



2025 - 2026

AHS

Spirit Tryouts



Meeting Etiquette

- Please wait until the end of the presentation to ask questions. It is likely your question will be answered before you ask it.
- Keep questions general
- Any questions specific to your student athlete please email them privately to ayalaspirt1@gmail.com
- Please remain muted throughout presentation
- Any inappropriate comments will result in removal from this meeting

The rules decorum is to provide clear expectations for the behavior of all participants and to provide protection of all. In the event of failure this is a clear notice for removal.



Meet the Coaches



Spirit Advisor: Cheer/Song/Mascot/TCC
Varsity Sideline/TCC/Gameday Coach
Chynna Carroll

Fun Fact :

I was on the Price is Right and Let's Make a Deal and won!

My background in cheer and dance engulfs over 30 years experience from pop-warner, all-star cheer, high school competitive cheer, collegiate cheer and dance, and lastly pro cheer and dance. My education includes, BA in Comm emphasis in PR/Adv, Master of Science in Organizational Leadership, Master of Education in Secondary Education emphasis Humanities and pursuing a Ph.D. in Leadership (ON PAUSE). Former Cheer Director for i9Sports Youth Organization for CA, UT, and NM. Former Senior Acct Exec for Ad Agency by day and now transitioning to professorship.
My Mantra is Faith, Family, Friends, Football and Food!



Meet the Coaches



Varsity Sideline/Gameday/Jazz/Pom Song Coach Catey Rosander

Fun Fact :

I don't like any condiments, HA!

I started dancing at the age of 3 competitively until the age of 19. I then danced CSU Fullerton Dance Team for 4 years winning 2 national championships as Captain my senior year. I graduated with my Bachelors in Communications Entertainment and Tourism. Immediately after college I was a Laker Girl for 2 seasons. I was also part of the National Championship Team in 2020-2021. I have been the head coach of Ayala Song since college tenure of 7 seasons. For the past 4 years I have been the Director of Dance for a dance and cheer company, "The Spirit Consultants", where I plan and orchestrate high school summer camps across multiple states in the US. I also am a dance teacher at a dance studio in Orange County where I work as an educator and choreographer for all ages and styles.



Meet the Coaches



JV Sideline/TCC Coach

Fun Fact :

Fun Fact: I competed on Dance Moms!

Taylor is an Ayala Spiritleader alumni! She started cheerleading at the age of 8 for Chino Hills Jr. All-American Football and then competed at Envy All-Stars until high school! She was an Ayala Spiritleader for 4 years and graduated in 2020. During her 4 years on Ayala Spirit, she was a Nationals finalist and competed at NCA in Dallas. She received "JV Most Dedicated" her freshman year and "Varsity Most Dedicated" her senior year! She graduated with a Bachelor of Arts in Linguistics from the University of California, Riverside in 2024 and worked as an attendant and supervisor at UCR's Student Recreation Center from 2022-2024. She is currently a graduate student at New York University's Communicative Sciences and Disorders Masters program. She is studying to pursue Speech-Language Pathology.



Meet the Coaches



JV Gameday/Sideline/Pom /Jazz Song Coach
Ella Ross

Fun Fact :

Fun fact : I love Dance!

Ella Ross has been a competitive dancer for 14 years. She is an alumni here at Ayala HS and competed all 4 years on Song he and was the captain her sophomore and senior year. Being a member on the Song team has been one of her greatest experiences in her entire dance career. She created the best memories with her team and left the school with forever best friends. She continued dancing at Orange Coast College her freshman year taking home 3rd at nationals. She also was a TSC Staff member for Dance. Her future will be a certified apparatus Pilates instructor through OCC's program by the end of spring, working on her AA degree in digital/visual marketing, and currently teaching barre off PCH in Laguna Beach!

Bulldogs

ATHLETICS

Clinics March 19 + 20

Auditions March 21

Results April 1st @ 4PM

PARENT MEETING April 1st @ 6PM

Location Big Gym + Old BB Courts

*Video Submissions end of practice each clinic day if cant make audition day

Ayala Spirit Tryouts

Video Submissions on either Clinic Day if cannot make Audition day

CLINICS DAY 1 MARCH 19
CLINICS DAY 2 MARCH 20
AUDITION DAY 3 MARCH 21
LOCATION Old BB Courts
4:30 - 6:30 pm

IMPORTANT DATES
 INQUIRIES TO AYALASPIRIT1@GMAIL.COM

Tryout Donation
Cheer & Song \$40
 includes T-Shirt.
DUE 3/14 AT 5PM

Tryout Application
Due 3/14 @ 5pm

Tryout Meeting
3/12 @ 5PM
 LINK TO FOLLOW

8th Grade Night
3/10 @ 5pm
Follow us
AHS_Spiritleaders

Cheer Requirements

Gameday Sideline	Traditional Competitive Cheer
Mastery Sideline Cheer	Mastery of Sideline Cheer
Sharp Motion Technique	Sharp Motion Technique
Showmanship	Confidence
Confidence	Showmanship
Jump Technique	Jump Technique
Tumbling - BH preferred	Tumbling preferred BHS, BT
Stunting Technique	Stunting Technique -
Attendance	Novice Show Cheer J-UP, EXT
Punctuality	1/2 turns or full
Events/Parades	

Song Requirements

Gameday	Pom/Jazz
Consistent 2 pirouettes	(2) 8-counts of turns in 2nd w/
A flat-toe touch	around the world + reverse
Battement right and left	spot
Clear knowledge and sharpness of all pom motions	consistent pirouettes 3+ Right Aerial
Bonus skills: Right or left aerial	Flat toe touch (legs at 90 degrees) minimum
Headspring	Flexibility R + L (specialty
Kip up	kicks/skills/tricks)

Mascot Requirements

Bell *Buster*

- Bulldog Mentality
- Physical Stamina
- Performance Artistry
- Personality
- Non-verbal communication
- Fitness Test: Push-up, sit-ups
- Attend Parades, Games, Rallies, events
- Sharp Motion Technique w/props
- Perform routine, skit, cheers and Fight song
- Attendance



REQUIREMENTS

Tryout Application

Tryout Form (1) submission per applicant

- Most recent 'official' progress report
- CVUSD Risk Acknowledgement and Consent to Participate Form
- Spiritleader Candidate/Parent Contract; Prior commitments into season*
- 25-26 Spiritleader Handbook
- Spiritleader Social Media Agreement
- Spiritleader Photo Release Form
- Celebratory Event Permission Slip

(1) Coach and/or Teacher Recommendation

Non-returners only (applicants who were NOT on the 24-25 spirit team)

- Must be filled out from the recommender
 - Ensure your recommender submitted the letter on time
 - Recommender must have a valid email address

Forms/Recco's are due no later than March 4th 5:00 PM.

NO LATE/INCOMPLETE FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES

Dresscode for Cheer or Songleader

Cheer/Song candidate must wear

- ✓ Black, white or red t-shirt/tank with sports bra (if applicable).
- ✓ Plain black cotton/spandex shorts or leggings
- ✓ Briefs must be worn under nonfitted shorts (no denim material)
- ✓ Cheerleaders are to wear athletic sneakers
 - They must tie and no platforms.
- ✓ Songleaders must wear dance shoes



Dress Code Continued

- ✓ Hair Bows are acceptable, but not required, White, red, or black acceptable
- ✓ Hair must be pulled back out of the face in a high or low ponytail¹. No bangs, loose hair, jewelry of any kind (anywhere on the body) or material (NFHS, 2024) See section ART 5
- ✓ No acrylic/natural nails that extend more than 0.3 cm past the tip of the finger² Please review National Federation of State High School Associations (NFHS, 2024) See section ART 4 for elicited rules and specifications. Refer to Appendix section in legal documents

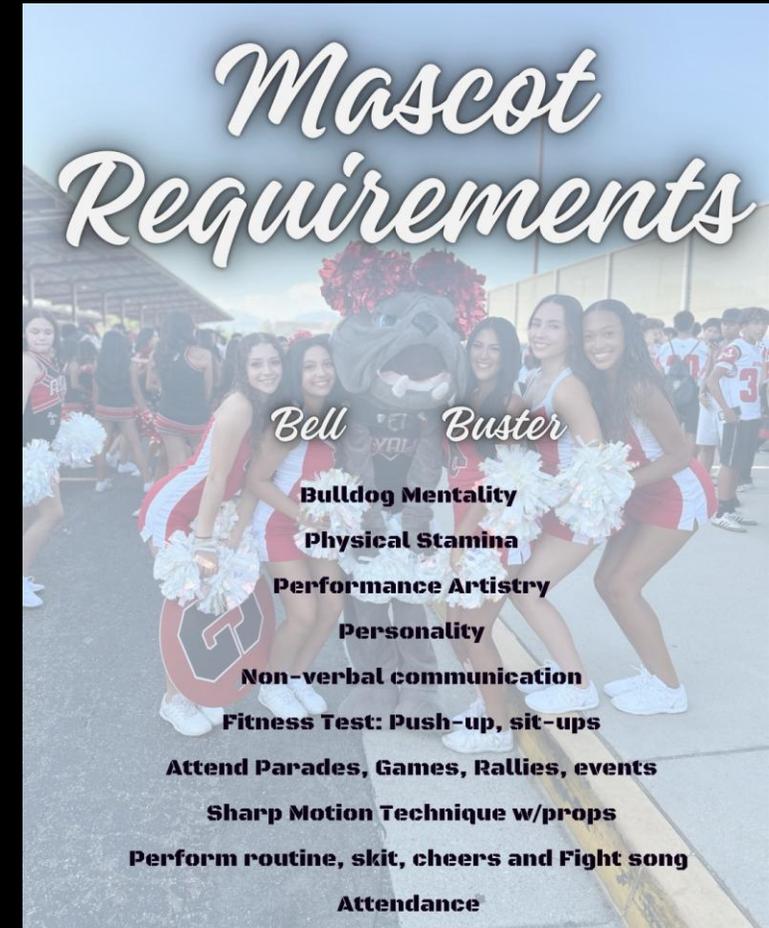
Please note: *Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.*

- Parents must email ayalaspirt1@gmail.com for their student athlete prior to 1st day of clinics if wearing a religious or medical medal.

If you fail to meet these requirements, you will be asked to leave clinics resulting in a loss of points and/or forfeiture of consideration for the team.

Tryout Requirements: Mascot (Gameday)

- Bulldog Mentality
- Physical Stamina
- Performance Artistry
- Personality
- Non-verbal communication
- Fitness Test: Push-up, sit-ups
- Attend Parades, Games, Rallies, Events
- Sharp Motion Technique w/props
- Perform Routine, skit, cheers and Fight Song
- Attendance



Tryout Requirements: V/JV Cheerleaders (Sideline + TCC + Fight Song)

- Mastery of sideline cheer and dance learned at clinics
- Ability to display proper and sharp motion technique
- Ability to display confidence and showmanship
- Proper technique of jumps (toe touches, pike jumps, left/right hurdlers/herky, double and triple jump sequence)
- Tumbling (sideline): handsprings, tucks above preferred **not mandatory*
- Ability to display proper stunting technique
 - Stunt groups and stunt positions will be determined by coaches for each division (*returners may not have same groups/positions*)
 - Varsity (minimum) EXTENSION SINGLE LEG (Arabesque, Heel Stretch) Tik –retakes, J-UPS, switch-ups
 - JV (minimum) EXT PREP, ½ UP SINGLE LEG (TEDDY, HEEL STRETCH, ARABESQUE)
- Fight Song division *will be tumbling* and will be hand picked between Varsity/JV teams totaling (26) members. Selection will be picked at tryouts.
- TCC will be Varsity Show Cheer Novice Non-Tumbling totaling 26 members. Varsity will be the only team for TCC season. JV (all classes) will have the opportunity to be on the Varsity TCC based on needs before August.

Tryout Requirements: Varsity Songleaders (Pom/Jazz)

- Pom/Jazz routines
- 2 eight counts of turns in second with around the world and reverse spot
- Consistent 3 pirouettes, 4 recommended
- RIGHT aerial
- A flat toe touch (legs at 90 degrees) minimum
- Flexibility right and left
 - Bonus:
 - specialty skills/tricks (head spring, kip up, switch jump, etc)
- Ability to execute and perform choreography in various styles
 - Jazz, Contemporary, or Lyrical

Tryout Requirements: Varsity Songleaders ("Game Day" Competition Routine)

- Consistent 2 pirouettes
- A flat toe touch
- Battement right and left
- Clear knowledge and sharpness of all pom motions
- Bonus skills
 - Right or left aerial
 - Headspring
 - Kip up

Tryout Requirements: JV Songleaders (Game Day)

- Single or double pirouette
- Toe Touch
- Sharp motions
- High energy needed for game day!
- Basic dance technique

We will only compete in the JV division if we have a minimum of 7 athletes. If we do not meet that minimum, only those qualified will compete with Varsity Game Day

Tryout Requirements: JV Songleaders (Pom)

- Consistent double pirouette
- Right and Left Leaps
- Toe Touch
- 1 eight count of turns in second
- Right Calypso

We will only compete in the JV division if we have a minimum of 7 athletes. If we do not meet that minimum, only those qualified will compete with Varsity Pom/Jazz

Tryout Donation

What does it include?

\$40 non-refundable tryout donation (optional)*

- Includes spirit shirt
- Coaches
- Judges

(if ordered & paid for by 3/21; Pick up the day prior to first day of clinics 3/18 from 3:30 – 6:00pm in room H-125. If not then pick up at tryouts)

Tryout Shirt



CHEER
VENMO-AYALATCC
ZELLE-AYALATCCBOOSTER@GMAIL.COM

SONG
VENMO-AYALASPIRIT01
ZELLE - AYALASPIRIT.TREASURER1@GMAIL.COM



Auditions

Attendance for Tryouts

- You must arrive on time and not leave until clinics are over. Wait for dismissal by coach/advisor for all days of clinics.
- Applicants must attend ALL days of clinics and day of tryouts. Being absent from any clinic days will result in loss of points and/or forfeiture of consideration for the team.
- If you are not present on the day of auditions, and/or (1) day present and (1) day missed at clinics, you have the option to have a Coach record you on clinic day(s) for a video submission as your tryout video. To make this exception—candidate must be present for—at minimum, (1) day of clinics to have a video record for submission.

Judging Procedures

- Tryout numbers will be given based on alphabetical order of applicant's name
 - No order rearrangements will be made
- Applicants will be preassigned into tryout groups based on tryout numbers
- Applicants will tryout in groups depending on number of applicants
 - There will be either 2 or 3 applicants in each group

Cheerleaders



Selection Process: Score Sheets

- Scores for each day of clinics to be determined by:

- ✓ Appearance
- ✓ Cheer Technique
- ✓ Jumps
- ✓ Dance
- ✓ Stunts
- ✓ Tumbling
- ✓ Showmanship and Attitude
- ✓ Punctuality and Attendance

(10 points per day)

- Passed/cleared Physical* more info in appendix

- Panel Judging

- Judges are not affiliated with Ayala High School or CVUSD to ensure impartial and fair scoring.

- Teacher/Coach review Form

- For Returners - Coach's evaluations (completed by Ayala spirit coaching staff)
 - Disciplinary history, attitude, forfeiture and attendance will show here for returning members.
- For non-returners – (1) teacher/coach recommendation has been submitted

Selection Process: Sideline and TCC

- The sideline spirit team will consist of (2) separate squads: Varsity Cheer and Junior Varsity (JV) Cheer and/or sideline
- The competition TCC team will consist of (1) team with separate divisions Varsity Cheer (TCC) and (Fight Song)
- The size of each squad will be determined by the coaches and administration.
- **Once selection has taken place it is final and absolute. No changes will be made.**
 - We encourage every participant who was not selected to work on building their skills for the future. We hire outside judge's; therefore, we are unable to provide feedback after tryouts.

Songleaders



Selection Process: Score Sheets

- Scores for each day of clinics to be determined by:

- ✓ Appearance
- ✓ Routine (Jazz/Pom/Hip Hop)
- ✓ Cheer
- ✓ Technique
- ✓ Showmanship and Attitude
- ✓ Punctuality and Attendance

(10 points per day)

- Panel Judging

- Judges are not affiliated with Ayala High School or CVUSD to ensure impartial and fair scoring.

- Teacher/Coach review Form

- For Returners - Coach's evaluations (completed by Ayala spirit coaching staff)
 - Disciplinary history, attitude and attendance will show here for returning members.
- For non-returners – (1) teacher/coach recommendation has been submitted

Selection Process: Song Team

- The sideline Song team will consist of (2) separate squads:
 - Varsity Song & JV Song
 - The competition Song team will consist of (1) team with separate divisions:
 - Varsity (Game Day) (Pom) and (Jazz)
 - The size of each squad will be determined by the coaches and administration.
 - Pom/Jazz comp will be optional*
- Once selection has taken place it is final and absolute. No changes will be made.**
- We encourage every participant who was not selected to work on building their skills for the future. Because we hire outside judges, we are unable to provide feedback after tryouts.

Selection Process: The final countdown...

- Scores will be tallied by a CVUSD employee outside the spirit organization and entered onto an excel spreadsheet with the scores from each day of clinic, teacher/coach evaluations and the panel judge's scores for each applicant.
- The spreadsheets are ranked by applicant scores from high to low. Teams are selected by natural breaks in the scoring and review by a school administrator.
- Scoring is confidential and score sheets will not be released under any circumstances.
- **Results will be posted on Tuesday, March 1st at 4:00 PM PST** on the Ayala Spirit page by tryout number [Ayala High School Spirit](#)



Your pledge
to the Ayala Spirit
Program

JV and Varsity Cheer Facts

Junior Varsity Cheer:

9th-11th grade

- Sideline only

Varsity Cheer:

10th-12th grade

- Sideline
- TCC *9th grade based on needs by August
- Fight Song *9th grade including but based on tryout pick
- If selected, you must be athletically cleared by June to continue participation. Failure to be athletically cleared may result in dismissal from team.
 - Sideline-based practices will begin in late April.
 - Competition-based practices will begin early August.

JV and Varsity Song Facts

Junior Varsity Song: 9th-11th grade

- Sideline only

Varsity Song: 9th-12th grade

- Pom, Jazz, Game-Day
- Game-Day only

- Sideline/Pom/Game Day based practices will begin in early May.
- Competition-based practices will begin after late August.
- Varsity Pom + Jazz competition is optional*
- You can be on Varsity Competition team as a 9th grader

Program Facts for Teams

If you make Cheer and Song teams you must compete.

- Stipulation: Varsity Pom and Jazz* optional

- Re-evaluations or Promotions:

For JV Cheer (sideline) spiritleaders, contingent on tryout and grades JV member will be asked to join Varsity TCC team based on skill if needed, however, will be selected by early August specifically for Show Cheer.

*By early September—the comp uniform needs to be ordered for season beginning in November if you are on JV and promoted onto the Varsity comp team.

For JV Cheer (sideline) spiritleaders, contingent on tryout performance, you can be selected for the fight song division.

This rules above are strictly for re-evaluations/promotions by a needs only basis for the Varsity teams* aside from TCC – Fight Song division.

6th Period Physical Education Facts

The following spiritleaders will take athletic PE

-All underclassmen (9-10th)

-All JV Spiritleaders* including those who are in the 11th grade

Extra Curricular Activities

If you are in All-Stars Competitive Cheer and/or, Studio dance, other sports or other extra curricular activities and your schedule *conflicts* with the current Sideline Cheer, TCC or Song Comp schedule you cannot be on Spirit teams including competition team.

- IF you cannot meet scheduled games, practices for the entire season year-round 2025-2026, you will not move forward with the sideline cheer/TCC season.

Ensure you can go to games if your schedule does not conflict

- Please refer to the 2025-2026 Ayala Cheer and Song Calendar, can be found under Athletics/Activities here [Ayala High School Spirit page](#)

*If you are on All-stars, studio dance, other sports or other extra curricular activities and your schedule does not conflict with the 2025-2026 school season, you will need to send comp, choreo and practice schedules before season begins. This doesn't mean you will be excused from practice, games and mandatory events, i.e. competition dates and practices**

Planned Events

- Spiritleaders may be excused from practice upon approval from coach/advisor on the following conditions only:
 - You had a one-time previously scheduled event or vacation planned before submission of tryout application on 3/14/2025 @ 5pm
 - *All dates must have been submitted with tryout form for approval*
 - Reoccurring events such as: work, volunteer, tutoring, studio/all-star practice, or extra-curricular activities/sports are not excusable reasons for absence
- *Please Note: Any absence excused or unexcused may result in removal from routines, stunt groups*

Important Dates

- Results Day Tuesday, April 1st at 4:00pm
- Parent Meeting Tuesday, April 1st from 6 – 7:00pm via Zoom
 - Payment schedule will be discussed promptly
- Celebration Party Wednesday April 2nd from 5-8:00pm. [5-6:00] Ceremony @ Ayala HS after [6:00 – 8:00] Bowling at Chaparral in Chino Hills.
 - *Specific location for Ceremony at Ayala TBD*
- Fitting Day (Varsity, Rebel, Nfinity) Thursday 10th 6th period until 4:30 PM in Cheer room H125
 - Parents need to attend to approve of sizing, and payment selection—especially for JV members. Coaches are not liable for incorrect sizes being ordered and/or payment schedules.
 - Parents will not be allowed on campus until 3:22pm
- Camp Monies is due May 22nd no later than 4:30 PM
- Box order day, Saturday May 3rd at 5:00 pm

Program Changes

- ✓ For TCC specific, you can be in the 9th grade or on JV and compete in Varsity Fight Song and Show Cheer or either of the two.
- ✓ There is no more JV competition team
- ✓ Captains – you can be a 1st year spiritleader, and be internally promoted by your team and receive a captains patch for your season

Communication



Communication

- Please do not contact coaching staff to check to see if paperwork has been submitted.
 - *If you submit paperwork before 3/14*, I will send an email confirming paperwork is complete or email letting you know something is incomplete.
- Make sure emails are correct when you fill out your form
- I will send out emails letting you know if you are ineligible based on grades and/or incomplete paperwork by 3/14.
- Allow 48 hours for a response on email or remind. If you still don't get a response, please reach out again.

Booster Clubs and Fundraising

- (2) separate booster clubs for Cheer and Song
 - Fundraising is an important part of the spirit program. It helps offset:
 - Hourly coaching rates
 - Competition registrations
 - Choreography, music
 - Banquet
 - Senior night, homecoming, etc.
 - Other events and needs (snacks for your athletes for example)
 - Participation highly recommended
 - Everyone needs to participate to work toward a common goal, i.e. (competition, etc).
- Our Cheer Booster nominations will begin in April during our upcoming cheer booster meeting which is the 2nd Tuesday of each month. If families are interested in joining booster, I would advise to send an email to Ayalatccbooster@gmail.com
- Our new board will be announced during our May booster meeting so that we can submit all paperwork in a timely manner to CVUSD before school gets out.

For more information on our illustrious booster, it can be found here:

[Ayala Sideline Spirit Boosters](#)

Important
Links,
Registration
&
Information



Important Dates

All forms for tryout application can be found on the Spirit page of the Ayala website. <https://www.chino.k12.ca.us/Page/21676>

Due before March 14th by 5:00 PM PST.

- ✓ 3/14 Tryout App due at 5 PM
- ✓ 3/18 - Tryout shirts for pickup 3:30 – 6:00pm in H125
- ✓ 3/19 – Clinic Day 1 [start: 4:30 end: 6:30]
- ✓ 3/20 – Clinic Day 2 [start: 4:30 end: 6:30] *Video Submission Day
- ✓ 3/21 Audition Day [start: 4:30 end: 7:00]
- ✓ 3/24 – 28 SPRING BREAK
- ✓ 4/1 Audition Results Day @4pm on Ayala Spirit Homepage <https://www.chino.k12.ca.us/domain/4678>
- ✓ 4/1 If your athlete makes the 25-26 Spirit team, you will be invited to a mandatory Parent meeting from 6-7 pm going over all things spirit. I will release zoom link then.
- ✓ 4/2 Celebratory Event (Library Stage + Chaparrel) Non-Booster sponsored. \$25 each bowler.
- ✓ 4/3 Mandatory Varsity Fitting Day **Parents must be in attendance.*
- ✓ 5/3 DUE DATE FOR PHYSICAL. Work to set-up Physical for Cheerleaders only*

Tryout Recommendation Letter

Coach/Teacher Recommendation Form

- Non-Returners-Must be completed by the recommender (teacher or coach of your choice) by March 14th.
 - Send to AyalaSpirit1@gmail.com if you cannot attach it in your tryout application.
- It is up to you to check with your recommending teacher/coach to make sure they have completed this. I will not be able to answer all inquiries on whether or not this was submitted

Cheer Tryout Donation

Please send \$40 Tryout Donation for Cheer via
Venmo or Zelle

Make sure to include the applicant's first and
last name when you pay.

Venmo – Ayalatcc
Zelle - ayalatccbooster@gmail.com

<https://account.venmo.com/u/ayalatcc>

Scan in your banking app to pay
AYALA COMP CHEER BOOSTER
at a...r@gmail.com.



zelle®

Song Tryout Donation

Please send \$40 Tryout Donation for Song via Venmo or Zelle

- Make sure to include the applicant's first and last name.

Venmo – Ayalaspirt01

Zelle - Ayalaspirt.treasurer1@gmail.com

Physicals

Spiritleaders (CHEER ONLY), please sign up now to secure a spot on the following date:

- ✓ Saturday, 4/26/25 8 am – 1pm
- ✓ Sunday, 4/27/25 8 am – 1pm

Songleaders *DO NOT* need a physical, If physical is not complete by May 8th your athlete will not be cleared to practice, or games and maybe excused from the team.



Ayala High School High School Sports Physicals



We are proud to present a community Health Physical Clinic for our Ayala High School Students.

*****IMPORTANT NOTE***** Any physical completed outside of Ayala High School BEFORE MAY 8, 2025 WILL NOT BE ACCEPTED for the 2025-2026 school year and will be considered expired based on academic year. ***

Dates: Saturday 4/26/2025 -- 8am-1pm
Sunday 4/27/2025 -- 8am-1pm

BY APPOINTMENT ONLY
Limited appointments available

TO SIGN UP: Contact Ayala's athletic trainer to schedule an appointment at kayla_wille@chino.k12.ca.us
(*check spelling*, if email is spelt incorrectly it will not be received)

Cost: \$40.00 -- **CASH ONLY**

Proceeds are donated to Ayala High School's Athletic Training Program for supplies for our athletes.

Location: AYALA HIGH SCHOOL – GYM
14255 Peyton Dr. Chino Hills, CA 91709

3 Forms Required-All athletes must bring with them:

- 1) a blank physical form
- 2) a completed and signed history form- The history form **MUST** be completed by parent and athlete **PRIOR** to the appointment
- 3) and a confirmation page for the sports they plan to participate in.

**** All 3 documents can be found on homecampus.com and all 3 are required for athletic clearance****

Special thanks to: Dr. James Lally, D.O., Dr. Tiffany Anderson Terrell, D.O., Dr. Brian Loveless, D.O., and their team.

Legal Documentation

NFHS Spirit Rules Book^{1 and 2}

National Federation of State High School Associations (2024)
NFHS Spirit Rules. <https://www.nfhs.com/p-1370-2023-24-spirit-rules-book.aspx>

California Interscholastic Federation (CIF)³ rules (2024) Bylaws 600

Series: Outside Competition.

https://www.cifstate.org/governance/constitution/600_Series.pdf

You can find the USA Nationals handbook here:

United Spirit Association (USA) Varsity Spirit (2025) Spirit Competitions. chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.varsity.com/wp-content/uploads/2023/07/2023-24-USA-Spirit-Competition-Information-Packet-1.pdf



Questions for Cheer and Song

Email

ayalaspirt1@gmail.com



AYYALLA

GOOD LUCK!

Q&A

2024  2025
VARSITY

