



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.

**RA LONG
CHEER**



PARENT / ATHLETE INFORMATIONAL MEETING



**MONDAY
MARCH 4, 2024
6:00 pm**



**R.A. Long
Cafeteria**



**Practice Info
Cost Info
Games &
Attendance
Expectations**

**Questions? Send to Coach Jodi Reid cheerral@gmail.com
Try-out packets will be available at the meeting.**



Meeting is open to all parents and athletes eligible to participate in RA Long Athletics for the 2024/25 school year.





**2024
2025**



**TRY
OUTS**



SATURDAY, MARCH 23 | RA Long Main Gym | 8:30 AM START-TIME

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 try-outs.)

Bring Water Bottle

Open to all RA Long Students (including incoming Freshman)

**CLOSED TRY-OUTS
(No spectators)**

**COMPLETED by Mar. 18
Family ID Registration**

**COMPLETED/SIGNED
Application indicating
Football, Basketball or Both**

Questions? Send to Coach Jodi Reid cheerral@gmail.com