

Braden River High School Cheerleading

2025-2026



Coaching Staff



Amy Diss

Teacher at Braden River Middle School
28+ years of coaching experience

Camryn Diss

Pediatric Occupational Therapist
Former BRHS Cheerleader
11+ years of coaching experience



A Note from your Coaches...

- We believe cheerleading is a rewarding and exciting sport; teaching dedication, integrity, teamwork, sportsmanship, and leadership, all while promoting school spirit.
- As a BRHS cheerleader, you will be a representative of the school and will be expected to adhere to a strict code of conduct both on and off campus.
- BRHS Cheerleading is a 10-month competitive cheerleading program.
- Please consider the time commitment this sport will require from both the student and parent/guardian.
- Your commitment will require active participation in summer practices, summer camp, after school practices, pep rallies, fundraisers, team bonding, weekly games, and competitions.

What is a BRHS Cheerleader?

AMBASSADOR

Visible role models, setting examples for academics, school spirit, and behavior

ATHLETE

Strive to perfect skills that require strength, flexibility, and endurance

CROWD LEADER

Encourage fan unity, sportsmanship, and pride in the school and community

ENTERTAINER

Enhance the fan experience

SPIRIT RAISER

Spread school pride both on and off the field, help others connect with their school and community

Schedule

- TENTATIVE spring and summer schedule (April-August)
- Football season required events include all practices, football games, and Homecoming Spirit Week activities.
- Competitive season begins October 1.
- Competitive season required events include all practices, basketball games, and weekend competitions.
- Other required events include fundraisers, community events, and specialized practices (i.e. tumbling, stunt groups, choreography).

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Tryouts 5:30-7:30pm	9 Tryouts 5:30-7:30pm	10 Tryouts 5:30-7:30pm	11 Tryouts 5:30-7:30pm	12
13	14	15 Commitment Meeting 6-7:30pm	16	17	18	19
20	21	22 Practice 5:30-8pm	23	24 Practice 5:30-8pm	25	26
27	28	29 Practice 5:30-8pm	30			

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 5:30-8pm	2	3
4	5	6 Practice 5:30-8pm	7	8 Practice 5:30-8pm	9	10
11	12	13 Practice 5:30-8pm	14	15 Practice 5:30-8pm	16	17
18	19	20 Practice 5:30-8pm	21	22 Spring Game 7pm	23	24
25	26	27 Practice 5:30-8pm	28	29 Last Day of School!	30	31

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 8:30-10am	3 Practice 5:30-8pm	4	5 Practice 5:30-8pm	6	7
8	9 Practice 8:30-10am	10 Practice 5:30-8pm	11	12 Practice 5:30-8pm	13 Sponsors Due!	14
15	16 Practice 8:30-10am	17 Practice 5:30-8pm	18	19 Practice 5:30-8pm	20	21
22	23 Practice 8:30-10am	24 Practice 5:30-8pm	25	26 Practice 5:30-8pm	27	28
29	30 Practice 8:30-10am					

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 5:30-8pm	2	3 Practice 5:30-8pm	4	5
6	7	8	9	10	11	12
13	14 Practice 8:30-10am	15 Practice 5:30-8pm	16	17 Practice 5:30-8pm	18	19
20	21 Practice 8:30-10am	22 Practice 5:30-8pm	23	24 Practice 5:30-8pm	25	26
27	28 Practice 8:30-10am	29 Practice 5:30-8pm	30 Cheer Camp St. Pete	31 Cheer Camp St. Pete		

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cheer Camp St. Pete	2 Cheer Camp St. Pete
3	4 Practice 8:30-10am	5 Practice 5:30-8pm	6	7 Practice 5:30-8pm	8	9
10	11 First Day of School!	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Finances

- The estimated cost for the 2025-2026 season is \$1,500
 - April 15: \$250
 - May 6: \$250
 - May 27: \$250
 - June 17: \$250
 - July 15: \$250
 - August 5: \$250
- Cost includes camp and competition fees, camp and competition apparel, special event apparel (i.e. pink out game).
- 2024-2025 cheerleaders that are invited back for the 2025-2026 season may receive a discount for items that we reuse AND are in like new condition (i.e. backpack).

Fundraisers

- Participation in fundraisers for additional costs is MANDATORY.
- Sponsorships
 - Have businesses or family members sponsor our team!
 - Tiered donations with advertisement on sponsor t-shirts
 - 50% goes back to your personal account to offset your fees



2025 BRHS Cheerleading Tryouts

**April 8-11
5:30-7:30pm**

Braden River

cheerleading



BRHS Cheer Tryouts

Scan this QR code and join!

Schedule

TUESDAY

Endurance/Strength
Dance

WEDNESDAY

Jump Clinic
Chant
Cheer

THURSDAY

Stunt Clinic
Material Review

FRIDAY

Formal Tryouts
(jumps, tumbling, dance,
chant, and cheer)

Scoring

JUMPS	Toe touch and jump of choice
CHANT	Motions, Energy, Voice, Engagement
CHEER	Motions, Energy, Voice, Engagement
DANCE	Motions, Energy, Engagement, Facials
STRENGTH	Push-ups and Sit-ups (1 minute each)
ENDURANCE	Running (4 laps around track)
GPA	3.0 GPA = 3.0 points
ATTITUDE	Be kind, respectful, and cheerful!
STUNTING	Coachability, Effort, Execution
TUMBLING*	Bonus

Athletic Clearance

1. Visit AthleticClearance.com. Click on the Florida graphic.
2. Click "Create an Account" and follow the steps. If you have previously created an account, click "Sign in". Watch the tutorial video for help, if needed.
3. PARENTS register with valid email username and password.
4. Login using your email address that you registered with.
5. Select "Start Clearance Here" to start the process.
6. Choose the School Year in which the student plans to participate (Example: Football in Sept 2024 would be the 2024-2025 School Year).

Choose the School at which the student attends and will participate in Athletics. Choose Sport. *You can also "Add New Sport" if a multi-sport athlete. Electronic signatures will be applied to the additional sports/activities *(Make sure you click on all the sports that your student athlete might participate in during the school year).

Braden River High School Bradenton, Florida 34203 (941) 751-8230 x31045 Matt Nesser, Athletic Director

Athletic Clearance

7. Complete all required fields for: -Student Information (Educational History) -Parent/Legal Guardian Information -Medical History -Signature Forms -Files (Upload all forms here, EL2 Physical).

Please contact the Athletic Director for further instructions regarding additional forms for Non-Traditional Students. *(If you have gone through the AthleticClearance.com process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages.)



8. Once you reach the Confirmation Message, you have completed the process.

9. All of this data will be electronically filed with your school's athletic department for review.

Mandatory Student Insurance/Athletic Participation Fee (required)

<https://manateeschools.revtrak.net/high-schools/braden-river-hs/braden-river-hs-athletics/brhs-athletic-insurance-participation-fee/>

What should I bring to tryouts?

- 
- Completed tryout packet with parent/guardian signatures
 - Proof of Athletic Clearance
 - Copy of Semester 1 report card
 - Black athletic top and black bottoms
 - Cheer or athletic shoes
 - Hair secured in ponytail and out of face
 - Water
-
- 

What should I NOT bring to tryouts?



- Parents, friends, or family
- Crop tops, sports bras, or spandex without shorts/shirt over
- Fake or long nails
- Jewelry (visible or hidden)
- Food, gum, or candy
- Soda or energy drinks



**Let's get ready for another
great season!**

★ Coach Diss and Coach Camryn