

JUMPING HIGHER THAN THE REST

Prepping for the season

Go Figure

10
Games

5
Seniors

42
Chants

The varsity cheerleaders started practice towards the beginning of August when they traveled to Miami University in Oxford, Ohio. UCA (Universal Cheerleading Association) staff members and Ohio squads welcomed the girls as they learned new material for their upcoming season.

"Camp was so much fun staying up and laughing, until we got yelled at by our coach for being a little bit too loud," said **Liz Back, 11**.

The girls won numerous superior ribbons for all of the dances, cheers, chants, and extreme routines they performed.

After camp the squad made an appearance on Channel 12's Wake-Up Cincinnati on October 8th. Throughout the season the girls became closer and built bonds with each other, as well as with their new coach.

This year was **Nicole Porter's** first year coaching varsity. She enjoyed the season so much that at sports awards she said, "I will never forget this memorable season."

The girls made up new chants, a hello-cheer, and perfected a hip-hop dance that they learned from camp. As a tradition, before every home game

the varsity cheerleaders decorated the football locker room with candy and motivational signs. At each game, the girls welcomed the other cheerleaders with treats and performed their hello-cheers for the opposing team's fans.

"Unlike other sports, we don't hate the opposing cheerleaders. We always wish them good luck and they wish us the same," said **Sachi Sunamoto, 12**.

After beginning practice with a new coach, the squad soon learned how the fall season would go. From running a mile every practice, lifting twice a week, taking tumbling classes at Kid's First, and doing approximately 40 jumps each practice, the varsity cheerleaders had worked hard before and during the season. **Coach Porter** helped the girls work hard and everyone enjoyed the pep and spirit that the girls had every game.

"Coach Porter made us work a lot harder. We learned to appreciate how much hard work can pay off," said **Alyssa Molnar, 12**.

Each cheerleader showed off their hard work and dedication each week under the Friday night lights.



The cheerleaders hold up a banner for the football players to run through each home game. A tunnel of the cheerleading squads was made leading up to the banner. It was donated to the squad by the Football Moms in 2003.



Liz Back, 11, and Annie Alemagno, 12, cheer with enthusiasm in front of the fans. Before each game the varsity cheerleaders had a pasta party at each girl's house and got ready together. This got all of the girls excited for the big game as they spent time with their teammates, and friends.



Jiuen Chae, 11, shows spirit for the football team. After they scored the cheerleaders did six push-ups for every touchdown that was scored. Some of the fans also did push-ups along with the cheerleaders which got everyone pumped.



Kristin Grueninger, 12, captain, and Alyssa Molnar, 12, have been cheering together since eighth grade. This year, the cheerleaders have been working hard lifting in the weight room as a squad twice a week. They also attended tumbling classes twice a week at Kid's First.