

1. BUILDING A FAMILY JV Pom Abby Mensing 9, joined the team to be a part of something fun. "My favorite part has been getting to know the girls on the team and becoming a family, because in the end it's not about winning, it's about the relationships that you make," Mensing said. PHOTO BY AVERY ROMIG

2. LAST DANCE Kierston Bridges, 12, does what her team has been preparing for since June; dancing at League. "I love my team and letting out our nerves before competitions with all of my best friends," Bridges said. PHOTO BY TAYLOR FAISON



THIS IS WHAT WE GOT



3. TELLING A STORY Dancing with a passion, Olivia Pfister, 10, shows the judges what she's got at Rock Canyon High School for their league competition. Pfister loves to just let go while she's dancing and plans to continue her dancing career in the future. "Dancing outside of school just makes me relax and is very nice," Pfister said. PHOTO BY TAYLOR FAISON

4. READY TO WIN Caroline Sturm, 9, performs her jazz routine at Rock Canyon High School placing third at league. Sturm has been dancing for as long as she can remember, but joined poms just this year. "Poms has taught me to be confident in yourself and how to work as a team and not just as an individual dancer," Sturm said. PHOTO BY TAYLOR FAISON



5. SMILE TO THE JUDGES Brooke Oswald, 11, smiling through her poms routine at league placing 3rd overall. Dancing on poms for three years Oswald loves the best friends that she's made while being on the team. "I love dancing because it is a good way to get involved and meet new people," Oswald said. PHOTO BY AVERY ROMIG

6. KICKING TO THE SKY Megan Waite, 12, performs the kickline while doing their poms dance at league. Practicing almost everyday since June and dancing for 15 years, Megan is very proud of herself and her team and how they did at the competition. "We did our personal best and performed the best that we could especially going against ThunderRidge, the winning state team of last year," Waite said. PHOTO BY AVERY ROMIG



DANCING FROM THE HEART

SOPHOMORE OLIVIA PFISHER DANCES FOR THE POMMS TEAM AND HAS MADE UNFORGETTABLE MEMORIES WITH HER TEAMMATES

BY TAYLOR FAISON, AVERY ROMIG, TEANNA BECKHAM

Dancing at league, sophomore Olivia Pfister showed her best emotion while performing in front of the judges. Performing their jazz routine, JV Poms did very good, placing 3rd at league.

"A lot of people got their personal bests at this competition," Pfister said. Getting third at league was exciting, but Pfister's favorite memory this season was bonding with her teammates and making friends.

"I loved making more friends, because you can never have too many friends," Pfister said.

When competitions come around, the girls are very prepared by taking technique

classes, team bonding, conditioning, and doing things to prepare them to become a Varsity dancer.

Dancing on a poms team comes with some challenges, but as a team they work through them to become even better.

"When we know our routines, stick together, practice, and realize what we all want as an outcome we come together and face any challenges as a team," said Pfister.

With 11 years of dancing, Pfister has come to love this sport and has learned many lessons this season.

"Never give up, and be yourself," Pfister said.



5. SOARING ABOVE Showing her emotions while dancing, Macy Fouts Hyatt, 10, competes for the winning spot at league. Hyatt and her team prepare by taking classes outside of school and practicing daily to correct anything errors along the way. "Doing a lot of team bonding and having a close relationship with my teammates help us perform the best," Hyatt's said. PHOTO BY AVERY ROMIG

"DOING A LOT OF TEAM BONDING AND HAVING A CLOSE RELATIONSHIP WITH MY TEAMMATES HELP US PERFORM THE BEST."

CHRISTEN HAMMERBERG, 12

"I am proud of doing better this year by passing more classes this year and working harder as a student"

JAYSON JONKONLEC, 12

"I am proud of getting into the military this year because it is a big deal and this is my dream, so now its coming true."

ASHLYN KEY, 12

"I am most proud of getting accepted into colleges and I'm excited for my future after high school."

I'VE GOT THIS 103

FALL NOVEMBER 12-18 POMMS REGIONALS

WHAT HAS BEEN YOUR BIGGEST ACCOMPLISHMENT THIS YEAR?

OLIVIA CLARK, 12

"I am proud of getting through the tough times during junior year and prospering into senior year with my friends."

JAKE GRIEVING, 12

"I am proud of committing to play D1 baseball at the Air Force Academy next year."

SUFYAN ELKANNAN, 12

"I am most proud of my basketball team, our strong start this season, and the crazies this year."

ANNELI AHIMANN, 10

"I am proud of making the volleyball team at legend because it is difficult to make it and I worked hard to get on the team."

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WORK ORDER

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