



2026 TRYOUT FREQUENTLY ASKED QUESTIONS

Will there be a 2026 Prep Clinic?

We will be hosting a traditional clinic on Thursday, January 8th at the Under Armour Performance Center where attendees will learn dance/cheer skills, choreography, and what to expect during the audition process. We will also be hosting mini clinics at various locations throughout Maryland.

- January 10 – MD Dance Project Dance Clinic
- January 31 – B. Funk Dance Studio Dance Clinic
- January 31 – Cheer Extreme Stunt Clinic
- February 7 – Vipers Allstars Mini Clinic
- February 12 – Merritt Athletic Club Mini Clinic

I can't go to any events. What other resources do you have?

We will be hosting a virtual question and answer session with members of the current team on Tuesday, February 17 from 6:30 – 7:30pm for anyone unavailable for in-person clinics, or who want to learn more as tryouts get closer. We recommend you browse our social accounts on [Facebook](#) and [Instagram](#) to get an idea of our performance style, look and feel of the team. Leading up to tryout weekend, we will be posting more tips and tricks for tryouts and advice from current members. On March 3rd, you can tune in to Instagram for a live info session with coaches Will and Ali to also review tips, tricks, and questions before tryout weekend. You can also reach out to our team via email at cheerleaders@ravens.nfl.net.

When are 2026 Ravens Cheerleader Tryouts? What are they like?

2026 Ravens Cheerleader tryouts will be hosted in-person at the Merritt Athletic Club Downtown on Saturday March 7th and Sunday March 8th. Applicants that advance past the first two rounds will then go through a virtual interview round with coaches, and a final round on March 19, 2026.

What are the minimum qualifications to tryout?

You must be 18 by March 7, 2026 to tryout. You must also have a high school diploma or GED. Dance or stunt experience is preferred and highly recommended prior to tryouts.

What should I wear for tryouts?

Females: You can wear a two-piece dance outfit, or a sports bra or crop top with short biker shorts. Please wear dance or jazz shoes or sneakers. You may also wear skin colored panty hose or dance tights if preferred. Hair and makeup should complement your features, and hair should be worn down.



Males: Wear a plain white t-shirt or polo and black shorts. You must be clean shaven and have a clean haircut.

If you have tattoos, please cover them for tryouts.

Will the tryout dance material be taught, or will I have to choreograph a few 8 counts?

Following check-in at tryouts, there will be time scheduled for participants to learn the tryout dance all together. No prior choreography is needed. We do recommend you focus on making sure you are physically fit and develop your dance technique and stunt skills leading up to tryouts.

What will the judges focus on and look for during tryouts?

- Dance Technique
- Performance
- Showmanship & Personality
- Dance Skills
- Jump Skills (toe touch)
- Tumbling Skills (stunt team only)
- Stunting Skills (stunt team only)

2026 GENERAL CHEERLEADER FREQUENTLY ASKED QUESTIONS

What are some of the benefits of being a Ravens Cheerleader?

Members of the Ravens Cheerleading Squad have several opportunities, including but not limited to:

- The ability to perform in front of 70,000 fans during Ravens home games
- Exposure through media, high profile events, and community relations events
- Monetary compensation for all practices and games, as well as additional opportunities to generate compensation for public events and appearances
- Opportunity for travel to represent the Baltimore Ravens on military tours, the NFL Pro Bowl, and other events outside of Baltimore
- Uniforms and apparel are provided for all squad members
- Join the Cheerleader Alumni network and participate in Alumni events

What style of dance and skills do the Ravens Cheerleaders perform?

Performances are mostly precision-based Cheer & Dance style routines, but Jazz and Pom styles are also incorporated. Different levels of dance skills, jumps and tumbling are also incorporated into performances.



Our dance team performs a wide variety of dance skills at all levels, including:

- Kicklines
- Pirouettes
- Leaps
- Axle
- Calypso
- Turning Disc
- Fouettés / À la Seconde Turns

Our stunt team incorporates a variety of acrobatic stunt skills at various levels. The base format of the stunt skills include:

- Partner Stunting
- Baskets
- Elevators
- Pyramids (2 and 3 ½ high)

What is the time commitment if you make the team?

Being a member of the Ravens Cheerleading squad is a significant time commitment but is an experience you will never forget. You can expect the following as a Ravens Cheerleader:

- Attending and performing at all home games for the season. Cheerleaders arrive at the stadium approximately 5 hours before kickoff for each game.
- Practices are 1-2 times a week, depending on the time of year. Practices are on Tuesdays and Thursdays from 5:45 – 8:45 pm. Practice locations vary.
- Each Ravens Cheerleader should plan to attend approximately 20 appearances each season. There are a few mandatory appearances each year that the full squad is required to attend.

Is there an age limit to try out for the squad?

To tryout, you must be 18 by March 7, 2026. There is no maximum age limit.

Are Ravens Cheerleaders paid?

Yes, cheerleaders are paid for practices, games and appearances.