



## Varsity Cheer Information 2025 - 2026

### Team Information

#### Varsity Sideline Team:

- A **NO-CUT** Coed Varsity Team with all levels of skill ability.
- Members may cheer for fall (football), winter (basketball) OR both.
- **AGAIN THIS YEAR – if we have 36+ on our roster, the team will be split for all football and basketball games allowing everyone the opportunity to attend games as spectators!**
- Members should have the ability and willingness to learn, a great attitude, and a commitment to school spirit.
- Full calendar and Team Handbook can be found on website – lakeridgecheer.com

#### Varsity Competition Teams:

- **AGAIN THIS YEAR - There will be TWO competition teams offered - Game Day and Traditional – and all members must be a part of the sideline team to be considered.**
- Not all athletes will make a competitive team, although an athlete may be chosen for both competitive teams.
- Selection for the Game Day and Traditional competitions teams will take place in August.
- Members must cheer at games during fall season, although both seasons is preferred.
- Members will compete at local and national events.
- Full calendar and Team Handbook can be found on website – lakeridgecheer.com

### Spring Events – Open to All!

**Open Gyms** – Every Thursday\*, February 27th – May 8th, 6:30-8:00pm in Cheer Gym – \$5.00 each week

\*no open gym during Spring Break

### High School Team Registration

**Team Registration** – Available online, Monday, May 5th – Monday, May 19th

**Team Registration Practice** – Tuesday, May 13th & Thursday, May 15th, 5:00-7:00pm in Cheer Gym

**Parent/Participant Meeting** – Thursday, May 16th, 7:00pm in Cafeteria

**First Team Meeting** – Tuesday, May 20th, 5:00-7:00pm in Cheer Gym

**First Payment** – Due at meeting on Tuesday, May 20th, but can request payment plan/deferral as needed

### Summer Events – Registered Athletes Only

**Camp Prep & Kick-off Party** – Sunday, August 3rd, 3:00-7:00pm in Cheer Gym

**NCA Get Shocked Camp** – Monday, August 4th-Thursday, August 7th at Oregon State University

**Competition Choreography** – Friday, August 15th-Sunday, August 17th, 9:00am-6:00pm in Cafeteria

**Sideline Camp** – Monday, August 18th-Wednesday, August 27th, 4:00-8:00pm in Cheer Gym

### Online

- Website: [www.lakeridgecheer.com](http://www.lakeridgecheer.com)
- Facebook & Instagram: @lakeridgecheer

### Coaching Staff

- Head Coach      Christine Langley      email: [lakeridgecheer@yahoo.com](mailto:lakeridgecheer@yahoo.com)
- Assistant Coach      Lily Andrews      email: [lkscoachlily@gmail.com](mailto:lkscoachlily@gmail.com)