

JUNE 2015
SPECIAL EDITION



"Success is from the heart!"

Breaking News



**Cheer Extreme Sanford is excited to announce the addition of two AMAZING and TALENTED coaches to our coaching staff.
Sarah Macrow & Darnell Harris!**

Sarah resides in Kernersville, NC. She is married and has two children, Brinkley Kate and Aidan. She has coached at CEA for 14 years. She has worked with teams in Salem, Lake Norman and Charlotte. Sarah is currently the Director of the CEA Kernersville Gym and is head coach of all levels. She is certified in level 1-5 tumbling and stunting.

She has produced many videos on Youtube to help cheerleaders increase their flexibility and technique. Sarah is a graduate of University of Tennessee with a degree in psychology.

Darnell resides in Greensboro, NC. He has been with CEA for 10 years. Darnell is the Program Director of the CEA Kernersville Gym. He is certified in Level 1- 5. He currently coaches Kernersville Youth Elite, Jr Restricted 5, Glitter Penguins, Coex, C4, Jr Coed Crush, Medium Sr 5 and Senior Elite. His specialty is in stunting technique and base grips.

Darnell is currently attending classes at North Carolina A&T for Physical Therapy.

Returning for another season with Cheer Extreme Sanford is: Kevin Briggs: CEA Sanford Gym Director & Head Coach, Zack Wood: Tumbling Director & Team Coach and Emily Carroll: Team Coach and Tumbling.

More Information about all of our coaches will be in the next newsletter.



Announcing Cheer Extreme Sanford Teams for the 2015- 2016 Season.....

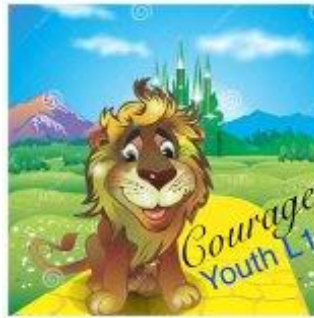


Love Bugs

Tiny Level 1

Head Coach: **Kevin Briggs**
 Team Mom: **Christian Rivera**
 Practice: **Monday, 5:00 – 6:45**

- Brianna Rivera
- Gracie Zahn
- Zoey Breeding
- Ryland Gonella
- Alexia Colin – Aguilera
- Annabelle Largo
- Kaylan Largo



Courage

Youth Level 1

Head Coach: **Kevin Briggs**
 Team Moms: **Crystal Hatch & Krista Bishop**
 Practice: **Tuesday's, 5:00 – 6:45**

- Reagan Kelly
- Brianna Rivera
- Gracie Shover
- Camden Nolan
- Aryeanna Speight
- Brooke Haynes
- Gabe Trevino
- Alexia Colin – Aguilera
- Alyvia Bishop
- Katelyn Brantley
- Rachel Bradford
- Ava Thomas
- Keianna Joe
- Maelyn Littiken
- Lily Parrish
- Alyssa Lopez
- Johnea Hoffler
- Brooklyn Underwood
- Bailey Hatch
- Tristan Washam
- Emma Porta
- Lana Campos
- McKenna Shaw
- Tatum McBride
- Hannah McNeill
- Jakarta Johnson
- Annabelle Langford
- ** Megan Mallberg
- **Amira Johnson



Inspire

Junior Level 3

Head Coach: **Kevin Briggs**
 Team Mom: **Holly Harrison**
 Practice: **Tuesday's, 7:00 – 8:45**

- Peyton Brown
- Bryonna Grey
- Alyssa Tucker
- Molly Duffy
- Savannah Washam
- Izzy Cardone
- Kylie Roberts
- Megan Mallberg
- Tatum McBride
- Hannah McNeill
- Emma Patterson
- Jakarta Johnson
- Annabelle Langford
- Emma Harrison
- Amira Johnson
- Ta'Leigha Beaver
- Lindsay Cabe
- Jewel Dunlap
- Hailey Quick
- Erica Pierce
- Ashlyn Morrill
- Shayla Downey

Anita would like to meet with athletes with a star (*) next to their names at your uniform fitting.



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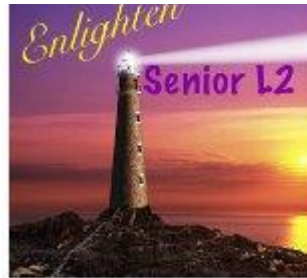


Junior 4

Obsession Junior Level 4

Head Coach: **Kevin Briggs**
Team Mom: **Dana Mazurowski**
Practice: **Monday's, 7:00 – 8:45**

Jenna Mallberg
Tara Mazurowski
Logan Hearn
Samantha Paris
Aliyah Smith
Johanna Jordan
Vance Hearn
Lacey Mathis
Madi Greer
Lauryn Bowker
Hayley Zahn
Kaleb Gilbert
Chloe Lucas
Makenzie Mazurowski
Isabelle Moore
Emma Harrison
Daijah Arnold
Ashlyn Morrill
Shayla Downey
**Haley Quick
**Peyton Brown
** Savannah Washam



Enlighten Senior Level 2

Head Coach: **Emily Carroll &
Zack Wood**
Team Mom: **Angie Cates**
Practice: **Monday's, 5:00 – 6:45**

Morgan Cates
Diamondique Lee
Kaleigh Peterson
Jordan LaForge
Erica Wates
Kelsey Yonish
Caroline Torlone
Belle May
Kiara Romero
Savannah Davis
Desha Waterson
Taylor Cohen
Macey Miers
Erica Pierce
Bella Ortega
Ava Thomas
Ta'Leigha Beaver
Kylie Roberts
Ali Smith
Kianna Joe
Lindsay Cabe



Journey Senior Level 3 or 4.2

Head Coach: **Sarah Macrow &
Darnell Harris**
Team Mom: **Nicole Bowker**
Practice: **Wednesday's,
5:00 – 6:45**

Cole Beaver
Jada Harper
Sabrina Rodriguez – Ortiz
Andrea Rodriguez- Ortiz
Katie Zahn
Kaleigh Flaker
Jenni Whitehorn
Hannah Long
Cara Proctor
Lauryn Bowker
Jamie Greenwich
Ava Clark
Taylor Dobeck
MeKenna Cagle
McKenzie McNeill
Madison McBride
Isabelle Moore
Izzy Cordone
Reagan Wheeler
Lauren Platt
**Diamondique Lee
** Taylor Cohen
** Erica Wates
** Macie Watson

It's all about the

journey,

not the outcome.

- Carl Lewis

**Announcing Cheer Extreme Sanford Teams for the
2015- 2016 Season.....**



Cru5h

Senior Level 5 Restricted

**Head Coach: Sarah Macrow &
Darnell Harris**

Team Moms: Tonya McBride

Practice: Wednesday's 7:00 – 8:45

Vance Hearn

Samantha Paris

Hayley Zahn

Tara Mazurowski

Reagan Wheeler

Cole Beaver

Tori Glockzin

Lauren Platt

Kelsi Rowland

Laney Flaughter

Logan Hearn

Jenna Mallberg

Aliyah Smith

Makenzie Mazrowski

Chloe Lucas

Chloe Wood

Macie Watson

Madison McBride

Taylor Dobeck

Madi Greer

Johanna Jordan

Makenzie McNeill

**McKenna Cagle

** Sabrina Rodriguez – Ortiz

** Andrea Rodriguez - Ortiz