



# Meet The Coach

The Howard Cattle Rustlers Cheer Coach for the 2022-2023 season is:

## Coach Carissa Rash



**Spotlights:**

Showstoppers  
Talent Factory Ballet Co.  
Ayala SpiritLeaders  
Viper Athletics  
Mt. Sac Dance Team  
Los Angeles Laker Girls  
Los Angeles Avengers Cheerleaders  
San Diego Chargers Cheerleaders

**Coached:**

CHS  
CHHS  
St. Lucy's  
ERHS

**Co-Owner of Talent Factory Dance Studio & Gymnasium**

Coach Carissa began her dance and cheer career at Talent Factory Dance Studio & Gymnasium at the age of three. She has competed competitively on numerous dance teams and in All Star Cheer. In pursuing her love for dance and performing, Carissa followed her dance teachers' footsteps and stepped into the world of professional cheer/dance. She cheered with the prestigious Los Angeles Laker Girls, San Diego Chargers Cheerleaders, and the Los Angeles Avengers Cheerleaders.

After many years of performing, Carissa found that her new passion was coaching. Carissa currently coaches and teaches at the Talent Factory Dance Studio & Gymnasium. She is devoted to her students. Carissa hopes that she can inspire, motivate and prepare her students for their futures in the same way her mentors prepared her.

