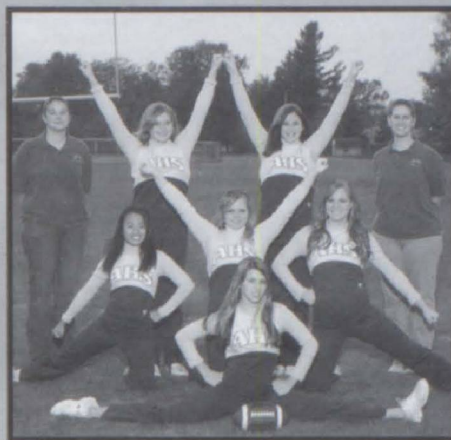


VARSITY CHEERLEADING



Basketball Season
 Back: Scotlin Polash, Paige Luft
 Middle: Kylie Bisel, Anisa Adachi
 Front: Tifanee Hneusa



VARSITY SQUAD
Football Season
 Back: Coach Cassie Crocker, Grace Zimmerman, Coach Carrie Kinkpatrick
 Middle: Anisa Adachi, Tifanee Hneusa, Trista Lake
 Front: Kylie Bisel

EMBARRASSED MUCH?

The cheerleaders share some embarrassing stories from the past

Trista Lake

One time I finally built up the courage to "try" a back flip and almost broke my neck in front of everyone. I literally landed right on it! It hurt really bad too but I just jumped right up like nothing happened.



Grace Zimmerman

I kept slipping during a cheer at one of the games because it was so wet outside.



Tifanee Hneusa

Well I was doing a front handspring with Kylie. She landed it and I fell to the ground in front of everyone!



Anisa Adachi

I was doing a cartwheel at a JV basketball game. I fell right on my face. I don't know if any of the boys saw me, but it was quite embarrassing.



Kylie Bisel

Alright, I can only say this because nobody lets me forget it! Once during a V-sit (aka, butt lift) I told Jackie I had to fart. They didn't believe me! I farted all over her hands. It was awful!



Scotlin Polash

We were doing handstands against the wall. I missed the wall and landed on the ground!



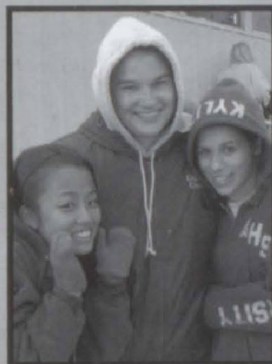
HIGH HURDLES

Kylie Bisel shows some friends how to do a hurdle well while bowling.



2 COLD 2 CHEER!

Anisa Adachi, Coach Cassie Crocker, and Kylie Bisel huddle before the game!



ONE BIG HELP!

Paige Luft gets up super early to make breakfast for hungry boys!



I'M READY!

Anisa Adachi, Grace Zimmerman, Tifanee Hneusa, and Trista Lake ready to perform.



PEP ASSEMBLY!

The girls mingle with the crowd after their performance to "He Said, She Said" by Ashley Tisdale.



WHAT A DAY FOR A PARADE!

Kylie Bisel, Tifanee Hneusa, and Grace Zimmerman [Always watch out for Tifanee throwing candy. It can get dangerous!]



BIG V LET'S GO!

The cheerleaders get the crowd pumped during the last intense game of the season!



LYING DOWN ON THE JOB!

Tifanee Hneusa waits for the bacon to finish homecoming morning.



LET'S GO BLUE

Senior Trista Lake, and Junior Tifanee Hneusa put on their best "cheesies."