

WHAT HAPPENS AT PRACTICE

(stays at practice)



"WE make each other laugh all the time throughout the practices. Sometimes we get yelled at by Mrs. (Amber) O'Brien for not focusing but most of the time it feels just like a party."
■ EMMA GETZ



"WE stretch at the beginning on our own, then do wall stretches with partners. Then we jump into choreography for upcoming performances we have, whether it be for a basketball game or a football game."
■ KATIE SOBECK



"WE stretch on our own and if we already know our routine we go over it with counts, music, and then move on. The funniest thing that happened was when one of the girls' phones rang and Mrs. (Amber) O'Brien answered it."
■ BRITA ROMANS

IN A WORD Dancers had a lot to say about the dance team 'family' and their experiences

energetic ■ NICOLE FOSTER
FUN ■ EMMA GETZ
SISTERS ■ ABBY WINDHAM
CRAZY ■ BRITA ROMANS
epiglottis ■ HAYLEY SILVA
motivated ■ KATIE SOBECK
joyful ■ AMY LEE
DEDICATED ■ SHELENE CANLAS
memorable ■ MADISON PAGE
DETERMINED ■ NIKI DETRICK
FAMILY ■ ALY HERKINS
Nicole Foster



GOLDEN GOODBYES

AS TOLD BY AMY LEE

"All of us seniors have been on the team since our sophomore year. Each year, we've gotten to watch our seniors go through Senior Night and give them our love. We've been waiting for this moment ever since then. When the night finally came, I think it was something that was almost unreal to most of us. We had seen it happen each year, but it didn't seem real that this time it was for us.

The team made us pink shirts to wear for breast cancer awareness and in honor of Senior Night. The shirts said, "We are <3ed."

For the performance that night, at the last minute, while the team was stretching before we performed, all of us seniors made up an extra thing for the routine to make the seniors stand out. At the beginning, we did something quick while standing up, while the rest of the team was on the ground. It was just an extra and fun way for us to feel recognized that night.

Walking with my family was a really exciting moment. Me and my mom had been talking about this night since I first joined the team sophomore year. It was definitely a night I will never forget."

dance team celebrates the end of football season, saying goodbye to six seniors with a special dance routine



1: Holding up a sign that reads "We love our seniors," the dance team poses for a group photo on Oct. 28. Mrs. Amber O'Brien had put dancers from each class in charge of one thing to get ready for the seniors. "One class was in charge of posters, one class flowers and one class hot chocolate and cupcakes. The juniors gave flowers and were each assigned to a senior to give them to and wish them good luck," Alyssa Burgess said. 2: During the halftime performance, Hayley Silva stands with the rest of the dance team at the 50 yard line. "Senior Night was kind of sad because it was the seniors' last football performance," Silva said. 3: Caitlyn Parker and Aly Herkins lay on the sidelines of the game. "Aly is the comedian, whenever we were tired she would crack a joke and we would be ready to dance again. I look up to her for her dedication. She had so many things going on, but she was always there for us," Nicole Foster said.



NEW TIGHTS, BRIGHT LIGHTS

The dance team performed in many different outfits including their new uniforms

1: Performing at the Quarry Bowl halftime on Sept. 9, Madison Page and Alex Setele dance in the kick line. "Quarry Bowl is the best game to perform at because so many people are there watching you; it is way more fun to perform when a lot of people are watching because you get the biggest adrenaline rush and it just feels so good to be part of something so exciting," Page said. 2: Sheilene Canlas and Katie Soback perform at the War of the Gods night rally on Oct. 12. The dance team dressed in togas and sparkling headbands. "It was awesome. The theme of the rally was so original and getting to perform in front of the whole school was a lot of fun. It was a great last Homecoming rally as a senior and it was definitely memorable," Canlas said. 3: At the Clubs rally on Jan. 27 Niki Detrick performs in the team's hip-hop competition routine to a mash-up of songs by Nicki Minaj and other artists, called Warfare. "The dance that we did was a hip hop routine that we use for competitions, so we have been practicing it for months. For this dance we had a guest choreographer named Misty (Kline) and she was a lot of fun to learn from. At first, this dance was pretty challenging for me but after tons of practice I've gotten into it and it has become really fun to perform. This was the first time that I have ever performed facing towards the middle of the gym rather than directly to an audience. I think that threw us all off a little because we all feed off the audience for our energy. My favorite part about performing at rallies is the combination of all of the lights and screaming people. It's such an adrenaline rush! The rally was a great opportunity to practice this dance before our first competition and I think everyone loved it," Detrick said. 4: On Sept. 9, Kayyla Wenger and Caitlyn Parker pose during their halftime routine during the Quarry Bowl. "It was exciting because it was actually at Whitney this year. We really wanted to wow the crowd and for it to be memorable. We also had a tailgate before the game with Rockin's dance team, so that was fun too," Wenger said.

it's what we do



"The spaghetti feed fundraiser (Sept. 14) was really nerve-racking because everyone was deathly afraid of spilling on the people we were serving. But our team always has fun. We really love each other."

■ WHITNEY FERREIRA

KIDDIE CAMP

on June 15, dancers host a camp to teach kids routines



"On Crazy Hair Day the girls on the team went all out and I decided to make my hair as tall as I could. I put a cup in it, earrings, ribbons, sunglasses and whatever else I could find. It was hilarious seeing the kids' reactions to our hair."
■ LIZ ALLEN



"I was with the little kids that just started school, and it was really fun hanging out with them and playing games like duck-duck-goose. I love knowing that we are role models for them and got to share something that we all love to do with them."
■ ABBY BULL-WINDHAM

winter sports dance

A LIZ MACDONNELL

it's what makes me a lot like NO ONE ELSE

"I have a stalker."
JENNA KNOLL

"I am double-jointed!"
ABBEY GEORGE

"My beautiful handwriting."
SIERRA DETRICK

"My name is Kyen Balzer; how can I get any more different?"
KYEN BALZER

"No one understands my sense of humor, so basically, I'm just laughing by myself."
LORIAN MCCONNELL

"I can do a flying barrel roll."
CONNOR SHORTT

"I'm allergic to wheat and soy. I'm dyslexic. I have ADHD, anxiety and depression."
ASHLEY STOUT

"I'm crazy and awkward. I'm not afraid to be myself. Zebras."
KAYLA WASHBURN

"I'm clumsy!"
MACKENZIE HULL

"Orange hair!"
SEAN O'BRIEN

"My witty reparté."
HUNTER BRECKTON

"My imagination - the words inside my mind."
KAITLIN BERGIN

"I'm Russian, Ukrainian and German."
STEPHANIE SADOVA

"I've been best friends with the same person for 10 years. We met on the first day of kindergarten. We have a sleepover the night before the first day of school so we don't have to go to school alone."

Chloe Breckenridge
CHLOE BRECKENRIDGE