

# RIVER VALLEY HIGH SCHOOL

## Fall Cheerleading (VIRTUAL) Tryouts 2020-21

---

To cheer for River Valley High School it takes someone who is willing to work as a team. We are looking for dedicated, spirited, hardworking, talented athletes. The Cheer Program is here to support River Valley High school athletic events, as well as, to promote school spirit. Working as a team, we hope to develop good character, citizenship, sportsmanship, cooperation and leadership skills. To build any successful sports team, it takes the coach, the athlete and the parent(s). Throughout this season we need to work together as a team to achieve this goal!

“A successful team beats with one heart.”

---

### Virtual Tryout Material Information

- On **Friday, May 22nd** we will upload the tryout material (videos/music/guidelines) onto our “**RVHS Cheer Tryout” Band App** AND onto our “**RVHS Cheer Tryout” Google Classroom**. It will be the same material on both platforms. See below for links to join both (Band & Google Classroom)
- Join “RVHS Cheer Tryouts” using the following codes.



Google Classroom (YCUSD students)= 3xhn5o7

**Google Classroom Notes:**

- You must already be a YCUSD student to access Google Classroom.
- You must also be logged into your phone/computer using your school ID



Band App (anyone can join): RVHS Cheer Tryout band app <https://band.us/n/aca131C837y02>



Or scan the QR Code to join:

---

### What to do BEFORE submitting your tryout video:

1. Sign up for tryouts and receive a tryout number. If you have your number, you are signed up. If you do not have a tryout number, please email coach Tillson at [rtillson@ycusd.org](mailto:rtillson@ycusd.org) ASAP to sign up.
2. Complete a sports physical
  - Find the packet @ <http://rvhs.ycusd.org/Athletics/index.html>  
(under “forms” click the pdf “RVHS Athletic Clearance”)
  - Be sure the form is complete or you may end up not being cleared (and not able to tryout)
3. Complete the online athletics clearance @ [www.AthleticClearance.com](http://www.AthleticClearance.com)
  - To be sure you’re cleared in time, complete this by **Wed, May 27th. Must be cleared before the final submission deadline in order to be considered for the team.**
    - Be sure to select “2020-2021”, “River Valley”, & “Fall Cheer” on the first pull down menus.

**Adding your sports physical to the online clearance:** You must **SCAN** both sides as a single document and upload it onto the athletic clearance site. If you are having trouble, please email coach Tillson

4. Received “**cleared**” **email** after submitting all the above. This may take a couple of days.
  5. **Watch, learn & choreograph** the required tryout videos/material
  6. **Record your tryout material** and get it ready for submission (see **Video Submission** section for more)
-

## Tryout Video Submissions

- **What to wear\* on tryout video:**     *\*do not add extra “bling” or “flair” to clothes, hair, etc.*
  - **PLAIN** White T-shirt with your tryout number written clearly on both sides of the shirt
    - Tryout Numbers: Written or printed in large letters in the following colors:
      - Frosh=Green numbers; JV= Black Numbers; Varsity= Dark Gray/silver Numbers
  - Black shorts
  - Athletic Shoes
  - Sports bra (females)
  - Hair up in a ponytail (or out of face if too short for pony)...bangs back too! No bows or ribbons.
  - No long nails, NO jewelry, all visible tattoos should be covered completely
- **Intro @ beginning of video:**
  - Please state your first and last name & your grade level (in 2020-21) clearly and loudly
- **Perform the tasks asked of you IN ORDER** based on the instruction sheet (this will be included with the tryout material posting).
- **Submit video to Google Classroom “RVHS Cheer Tryouts”** I will make an “assignment” where you can post your video. IF you cannot join the classroom for some reason, contact me IN ADVANCE to make other arrangements for sending your video.

**Submission Window: Wed, May 27th- May 29th @ 9pm.**

**Do not wait till the last minute to try and upload your video.**  
*Give yourself plenty of time for uploading and figuring out any issues that might arise. I am willing to help with technical difficulties and come up with solutions...but not last minute and not after the deadline.*

**SUBMISSIONS AFTER 9PM ON THE 29TH WILL NOT BE ACCEPTED FOR TRYOUTS**

### SQUAD POSTING

- We will post who made each squad by Mon, May 31<sup>st</sup>
- We will post by tryout number (no names)
- You can find the posting on both the Tryout Band app & Classroom, as well as on our social media pages



@RIVERVALLEYCHEERLEADING



@river\_valley\_cheer

### Flexibility, Strength & Conditioning

Traditionally we would spend 30-40 minutes on stretching, running and working out at each tryout day. **YOU WILL BE JUMPING & DOING SPLITS ON YOUR TRYOUT VIDEO!** I have uploaded a workout routine and our stretch routine to the Band app & Google Classroom. A jump video will soon be added.

**I suggest you start working out, stretching and working on your jumps NOW.**

#### Important Contact Information:

<b>Head Cheer Coach:</b> Becca Tillson	<a href="mailto:rtillson@ycusd.org">rtillson@ycusd.org</a>
<b>Athletics Office:</b> Phil McCaulley(AD) Tonja Robinson (AD secretary):	<a href="mailto:pmccaulley@ycusd.org">pmccaulley@ycusd.org</a> <a href="mailto:trobinson@ycusd.org">trobinson@ycusd.org</a>
<b>RVHS Athletics website</b> (can find forms & other info):	<a href="http://rvhs.ycusd.org/Athletics/index.html">http://rvhs.ycusd.org/Athletics/index.html</a>

## Information for those who make the team:

Everything we normally have set up has either been cancelled or is in the process of being re-set up. We will be contacting you with updates as we get them. Here are some of the events to be looking for:

- **Contract Meeting:** Soon after squads are picked. Look for an emailed contract and a virtual meeting date
- **Uniform Fittings:** We cannot do a normal fitting, but our uniform rep (from Varsity Spirit Fashions) can do a virtual fitting. You will have a choice of loaning required items or purchasing. There are some items (camp clothes, spirit wear, etc) that cannot be loaned. This will be discussed at the contract virtual meeting. Feel free to contact me with questions.
- **Team Fundraiser:** Most likely we will attempt a virtual fundraiser over the summer and/or do something when we return to school. We will be selling items to raise money towards football season spirit items, music for routines, banquet, etc. Any sales above and beyond what we ask for will go towards individual's costs (camp clothes first, then uniform if choosing to buy).
- **Camp:** Sadly our scheduled camp at UC Davis this summer has been canceled. This is unfortunate, but we are working with UCA right now to plan a Home Camp (at RV) when we come back from summer. **Tentatively**, we planning on Sept 12 & 13<sup>th</sup>

### **NOTE ON UNIFORMS FROM THE DISTRICT:**

"Yuba City Unified provides all uniforms to all students free of charge. These are loaner items, retained by the District. If a parent or student wishes to voluntarily purchase a uniform so that the student may keep that item, they are free to do so. There is no obligation to purchase the uniform, and no child will be prohibited from participating if he/she does not purchase the items. As noted, the District will provide all necessary equipment/items."

I can email you information about possible costs. Please read that and then feel free to ask me any questions before deciding to tryout or purchase uniforms. All this will be covered in detail at the contract meeting with those that have made the team.

### **Summer 2020**

At this time we have canceled all summer activities that would need to have us meet in person (Youth clinics, practices, lock-in, etc). If regulations change over the summer we may try and get the squads together for practices or other events (community, fundraiser, etc). We will keep you updated....

### **STRENGTH & CONDITIONING**

- One of the biggest concerns for us coaches is the lack of physical activity that is (maybe?) occurring with our athletes during this "break." WE WILL EXPECT YOU TO be in good enough shape to do condition when we see you for the first time. We will upload some workouts, but this is on you to make sure you maintain your strength and conditioning. Remember...you are considered an athlete!!

### **NEW SQUAD MEMBERS:**

- I will upload all the chant videos we have so you can learn them over the summer. YOU WILL BE EXPECTED to learn all chants before you are able to be out on the line at a game (and there are a lot of them!).

# **Fall Football Season**

August-November

1 game per week once season starts (expect practices 4-5 times a week)

**Varsity: Our team has a history of making it to playoffs. Unless you are doing a winter sport, you will be expected to come to all playoff games. Typically the games are every Friday after regular season but we will not know until season ends.**

**Normally regular practices begins right away in August. If we can start earlier this year, we will. We will keep you updated!**

---

**Cheerleading requires an extensive time commitment from the cheerleader and their parents/guardian. Besides practices and games, cheerleaders are expected to be involved in community volunteering, rallies, fundraisers, promoting school spirit and any other spirit activities that may come up for the school/squad throughout the entire 2020/2021 year.**

**We look forward to the 2020-21 River Valley High School cheer season**