

It's a Cheerocracy

Cheerleading is a hard, but rewarding lifestyle

The fall cheer team found significant joy in cheering up the crowd during the football season. Most of the members found great opportunities to bond with each other throughout the season. With a strong grip on what teamwork means, they were able to successfully spread great spirit to the crowd at games. This came with a lot of time spent in practices and preparing for the big game. Warm ups and stretches during practices were very crucial for cheerleaders to maintain their body in good physical condition. Some members underwent vigorous training. Waking up early for practice was often required, but it's all worthwhile when the performances are put together.

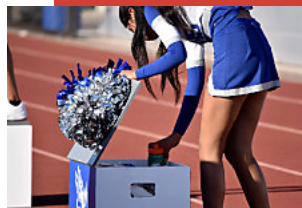
Story by Hina Suzuki



1. Grace So (10) gracefully falls in the arms of her teammates after a successful superman stunt. *Photo by Saira Naqvi*
 2. Ella Dong (10), followed by Sadie Scott (11), Jennifer Palacios (10), Soraya Colpitts (11), and Sofia Peneva (12), all run toward the goal line to cheer-on the football team from close up. *Photo by Quinn Carbery*
 3. Alexanna Smith (10) opens the halftime show with a striking pose in the annual pink-out football game. *Photo by Saira Naqvi*
 Captions by Melanie Contreras

NEW GYM FOR PRACTICE

Being on the cheerleading team this year meant morning practices were held inside the new multi-purpose gym rather than on the field, where they were previously held. The team was excited to use this new space because "practicing outside was fine until it got super cold, so when we were allowed to start practicing in the new gym, it was a lot more comfortable," junior Marcela Izaguirre explained. Practicing inside the gym also facilitated practicing stunts and tumbling, since it supplied the team with soft mats.



ACCESSORIES TO START OFF THE SEASON STRONG

The cheer team's new pom-poms are now blue and silver. Each cheerleader acquired a cheer box to stand on during sideline cheers. The boxes are also used to store belongings, such as water bottles.

A NEW FACE ENTERS THE TEAM

The team gained a new "face." Mathematics teacher Ms. Bellamy, known as coach J, is the new assistant coach. Whenever coach Alex was absent, coach J was a source of encouragement. Many, including sophomore Alexanna Smith, appreciated coach J's "positive energy to the team, which was very helpful and healthy for (the team's) morale."

Photos and Story by
Melanie Contreras

Stunting to the TOP



"My determination and patience has improved from last year. We won't always hit the stunts the first time, but it's my determination and patience that help me get it done because cheer can get frustrating really fast."

Jennifer Palacios (10)



"When I started cheering, I was insecure because there were lots of things I needed to learn. However, with the support and patience of my team and coach, I was able to hit beautiful stunts and learn how to cheer and increase the school spirit at LAHS!"

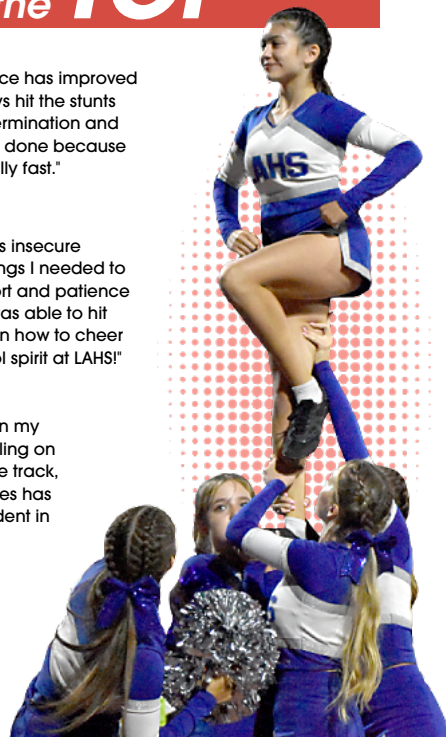
Leslie Cesareo (11)



"Personally, I have improved on my tumbling. I had a fear of tumbling on the football field and on the track, but drilling during practices has helped me become confident in tumbling at games."

Sarah Mosalem (12)

Interviews by Hina Suzuki
Photos by Melanie Contreras



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TRIM LINE TRIM LINE