and Parent.
- H. 20 demerits equal possible dismissal from the team with a review with Director, Activities Principal, and Parent.
- I. The following situations are also grounds for possible probation and/or dismissal from the team with a review with the Director, Activities Principal, and Parent.

| | |
|--|---|
| Insubordination | Repeated failure to follow Constitution |
| Academic Dishonesty | Excessive misbehavior in school |
| Excessive absences and tardies in drill team | Disrespectful to teammates, officers, director, teachers, and staff |
| ISS/OSS | Truancy |
| Forgery | Severe discipline problems in school |
| Continuous failing of classes | Hazing/Bullying/Teasing others |
| Alcohol/drug/tobacco use at any time | Inappropriate online pictures/blogs/bulletins, etc. of a Planoettes member or by a member |

DEMERITS

| | |
|---|------|
| Hair not pulled up properly | -1 |
| Wearing Jewelry (any) | -1 |
| Incorrect Clothes during practice or spirit days per item | -1 |
| Not having poms and/or props (practice/performance) | -1 |
| Returning an item with due date per day | -1 |
| Wearing nail polish to a performance | -1 |
| Talking after being asked to be quiet/ excessive talking | -1 |
| Leaving personal belongings in the dance room | -1 |
| Poor attitude in practice | -1 + |
| Not calling/emailing when going to be absent | -2 |
| Chewing gum at practice | -2 |
| Tardy to practice/roll call | -2 |
| Use of cell phone at practice or performance | -2 |
| Talking to outsiders while in stands at a performance/game | -2 |
| Leaving practice early for unexcused reason | -2 |
| Leaving stands for any reason while at a performance/game (without permission) | -2 |
| Lending any piece of Planoette wear to someone | -3 |
| Visible tattoo or piercing other than ears during practice/performance | -5 |
| Leaving practice without permission | -5 |
| Inappropriate behavior/profanity in or out uniform | -5 |
| Public Display of Affection... Defined as ANY physical contact (other than hand holding or a hug) with the opposite sex | -5 |
| Incorrect/incomplete field/performance uniform | -5 |
| Eating/chewing gum in Uniform at performance | -5 |
| Unexcused absence from any drill team activity | -10 |

The Director(s) shall have the authority to give demerits for offenses when necessary which have not been included or which have been inadvertently excluded. The number of demerits given will directly reflect the severity of the offense.

MERITS

- A. Planoettes members have the opportunity to earn merits to erase demerits, but any benching will be served if demerits are reached PRIOR to merits being earned.
- B. It is the individual's responsibility to ask the director how she may earn merits.
- C. Merits will NOT impact the student's six week grade.

ARTICLE IX MAROON GUARDS

- A. It is at the Directors' discretion to determine ranks and numbers for any Maroon Guard position.
- B. The Maroon Guards will be in charge of handling heavy equipment and they will provide an escort for the Planoettes as they are entering or exiting the stands, field, in route to the bus, during parades, or any other time the Director feels escorts are necessary.
- C. The Maroon Guards will also help with the preparation, building or assembly of props.
- D. They may also be assigned other duties by the Director such as distributing water to the Planoettes after performances, videotaping, running the PSHS flag, etc.
- E. The Maroon Guards are required to register for the Planoettes class period. They are required to attend all Planoette practices and performances.
- F. The Maroon Guards will be required to follow their own set of guidelines.
 - 1. They are to set an outstanding example for fellow PSHS students to follow.
 - 2. The extra-curricular code of conduct applies to the maroon guards as well as the district's policy on extra-curricular activities.

ARTICLE X PLANOETTE MANAGER(S)

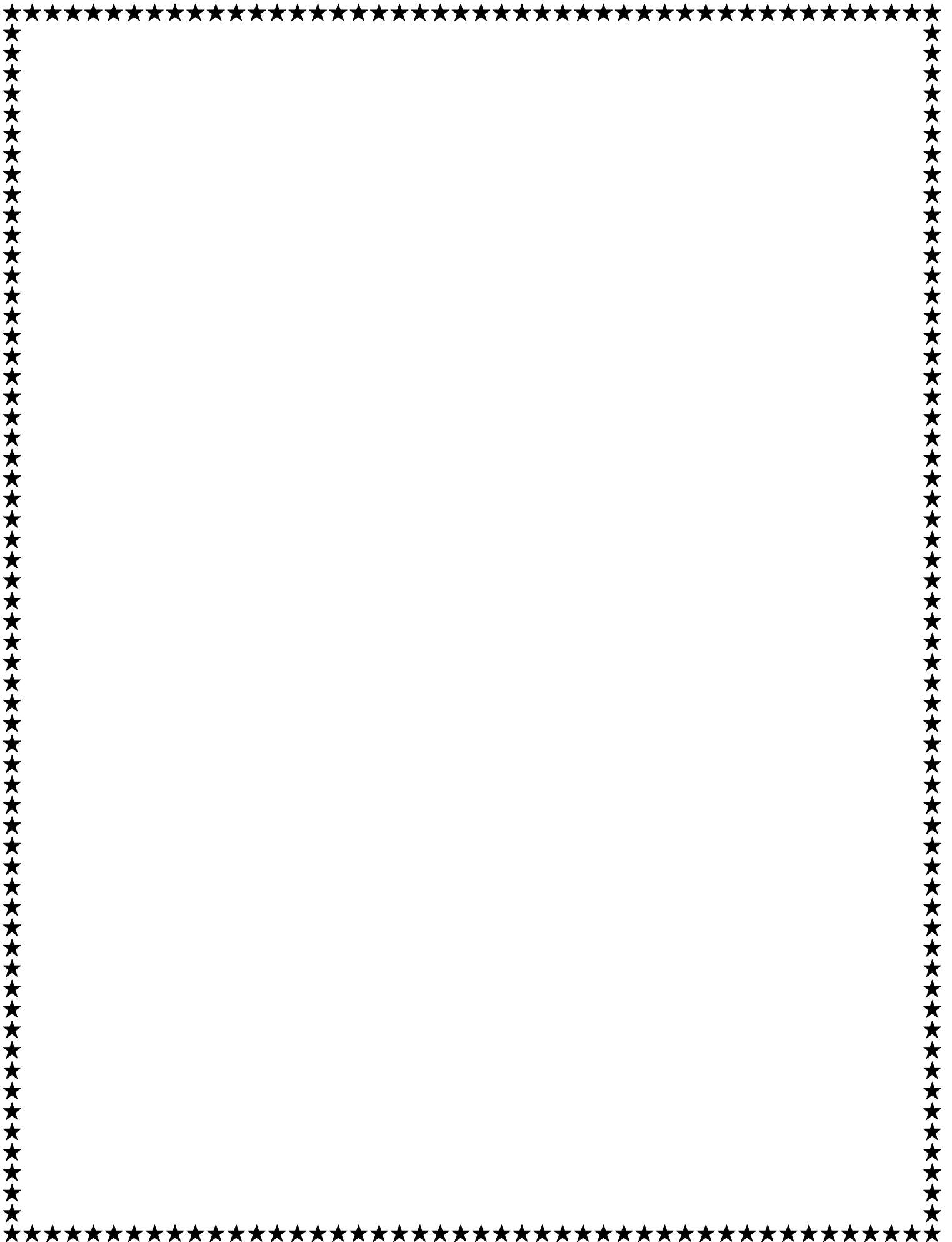
Each year the Director will determine the need of a manager(s). The Planoettes' needs vary from year to year; therefore, the Director may chose not to have any managers or she may choose as many as she feels are necessary to help the following years program run smoothly.

In the event that a manager(s) is chosen she will be expected to follow all the rules set forth by the constitution and by-laws. The Director will require specific duties of the manager and the managers will be required to follow the extra-curricular code of conduct as well as the district's policy on extra-curricular activities.

ARTICLE XI PLANOETTE DIRECTOR AVAILABILITY

In order to respect the privacy and family time of the Planoette Director the following will apply:

- A. The Planoette Director is available for conferences to address concerns of parents or Planoettes/Maroon Guard, Monday-Friday during her assigned conference time.
- B. If the above time is not convenient you may leave a message 24 hours a day by calling the Directors voice mail at 469-752-9511. The Planoette Director will return your call later in the day, during school hours, or the following school day. The Director will be glad to work with any parent/student to schedule a convenient meeting time should the parent/student be unavailable during the Director's conference time.
- C. If a concern arises during the summer months or during school holidays, parents may contact the Planoette Bootbacker President, email the director, or leave a message on the Directors voice mail (number above). The Planoette Director will return the call as soon as possible; however accessibility of the Director during summer months and school holidays will be limited.
- D. If a Planoette/Maroon Guard has a concern after school or practice hours she/he should contact his/her squad Officer.
- E. Parents should never contact a Planoette Officer regarding a concern. Parents must contact the Director or the Bootbacker President.
- F. The Planoette Director should never be contacted at home except in case of an extreme emergency.



Planoettes Drill Team Application

Please turn all 6 pages of your completed application packet to your home school's front office by Thursday, January 9th at 4:15 p.m. Late packets will not be accepted.

STUDENT NAME:

NICKNAME (NAME YOU GO BY IF DIFFERENT):

STUDENT ID:

SCHOOL ATTENDED FOR 13-14 SCHOOL YEAR:

BIRTHDAY (include year):

HOME ADDRESS:

CITY, STATE, and ZIP CODE: _____

FAMILY PHONE NUMBER: _____

STUDENT PHONE NUMBER: _____

STUDENT EMAIL ADDRESS: _____

MOTHER'S NAME: _____

MOTHER'S WORK NUMBER: _____

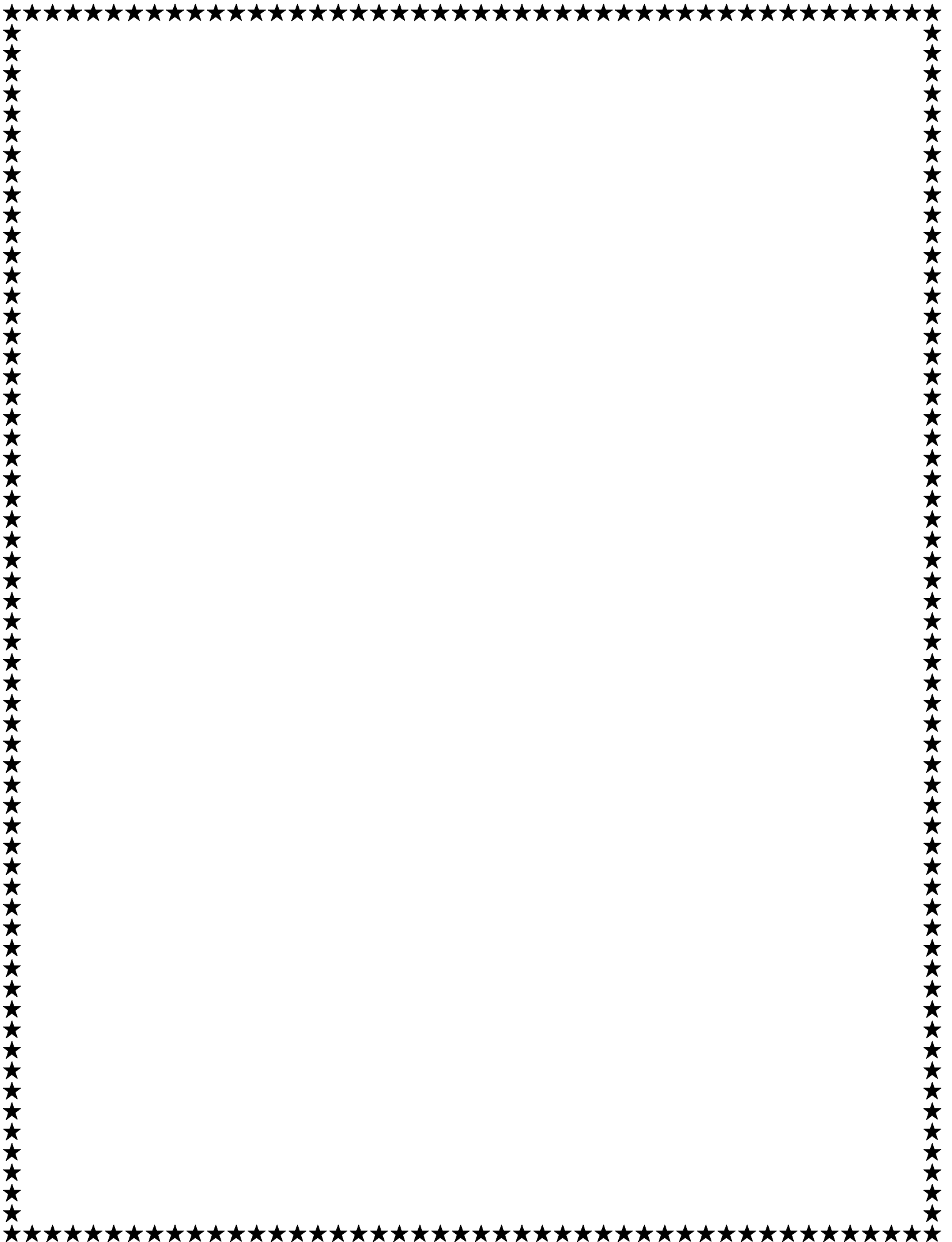
MOTHER'S EMAIL ADDRESS: _____

FATHER'S NAME: _____

FATHER'S WORK NUMBER: _____

FATHER'S EMAIL ADDRESS: _____

Attach Photo Here
(Recent Close-up Shot)



Planoettes Audition Signature Page

We, the parents/guardians of _____, grant our permission for her to audition for the Planoettes Drill Team. We have read the P.I.S.D. Guidelines, the Planoettes Drill Team Constitution, and the Guidelines for District Extracurricular Activities. We agree to abide by all rules and regulations set forth by these documents. We also understand and agree to the consequences for breaking these rules and regulations. Furthermore, we understand that, if selected for the team, my daughter will be required to pay for her practice clothing, shoes, and game day attire. 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 audition process. We agree and understand that the decision of the judges is final.

Parent's Name: _____
(Please Print)

Parent's Signature: _____

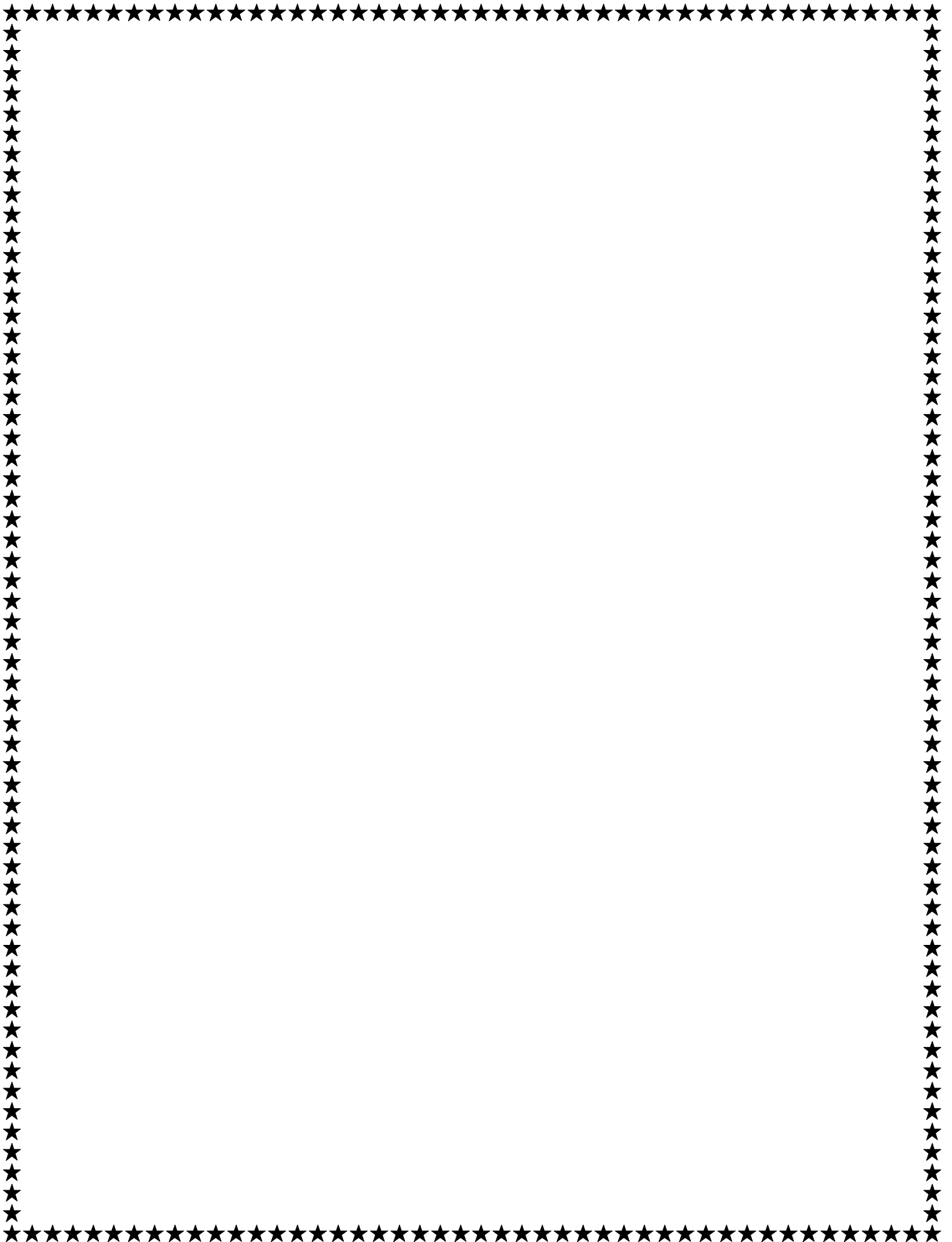
Date: _____

I, _____, am choosing to audition for the Planoettes. I have read all guidelines included in this packet and the Drill Team Constitution and agree to abide by all rules and regulations. I also understand and agree to the consequences for 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 and by Plano I.S. D. 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 Name _____
(Please Print)

Student's Signature: _____

Date: _____



Medical Release Form - Planoette Auditions

Student's legal name: _____

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

I authorize the Drill Team Director at Plano Senior High, 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: () _____ Cell Phone: () _____ Work: () _____

Home Address: _____ City: _____ State: _____ Zip: _____

Participants' Social Security number: _____ Participants Birth date: _____

Family Physician: _____ Physician's Number: () _____

Medical Insurance Policy #: _____ *Please attach a copy medical insurance card for records.*

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.:

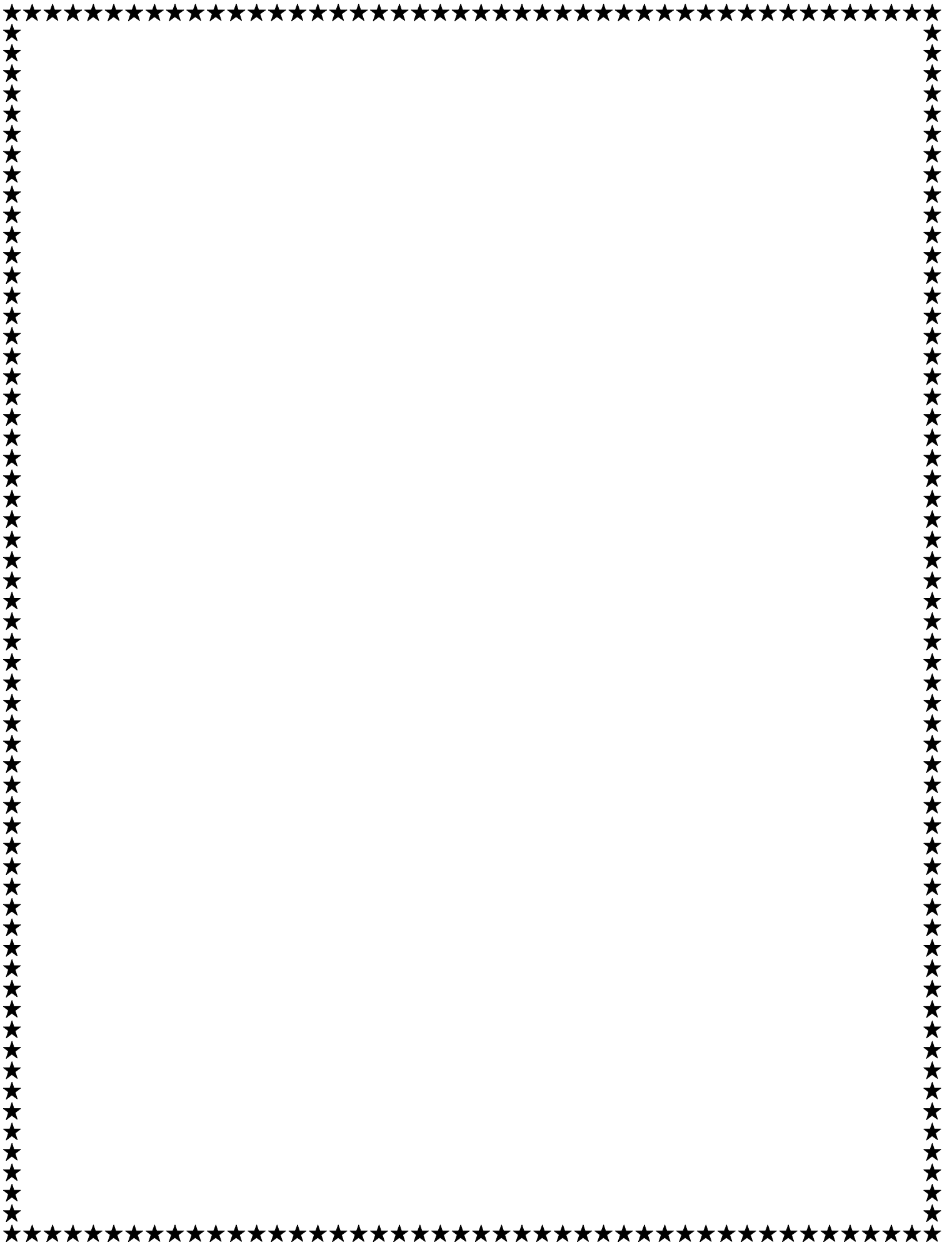
List any physical concerns so that the director may be aware of any injuries such as ACL, ankles, joints, etc. This information will only be used to monitor student's progress during tryouts. It will **not** be used to gain judging points for the student during tryouts. _____

Indicate any 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: _____ Home Phone: _____



PLANOETTES DRILL TEAM CONSTITUTION VERIFICATION

This document confirms that you the parent or guardian, and the student, have **read and understand** the Plano Independent School District drill team guidelines as well as the Planoette constitution. By signing this document, you acknowledge the consequences for failure to abide by these rules, which may include grounds for dismissal from the drill team.

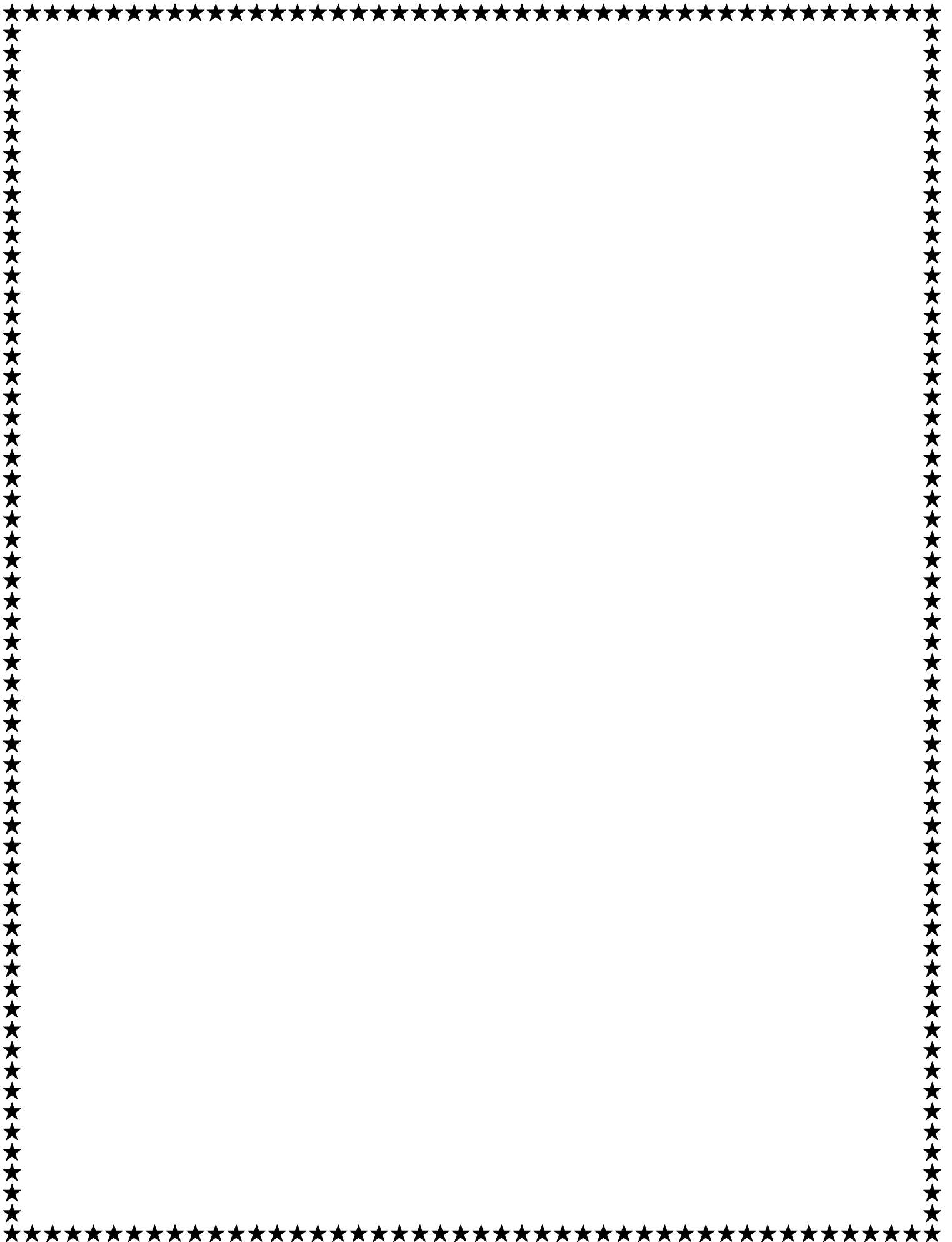
I, _____, parent/guardian of student and member of the Planoettes, _____, have read and discussed the Plano Independent School District drill team constitution and Planoette constitution. I **further understand anyone on the drill team who violates any of the rules of the PISD drill team guidelines and Planoette constitution will serve the consequences set forth by the documents.**

PARENT/GUARDIAN

DATE

DRILL TEAM MEMBER

DATE



Student Code of Conduct

Plano Independent School District Extracurricular Activity Conduct Statement

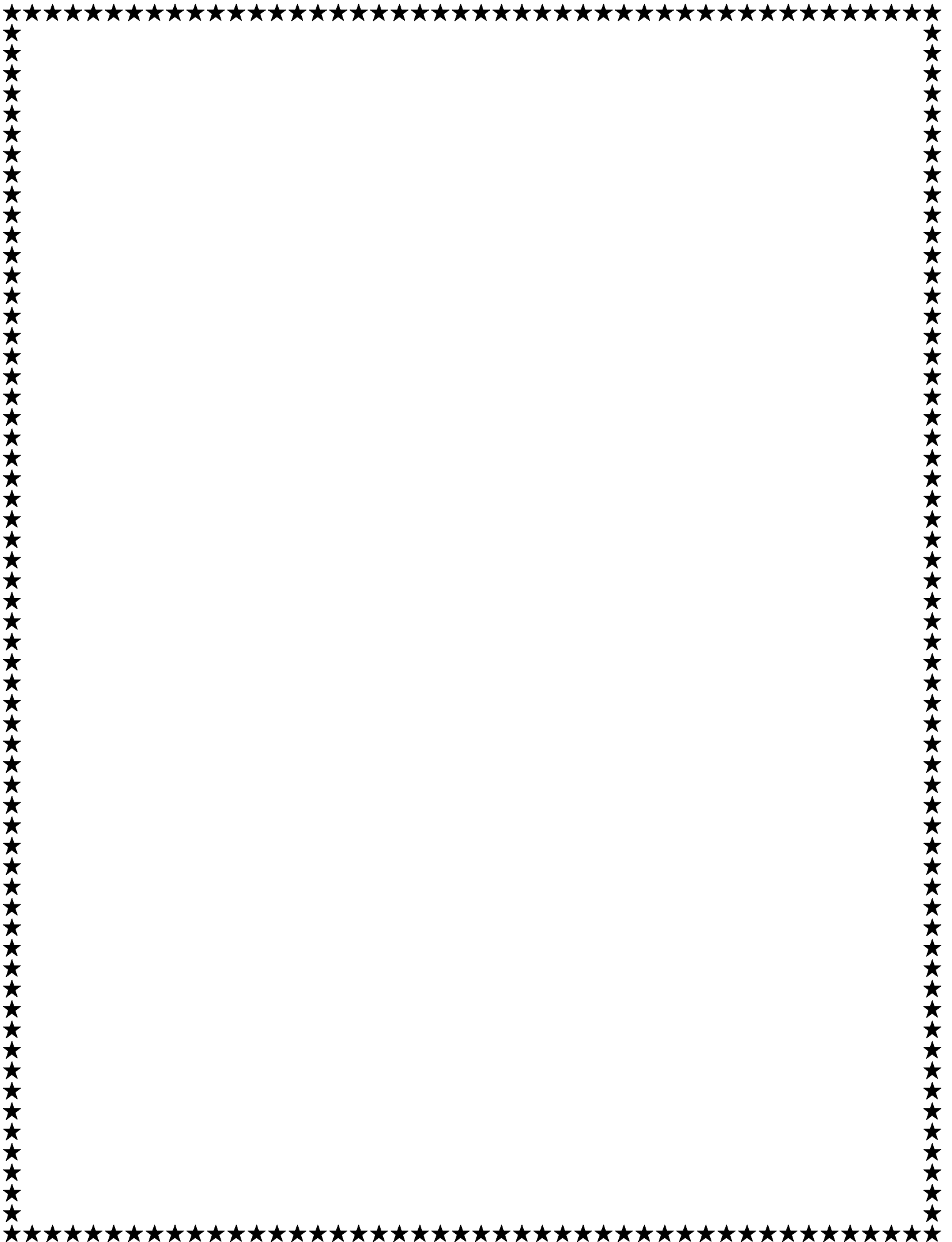


I understand and consent to the responsibilities outlined in the District's Student Code of Conduct. I also understand and agree that my child, _____, shall be held accountable for the behavior and consequences outlined in the Student Code of Conduct at school, and at school-sponsored or school-related activities. This shall include school-sponsored travel and any school-related misconduct, regardless of time or location.

Students involved in extracurricular activities are held to a higher standard of conduct. PISD 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 upon representing PISD in an extracurricular activity. Students involved in major disciplinary infractions (i.e. 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.

PARENT SIGNATURE _____

STUDENT SIGNATURE _____



PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

REVISED 1-6-09

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

| | Yes | No | | Yes | No |
|--|--------------------------|--------------------------|--|----------------------------------|------------------------------------|
| 1. Have you had a medical illness or injury since your last check up or sports 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 passed out during or after exercise? | <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 sport 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 had chest pain 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"/> |
| Do you get tired more quickly than your friends do during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | Have you broken or fractured any bones or dislocated any joints? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had racing of your heart or skipped heartbeats? | <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 had high blood pressure or high cholesterol? | <input type="checkbox"/> | <input type="checkbox"/> | If yes, check appropriate box and explain below. | | |
| Have you ever been told you have a heart murmur? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Head | <input type="checkbox"/> Elbow | <input type="checkbox"/> Hip |
| Has any family member or relative died of heart problems or of sudden unexpected death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Neck | <input type="checkbox"/> Forearm | <input type="checkbox"/> Thigh |
| 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"/> Back | <input type="checkbox"/> Wrist | <input type="checkbox"/> Knee |
| 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"/> Chest | <input type="checkbox"/> Hand | <input type="checkbox"/> Shin/Calf |
| Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Shoulder | <input type="checkbox"/> Finger | <input type="checkbox"/> Ankle |
| 4. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Upper Arm | <input type="checkbox"/> Foot | |
| Have you ever been knocked out, become unconscious, or lost your memory? | <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"/> |
| If yes, how many _____ When was the last _____ times? _____ concussion? | | | Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> |
| How severe was each one? (Explain below) | | | Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | 18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have frequent or severe headaches? | <input type="checkbox"/> | <input type="checkbox"/> | Females Only | | |
| Have you ever had numbness or tingling in your arms, hands, legs, or feet? | <input type="checkbox"/> | <input type="checkbox"/> | 19. When was your first menstrual period? _____ | | |
| Have you ever had a stinger, burner, or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | When was your most recent menstrual period? _____ | | |
| 5. Are you missing any paired organs? | <input type="checkbox"/> | <input type="checkbox"/> | How much time do you usually have from the start of one period to the start of another? _____ | | |
| 6. Are you under a doctor's care? | <input type="checkbox"/> | <input type="checkbox"/> | How many periods have you had in the last year? _____ | | |
| 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"/> | What was the longest time between periods in the last year? _____ | | |
| 8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? | <input type="checkbox"/> | <input type="checkbox"/> | An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner. | | |
| 9. Have you ever been dizzy during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | **EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary): | | |
| 10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | _____ | | |
| 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 the athlete, 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 athletic competition, 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: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE 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 athletic participation and again prior to first and third years of high school athletic 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) | | | |
| Skin | | | |
| Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis) | | | |

MUSCULOSKELETAL

| | | | |
|---------------|--|--|--|
| 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 games/matches.

Reminders:

- Please review the new team calendar and make sure you can meet these commitments.
- The following 6 forms/papers are due Thursday, January 9th no later than 4:15pm in your home school's front office STAPLED & in the following order:

- ✓ Application Form
- ✓ Planoette Audition Signature Form
- ✓ Medical Release Form
- ✓ Constitution Verification Form
- ✓ Student Code of Conduct Form
- ✓ PISD Physical Form

*****SET UP YOUR DOCTOR'S APPT. TO GET YOUR PHYSICAL
ASAP SO YOU CAN GET THIS DONE AND NOT HAVE TO
WORRY ABOUT IT LATER!!!!!!*****

You will not be able to participate in the tryout workshops unless you have a physical form complete and turned in by January 17, 2014!!!