



Sideline Cheer Information

**IMPORTANT DATES & REMINDERS
FOR THE 2026 SUMMER SEASON**

Attendance is very important so athletes can learn routines, chants and stunts. Athletes **MUST** let the coaches know if they have any conflicts with the summer dates listed below.

Event	Date	Time	Location
Tryout Clinic	4/28/26	3:30-6:30 PM	GBHS Large Gym
Tryout Clinic	4/29/26	3:30-6:60 PM	GBHS Large Gym
Tryouts	4/30/26	3:30-6:60 PM	GBHS Large Gym
Tryout Results Announced	5/3/26	By 5:00 PM	BAND
Parent/Athlete Meeting- MANDATORY	5/11/26	4:00-6:00 PM	GBHS Library
Sports Clearance DUE	5/30/26	Completed Online	
BIG/LIL Reveal	6/19/26	4:00-7:00 PM	Off Campus Residence
CIF DEAD PERIOD	6/26-7/12	No Practice Or Contact With Coaches	
Cheer Practice	7/15/26	9:00-11:00 AM	GBHS Cafeteria
Cheer Practice	7/16/26	9:00-11:00 AM	GBHS Cafeteria
Junior Grizzly Clinic	TBA	TBA	GBHS Gym
UCA Masters Summer Camp- MANDATORY	7/21-7/24/26	Overnight on Campus	William Jessup University
Cheer Practice	7/27/26	JV: 4:30-6:30 PM Varsity: 5:30-7:30 PM	GBHS Cafeteria
Cheer Practice	7/29/26	JV: 4:30-6:30 PM Varsity: 5:30-7:30 PM	GBHS Cafeteria



What to Wear to Tryouts

White shirt, black compression shorts, white socks, and cheer shoes. Hair in a clean pony tail with a ribbon of your choice. No jewelry or acrylic nails!

Important Reminders for Tryouts

- **INCOMING FRESHMEN**, bring a printout from Power School with current grades to the first tryout clinic on **4/30**. The coaches will receive grade point eligibility reports for current GBHS students. Grades are checked throughout the season and athletes must maintain a 2.0 GPA to participate.
- **ALL ATHLETES**, bring a printed letter of recommendation from a teacher, mentor coach or trainer to the first tryout clinic on **4/30**. This should be 1-2 paragraphs that can highlight subjects such as the athlete's work ethic, character, reliability, and/or how they work in teams.
- Bring water and light snacks each day!
- Join the **BAND TRYOUT APP** for up to date information and complete the Google Tryout Registration Form using the links below.

General Reminders

- Athletes who make the team must complete and turn in sports physicals **no later than May 30th** to be cleared for any summer activities. The physical must be dated **on or after May 11th, 2026**.
- **NO FORMAL PRACTICE during the month of MAY or JUNE.**
- Regular season practice begins in **July** and the **FULL** season calendar will be available on **BAND** for athletes that make the team.
- Athletes should be conditioning 5 days week during this time to be ready for the start of summer camp in July. Athletes are encouraged to attend a tumbling class or coaching session at least once per week to gain skills.
- We share our training spaces with other programs and changes to the schedule might happen occasionally. **Any changes to dates and times will be posted on the BAND APP which is the main communication tool.** All athletes and at least one guardian is required to join **BAND** in order to receive important updates.
- The first day of school is **Thursday, August 6th**. Varsity cheerleaders perform at the **GBHS Grizzly Retreat** for incoming freshman on **August 4th** and at the **Welcome Rally** (during the school day) on **Friday, August 7th**. Details will be posted over the summer.
- Once school begins, cheer practice will typically be in the cafeteria on **Mondays and Wednesdays**, from **4:30-6:30 PM for JV** and **5:30-7:30 for Varsity**. Football games are on Fridays.



BAND TRYOUT APP

TRYOUT REGISTRATION LINK

