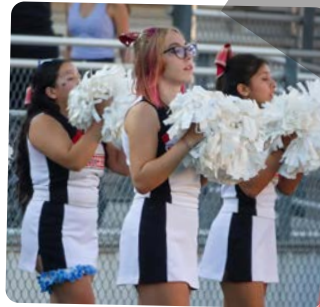


CHEER ON THE SIDELINES



"What goes into competition practice for me is basically just bringing positive energy for the team. You're more than capable of doing things you set your mind to to. My favorite part is building relationships with these girls as individuals. Getting to know them and loving them is something truly special."

Helen Latu (11)

Sideline cheer consisted of quarter break stunts and dances, halftime performances, and amping up crowd spirit. The cheer team made a fantastic effort to support school clubs and sports through making posters and attending their games. "I believe we support other sports through encouragement and a good attitude! At West, we are very inclusive which I believe makes the sports atmosphere fun for participants and viewers." said Lucille Martin (12).

The cheer team practiced several times a week to perfect their amazing halftime performances for the crowd. "It's definitely a team effort and hours of dedication, but in the end the results become rewarding." said Abril Silva Tule (11). At practice, the athletes built up their stunting skills step by step. "To be able to stunt with any of the girls, I have to trust them. Knowing that they are trying as much as I do makes me feel they are the right people," said Melissa Rocha Yanez (12). Nicole Abarca remarked, "I love having people of different backgrounds coming together as one to work on routines and pyramids."



CAPTAIN SPOTLIGHT

A cheer team captain bears a lot of responsibility. Sometimes, it takes two to lead! Juliet Decena Garcia (12) and Justice Porter (12) were co-head captains of the team. "Communication is a key element when it comes to teamwork. Making sure all teammates are seen and heard will always be my responsibility," said Juliet. "Cheer is challenging in many ways. Attendance and participation is required by all athletes to make sure we are safe and productive. It takes lots of dedication," said Justice.





COMPETITIVE CHEER



The competition team consists of a select group of girls that learn a difficult routine and perform it at region, state, and national levels.



91



STUNNING STUNTS

PYRAMID: Two or more stunt groups combine to perform higher skills like flips and twists. Flyers also connect to hit a pose.

BASKET: The bases have an interlocking grip that the flyer is thrown and released from. Skills are often performed from this stunt like toe touches.

LIB: Both bases have a grip on one of the flyer's feet. Skills like heel stretches, scales, and arabesques can be pulled from this stunt.



NATIONALS

The competitive cheer team worked diligently to qualify for the JAMS national competition in Las Vegas, Nevada. In order to qualify 70% of a 2:45 minute routine has to be executed without mistake. Weeks of preparation had gone into the team's competition routine. "Being on the competition team means lots of hours of hard work. But in the end it's so incredibly worth it, because you get to bond with the most amazing people," said Kelsey North, a senior who qualified for nationals.