



2026 TRYOUT FREQUENTLY ASKED QUESTIONS

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 later in March.

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
- Tumbling Skills (stunt team only)
- Stunting Skills (stunt team only)



Is there a virtual option to tryout?

No, we do not offer a virtual option to tryout. We require all potential cheerleaders to attend on March 7th to be eligible for the 2026 team.

Will there be a 2026 Prep Clinic?

There are several opportunities for cheerleader hopefuls to prepare for 2026 tryouts. Our 2026 Prep Clinic is scheduled for Tuesday, December 9th 2026. We will also be hosting a Mini Clinic series at gyms throughout Maryland.

I can't go to a clinic. What other resources do you have?

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. This season, we will be hosting a virtual FAQ session as well. You can also reach out to our team via email at cheerleaders@ravens.nfl.net. If you are looking for a stunt partner to practice with or private dance sessions, please reach out to our email as well and we can connect you with other resources.

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 does 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 tumblers are also incorporated into performances.



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.

Are Ravens Cheerleaders paid?

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

I have a question that isn't answered here. Where can I go?

We recommend you reach out via email to cheerleaders@ravens.nfl.net. We do not often check Instagram or Facebook Direct Messages on our social media pages.