

## **RCHS Cheer Frequently Asked Questions**

- **What is the best way to help me catch up since I've never been in cheer before?**
  - In order to prepare yourself for the cheer season, coaches would suggest learning basic motions, jumps, and kicks. Although we will review these skills, knowing them beforehand will help you tremendously. Also, consider working out by practicing push ups, sit ups, jumping jacks, etc. at your ability level. Being in shape will help you during the season as well.
- **How would playing volleyball and cheer workout? Would it be okay if I was committed to cheer and volleyball?**
  - Cheerleaders must commit their time for the entire year. This includes time during the summer, Football and Basketball season, and some events in the spring. Throughout the year, squad members attend community events, games, practices, camps, and school functions. If you are unable to attend practices, that will affect your ability to perform on the sidelines and in routines. Keep in mind, the volleyball season takes place in the fall, during cheerleading's busiest season.
- **Would the performances be difficult?**
  - Performances are based on the cheerleader's level of ability you will need to successfully perform with the team.
- **What stands out most for students who try out?**
  - What stands out most during tryouts is a cheerleader that is energetic and exciting to watch perform, has a positive attitude, and has the ability to persevere even when they make mistakes.
- **Do you need volunteers?**
  - Parent volunteers are always welcome! At the beginning of the season, we will send out more information about our Cheer Moms program.
- **Will teams be bigger, smaller, or the same size this coming season?**

- This season the coaching staff is looking to have smaller teams; however, after judges have scored each applicant, we will look for a natural break in score.
- **Is there a chance I can still make the team without a lot of tumbling skills?**
  - Yes, you can still be successful on the team without tumbling skills. Tumbling skills are considered extra points on your scoresheet and are not a requirement.
- **What does it take to be a River City Cheerleader?**
  - With any honor comes a certain degree of responsibility. The honor of representing River City High School always requires that a cheerleader maintain a conscientious attitude, both in extracurricular, academic, and social activities.
    - Attend cheer camp with their squad.
    - Cleared Physical Form and online account due before 1 st practice
    - Attend school each day and be punctual to each class.
    - Always maintain a minimum of a 2.0 GPA.
    - Follow all district, school, athletic and squad rules and policies.
    - Lead by example in behavior, attitude, and sportsmanship at school and at events.
    - Respect coach and teammates and work coherently as a team.
    - Cheer at all home and away football games and home basketball games, regular season & play-offs.
    - Attend all scheduled practices. All practices are mandatory both in-season and summer.
    - Participate in parades and any public appearances.
    - No jewelry, long or artificial nails allowed at any time. Wear the appropriate uniform attire for games, rallies, and other events. Participate in fund-raising events for the cheerleading program. Must refrain from inappropriate posting on Social

Media. Remember good internet etiquette and the fact that you are part of a highly visible team, representing your school.

- **Do you need our school email?**

- No, all communications will be through personal email only.