

Thurston CoEd Cheerleading



<https://sites.google.com/site/thurstoncoedcheer>

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Ready...Set...Fall

It's that time of year again... Football Season! With school now in session and summer in the rear view mirror, Thurston Coed gears up for Friday Night Lights.



JV and freshman group in hopes of allowing individuals to develop. "We have a lot cheerleaders who probably would have made varsity in the past as alternates but by having them on JV/Freshmen we are giving them the opportunity to actually compete and be stars at that level," remarked Coach James. Make no mistake though, this year's varsity team may be smaller but they look just as talented as past year's groups. "We've got big plans for this squad," added Coach James, "It's definitely the hardest working team we've had in years."

Small Team Bigger Expectations

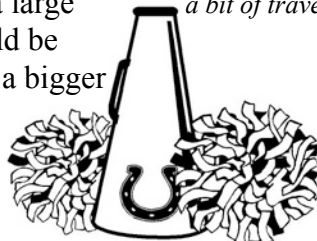
Early mornings, late nights, team bonding, Spirit Sticks, cheer camp, and of course a daily doubles all seem to be a thing of the past as the Colts have transitioned into fall. With the football team off to a 3-1 start to the season, Thurston Coed has had a lot to cheer about so far in 2011.

Many have noticed though that the Varsity Coed Cheer team has a smaller squad on the sidelines this year. According to Coach Robin that was an intentional move by the coaching staff. "With 48 cheerleaders in the program we actually have one of our biggest groups in years," commented Coach Robin. Part of the reason for having a smaller varsity group is that state rules mandate you can only compete with 20 people. Rather than having a large varsity group with lots of alternates who would be unable to compete, the coaches opted to have a bigger

Alumni Watch

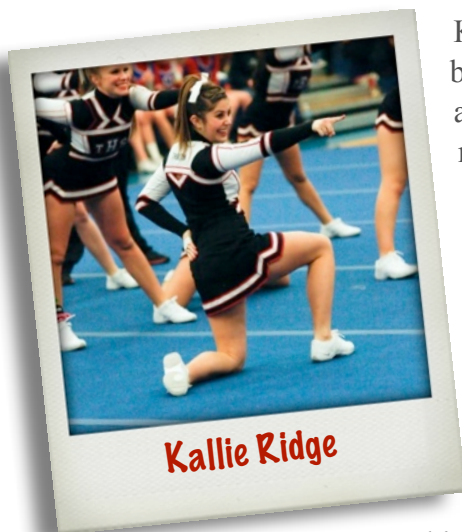
Fact or Fiction... Cheerleading can take you places? Well if you ask any number of past Thurston Coed Cheerleaders, they will definitely agree with that statement. That includes Chris Mott who has worked as a USA Camp instructor the past two summers since graduating in 2010. A member of Thurston's 2009 state championship team, Mott is considered one of USA Cheerleading's rising stars and has traveled all over the west coast teaching cheer camps.

Former Thurston Coed Cheer member Chris Mott has had an eventful 18 months since graduating in 2010. From National Guard Boot camp to being a USA cheerleading camp instructor, Mott has done quite a bit of traveling



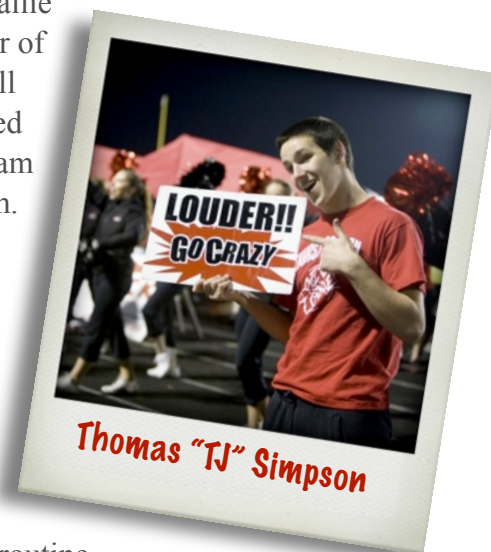
Getting to Know Your Co-Ed Cheerleaders

In this section of our fall newsletter we look to highlight a few of the amazing members of our program. This month we feature three very unique individuals, who have all left their very different marks on Thurston Coed Cheer



Kallie Ridge

Kallie Ridge has recently found herself in a very familiar role. That's because leadership has been virtually a part of this junior's DNA since arriving at Thurston High in the Fall of 2009. As a freshman she was not only the JV/Freshman team captain but also served as a Freshman Class Representative. As a sophomore, she served as a Peer Group Leader and helped raised \$5,000 for local non profits as a part of the Community 101 Program. Last spring Kallie was elected as the school's ASB Director of Communications. Now in her second full year on varsity, Kallie was recently voted by her teammates as one of the 2011 team captains along with senior Emily Tatum.



Thomas "TJ" Simpson

This summer, the varsity coaches received a scary text message when junior TJ Simpson informed them he had separated his shoulder at Gold Beach Football Camp. "My first question was 'Are you Ok?'" followed by my second question 'How long will you be out?'" said coach James, "TJ is probably our most complete guy, so losing him for any duration hurts." Luckily for the program TJ looks to be near full recovery as he recently played in his first football game of the season and then performed in the coed cheer team's pep assembly routine the next day. Beside doing both football and cheer, TJ also sprints for the track team in the spring.



Kate Miller

Easily one of the hardest working individuals in the entire Thurston Coed Cheer program has to be sophomore Kate Miller. Recently voted as a 2011 JV team captain, Kate also runs for Thurston's Cross Country program in her free time. Oh and did we mention she also serves as a sophomore class representative? Last year as a freshman class vice president she helped put on the most successful Freshman Night ever and hopes to follow that up this year as one of the head organizers of the annual Winter Bash Dance. This past summer Kate found herself on the go as she split time between cheer camp at the University of Oregon, and leadership camp at Western Oregon University. After high school Kate hopes to attend Stanford University and study Pre-Medicine with the plan of eventually becoming a pediatric doctor.

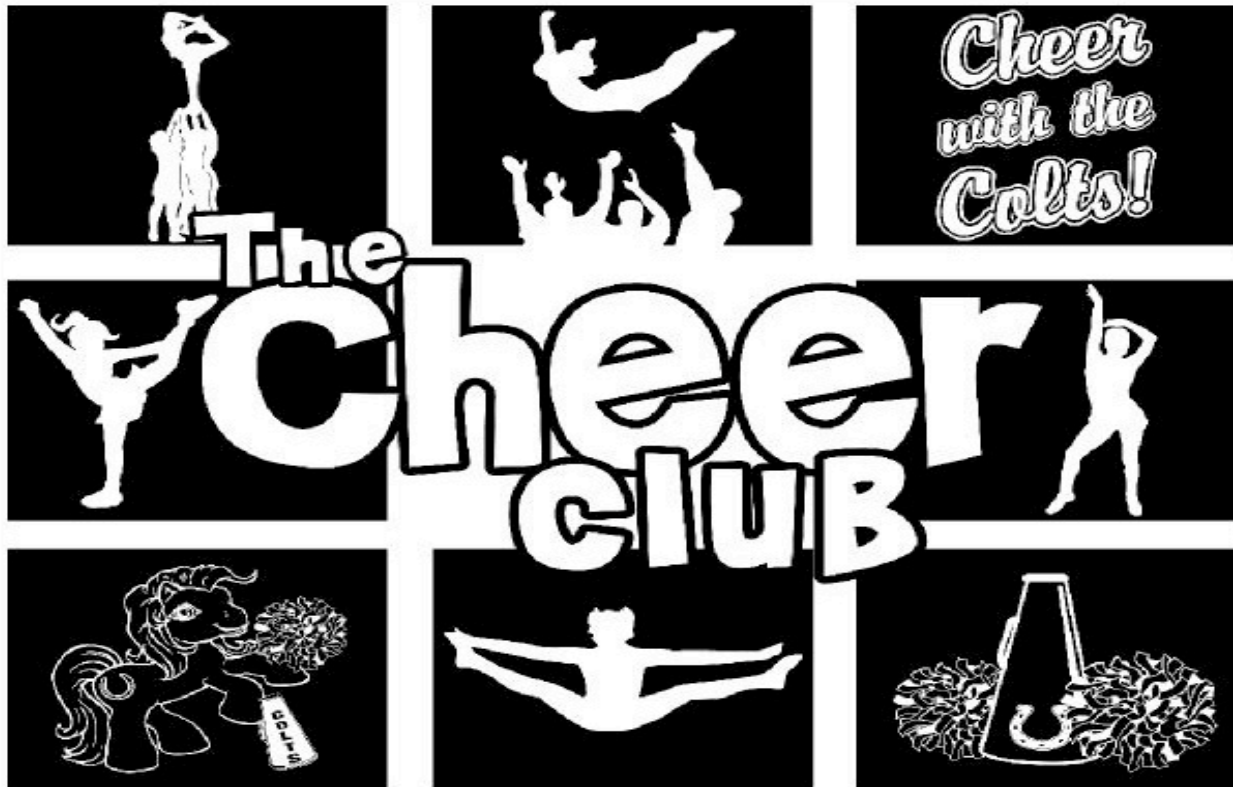
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Get Ready to Cheer with the Colts

Every year, Thurston Coed puts on the largest youth cheerleading clinic in the state. A popular activity for local K-5th graders, this year's event will be held on Friday, September 30 at the Varsity Football game versus Grants Pass High School.



Who All local K-5th grade students	When Practices are September 28th-29th (Wednesday & Thursday) from 5-7pm with the final performance taking place Friday, September 30th at the Varsity Football game	Additional Notes All practices will be held in the upper gym at Thurston High School with the final performance taking place on the Varsity Football Field. All participants will receive an official 2011 Cheer with the Colts t-shirt and free admission into the varsity game on September 30th
What Thurston's annual Cheer with the Colts Clinic. Participants get to spend two days practicing with the Thurston Cheerleaders learning cheers and dances and then perform at the Friday Night Varsity Football game	Where Check-in will take place from 4:30-5pm on September 28th in the Thurston Cafeteria	

Interested in Competitive Cheer?

If you are interested in having your child participate in competitive cheer, Emerald All Star Cheerleading located in Springfield offers competitive cheer and dance teams, private lessons and basic cheer classes for all school ages. Contact them for more information.

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