

# spread the cheer

**CHEER THE DAY AWAY** Varsity cheer and students from ILC is the core heart of Unified Cheer. This allows students in the ILC community a chance to help cheer on the sports they love so much. "Being in Unified Cheer was a lot of fun. I had a lot of fun cheering with my friends and I had a lot of fun during competition. Competition was probably my favorite because there was so much going on," Unified Cheer member Skyler Skogen (11) said. For some, it allows them to compete in a sport that interest them and make them feel included in their community.

Others see it as a way to get to know and connect with those in the ILC program. "It's really nice that they can give a chance to the disabled kids to feel normal," Melodi Harris (10) said. Many on the Varsity Cheer team found it fun and an inseparable moment they will treasure for their lives and never forget.

People find the Unified program as a good way to include the ILC into the daily school life. "Unified is really nice and it gives us a chance," Alissa Smith (10) said. This allows them to interact with others in a way that is memorable to them. They feel more included and enjoy school.



**GO TEAM** "Unified Cheer is important to me because I get to share my passion with others and I get to see the happiness in them," Kayla Gibson (10) said. PHOTO BY K. MILLER



**KNOW THEIR NAMES** Members of the Varsity cheer partners up with the ILC community to create the unified cheer team. "I love seeing them when they accomplish something. The unified kids also help me see the joy in the little things," Kayla Gibson (10th), said. Every year, the unified cheer team gets together and goes to home games in order to cheer on the Cougars to victory. PHOTO BY K. MILLER

**HEAR THEM ROAR** Unified cheer is made up of the loving community of varsity cheer and ILC students. The main part of Unified Cheer is the integration of Varsity Cheer with the ILC community. "Good. I liked it. I'm planning on doing it next year," ILC member Alyssa Ariel (9) said. ILC students get a chance to join the sports community and cheer them on for the win. PHOTO BY K. MILLER

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## routine

**YOUNG AND OLD** For some Gymnastics is a thing to help stay fit, even from a young age. "Well, I've been doing it since I was very young," Saadie Hines (9) said. Hines competes at Creek in the summer and has fun being with her team. PHOTO COURTESY OF SENTINEL COURTNEY OWENS



**TOGETHER AS ONE** Team bonding is a huge part of the gymnastic community. "My favorite part is how close everyone is and how supportive everyone is," Sydney Parker (11) said. Team bonding brings the team together. PHOTO COURTESY OF SENTINEL COURTNEY OWENS



**DANCE ON** Dance is a big part of the Poms community. "It was something to do that I was interested in that is apart of the school," Mykenna Maunu (9) said. Poms adds emotions in performances. PHOTO COURTESY OF C. HOLLIDAY

**AWE THE CROWD** For some, they love watching the performances, for the team, its about the uniqueness of each person and what they contribute to the Poms team. "I started because I just wanted to be in something associated in the school and to fit in freshman year," Brooklynn Thompson (10) said. For some, Poms gives them a sense of feeling welcomed. PHOTO COURTESY OF C. HOLLIDAY



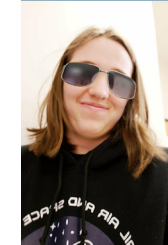
## poms up



**ON THE PATH TO GREATNESS** Poms requires skill in every way. "I started dancing when I was 4, and then stopped in 6th grade. In 8th grade I wanted to start again and I thought poms was a good idea," Charlie Holliday (11) said. Having skill can get you far in the life of poms. PHOTO COURTESY OF C. HOLLIDAY

unified cheer  
jv poms  
gymnastics  
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C. CROWDER  
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I think that unified cheer is a good solid idea. I like how they include others with in the community, Sydney Wiersma (10) said. PHOTO COURTESY OF S. WIERSMA

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