



RED, BLACK, WHITE!



2024 - 2025 CHEER REQUIRED CLINICS

OPEN TO ALL STUDENTS (THAT WILL BE GRADES) 9-12 AT RA LONG HIGH SCHOOL IN 2024-2025

Athletes must wear appropriate attire:

Athletic shorts, sweats, or non see-through leggings, t-shirts, athletic shoes, no jewelry (all body jewelry must be taken out for the clinics.)



FamilyID
powered by **ArbiterSports**

March 19 - 5:00 - 7:00
March 20 - 5:00 - 7:00
March 21 - 5:00 - 7:00

RAL Main Gym

Must attend ALL clinics to try-out!

In addition to clinics, athletes must be registered on Family ID and have a current physical on file in the RA Long ASB Office.