```html

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Unstoppable Cheer and Dance</title>

    <style>

        body {

            font-family: Arial, sans-serif;

            margin: 0;

            padding: 0;

            background-color: #f4f4f4;

            color: #333;

        }

        header {

            background-color: #000;

            color: #fff;

            padding: 10px 0;

            text-align: center;

        }

        .container {

            width: 80%;

            margin: auto;

            overflow: hidden;

        }

        .main-content {

            padding: 20px;

            background: #fff;

        }

        h1, h2, h3 {

            color: #000;

        }

        .team-profiles {

            display: flex;

            justify-content: space-between;

            margin-top: 20px;

        }

        .team {

            width: 30%;

            background: #eee;

            padding: 10px;

            margin-bottom: 20px;

        }

        .team h3 {

            background: teal;

            color: #fff;

            padding: 5px 0;

            text-align: center;

        }

        footer {

            background-color: #000;

            color: #fff;

            text-align: center;

            padding: 10px 0;

            position: fixed;

            width: 100%;

            bottom: 0;

        }

    </style>

</head>

<body>

    <header>

        <div class="container">

            <h1>Welcome to Unstoppable Cheer and Dance</h1>

            <p>Competitive Cheer and Dance Teams</p>

        </div>

    </header>

    <div class="container main-content">

        <section id="about-us">

            <h2>About Us</h2>

            <p>Unstoppable Cheer and Dance is a new gym located in Towson, Maryland. We strive to build confident, disciplined athletes who excel on and off the mat and dance floor. Our cheerleaders and dancers excel at their craft but also as role models to the community. Unstoppable athletes participate in a variety of volunteer programs. Our cheer, dance, and tumbling and stunting coaches have over 35 years of experience.</p>

        </section>

        <section id="coaches">

            <h2>Our Coaches</h2>

            <p><strong>Coach Candice:</strong> A former cheerleader born and raised in Maryland, Coach Candice has an extensive coaching career. After college, she returned to her high school to coach for 8 years. She has coached at the rec level and now at the competitive level. Coach Candice and her team have several championship titles. She has a love for this sport like no other and started the gym to share her love and passion.</p>

            <p><strong>Coach Naomi:</strong> Mother of two former college cheerleaders, Coach Naomi has over 27 years of coaching experience. She has successfully run the Middle River Rec, serving as cheer director for over 20 years, and has coached a number of championship teams.</p>

            <p><strong>Coach Ariana:</strong> A former cheerleader of both Coach Candice and Coach Naomi, Coach Ariana shares an extreme passion for cheer. She builds well-rounded champions.</p>

        </section>

        <section id="team-profiles">

            <h2>Team Profiles</h2>

            <div class="team-profiles">

                <div class="team">

                    <h3>Cheer Team - Level 1</h3>

                    <p>12U</p>

                </div>

                <div class="team">

                    <h3>Cheer Team - Level 2</h3>

                    <p>14U</p>

                </div>

                <div class="team">

                    <h3>Cheer Team - Level 3</h3>

                    <p>18U</p>

                </div>

            </div>

            <div class="team-profiles">

                <div class="team">

                    <h3>Dance Team - Junior Tap</h3>

                </div>

                <div class="team">

                    <h3>Dance Team - Junior Jazz</h3>

                </div>

                <div class="team">

                    <h3>Dance Team - Junior Ballet</h3>

                </div>

            </div>

        </section>

    </div>

    <footer>

        <p>© 2024 Unstoppable Cheer and Dance. All rights reserved.</p>

    </footer>

</body>

</html>

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