

Mountain Ridge Cheerleading Tryout Packet 2026-2027



In order to tryout, your completed [athletic physical clearance packet](#) via digital upload to your Register My Athlete account by **May 4th, 2026. Items #1, #2 and #6 below must be done by **May 4th 2026****

Your tryout packet & registration forms are due **May 6th, 2026 @5:30PM**



TRYOUT CHECKLIST

Please ensure that you have completed all the steps and necessary paperwork BEFORE TRYOUTS.

#1 Register as a 2026-2027 Athlete DUE MAY 4th

Click this link below to update or start your registration for the 2026-2027 season. <https://www.registermyathlete.com/login/>

#2 Complete your Athletic Physical Forms DUE MAY 4th

To be completed by a doctor, exam must be after March 1, 2026. ALL 4 forms must be completed and signed by a physician. You will NOT turn in the physical forms to the athletic office, you will need to upload them onto your RMA profile. The physical forms may be found here:

<https://aiaonline.org/students/physical-forms>

#3 Complete the Brainbook Concussion Course

You only do the Brainbook once a career. If you have participated in any MRHS athletic tryout before, then we have your Brainbook certificate already on file. (Most will already have this done). Please email mrhscheercoach@gmail.com

#4 Complete the Opioid Course

You only do the Opioid Course once a career. If you have participated in any MRHS athletic tryout before, then we have your Opioid certificate already on file. (Most will already have this done). Please email certificate to

mrhscheercoach@gmail.com

#5 Complete this Tryout Packet

Complete this packet, and bring a hard copy to tryouts May 6th 4-5:30pm

** If you are an incoming freshmen for the 2026-2027 season, please **DO NOT** complete this until your tryouts in AUGUST.

If submitted any earlier than July, it will not be accepted.

#6 Use QR Code to pay for the Tryout/Camp DUE MAY 4th

Please scan this QR code to pay for the tryout/camp. All payments will go through GoFan. **The bookstore is no longer taking payments for camps.

Complete the Tryout/Camp Registration Form and please email it to mrhscheercoach@gmail.com or turn in a hard copy on May 6th 4-5:30pm



EVERYTHING ON THIS CHECKLIST IS DUE MAY 6TH AT 5:30pm

Late Packets will not be accepted.

Incoming Freshman ONLY

For the Spring Clinic all you need to complete is:

- #3 Complete the Brainbook Concussion Course
- #6 Camp Registration Form and Pay on GoFan
- You can get a Headstart on the Register My Athlete if you wanted to.
- Remainder of the tryout packet and tryout will be the week of July 27th details will be provided this summer.

RIDGE CHEER TRYOUTS

TRYOUT DATES AND CLINICS:

May 6th & May 8th

5:30pm-7:30pm

** OPEN TO INCOMING FRESHMAN

MANDATORY FOR CURRENT MRHS STUDENTS TRYING OUT

TRYOUTS:

May 9th

10am-12pm

**CLOSED TO INCOMING FRESHMAN

ATTIRE:

Tryout attire must follow MRHS Dress Code and AIA Rules and Regulations.
Please wear ALL Black – no midriffs allowed

- Wear appropriate shoes and socks.
- Hair must be in a pony tail.
- **Absolutely NO JEWELRY, ALL PIERCING MUST BE REMOVED. ANY VISIBLE PIERCING during clinics and at tryouts will result in a 5 POINT deduction to the athlete for each VISIBLE PIERCING.**
- Absolutely NO fake nails of any kind. (Natural short polish or gel that is not a distracting color is allowed. EX: Light pink, white, or nude)
- Please do not wear any MRHS logoed gear or previous Ridge Cheer attire.
- Please do not have any distracting makeup.

RIDGE CHEER TRYOUTS

Please arrive 10-15 minutes prior to tryouts to get your number!

Paperwork Turn In Table Open Parent Meeting Clinic Day 1	May 6 th (material/mile)	4:00-5:30 (Aux Gym) 4:30-5:15 (Aux Gym) 5:30-7:30 (Aux Gym)
Clinic Day 2	May 8 th (stunt/tumble)	5:30-7:30 (Aux Gym)
Tryouts	May 9 th	PROMPTLY at 10am (Aux Gym) Participants may leave following their tryout.

TRYOUT SELECTIONS:

The exact number of participants is dependent on the needs of the program and the skill set of the participants. We DO NOT have a set number of how many athletes we will or will not take.

On May 9th- Team placement will be selected and posted on the programs Instagram page by tryout number. @mrhscheerprogram

Competition teams (Showcheer, Crowdleader and All Girl) will be placed prior to the first week of August. Competition teams will have alternates.

At anytime throughout the year an athlete could get pulled up from JV to Varsity.

To protect the integrity of the tryout and selection process, tryouts and tryout clinics may not be filmed by any interested parties with the exception of the coaches and are closed to the public.

RIDGE CHEER TEAMS

Ridge Cheer is a HIGHLY competitive team. This program requires a lot of time and effort. We hold our athletes to a very high standard within the program.

TEAMS:

Our program has two teams Varsity and JV. Everyone who makes a team is a representative of the school and will cheer at all games and at the list of events below. In addition, each team will have a competition team. You must apply and be selected for a competition team.

RIDGE CHEER COMPETITION TEAMS 2026-2027

Varsity Show Cheer- Must have standing and running tumbling passes.

Crowdleader- Potentially a mix of Varsity and JV

JV Show Cheer- Must have a roundoff and working on a skill.

All Girl- Must have stunting and prior competition experience.

RIDGE CHEER EVENTS 2026-2027

Football Photos

Varsity Football Games

JV and Freshman Football Games

Varsity Basketball Games (Girls & Boys)

Homecoming/Winter/Spring Assemblies

Little Lions

Future Freshman Night

Community Appearances

Fundraisers

Team Building Events

Summer Cheer and Stunt Camps

INFORMATION

PAYMENT/DUES:

Participation in cheerleading is a significant financial commitment. By accepting a position on the 2026–2027 cheer team, athletes and their families agree to be financially responsible for all team-related fees for the entire duration of the season. This financial obligation remains in effect regardless of whether an athlete chooses to leave or is removed from the team prior to the conclusion of the season. Estimated team fees are approximately \$2,500 for the regular season, with an additional estimated \$1,500–\$2,000 for Nationals. Please note that all fees are estimates and may vary depending on team level and competition schedule. Fundraising opportunities may be available to help offset costs.

All participants must be in good financial standing and debt-free from any previous spiritline season in order to be eligible for participation. Monthly payments, estimated at \$275, will be due on the last day of each month from June through December. In addition, athletes will be required to purchase a competition uniform, with an estimated cost of \$300, due by the end of May.

Timely payments are essential to ensure coverage of program expenses, including but not limited to camp, shoes, poms, practice attire, competitions, and bows. A detailed payment schedule will be provided and reviewed at the parent meeting following team selection.

COACHES DISCRETION:

Coaches and coaching staff reserve the right to add and/or remove any athlete from the cheer team at any time. Decisions may be based on, but are not limited to, performance, effort, skill level, attitude, academic standing, behavior, attendance, tardiness, inappropriate use of social media or electronic communication, violations of the team code of conduct, or any violation of school and/or district rules and policies. All decisions made by the coaching staff are final and are intended to uphold the standards, integrity, and success of the program.

CHEER POLICY & PROCEDURE FOR A YEAR-ROUND PROGRAM:

While we encourage our student athletes to be involved in school activities, cheer is a sport that takes up many weekends and is actively in season year-round. Due to the MRHS Cheer season being year-round and increasing in our competitive nature, athletes will not be able to be involved or compete in any school level or club level sports until the conclusion of our last cheer event of the season. This means that you will not be able to be involved in any other fall, winter, or all-star teams. If you wish to be a part of these other teams, you will not be able to try out for the MRHS Cheer Team as our schedules truly conflict

ACADEMIC PERFORMANCE:

Academic performance is a fundamental expectation for all athletes and a key component of participation in this program. Student-athletes are required to maintain strong academic standing and demonstrate consistent effort in their coursework. We emphasize that success in the classroom comes before participation in athletics. Any athlete who falls below the school's academic eligibility standards, shows a pattern of missing or incomplete assignments, or demonstrates a lack of academic effort may be deemed ineligible. Ineligibility may result in restricted participation, removal from performances or competitions, and/or dismissal from the team or competition squads at the discretion of the coaching staff. Our program is committed to supporting student success and expects all athletes to prioritize and uphold high academic standards. Upon making the team all athletes will have to sign a team contract outlining eligibility and academic performance.

ATTENDANCE

Consistent attendance is essential to the success of both the individual athlete and the team as a whole. Cheer is a highly demanding sport that requires strength, conditioning, timing, and trust, all of which are built through regular and consistent practice. Missing practices not only impacts team performance and preparation, but also increases the risk of injury, as athletes may not be physically conditioned or properly trained for routines and stunts. For this reason, athletes are expected to attend all scheduled practices, games, and team events. Commitment to attendance is a critical responsibility, and by accepting a position on the team, athletes agree to uphold this expectation. All team members will be required to sign a team contract acknowledging and agreeing to the attendance policy and its importance to both safety and team success.

In addition, athletes who demonstrate excellent attendance and consistent commitment to the program may be eligible for preferred placement consideration and may not be required to re-tryout for team placement for the 2026–2028 seasons, at the discretion of the coaching staff. Further details on this program will be provide after team placement.

Competitions and Mandatory Dates

(THIS IS NOT OFFICIAL)

EVENT	DATE
UCA Cheer Camp	July 6-10th
Stunt Clinic	June 11 th and 12 th
JV Choreography	TBD
Varsity Choreography Show	TBD
Crowdleader Choreography Cro	August 4 th and 5 th
Gameday Material Camp	June 8 th and 9 th June 22 nd and 23 rd July 20 th and 21 st
AIA Gameday (varsity only)	Nov 20-21st
AIA Show Cheer (varsity only)	TBD - January
AIA JV State	TBD - January
USA Regionals x3	November, December, January
USA Nationals- Anaheim, CA	February 18-22, 2027

** You are not allowed to miss any competitions for any reason.

Team members are expected to participate in all practices and competitions. If conflicts arise, those members who can't fully commit may be taken out of a competition/competitions at the discretion of the coach.

RIDGE CHEER APPLICATION & COMMITMENTS

Please make sure to fill everything out on the next pages and submit by May 6th at 5:30pm

FINANCIAL COMMITMENT

Please understand that spiritline is an expensive sport and that payments will be expected to be made on time in order to cover costs for uniforms, shoes, poms, practice attire, competitions, etc.

A detailed payment schedule will be distributed to new members once the team has been selected.

If you choose to leave the team for any reason, you are still responsible for all payments to Ridge Cheer you have remaining.

Payments for the Season will start in May 2026

Please check one below and sign.

I understand the responsibilities and am willing to commit to the Financial Commitment

I am not willing to commit to this Financial Commitment

Parent Signature: _____

TEAM CONSIDERATION

Please indicate which team you are trying out for and what competition routines you would like to be considered for the 2026-2027 Season.

Please check any and all boxes you would like to be considered for.

Please check below and print your name.

JV Cheer Only

JV Cheer Show Cheer

Crowdleader

Varsity Cheer Only

Varsity Show Cheer

All Girl

Athlete Name:

SOCIAL MEDIA COMMITMENT

A full contract will be going out the first week of practice, if you make the team.

Participation in interscholastic athletics is a privilege. Students wishing to take advantage of the opportunities presented to them by Mountain Ridge High School must show a commitment to the athletic program by adhering to the "Social Media Rule" established by the coaches.

The privilege of being a member of Cheer at Mountain Ridge High School requires that each athlete adhere to a number of conditions that enhance their commitment to her school and community, family, coaches, and herself.

1) Any Cheer Team member posting rude, inappropriate, distasteful images or comments on any type of social media forum are subject to disciplinary actions, such as suspension, and/or removal from the team.

2) Any Cheer Team member that is reposting images or comments containing rude, inappropriate or distasteful content on any type of social media are subject to disciplinary actions such as suspension, and/or removal from the team.

The coaches have the final decision regarding what is deemed appropriate/inappropriate. Consequences are up to coach discretion

Please check one below and sign.

I understand the responsibilities and am willing to commit to the Social Media Commitment

I am not willing to commit to this Social Media Commitment

Athlete Signature: _____

Parent Signature: _____

TIME & DATES COMMITMENT

Official Dates will be sent as soon as Coach has them!

Ridge Cheer takes a lot of time commitment.

SUMMER SCHEDULE

Monday- Thursday time TBD

Monday and Tuesdays are Mandatory Choreography days.

There might be 2-3 Saturday or Friday Stunt Clinics

Cheer Camp July 6-10th

Summer Dates off

May 22-30th

June 14-19th

July 10-15th

IN SEASON SCHEDULE

We will provide this summer after competition placement of teams.

It will be a mix of morning and afterschool practices
and tumbling once a week.

Competition Choreography Dates will be given later this summer.

If I have conflicts within any times or dates, I understand that I may be pulled from appearances, routines, or competitions at the coaches discretion.

Please check one below and sign.

I understand the responsibilities and am willing to commit to the Time & Dates Commitment

I am not willing to commit to this Time & Dates Commitment

Athlete Signature: _____

Parent Signature: _____

RIDGE CHEER APPLICATION

Contact Information

Participant Name:

DVUSD ID:

Grade In School (2026-2027):

Participant Cell Phone:

Participant Email Address:

Participant Birthdate:

Mother or Guardian Name:

Mother or Guardian Cell Phone:

Mother or Guardian Email Address:

Father or Guardian Name:

Father or Guardian Cell Phone:

Father or Guardian Email Address:

Emergency Contact Name and Phone Number:

RIDGE CHEER APPLICATION

Athlete Background

Number of Years of Cheer Tumble, Gymnastics or Dance Experience: Please explain your experience.

Do you have stunting experience? Please indicate what position you have previously been in a stunt group and what your prefer placement is.

Tumbling Experience? Please list highest level of standing and running tumbling. Please also indicate what skill you are working on. Please also list any major injuries (example: neck, back and knee surgeries need to be listed.)

Do you plan to cheer after high school? If so please share your goal/ potential school or team.

Have you ever been removed or quit a team? If yes, please explain.

RIDGE CHEER APPLICATION

Character Background

Are you willing to have a TEAM mentality?

Please explain how you will accomplish being a teammate:

Are you willing to be a positive teammate?

Please explain how you can be a positive teammate:

Are you willing to have a hardworking attitude?

Please explain how you can have a hardworking attitude:

RIDGE CHEER APPLICATION

Leadership

Leadership roles are completely up to the discretion of the coaches.

Please leave blank if you are not interested in a possible leadership role this season. (If you are not interested this season, it will NOT hurt you in future years)

Would you ever want to be considered for a Leadership Role?

Why would you be a good leader?

If yes, please answer the following questions:

How would you hold your teammates accountable?

How would you get your teammates hyped up or excited when the mood is down or tensions arise?

**This will be for both JV and Varsity and Class Leaders

MRHS CHEERLEADING RECOMMENDATION FORM

TO BE COMPLETED BY A TEACHER/COACH & SUBMITTED WITH YOUR TRYOUT PACKET ON DAY 1 OF CLINICS

Name of athlete: _____ Your name: _____
Relationship to athlete: _____ How long have you known the athlete: _____

Please evaluate the athlete based on the following criteria:

Work Ethic	4: Very Strong	3: Average	2: Mediocre	1: Lacks work ethic
Dedication	4: Very Strong	3: Average	2: Mediocre	1: Lacks dedication
Leadership	4: Strong Leader	3: Good Leader	2: Okay Leader	1: Not a Leader
Attitude when facing challenging situations	4: Very Positive	3: Somewhat Positive	2: Has a Hard Time Seeing The Good	1: Negative
Respect for others	4: Very Respectful	3: Mostly Respectful	2: Often Not Kind	1: Disrespectful
Ability to work with others	4: Very Strong	3: Average	2: Can when forced to	1: Does not work well with others
Honesty	4: Very honest, even when the truth is hard	3: Average	2: Sometimes gets caught in lies	1: Dishonest

_____ / 28

Would you want this person on your team or in your classroom in the future? Yes No

Please list the individual's top three qualities:

Please add any additional information you would like to share about the athlete:

Please return this form to the athlete in a sealed envelope with your signature across the seal.

Thank you for taking the time to complete this form for our cheerleading prospects.

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Thank you for taking the time to complete this form for our cheerleading prospects.

RIDGE CHEER ACKNOWLEDGEMENT

Acknowledgement

I, (parent/guardian) hereby give my child permission to participate in the tryout/selection process for MRHS Cheer. I have read and understood the MRHS tryout packet, DVUSD Student Rights and Responsibilities Handbook and the DVUSD Code of Conduct. I understand the consequences should my child choose to break any rule or regulations set forth in these documents. I am aware that teacher/coach recommendations are confidential for coach or administrator viewing only. I further understand that I am ultimately financially responsible for the costs incurred for my child as a member of the MRHS Cheer

Parent Print Name: _____

Parent Signature: _____

Date: _____

I, (student/athlete) want to participate in the tryout/selection process for MRHS Cheer. I have read and understood the MRHS tryout packet, DVUSD Student Rights and Responsibilities Handbook and the DVUSD Code of Conduct. I understand the consequences if I choose to break any rule or regulations set forth in these documents. I understand all my responsibilities and commitment if I make the MRHS Cheer Team.

Athlete Print Name: _____

Athlete Signature: _____

Date: _____

**THANK YOU FOR YOUR
INTEREST, TIME AND EFFORT
APPLYING FOR THE 2026-2027
RIDGE CHEER TEAM!**

**PLEASE EMAIL COACH AT
MRHSCHEERCOACH@GMAIL.COM
WITH ANY QUESTIONS!**

