

Cheer Tryout Info Meeting

2025-2026



2025-2026 Coaches

Frosh/Soph

Head Coach- Elizabeth Linsenbach (Coach L)

Asst. Coach- Brianna Heeley

Junior Varsity

Head Coach- Alyssa Hatada (Coach Hatada)

Varsity

Head Coach/Program Advisor- Allie Souto (Coach Souto)

Email: asouto@rocklinusd.org

Who are We & What are we looking for?

An RHS cheerleader is a perfect blend of athlete and public figure.

In addition to being shining lights on the sidelines and leaders on campus, RHS cheerleaders are also leaders in the community and are expected to attend all community and leadership events in addition to cheering at games for all RHS sports teams.

We are looking for all of our athletes to have:

- Coachability
- Positivity
- School spirit
- Leadership
- A heart for others and the community
- A strong work ethic
- Respect for coaches, teammates, and those around them.

Eligibility

- **Residential:** must be a registered student at RHS by 5/12
- **Academic:** Must have a 2.5 GPA and no more than 1 NM
- **Fees and Fines:** All ASB and Cheer fines must be paid prior to tryouts

Pre-Tryout Checklist: Complete by 5/12

1. Register on the Google Form
 - a. Scan the QR code, click the link on the website or Insta
2. Tryout Info Card
 - a. Need 1 card per team you plan on trying out for!
3. Grade Check/ Schoology Print Out
4. Signed Parent/Athlete Contract
5. Recent Sports Physical

DUE

- Rookies: the first clinic you attend! (4/24, 5/8, 5/12)
- Veterans: 5/13

What to Wear!

- Black athletic shorts/skirt
- Blue RHS or plain Tshirt/ Tank top
 - NO: Crop tops or sports bras
- Cheer shoes (or athletic shoes) with tall Nike socks
- Hair: Slicked back mid pony with a white ribbon or bow
- Clean and professional game day make up

Tryout Format

Tryouts: Tuesday 5/13- Thursday 5/15

Learn, review, and prepare in tryout groups

- Sideline Cheers
- Gameday Dance
- Jumps
- Tumbling (if applicable)
- Fights Song

*Tryout groups will be made by coaches and girls will be in their grade level teams for the group.

Evaluation Friday 5/16

- Frosh/Soph 4:00 pm
- JV 4:45 pm
- Varsity 5:45pm

All athletes back at RHS at 7:30

- Not everyone will make the team.
- Coaching decisions are final.
- Please wait to leave until you hear from your athlete.

Friday Evaluations

For each evaluation the tryout group will:

- 1. Gameday sideline cheer**

- a. Pick a tryout cheer and add sideline stunts

- 2. Game day dance**

- a. Perform the game day tryout dance and use the extra 4 eight counts to add jumps, tumbling, motions or stunt.

- 3. Fight Song**

IF tryout groups want to coordinate this is only day they can wear what RHS cheer/spirit wear they would like . (Matching shirts, cheer skirts, cheer jersey, etc.)

Time Commitment

Cheer is basically a part-time job.

All athletes will be either practicing or attending games for a minimum of 4 days week Monday-Friday.

- Athletes are given 2 excused absences and 1 unexcused absence a season if they go over that for any reason they will be put on an attendance contract which may lead to a dismissal from the team.
- Athletes must be on time and at all practices, games, and team events.
- Since the schedule is not consistent it is not recommended that athletes cheer and hold a job at the same time from July-February

***You must be able to attend camp and all summer practices to make the team!**

Family Commitment

- Cheer families are required to volunteer for a minimum of four shifts throughout the season. Volunteer options include:
 - Signing up to bring water and snacks for the sidelines
 - Hosting a team bonding event
 - Working the spirit store
 - Being a team mom
 - Etc.
- Families are expected to be able to transport their athlete to all away games no matter the location.
 - Athletes missing a game due to lack of transportation is an unexcused absence.

Financial Commitment

Returner Costs

Cheer Camp: \$650

Spirit Pack: \$300

Uniform Pieces \$200

Total: \$1,150-\$1,500

Rookie Costs

Cheer Camp: \$650

Spirit Pack: \$300

Uniform Pieces: \$1,280

Total: \$2,230-\$3,000

Website

The RHS Cheer website is a very valuable resource!!! You should be checking it frequently!

- Calendar
- Cheer Handbook and Guidelines
- Tryout Calendar, music, and videos

Questions?

If you have questions throughout the process, please email the cheer advisor, Coach Souto. asouto@rocklinusd.org