Four-year veteran Raiderette Allison has been dancing since she was three years old. Although she trained in ballet and jazz for the first decade of her experience, she eventually traded in pointe shoes for pom-poms. Allison was a member of her high school’s varsity pep team, her college’s cheer and dance team, and participated in the United Spirit Association’s (USA) summer program where she won Rookie of the Year in the Songleader/Pom category and then went on to become an instructor for the camp.

Allison was named Captain of Line 3 this season and says her time as an instructor in the USA program helped prepare her for her leadership role with the Raiderettes. Her proven dance ability – she was awarded Dancer of the Year last season – and her work ethic make for an excellent role model. “I believe in working hard and staying persistent,” Allison said. “It may take time to reach your goals, but if you have the drive and foster a growth mindset the sky is the limit. You just have to remain diligent and earn it.”

Not only does Allison set an example on the team, but in the community as well. “When I was living in Fresno, I actively volunteered at Valley Children’s Hospital,” Allison said. “I would visit patients in their rooms, create arts and crafts projects with them, and spend time with them in the playroom. Putting a smile on a child’s face is so fulfilling.” As life has progressed, Allison’s daily responsibilities don’t leave time for as much volunteer work as she would like. Luckily the Raiders offer plenty of opportunities to connect with the community in the same way Allison used to on her own. “The most rewarding experience I’ve had as a Raiderette was when I was able to visit Shriners Hospital in Mexico City,” Allison said. “Although there was a language barrier, it was evident the patients were enjoying the time away from their rooms. There were tons of smiles and hugs going around and it reminded me of the days at Valley Children’s Hospital.”

Allison lived in Fresno, California, until she moved away to attend school at University of the Pacific. She graduated with her bachelor’s degree and currently works as a staffing specialist in the talent and acquisition department of a health insurance provider. Although she enjoys her job, Allison aspires to be a personal trainer. She loves going to the gym and enjoys mentoring and motivating others in their workouts.

Allison pushes herself in every aspect of life, “There is a fire in me that always strives for excellence,” Allison said. Whether it’s adding extra weight during a gym session or hitting that dance move extra hard, Allison always goes full-out and inspires everyone around her to do the same.