

CHEER

THE SKY'S THE LIMIT



The sky was the limit for our competitive cheer squad as they took to the skies with their newly developed stunts. These ladies, and of course Trent, were never hesitant to launch each other as high as they could. With the new stunts, lung capacity and ability to hit every movement cleanly and sharply this talented group took home the second place trophy at Top of The World Cheer and Dance Championship in Anchorage. Within the past year the team went from competing in the school gym of Valdez to the big stages of Anchorage. It is pretty safe to say that our spirited cheerleaders definitely know how to "bring it on."

"Cheering was a whole new experience for me. I love being thrown in the air and doing full extensions"
~ Cheyenna Lindgren

"Cheer definitely taught me alot. I made amazing memories with amazing girls!"
~Taylor Jacobs

"Whimps lift weights, cheerleaders lift people."
~Trent Jackson

"We practice 2 hours a day, 5 days a week, 4 weeks a month, 4 months a year, all for 2 1/2 minutes of routine. Is it worth it? For sure!
~Amanda King



Our squad sported some sweet sunglasses from the mom, Angela, who never failed to keep to her room stocked with snacks for the squad on those long trips.



During the squad's time in Anchorage for the State competition Emmy Stern, Abbi Palmer, Katie Attleson, and Katie Hasbrouck stayed up late protecting and defending their fellow teammates.



LOAD

Every stunt in cheerleading begins with a load. The load is how every cheerleader gets into the hands of her bases. Above one of our flyers, Emmy Stern, loads into the hands of bases, Katie Hasbrouck and Trent Jackson. The load is critical to stunting because the flyer must be light and push up with her arms rather than using her legs to propel herself into the air.



FULL EXTENSION

This is a full extension, a stunt that includes one flyer, two bases, and a backspot. Senior Cheyenna Lindgren stands on top of base Brittany Stallings and senior Taylor Jacobs. A backspot counts and watches diligently as a flyer goes up; it is her job to make sure that if the flyer falls she falls on top of the backspot and not on the ground. Sydney Jacobs makes a wonderful backspot in this stunt.



CRADLE

How do you get down from a stunt? This is a cradle and is one of the many ways a flyer gets from the air to the ground safely. Whitney Foster, one of our squad's flyers cradles down from a stunt. Bases must keep a watchful eye on the flyer, making sure to catch her without hitting eachother and the backspot must make sure the flyer's head doesn't touch the ground.

