

# Thurston CoEd Cheerleading



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November 10, 2011 Volume II: Issue 3

## Competition on the Mind

As football season winds down and another successful year of Cheer with the Colts passes, the Coed Cheerleaders begin gearing up for competition season

### Fall 2011 Recap

Cheerleading can be a long... very long season. From tryouts in the spring, to summer camp, to daily doubles, to football season and to competition season, sometimes cheer can feel like the never ending sport. The cheerleaders spend so much time together, they virtually become family members. The girls become like sisters while the guys take on the role of the protective brothers. That bond is often what gets the team through some long stretches. Perhaps no part of the season is longer or crazier than the fall.

Pep Assemblies, football games, making run-through signs, tumbling practices, All State practice, and Cheer with the Colts are just a few of the fall activities that keep the coed cheerleaders busy. Oh and did we mention that between volunteering at school registration, elementary back to school nights and various other events, Thurston Cheer logs in more

community service hours than any other program on campus? Throw in school, family, friends and one can see how busy the teams stays during those rainy and cold Autumn months.

Despite the busyness, most cheerleaders will tell you football season is their favorite time of the year. "I love that feeling of cheering for football and then going to Papa's Pizza with your friends afterwards," commented junior Kallie Ridge, "Pep Assemblies are especially fun because they give us the opportunity to show our classmates how hard we work at practice." Now it's on to competition season as the Colts begin preparation for All State and then the first team competition in December.

### Upcoming Events

#### November 11: Playoff Football Game

*The Colts hope to make a run to the OSAA State championship game like they did in 2009. Thurston will host Warriors of Aloha High at 7pm on Friday night.*

#### November 12: All State

*Thurston Coed will look to defend its group stunting title as well as compete in the partner stunting and individual performance category at this event held annually at Springfield High School.*

#### December 10: USA Regionals

*Come see the Colt cheerleaders in action as they look to qualify for Nationals at this Northwest competition held at Thurston High School.*



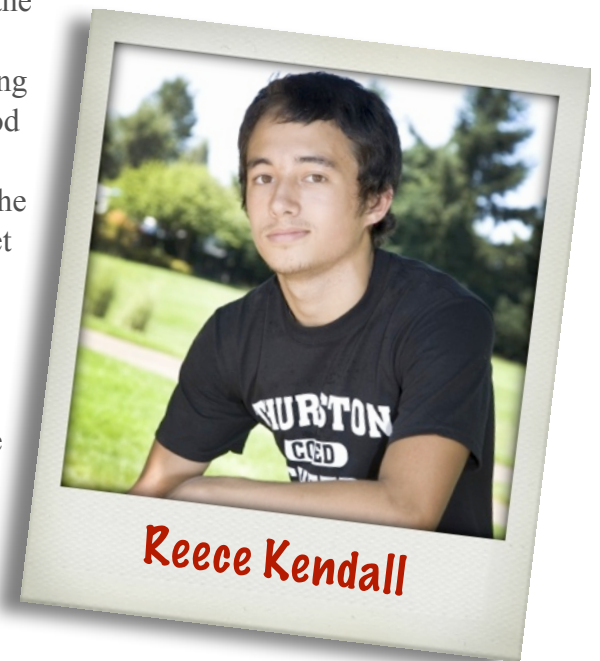
# Getting to Know Your Co-Ed Cheerleaders

In this section of our fall newsletter we look to highlight a few of the amazing members of our program. This month we feature two seniors who have both contributed to Thurston Coed Cheer in very different ways



In four years as a Thurston cheerleader, Emily Tatum has seen it all. As a freshmen she was a part of the 2009 varsity team that won the fifth state championship in program history. Her sophomore year she helped lead the team to a third place finish in the nation (the program's highest finish ever) at USA Nationals in Anaheim, California. As a junior, Emily became the team's most valuable back spot and just narrowly missed beating Springfield in what would have been the program's sixth state title. Now as a senior captain, Emily is looking to go out in style. Her first goal is to help her stunt group win a medal in this week's All State competition. After that its on to competition season where she hopes to help capture that elusive sixth state championship. After graduation, Emily hopes to become a dentist and is considering studying at the Oregon Institute of Technology in Klamath Falls.

Coach Underwood is always on the recruiting trail trying to find the next potential male stunter. The first couple of years he recruited football players who were looking for a way to stay in shape during the off season. "We essentially recruited mercenaries," Underwood chuckled, "We picked up some big strong boys but most of them were juniors or seniors so we only had them for a year or two at the most." As the program has grown Underwood has been able to get younger students and really develop them into long term team members. Look no further than senior Reece Kendall to see the fruits of recruiting younger students. As a freshman, Underwood approached Reece about trying out. At first he declined but part way through Reece's sophomore year he decided to take a chance and try out. A member of last year's JV squad, Reece has become one of this year's most reliable Varsity bases. Reece has enjoyed cheer so much that he hopes to follow in former team member Chris Mott's footsteps and tryout as a USA staff member after graduating this spring.



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# Connecting the Past with Present Part

Earlier this year (Volume 1: Issue 3) we published a list of the twelve most important years in Thurston Coed's storied fifty year history. In this edition we take a more in depth look at one of those pivotal years.

## Remembering the 2001 Team

Ten years ago, Thurston Cheer was gearing up for the OSAA State Competition held annually at the Memorial Coliseum in Portland. Former Head Coach Julie Andrus remembers feeling that group was on the verge of doing something special, "We had a wonderful coaching staff and team members who had a great work ethic, though in typical Thurston fashion, they could also be kinda silly at times," Andrus remarked, "Good memories... and a great group of young ladies"

Led by a cast of hungry seniors looking to leave their mark and equipped with the state's two best flyers (Lisa Lake and Brittany Gray) the team, who placed first at virtually every competition leading up to state, looked poised to contend for a top three finish for the first time since the 1997 team finished second. "We opted to enter the small division that year so we only competed with ten girls," commented Julie, "I think that is why they were so successful. Every person on the mat had an important role and took pride in doing their best."

Lisa Lake (now Lisa Hammonds) remembers the magic of that season, "Sometimes I remember the little things



2001 All Girl Stunt Group finished second at All State

Group members:  
Kim Sedlak, Lisa Lake, Beth Wahlund, Jamie Baynes and Rachel Keeling

like having crimped hair for competitions," Lisa laughed, "but the lasting memory would have to be how hard we worked. Julie was such an amazing coach, she held us to high standards inside of cheerleading and out. She made such a huge impact on all of our lives. I know am forever grateful to have been a part of her teams."

As Brittany Gray (now Brittany Krieger) recently reflected, "I think we had a good feeling about State because we had been winning most of our competitions throughout the year. We knew that if we hit our routine, we had a good shot at the state title."

The legacy of the 2001 team is simple. Like a solid foundation, the 2001-2003 state title teams laid the groundwork for the modern day program's success. "I remember the bonds we made with each other and the confidence we had in ourselves and the rest of the team," Brittany explained, "Unlike years past, we were confident before competition that we'd be able to do our best and could rely on our team members to do the same."

That sentiment was echoed by current Coach James Underwood "Winning the 2009 title was really a tribute to that 2001 team," he explained, "They set the standard that to cheer at Thurston was to be a part of something very very special."



2001 State Championship Team that would go on to win three consecutive state titles

## Remembering 2001

As the 2001 team was beginning its run of dominance, Coach Underwood was still in college cheering for OSU and Coach Robin was dancing for the Oregon Dance Team. Here are a few other trends and memories from 2001 you might remember

**Song of the Year:** Beautiful Day by U2

**Movie of the Year:** Gladiator starring Russel Crow

**Top TV Shows:** Friends & Survivor

**Lasting 2001 Memory:** 9-11 Terrorism Bombings