

Club cheerleading focuses on competition

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Staff Reporter

Cheerleading: cheer squads yelling encouragingly using rhythmic cheering for a sports team. This is not the case with competitive cheerleaders who have intense competitions of their own. Cheer clubs from around the nation meet to compete.

Nicole Stadell, sophomore, is a part of the senior 4-5 level which is the highest level of the competitions and she competes through Thunder Elite Cheerleading in Clackamas. They perform routines against rival cheer clubs such as West Coast Extreme.

"It is a mix of gymnastics, stunts and dance. We don't really cheer during meets," Stadell said.

Rachel Sebastian, senior, competes for West Coast Extreme in Tigard. Sebastian works as a back base and her job is to make sure that the girl in the air at the time is safe. She recently stopped participating in competitive cheer but competed previously for five years.

Teams travel to places such as Texas and Calif. for national meets. Thunder Elite won the 4-5 level at JamFest in Calif. last year. Their routines last two-and-a-half minutes and they practice often during the off season. Practices occur three times per week and last up to three hours per practice.

"Cheering is definitely a big time commitment, that's what made me quit because it interfered with school and work," Sebastian said.

Stadell said a background in gymnastics or dance is a great way to get to the 4-5 level. She also did soccer for four years and it helped her get in good physical condition for cheering.

"A history in gymnastics, even a small one, can help someone to reach the 4-5 level in competitive cheer," Stadell said.

Stadell said cheerers from Thunder Elite Cheerleading have achieved multiple scholarships for college. Stadell said she is interested in doing cheer competitions

competitions to end so the turnout is less than it should be," Sebastian said.

Those cheerleaders have some high standards considering their current turnout is hundreds of kids and parents.

"You have to want to do it; it's more intense than most people think cheer competitions can be," Stadell said.

"Compared to football I think it's as intense but in different ways. Football is more winning oriented and if you lose it's less fun than it would be if you win while in cheer it's more of the thrill

everyone gets from the stunts we perform," Sebastian said.

Thunder Elite Cheerleading will have a local competition sometime in Dec. Until then, Stadell and her teammates will be practicing their two-and-a-half minute routine.



Members of the West Coast Extreme squad compete in Honolulu, Hawaii. Marissa Clark, junior, and seniors Samantha Swartz, Kylie Phillips, Korissa Mehdikhan and Rachel Sebastian practiced many hours to perfect their routine.

Photo submitted by Rachel Sebastian

in college and is interested Oregon State University, which has a good cheering squad.

The competitive cheering world is taken seriously and is frequently in local news.

"People who participate are so talented but it takes a long time for the

Lions retain number two spot after Milwaukie win

Team qualifies for playoffs

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Because of his injury, Zito sat out the game, but that did not impede the Lions from winning. Bryce Baker, sophomore quarterback, stepped in and led the team to a 20-0 win over Putnam.

Losing a starting quarterback can be a bad situation for any team, but the Lions overcame it by being aggressive. On their first drive, the team was faced with a fourth and short situation while still in its own territory. The Lions went for it when many teams would have punted, enabling rookie Baker to sneak for a four-yard gain and a first down.

On Putnam's first drive,

Putnam received and ran a kick-off for 79 yards to the WL six yard line. While the situation looked grim to fans, according to Quinn the team wasn't worried.

"We knew we could do it. We're ready to win," he said. Brad Rose, senior corner, blocked Putnam's field goal attempt, and Zack White, senior tight-end, ran it over 60 yards for a TD, which brought the score to 20-0.

There were no scores from the Lions during the second half, but they managed to hold off the Kingsmen for a shutout.

This is the first year since 1999 that West Linn has gone 5-0. "The Senior Class is a great strength. There are no



Kyle Quinn, senior running back, runs the ball past Putnam defenders at the Homecoming Game. Quinn rushed for 123 yards in the game and has been a consistent performer throughout the season.

Photo by Cole Fiala

big egos. Everyone is ready to step up and make big plays and [just] as ready to step back and let others," Chappell said.

Though ranked number eight, the Lions lost to the number nine Lakers on Oct. 12, 42-0. According to coaches, though the team will be without a first round bye, the TRL-2 bracket is easier which increases their chances of making a post-season run.

The turnout by Lions fans for the game was huge. There was standing room only in the stands. People came decked out in green and gold, ready to cheer on their team no matter the outcome.

Coaches say the team is approaching the first playoff game in two years with a positive outlook.

"As long as we keep on getting better...that's as much as we can do," Chappell said.

An easy win against Oregon City, who has yet to win any games, is most likely.

The final scheduled game of the season is Nov. 3 against the McKay Royal Scots. The TRL-2 spot is most expected for the Lions and they will play Metro-4, currently Beaverton, in the first round.

Boys Soccer game stirs controversy

Young team looks to future

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The Lake Oswego game, on Sept. 21 was a positive note for the new team. After an uneventful first half and down 1-3, the Lions were looking at another loss.

However, when the game started getting physical West Linn was able to keep their composure. During a penalty kick by co-captain, Abdelkaddar Elhabbassi, senior, which brought the game 2-3, a foul was made by a Lake Oswego player, awarding West Linn another penalty kick.

Elhabbassi made the second shot and tied the game 3-3. The game ended with a furious Lake Oswego coach, who resigned days later, after being escorted off the field by West Linn police.

"I'm proud of the team for handling the difficult situation. A year ago the team would've broken into a fist fight," Bean said.

Although the team's record didn't go the way Bean had hoped, they did achieve other goals. Bean hoped for a playoff spot as well as a change in the team's chemistry and persona.

"We had a bad reputation in the league. I wanted to change the culture of West Linn soccer," Bean said.

"Changing a program is a lot of work and is still a work in progress. The reality is when we, as a team, are struggling, that's when you really need to be a coach, constantly motivating and improving day in and day out."

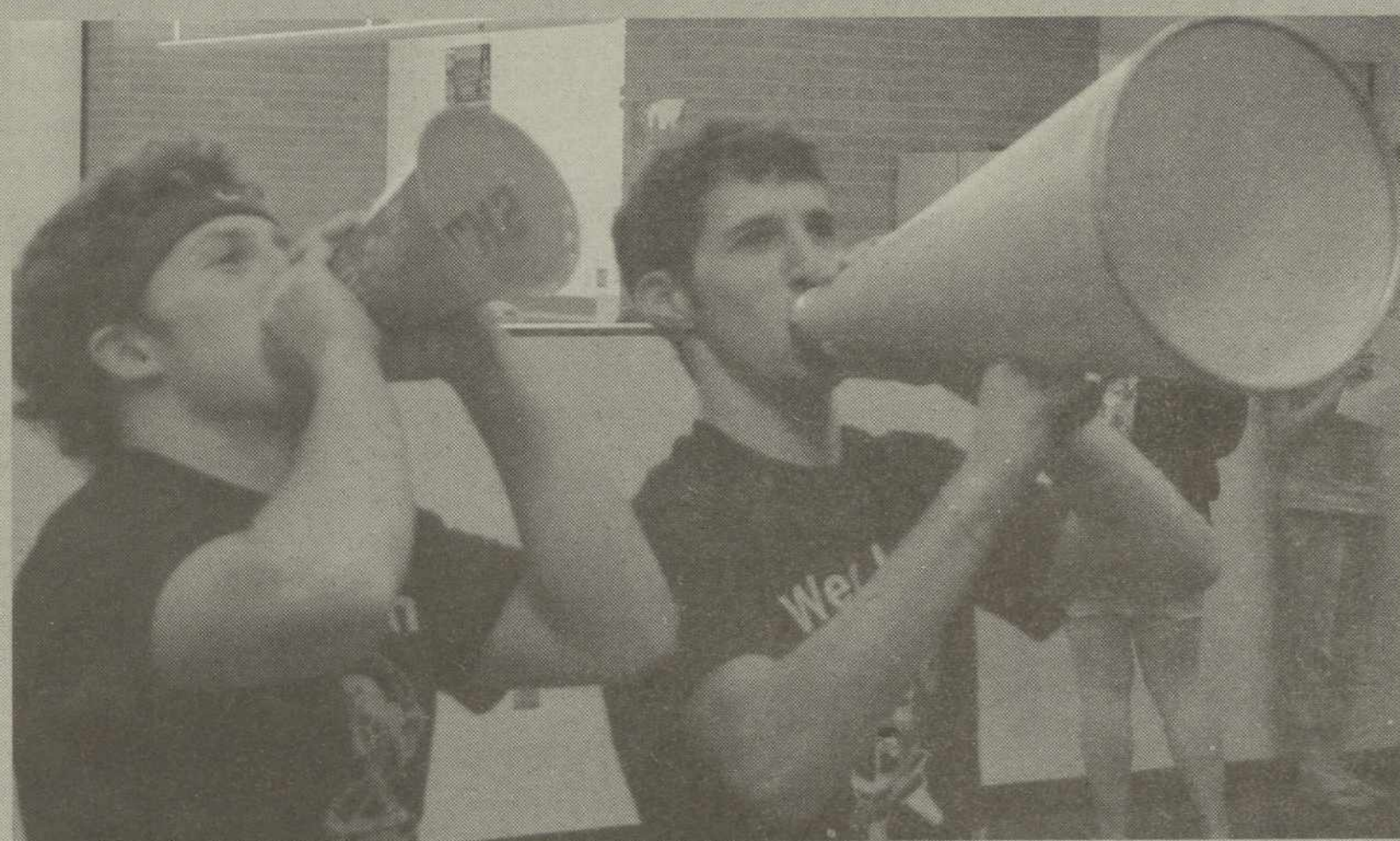
Bean is optimistic, saying the team learned how to play both halves of the game. With a young team, he is hoping for an even better '07 season.

Miss Cupcake Pageants



Portland Area Preliminary
January 20, 2007
The Milwaukie Community Club
10666 SE 42nd Ave (SE 42nd & Jackson)
Milwaukie, OR
Enter online at www.milwaukiecupcakepageant.com

Age Divisions:
Junior Cupcake/Miss Cupcake are
6-24 months 13-14 years old
2-4 years 15-16 years old
5-7 years 17-19 years old
8-10 years 11-12 years



Nathan Gonzalez and Rob Dinelli, seniors, pump up fans during a pep rally held on Oct. 6 in the Media Center during break. Students were invited to join others to cheer on the football team before its matchup with league leader Lake Oswego.

Photo by Nicole Hutchinson