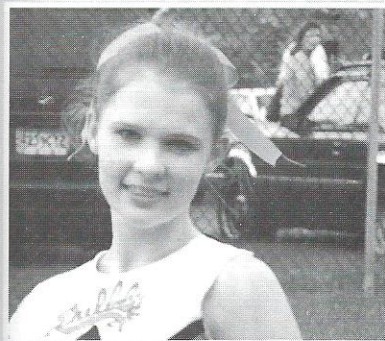




“Cheerleading is a very tiring sport. Sometimes it bothers me that we don’t get a lot of respect, but I know how much hard work and effort really goes into it.”

Holly Hughes, 9th



“Cheerleading is more than an after school activity. I enjoy every minute of being on the field. Practices aren’t as enjoyable, but they are well worth it.”

Nicole Bunton, 9th

liberty~elevator~extention~cupie~scorpion~high torch~grin
and bear it~ around the world~mc fly~ heel stretch~ twist

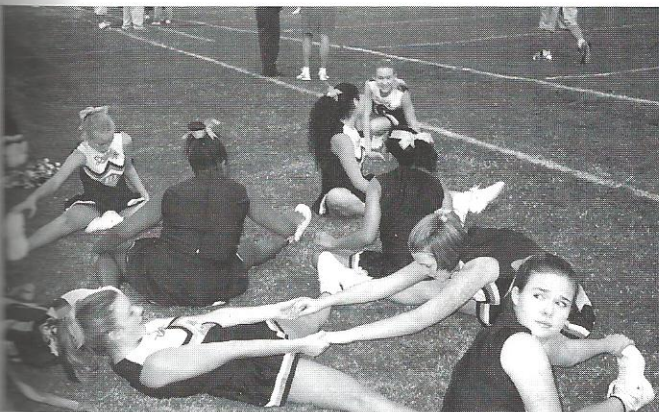
stunts

One, two, down up echoed through the audience as three JV cheerleaders flew through the air at a home football game. The sounds of approval could be heard by the fans who were amazed by the stunts. The cheerleaders worked to show off their talents. They wanted to prove to people that they were not just girls in skirts, but an athletic team that worked hard.

“I feel like cheerleaders are stereotyped way to much. We work hard at practice and at school to dispell that myth,” said sophomore **Katie James**.

Concentrating so hard on perfecting every motion, the cheerleaders made it hard for the crowd not to get pumped up during the game. “Cheering can be so much fun when the crowd gets involved with what we are doing. Not only is it fun, but it helps raise the spirit of our football and basketball team,” said sophomore **Jennifer Kinard**.

Cheerleaders did not have an off-season. As soon as football season ended, the girls began working on their performances for basketball season. “Basketball season isn’t as difficult because we get to sit down during the games”, said freshman **Bonnie Cole**.



Practice makes perfect. Practicing before kick-off, the JV squad goes over their halftime performance one last time. They worked hard all week to learn the stunts that they would do in front of the crowd.

Are you ready to get started? Preparing for the game by stretching and warming up, sophomore **Brandi Benton** and freshman **Maegan Causey** get limber. Cheerleaders stretched before every game and practice to avoid injury.