

Riverside Cheer: The Journey to Fall Tryouts

➤ Off Season:

- **OPEN GYM @ Riverside – starts April 18th**
 - **Every Tuesday & Thursday – 4:15pm in Aux Gym**
- **OPEN GYM – Legacy, Ashburn - starts April 22nd**
 - **Every Saturday – 11-12:30pm – \$12/athlete/visit (additional \$35 enrollment fee if new to Legacy)**
 - **Led by Legacy staff - jump drills/jumps, tumbling, stunting**

➤ Summer Conditioning:

- **Dates: will begin in June – exact dates will be announced via Twitter & website**
- **Two days/week – strength training & cardio endurance + stunting/tumbling/jumps**

➤ Youth Cheer Camp: Held at Riverside High School, Aux Gym

- **June 26-28th – for 1st – 5th graders**

**** If you would like to volunteer, please contact Coach Oravetz at**

doravetz@lcps.org

➤ **Follow @RHS_VCheer for ALL important info and dates**

➤ **Sign up for alerts at riversiderams.net to stay updated on additional Cheer information**

Champions are made when no one is watching.