

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

"Cheering was a whole new experience for me. I love being thrown in the air and doing

full extentions" ~ Cheyenna Lindgren

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

ít? For sure! ~Amanda King

"Whimps lift weights, cheerleaders lift people." ~Trent Jackson  $\mathcal{D}$ 



Our squad sported some eet sunglasses from the am 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.

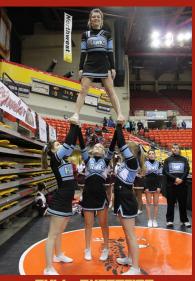


very stunt in checkeding begins with a bad. The load is how every cheerleader gets not the hands of her bases. Abov of of ur flyers, Emmy Stern, loads into ands of bases, Katie Hasbrouck and Trent Jackson. he laod is critical to stunting because the lyer must be light and push up with her arms ather than using her legs to propel herself not the air.









## FULL EXTENTION

This is a full extention, a sturt 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 he flyer falls she falls on top of the backspot and not on the ground. Sydney Jacobs makes a wonderful backspot in this sturt.



## 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 craddles 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.