

LINGANORE HIGH SCHOOL:  
HOME OF THE LADY  
LANCER CHEERLEADERS

### SUMMER MOMENTS:

- **Carwash:**  
Sunday, June  
5th! 11am-  
3pm Pizza  
Hut Mt. Airy
- **LOUYAA**  
Cheer Camp  
sign ups! July  
25-28 @LHS
- **LHS Cheer**  
camp August  
1-3, sponsored  
by Cheer L&D
- **9th grade**  
meeting 6/6

### THE SKINNY ON TRYOUTS!

Do:	Don't:
Wear white tops & red bottoms	Wear thin straps or low-cut shirts/shorts!
Wear clean cheer sneakers!	Wear sandals, ugg, or boots
Wear a good sports bra	Forget spandex shorts under your soffee shorts!
Come fresh faced and hydrated!	Chew gum, eat, or drink sugary beverages
Tie and secure hair back, wear a cute bow!	Spend any time during tryouts having to fix or re-do your pony! LOSE POINTS!
Clean, polish free nails	Have acrylic or long nails... they'll get cut or you'll get benched!
Bring Sharp motions and strong Spirit!	Be shy or nervous... we're all here for the same reason!
Get a physical!	Forget your rec forms!



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# Lancer Spirit Lines



## Let the Pre Season Begin!

### Suds n' a Bucket

This coming Sunday will mark our annual off season carwash fundraiser at the Pizza Hut in Mt. Airy. Last year, amidst soapy suds and muddy tires, we were able to raise over \$700 for both programs! With the sunnier weather, and blistering heat, perhaps this year will be even more successful!

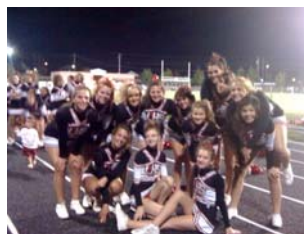
The girls have a great time snapping pics and waving down cars from a safe perch outside in the PH parking lot. Last year the girls even tossed a few basic level stunts to capture the attention of local drivers. With each wash a donation, the girls used their natural charm and spirit to keep all of our customers happy.

This year we are breaking the crew up into two shifts, afternoon and morning, and looking for as many dirty cars as we can get! Donations are still needed, so contact [shamail@verizon.net](mailto:shamail@verizon.net) before June 5<sup>th</sup> to help out.

### Leigh Cadle Offers Another Tumbling Clinic... Girls Excel!

Tumbling is so important to a cheerleading routine in 2011, and it isn't a skill that comes easily. It can take months, and years, to gain and perfect certain skills. This year, with the help of season long tumbling conditioning, we were able to see some bright stars emerge in tumbling! And once again, the tumbling clinic at

Frederick Gymnastics Club is the place to be every Wednesday night! New to the program was the daily tumbling routine, and with help from Leigh in designing workouts in the summer of 2010, we witnessed girls



Varsity, Fall 2010

go from standing back handsprings to back tucks... an impressive fete! Some varsity members have already started their tumbling practices and are seeing the benefits: Caitlyn Friday is hoping, with Leigh's encouragement, to stick her standing back tuck by the end of the summer! Shanika Young, one of our beginning tumblers, is SO ready to start throwing her back handspring. Afraid no more! Megan Jennings had a spotted back handspring in August, and barely a year later she's on to multiple running back handsprings and even some tucks! Always the tumbling enthusiast, Katy Iwanski has been practicing a full at her gym, with rumored You-

## "Today's Cheerleader is an Athlete!"

Cheerleading is a power-oriented sport. With the rigor and demands of the updated competition rubric, looking glitzy and glamorous is no longer enough. For one, just to get a 5/10 in tumbling... 75% of the squad has to be performing back handsprings! Solid stunts won't get you a perfect 10, we need twisting, tocking, and tossing transitions, insane flexibility, and 720° dismounts! Oh, and all with a smile!

This is why we focus so hard on stamina, strength, and spirit all sea-

son long. This year we will do even more strength training and conditioning than last, and if we want to be #1 we have to hit the ground running! Starting from scratch won't do, we want to start with a leg up on our competition!

Working out at least 4 weeks prior to tryouts is a must! Pick and choose from the workout plans posted on our website, and no matter what you should be stretching

Tube videos sporting a standing tuck! Finally, freshman Alex Ecott has said she has started working on a full after improving from back handsprings to tucks (even on the gym floor!) in just one season! Good luck to all of these girls, and everyone else as you continue to make us proud! Girls who are tumbling during the off-season can text times/dates/locations to Coach Caf, or send videos/pictures to get included in the tumbling updates!

### Equal Opportunity

Cheerleading is about dedication, spirit, leadership, and teamwork... among so much else! As coaches, we are very excited for a new season and a new squad. It's always great to keep working with old talent, but it's the new talent that really spices up the mix! I always tell my girls that "no one should ever doubt they would make the team!" So instead of spending the off season worrying about tryouts, stop. Breathe. And tell yourself that you have just as good a chance as anyone else. Even if you're worried about not being able to take tumbling classes, there are tumbling exercises you can do from home to stay in shape! Start working out to make sure you're ready and watch our training videos to practice the cheers and motions... focusing on sharp movements and loud, projected voices! But most of all, stay positive, dedicated, and keep those grades up!

Coach Cafarelli

**Kinetic Resistance Bands for  
Cheerleaders will BLOW  
YOUR MIND!**

and doing 50+ push ups PER day! Not only will this get you in shape, give you a leg up, and help with your tumbling, but it will keep you from getting injured mid season.

Keep it up all season long, too! Just because you work out in practice doesn't mean it stops there. You should LIVE in splits (bases, too!) and push ups. A healthy attitude, after all, is contagious...

Coach Cafarelli