

#FOLSOMHIGHCHEER

Welcome to  
Folsom High School  
**CHEERLEADING**



HEAD VARSITY COACH:  
Victoria Wilmer

HEAD JV COACH:  
Paige Francis

ASST. COACHES:  
China Martinelli  
Tessa Wilson

*Social...*



Follow us on our IG:  
[@folsomhighcheer](https://www.instagram.com/folsomhighcheer)

# Sideline Timeline...

**MARCH**

Our SIDELINE (football and basketball cheering) tryouts are held in March, generally before spring break.

**APRIL-MAY**

Practices held in APRIL/MAY are used to learn material and work on skill building before camp

**JUNE**

Practices held in JUNE are to prep for camp and begin to structure halftime performance

**JULY**

The month of JULY is the only real "off season" for sideline cheer. The athletes get three full weeks off.

**AUGUST on...**

Halftime work for football and basketball games.



SLIDESHMANIA.COM

# Contact:

For ?s or information regarding Folsom High School Cheer, STUNT or Competition Team, contact:

Victoria Wilmer, Head Coach  
916 . 294 . 2400  
[Vwilmer@fcusd.org](mailto:Vwilmer@fcusd.org)