

Cheer Team hypes fans to defend The Den with enthusiasm



To ignite the crowds and spark the teams, the Cheer Team networks their powers of team bonding, trust, and energies.

"The most important value would be trust. Everyone is so close which makes everyone friends and it goes smoothly. We are a family." said junior Kenniah Cotton.

To understand why trust is important, "I believe that you should always trust and communicate with your team so that practices and stunts run smoothly." said senior Reagan Guy.

To highlight the achievement of our team bonding and skills work, junior Dania Green, senior Reagan Guy and sophomore Aniyah Seabrook brought home the All American award.

"Some of my teammates earned an All-American which is so great. As a team, we won a spirit award," said junior Kenniah Cotton.

Behind the scenes Cheer Team members psych themselves with individual rituals.

"I prepare by stretching and thinking positively." said sophomore Emma Ragan.

Another individual routine to psych up, "I just go to the mirror to look at myself to see if I'm cute and presentable. Then still in the mirror I shake my hands, legs and arms then I'm ready." said Cotton.

Adding excitement to their season, cheerleaders revealed their most memorable moments.

"My most memorable experience is when we had a carnival themed night and played games." said Ragan.

Another most memorable moment happened when, "Over the summer, our cheer squad went to a Universal Cheerleaders Association cheer camp. It was a very cool and tiring experience.

~ Kaylynn Ruffin

Standing tall in their well-known pyramid formation, freshman Emily Garcia holds strong on top of the six-foot tall structure to show off the team's stunting movements. Besides Garcia, sophomore Aniyah Seabrook flies, also "My biggest improvement as a flyer has been my versatility when it comes to stunts." Along with Seabrook, also senior Reagan Guy earned All American honors. Deciding not to go, junior Dania Green was selected to go to London as a All American.

Lilli Anderson



HR Images

Varsity Cheer Team

~ **Front row:** Madison Mangles, Jillian Peifer, Sierra Valerio, Reagan Guy; **Row 2:** Arianna Park, Casandra Fisher, Mekaila Stuckel, Mackenzie Hudson, Emma Ragan; **Back row:** Molly Murphy, Kenniah Cotton, Dania Green, Isabella Westerfield, Amine Golden, Aniyah Seabrook.

For the Record

"I stretch before going out and always put a smile on my face. You have to get hyped to hype up your team."

~ junior, Casandra Fisher

