



***McCullough Jr High
Highland Girls
Tryout Information &
Application
2026-2027***

INTRODUCTION

The Highland Girls is a precision style dance team that promotes school spirit by providing entertainment at school football games, basketball games, pep rallies, and competitions. The team performs styles such as kick, pom, prop, and novelty.

COMMITMENT

Time:

Highland Girls is a year-round, extracurricular organization. Our calendar is active from mid-July until the first week of June. Highland Girls counts as a PE credit. Members will have a designated class period for Highland Girls in their schedule. Along with class time, Highland Girls will practice every day from 6:45 am – 8:20 am during football season (Aug – Oct) and contest season (Jan-Feb). During Nov and Dec, we will have morning practice every other day. Morning practice ends after the last contest (usually the first weekend of March) All practices are mandatory. This includes some Saturdays and possible school holidays in Jan/Feb. Drill team is a time-consuming activity requiring extreme dedication and commitment. Consider the decision to try out carefully.

Cost:

Members are expected to purchase practice attire and parts of performance uniforms to be ordered and paid for at the New Team meeting. Although gently used items are available for purchase, the cost of new items can range from \$250.00-\$500.00. Aside from uniform costs, parents are required to pay booster club dues that cover the costs of social activities, meals, transportation, and contest costs to be used throughout the school year. These fees will be required at the New Team meeting and will range from \$150.00-\$200.00. Aside from these mandatory financial obligations, there are optional financial costs of parent spirit wear, big and little sister participation, and possible team motivation gifts.

Behavior Code:

As a Highland Girl, members are held to the highest standards. Once selected, members must sign a copy of the Constitution recognizing and accepting all policies and procedures for the team. All members are expected to uphold a high standard of moral character and are to be positive role models for their peers in and outside of school. Parents of members should also be aware they are representing the Highland Girl Organization while wearing Spirit Wear and supporting their children.

Grades:

Highland Girls must maintain passing grades in all classes to remain eligible for performance, according to UIL rules.

TRYOUT PROCEDURES

Tryout Dates

- March 16 - Applications are due to your school's front office by 11:00, or you may submit them at the Tryout Meeting on March 16 at 6:00. Late applications will not be accepted.
- March 16 at 6:00 pm in the McC Big Gym-Mandatory Tryout meeting for candidates and parents - We will be discussing tryouts, the expectations of Highland Girls, as well as getting to see several Highland Girl contest routines.
- March 17-20 and March 23-26 from 4:45-6:45 pm - Clinic Dates to learn the tryout choreography. Everything you need to know to tryout will be learned during this time. Clinic Sessions are closed to the public.
- March 27 from 4:45-7:15 pm - Mock Tryouts-This is a practice tryout to simulate the real tryout. Although there will be practice judges, mock tryouts do not determine membership. Mock Tryouts are closed to the public.
- March 28 from 8:00 am-2:00 pm - Team Tryouts. Tryouts are closed to the public.
- March 29 - Tryout Results posted on our website by 4:00 pm after all results are verified.
- March 31 at 6:00 pm in the McC LGI- Mandatory New Team/Parent Meeting

To apply, candidates must submit:

- 1. Application with picture attached**
- 2. Parent Permission form (on back of application)**
- 3. Medical Release for Tryouts (attached)**
- 4. Copy of 1st semester report card (please staple)**

Submissions must be made by Monday, March 16 by 11:00 to the front office of your school, or at the Tryout Meeting on March 16 at 6:00. Late applications will not be accepted.

Attire

Dress for clinic sessions must be comfortable enough to allow for stretching and dancing. Leotards and tights/leggings are recommended, but shorts and t-shirts can be worn. Tennis shoes are required, and hair must be in a high ponytail. Jeans, cutoffs, halter-tops, tube tops, midriff tops, revealing (low cut) leotards, jewelry, and gum will not be allowed. Candidates that are not following the criteria will not be allowed into the clinic that day; therefore, resulting in an absence.

Dress for tryouts will consist of a plain white t-shirt, "Soffe" OR "Running" type shorts (black or red), with black biker shorts or leggings underneath, "Ked"-type tennis shoes, and hair in a high ponytail. No gum or jewelry, Avoid excessive make-up, tight shirts, and extremely short shorts. Red lipstick is recommended for tryouts.

What to bring

Practice Sessions-Water Bottle, light snack- optional (have names on bags and water bottle)
Tryout Day-Water Bottle, snacks or light lunch

Tryout Eligibility and Rules

1. It is mandatory to attend the majority of the eight practice sessions, mock tryouts, as well as the actual tryout on Saturday to remain eligible for tryouts. Practice sessions will start promptly at 4:45 and end at 6:45 in the McCullough big gym.
2. In order for a tryout candidate to attend the clinic after school, the student must attend at least one half day of the school day. Students who have not been to school for that required time are not eligible to attend the tryout clinic at McCullough that afternoon (this includes excused absences from school).
3. Students must provide their own timely transportation to and from practice sessions and tryouts. Buses are not provided. Parents, please be on time to pick up your child. Late pick up will result in being ineligible to tryout for the team.
4. No previous knowledge or training in drill team or dance is necessary to tryout. The candidates will be taught everything they need to know during practice sessions.
5. Cell phones must be turned off during all practice sessions.

Tryout Day Procedures

Tryouts will begin promptly at 8:00 a.m. on Saturday, March 28. All candidates will need to warm up and stretch independently. Candidates may not leave until dismissed by the director, as the judges sometimes request to see certain candidates more than once. In this instance, "call backs" will take place after all groups have tried out. Tryouts should be over by 2:00 pm, however, please plan and be aware that tryouts could last longer.

All practice sessions as well as tryouts are closed to observers. During tryouts, all candidates will be required to stay in the small gym until it is their group's turn to tryout. At that time, they will be escorted into the big gym to tryout and then return directly to the small gym. Only the candidates will be allowed to enter either gym during the time of tryouts.

Candidates will be judged by a panel of judges in small groups of 3-4, performing the two routines learned at the clinic. Each candidate will be given a number for use during judging.

Scoring

Judging criteria for the kick routine includes: kick height and technique on Straight Kicks, Step Hook Extend Hold, Side Lifts, Jump Kicks, and Overall Kick Height and Technique. Judging criteria for the jazz dance includes: Dance Technique, Rhythm, Jazz Skills, Memory, and Overall Dance Ability.

Scoring Scale:

Excellent: 9-10

Above Average: 7-8

Average: 5-6

Below Average : 1-4

There is no predetermined number of members that will be selected; members will be determined by a "natural break in the scores". The director will not participate in the judging or score tallying procedure. The entire tryout process will be supervised by C.I.S.D. administration.

POST-TRYOUT INFORMATION

Posting of Results

Each candidate will be assigned a tryout number that will be worn during tryouts and will be used to post the results of all candidates who are selected for Highland Girls membership. Posting of the results will be on the Highland Girls website. www.mcchighlandgirls.com/

Scoring Information

If your child was not selected as a member and you would like to know what areas need improvement for the future, e-mail Tara Gourley at tgourley@conroeisd.net. Include the candidate's name and tryout number. All e-mails will be answered in the order received and as soon as possible.

New Team Meeting

March 31, 6:00pm, McCullough LGI

All candidates selected for membership are required to attend a mandatory meeting that will include an in-depth explanation of our constitution and expectations and ordering uniforms and accessories. The initial cost of uniforms and dues will be approximately \$200.00- \$500.00. Payment must be made by cash, check, or direct Venmo to booster club (if paying by check, please bring a checkbook, as there will be more than one check needed). Gently used items will be for sale in the cafeteria from 5:15-6:00 p.m. before the meeting starts. Items being sold will include some mandatory items that will need to be purchased, as well as some optional items.

Physical Forms

All selected members will be required to have a completed physical examination form on file with the director (dated after April 15th, 2026) before they may participate in any type of workouts or summer camps. Physical forms will be provided through the school (on the athletics website). More info to come at the New Team Meeting on March 31.

Tentative Summer Camp Dates

1. Hays Camp - optional, but strongly encouraged May 26-29 www.twhshighsteppers.com
2. Officer Choreography Week - July 13-16
3. Officer Camp - July 19-22
4. Team Camp - July 27-31 from 8-3, Aug 3 from 8-3, Aug 4-7 from 4:30-6:30, Aug 10-11 from 4:30-6:30

(Attach Photo)

HIGHLAND GIRL APPLICATION

CIRCLE GRADE NEXT YEAR 7 8 DATE _____

NAME _____ NAME YOU GO BY _____

SCHOOL PRESENTLY ATTENDING _____

PARENT NAMES _____

PARENT EMAILS _____

PARENT PHONE #1 _____ PARENT PHONE #2 _____

STUDENT EMAIL _____

MAILING ADDRESS _____

CITY _____ ZIP _____

DATE OF BIRTH _____

LIST ANY DANCE/DRILL TEAM, MUSIC, CHEERLEADING, AND/OR GYMNASTICS TRAINING. INCLUDE WHERE, WHEN AND HOW LONG: (DO NOT INCLUDE PRIVATE LESSONS)

PLEASE INCLUDE SIGNED PARENT PERMISSION (on back), ATTACH A PICTURE OF YOURSELF IN THE TOP RIGHT HAND CORNER (For recognition purposes only), 1ST SEMESTER REPORT CARD, AND INCLUDED MEDICAL RELEASE.

THIS APPLICATION MUST BE TURNED INTO THE FRONT OFFICE BY 11:00 ON MARCH 16, OR TURNED IN AT THE TRYOUT MEETING ON MARCH 16 AT 6:00. .

PARENT PERMISSION

Your daughter has expressed her desire to tryout to be a member of The McCullough Jr. High Highland Girls Drill Team. Before she can be considered as a candidate, we must have a signed permission form from you indicating that she will receive your cooperation, support and understanding in meeting her responsibilities as a member. If a girl becomes a member of the Highland Girls, she will be required to continue to meet the eligibility requirements through the remainder of this year, as well as future years as a Highland Girl.

Each Member shall be expected to:

- Maintain a high standard of character, exhibiting strong leadership qualities of school and moral behavior.
- Be willing to abide by all rules and regulations set for the Highland Girls as outlined in the team Policies and Procedures.
- Attend practices during the summer and before school, as well as all performances throughout the school year. There will be daily before school practice beginning the first week of school and continuing through the conclusion of football season (late October) There will also be daily practices from January through the completion of contest season (early March). Practices may include some Saturdays in Sep/Oct and/or Jan/Feb.
- All members are strongly encouraged to attend the Hays Summer Camp held May 26-29 at TWHS 9th grade campus. The cost of the camp will be 165.00 There will be no overnight summer camp for new team members.
- BE WILLING TO ACCEPT THE OUTCOME OF PERFORMANCE TRYOUTS PRIOR TO EVERY PERFORMANCE.
- Have a yearly physical examination as well as proof of medical insurance on file with the Director. ****PHYSICALS ARE TO BE RENEWED EACH YEAR (completed after Apr 15, 2026)****

Nondiscrimination Statement

The Conroe Independent School District does not discriminate on the basis of race, religion, color, national origin, gender, or disability in providing education services, activities, and programs, including vocational programs, in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

PARENT SIGNATURE _____ DATE _____

STUDENT SIGNATURE _____

THIS PERMISSION FORM MUST BE TURNED INTO THE FRONT OFFICE BY 11:00 ON MARCH 16, OR TURNED IN AT THE TRYOUT MEETING ON MARCH 16 AT 6:00.

Conroe Independent School District

Medical Release for Try-Outs

(For cheerleading and drill team use only)

Student's name: _____

Date of Birth: _____ Sex: _____ Student ID Number: _____

School: _____ Grade: _____ Home Phone: _____

Student's address: _____

Father's Name: _____ Employer: _____

Father's Cell: _____ Work Phone: _____

Mother's Name: _____ Employer: _____

Mother's Cell: _____ Work Phone: _____

Family Physician: _____ Office Number: _____

Emergency contact in case parent/guardian cannot be reached:

Name: _____ Relationship: _____

Cell Phone: _____ Work Phone: _____

Medical History

Does your child have a previous history of: **Yes** **No**

Bone/joint injury or disease?

Neck injury?

Being unconscious/knocked out?

Seizures/convulsions?

Frequent headaches?

Bleeding/blood disorders?

Heat illness?

Allergies (seasonal, insects)?

Allergies (medication)?

Heart disease?

High blood pressure?

Heart murmur?

Viral infection (mono)?

Eye/vision problems?

Missing/non-functioning limb?

Asthma?

Emotional disturbances?

Take medication?

Had surgery in the past year?

Currently under physicians care?

Wearing contacts/glasses?

Insurance Information

Insured's Name: _____

Insurance Company: _____

Group #: _____

Policy #: _____

PPO or HMO: _____

Explain all yes answers:

I hereby understand that this form is for tryout use only and once tryouts are over I must have a complete physical on file in the training room to participate with the squad.

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 to the said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

Note: You will not be covered by the Conroe ISD insurance plan during tryouts. Any injury that occurs will be the responsibility of the parent/guardian.

Student's signature: _____ Date: _____

Parent's/Guardian's signature: _____ Date: _____