

# Forté Dances Away with Triple Crown

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## Dance team sweeps annual state dance championship.

Every December, dance teams all over the state compete at Wells Fargo Arena in Des Moines. This year, the Forté dance team competed in this all day event, dancing away with three first place trophies.

"Performing at state was an indescribable feeling. At first it was extremely nerve-racking, but once we got on the floor and the music started, it all came together. I absolutely loved performing and I am so blessed I got the opportunity," said freshman **Emma Anderson**.

Preparing for state meant putting in hard work and dedication. They practiced three times a week leading up to state and held a parent preview.

"It felt amazing to Triple Crown. All the hard work, extra time, and preparations paid off. It couldn't have happened to a sweeter group of girls, and assistant coach **Rachael Lent** and I are so very proud," said coach **Melissa Wimmer**.

Eight girls competed in all three routines. The first, military, was danced to "Zoom." The second routine, kick, was danced to Texas University's theme song. Costumes for this were authentic kickline costumes from the Texas dance team in 1997. Finally, the pom routine to a mix "Power."

"I am so ecstatic about our win at state this year! We have not gotten a first place since my freshman year, so going from zero to three is amazing! It honestly felt like a dream. I kept trying to replay everything in my head to make sure it really happened. I couldn't have asked for more for my senior year. Our team has really blown me away," said senior captain **Kaila Wimmer**.

**Pom:** Senior Kaila Wimmer; Juniors Macy Nossaman, Jessica Pottridge, Elyse Parisee, Sarah Coppock; Sophomores Paige Meyer, MacKenzie Becker; Freshmen Erica Nossaman, Emma Anderson, Journey Reynolds  
**Military:** Senior Wimmer; Juniors Nossaman, Pottridge, Parisee, Coppock, Jazz VanHemert; Sophomores Meyer, Becker; Freshmen Nossaman, Anderson, Reynolds, Brynn VanderBeek  
**Kick:** Senior Wimmer; Juniors Nossaman, Pottridge; Sophomores Meyer, Becker; Freshmen Anderson, Nossaman, Reynolds, Natalie Henry



TOP | Forté performed their pom routine in Wells Fargo Arena, Des Moines. "State is an experience that I will remember forever. To perform in front of so many people and show them all the hard work we have put into our routine was exciting," said sophomore **Paige Meyer**.

ABOVE | The first performance of the day was the military routine. "My team and I absolutely loved our routines this year and all of the work we put in is really incredible," said junior captain **Macy Nossaman**.

"I would say the whole experience was really awesome not because we won everything necessarily, I mean that was fun, but I got to see how our hard work paid off and I got to experience it with my team."

-Junior **Sarah Coppock**



"This year was a lot different than last year. It was fun getting to see all of the freshmen experience state for the first time. Everybody was ecstatic about our performances and we were so proud of each other for working so hard and trying our best."

-Sophomore **MacKenzie Becker**

"Forté has been such an amazing part of my freshman year from getting to know all the other girls and getting to be a better dancer. Winning at state really topped off a great season and made all the hard work worth it!"

-Freshman **Erica Nossaman**

