



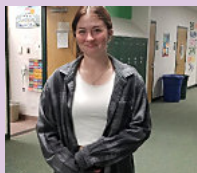
Kaylee Hill '23

"My favorite part is definitely the stunting. I'm addicted to it, I like it a lot."



Mia Nickelsburg '23

"Stunting is my favorite, its hard with my injury but its still worth it and I would push through no matter what."



Skyler Moffat '24

"My favorite part is it being like a family, and there is so much support and encouragement."



Taylor Travis '23

"My favorite part about cheer is learning how to do new things as in stunting and tumbling."



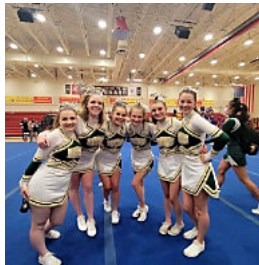
Cierra Ramirez '23

"My favorite part about cheer is that its somewhere I can go to have fun and I look forward to seeing my teammates."



Claire Gilginas '22

"I love my team and my coaches just as much as I love the actual sport itself. I enjoy everything about cheer."



Cheerleading at state.

These hard working girls made it all the way to state! On December 10th these girls traveled to the state competition and won second place. They have all worked extremely hard for their victory.



Cooperation is key

Cheerleading requires lots of cooperation and coordination to perform at the best. Without it, cheer would be impossible.



Better Than The

Movies

Cheer is commonly stereotyped by what people typically see in high school movies, but cheer is so much more than that. Cheerleading is an opportunity to be involved and lead the school in spirit. Mia Nickelsburg '23 stated, "The most challenging part of cheer is the stigma put around being a cheerleader. People view it as only what we do on the sidelines, and think we're just shaking our poms around and doing little dances, when in



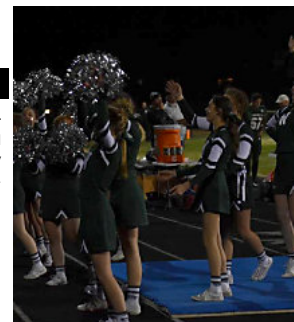
reality we're throwing 110 pound girls 13 feet in the air." Cheer involves intense physical activity, along with team motivation of encouraging everyone to push themselves to their best abilities. Skyler Moffat '24 said "Cheer requires building each other up while staying focused and dedicated. Along with the strength of putting hours and hours into practice for a 2 and a half minute routine." Cheer is not only a challenging sport, but also a way to bond and create lifelong memories among teammates.

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Home field advantage

When at home the Woodland park cheer team gives tons of high energy and positive vibes to everyone there. They keep our spirit alive!.

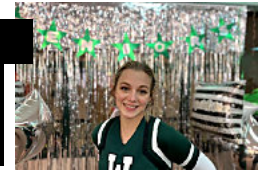


What is your favorite part of cheer?



Lauren Chism '22

"My favorite part about being a captain is it allows me to be more involved with my sport, school and team."



Morgan Gillespie '23

"My favorite part about being co-captain, is being a role model for my teammates and be the person they can come to with anything."



Cheerleading

Its More than Just a Sport

Lots of people when they hear cheerleading, think of the pretty girls on the sideline that cheer on the football team, basketball team, baseball team, etc. But cheerleading is much more than just mindlessly cheering on your favorite sports team, Mia Nickelsburg '24 uttering "A lot of people would say that cheer is not a sport which isn't true at all, I wouldn't be doing cheerleading if it wasn't a sport. When we compete were not just doing cheers, were like stunting and tumbling and chucking girls in the air." The 2021-2022 WPHS Cheerleading team has put lots of hard work into this year's cheer season. Putting several hours of dedication, blood, and sweat during practice to perform to the best of their abilities. They aren't afraid, whatsoever to get some bumps and bruises during their performances. Lots of our cheerleaders have acquired some pretty bad injuries, from cheering, Skylar Moffat '24 stating "I come



home with bruises and bumps every day from hard stunts we do at practice. It takes a lot of strength and perseverance to keep going because It gets painful after a while, Always being fallen on and having a 2 and a half minute routine that you have to perform. Someone last year broke their wrist. I got a pretty bad concussion and permanently damaged my wrist." And Morgan Gillespie '23 saying "People don't realize how much work we put into practices and how difficult and dangerous it actually is. It's a very physical activity." But injuries aren't the only thing that our cheer team has to persevere through. They also have to try to stay motivated which can be difficult and tiring after cheering every day. Cierra Ramirez '23 told us a little bit of how they stay motivated, stating "Our coach is amazing and makes practices really fun, she likes to play music and sometimes we will just have little dance parties before practice just to warm up and motivated to get to work. And we all are really good at encouraging each other so it makes it a lot more fun. Everyone is always high energy." Our cheerleading team is a huge part of our school spirit and represents our school in a great way. without them, our school wouldn't be as lively as it is today. The cheer team is a fantastic example of teamwork at its finest when you keep each other motivated and work hard.