

fearless

The cheer team overcomes their fears of new tricks

With each new practice, the members of the cheer team pushed each other to their limits in hopes of achieving new skills. In the process, the team overcame their fears of injuring themselves during new drills. For instance, freshman Chloe Kang managed to learn new skills during practices despite the uneasiness that accompanied it. “I learned to stick landings that I have never done before,” Kang said. “I worked hard with all my teammates, and they really pushed me to do new tricks.” Meanwhile, sophomore Makena Persyn implemented

strategies to prevent injuries, which eliminated parts of her fears. “Always keep your arms close to you so you don’t accidentally break something when you reach the ground,” Persyn said. “Staying tight while you’re in the air and trying to keep good form [helps the bases].” Similarly, senior Diana Commissariat conquered her fears allowing her to enjoy herself when learning new techniques. “I think it’s pretty exciting to learn new routines,” Commissariat said. “You get to push yourself, learn more, and grow as a person.”

fly high Makena Persyn (10) poses with her arm in the air, performing for the crowd during a football game. Persyn knew that her role was more difficult in comparison to what the audience could see. “I think cheer is a hard sport, [and] most people don’t know that because they just see the sidelines,” Persyn said. Photo by Suri Yau



practice makes perfect Sophomores Aoi Hamasaki, Makena Persyn, and Sarika Khanna pose together for their upcoming performance. While practicing with others, Khanna ensured her concentration stayed on the counts. “It takes me a while to remember [the] count, so I just have to keep going over and over in my head,” Khanna said. Photo by Harshitha Sundarajan

captivating crowds Elizabeth Wong (12) and Nicole Millan Morales (12) practice their stunts. As more difficult drills were added to their routine, the team created a more confident mindset. “I feel like my mindset has been very positive throughout the whole adventure, and I really enjoy it because it’s a whole team work type of thing,” Millan said.



Photo by Kaitlyn Sun



q&a

How has your new coach impacted the team?



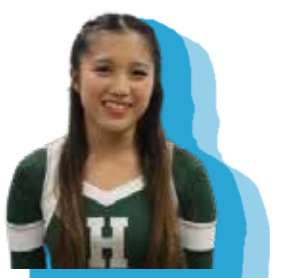
“[Coach G] brings out the real fun elements in cheer, and she just made me love the sport more this year. She also advanced us as a team.”
– Niara Phillips (10)



“She’s very young, which is a good aspect to the team because she literally fits in with us. She’s pretty much one with us and I love that she pushes us to our maximum capacity.”
– Paige Leone (11)



“She has really focused on trying to take the basics and perfecting those before moving on, and making sure that things are really clean.”
– Thea Gomard (12)



“She tries to incorporate all star cheer into our team which is really cool, because in the past, we didn’t really get to learn anything about all star cheer.”
– Elizabeth Wong (12)

Photos by Johanna Lee and Harshitha Sundarajan

leading the way Captain Leila Matta (12) leads the team for a short cheer, during a football game. As one of the captains, Matta played an important role in the creation of the choreography of their cheer routines. “It’s really cool to be a part of the decision making because I’m positively impacting the team,” Matta said. Photo by Johanna Lee



locked in

Senior Diana Commissariat keeps a positive mindset for the benefit of the team

“I have had to keep a really open mind whenever I learn something new, really just staying confident in myself and my ability. Having an open mind really helps to be successful on a team.”

Photo by Johanna Lee