

JUNE 2014  
VOL 2 ISSUE 2



“Success is from the heart!”

## WOW! WOW! WOW! We are Impressed!

What a great start to the 2014-2015 All-Star Cheer Season here at Cheer Extreme Sanford.

The teams have been getting to know each other and are looking amazing! They've been trying new stunts, new stunt groups and new tumbling skills. We are so proud to see the commitment and encouragement from all our CEA cheerleaders.

Check out the, “Look at me, I got Skills” section of the newsletter to see all of the new skills that have been thrown. It is out of this world! Be sure to follow @ceasanfordtumble on Instagram for workout Wednesday tips. Zack will post workouts every Wednesday that can be done outside the gym. Encourage your cheerleader to try these workouts; they will help your cheerleader in the gym.

With the end of the school year this month, we pray each and every one of you has safe travels if vacationing, and we hope to see you all in the gym when you are home!

This month we are taking some time for you to get to know a little more about your Team Moms. Please read about these wonderful volunteers that will be spending a lot of time with your children.

Please remember, if you ever have any questions, or concerns, please contact Lisa (919-777-3468) or Anita (919-353-0822).

### Congratulations!

Cheer Extreme Sanford - VENGEANCE  
THE ONE - Cheer & Dance Finals  
Fan Favorite



We received a Giant Banner for the gym and will have a special feature in Next Month's issue of Inside Cheerleading Magazine

## Welcome to our Cheer Family!

If you see these cheerleaders and their families in the gym, welcome them to our Cheer Family:

Alexia Aguilera – Team Courage  
Mea Allen – Team Obsession & Level 5  
Morgan Anderson – Team Inspire  
Emma Bakken – Level 5  
Ta'Leigha Beaver – Team Courage  
Rachel Bradford – Team Courage  
Morgan Cates – Team Vengeance  
Katey Coe – Team Courage & Inspire  
Brandon Donathan – Team Vengeance & Level 5  
Jewel Dunlap – Team Inspire  
KyeAunna Fox – Team Courage  
Jamie Gungerich – Team Supremes  
Natalie Harrison – Team Inspire  
Adaelia Huffman – Team Courage & Inspire  
Amira Johnson – Team Courage  
Elise Johnson – Team Inspire & Supremes  
Lily Jones – Team Courage  
Reagan Kelly – Team Courage  
Trinity Liming – Team Inspire  
Hannah Long – Team Inspire & Vengeance  
Alyssa Lopez – Team Courage  
Nicole Merritt – Team Vengeance  
Trey Nesbit – Team Vengeance  
Ava Quartrone – Team Vengeance  
Madison Reyes – Team Supremes  
Brianna Rivera – Team Courage  
Andrea Rodriguez – Team Supremes  
Sabrina Rodriguez – Team Supremes  
Grace Shover – Team Courage  
Marissa Stephenson – Team Supremes  
Ava Thomas – Team Courage  
Caroline Torlone – Team Inspire  
Kyira Trevino – Team Courage  
Brooklin Underwood – Team Courage  
Reagan Wheeler – Team Vengeance  
Jenni Whitehorn – Team Vengeance  
Madison Willard – Team Level 5  
Gracie Zahn – Team Courage

Follow us on:



@ Cheer Extreme Sanford



@ ceasanford



@ceasanfordtumble



@ CEASanford



### **Paige Cabe - Team Mom/ Courage**

My name is Paige Cabe, and I am a team mom for Courage. This is my third year of being involved with Cheer Extreme and I love it! I grew up here in Sanford. I moved away for several years, but eventually moved back home. I am married and have three children. My daughter Lindsay is on both Courage and Inspire. I have an older daughter that swims and runs track. I also have a son that plays baseball. I am so excited to be a team mom this year, and I can't wait to see Courage in action!

[pcclaw@windstream.net](mailto:pcclaw@windstream.net)

919-499-8872



### **Tonna Brown - Team Mom/ Inspire**

As a military child, I grew up all over the world. I went to college on a music theatre scholarship where I became a classically trained vocalist and even spent 3 years singing with the symphony in Colorado Springs, CO. Eventually, I completed my degree in psychology but continue to perform whenever the urge hit. After a while, my stage experience took a different turn and I spent 10 years working as a national fitness trainer & presenter in the areas of yoga, boxing, martial arts & strength training. This job allowed me to travel all over the country meeting all kinds of great people and presenting the latest in fitness routines on stage to as many as 500 people at one time. After a number of years, the travel & time away from my family got to be too much for me so I left the company to stay closer to home. However, I still enjoy boxing and martial arts with a trainer a few times a week as a stress release! I currently works as the practice manager for a mental health clinic in Fayetteville and enjoys daily challenges of helping people through a multitude of life issues. I am married to Jim Brown - a colonel in the US Army in Special Operations Command. I am also the proud mother of two - Robert & Payton. Payton is on team Inspire. This will be her 4th season doing competitive cheerleading.

[tonnabrown@yahoo.com](mailto:tonnabrown@yahoo.com)

919-478-1392



### **Yvonne Flaker - Team Mom/ Supremes**

My name is Yvonne Flaker and I'm very honored to be this seasons Team Mom Supremes! I have been married to Rob for 20 years. He has served with the Army for 23 years and currently is CSM at JSOC. We have 2 children Christopher (19) and Kaleigh (15) who is excited to be cheering on Supremes as well as Vengeance. This is our Second year at Cheer Extreme and look forward to an adventurous and exciting year!

For the past 7 years I've work at Highland Elementary as a Teacher Assistant/Tutor and Substitute Teacher. I love teaching and working with children and watching them grow. If I'm not at Cheer Extreme you can catch me at WHHS cheering Kaleigh on a football game or basketball game, reading a book or planting flowers. Thank you for trusting me with your children. I look forward to getting to know each and every one of them. We are going to have an amazing season!

[bookaymom@aol.com](mailto:bookaymom@aol.com)

910-584-1238



### **Crystal Hatch - Team Mom/ Courage**

My name is Crystal. I'm currently a full time student and would like to be a high school biology teacher when I grow up. We are an Air Force family stationed out of Ft. Bragg. I have two children, Christian is 12 and Bailey is 8. This is Bailey's second season at CEA and she has learned so much in less than a year. I'm very excited to be chosen as a team mom for Courage and can't wait to watch your girls have an amazing season! Go Courage!

[crystalinzh@gmail.com](mailto:crystalinzh@gmail.com)

253-970-7624



### **Tiffany Woods - Team Mom/ Obsession**

My name is Tiffanie Woods, and this is my family's fifth season at CEA-Sanford. I am twenty-six years old and a graduate of Methodist University where I earned a Bachelor's Degree in Special Education. I am also licensed to teach English. I have been married to my very supportive husband, Keith, for four years. We have three children; Kaleb, who is ten, and participates in Jiu Jitsu, Haydn, who is eight, and cheers on Obsession, and Colton, who will be three in August, and is a wonderful ball of energy. I currently run and operate my own tumbling and cheer gym on Fort Bragg- All American Cheer. I love working with athletes and kids and seeing a passion for the sport of cheerleading grow. I am excited to be coaching and working as a team mom for CEA for another amazing year.

[blueyedgirl\\_12@yahoo.com](mailto:blueyedgirl_12@yahoo.com)

[AAcheer1413@yahoo.com](mailto:AAcheer1413@yahoo.com)

910-584-1337



### **Nora McDonald - Team Mom/ Vengeance**

I am married to Gary McDonald, Police Chief in Cameron, NC for 24 years, we live in Aberdeen and have three children, two grown boys,

Travis and Bradley and a daughter, Tori who is 15 and a CEA cheerleader. I am a Real Estate Broker and owner of Community Housing Center located in Southern Pines. In my spare time, I love to be outdoors fishing, riding four wheelers, or be at the races or the beach. We have been part of the CEA Sanford family since last season and love it... looking forward to hitting the road for competitions!

[nora0099@hotmail.com](mailto:nora0099@hotmail.com)

910-603-1700



### **Andrea Smith - Team Mom/ Level 5**

We are an Air Force family that arrived here in 2012 so this is our 3rd year with CEA. We've been in the all star cheer world for 6 years (3 at previous assignment in Virginia) hence the nic names of Hannah VA and Andrea VA. We love to ride Harley's and travel. I work part time for Weight Watchers and as a hairstylist but mostly I am the household coordinator of the Smith crew. We have 2 other children, both boys. Our oldest is an IT guy, married and living in VA with his wife (also a Hannah) and the other is in Phoenix AZ flying F-16's for the AF.

[dudemom05@gmail.com](mailto:dudemom05@gmail.com)

757-771-1137

**Kim Hales****Director of Team Moms/Communication**

Hi, I am Kim Hales. I am the Director of Team Moms and I am also in charge of keeping everyone informed about what's going on in the gym. I have been married to my husband, Stan, for twenty-three years. We met while we were both attending NC State. We have two children together; Preston-19 and Sydney-16, who both attend Lee County High School. Sydney has been cheering for Storm All-Stars then CEA since she was 7 years old. When we are not a cheer competitions or watching our son play baseball, we enjoy traveling. My family and I are very active at St. Luke UMC in Sanford. I am looking forward to a great year.

[khales22@gmail.com](mailto:khales22@gmail.com)

919-498-4301

**Nicole Bowker****Fundraising/Public Relations Coordinator**

Hey! I'm Nici Bowker, Fundraising / Public Relations Coordinator. I have been married to my husband, Jon, for Fourteen years, and we have two daughters, Lauryn (13) and Tori (10). We both are originally from Buffalo, New York and have been in NC for just about eight years. My husband was in the US Army, but separated in 2013 and is now employed with Install, Inc in Sanford. I am employed with Lee County Partnership for Children as a Child Care Subsidy Specialist. If I'm not at work, I'm either in the CEA Sanford gym, leading Girl Scout troop 676, Watching Tori on the Track, or Coaching Cheerleading for Sanford Sting. In my limited free time I enjoy the beach, camping, traveling to new places and watching movies. This is our fifth year at CEA Sanford, and we love every minute of it.

[nicole\\_bowker@msn.com](mailto:nicole_bowker@msn.com)

910-364-1588

**Look at our Beautiful Practice Set****MANDATORY**

Cost of the practice set is \$80.00. Payment for the practice set is due by June 19, 2014. If paying by check, please make your check payable to BETSY SMITH. We will be wearing these for the Lee Regional Fair performance, along with any additional community events we do, and when we travel.

Please note that the green we will be getting will be like the sports bra pictured on the far right. On the back of our sports bra, it will say "SANFORD" and the X-man on the front will be blinged out. The shorts fit like Nike Pros, so please order your correct size. If you have already turned in your payment and would like to rewrite your check, please ask Lisa or Anita to get your envelope to you.



Congratulations to the following for making Southern Lee High School cheer:

**Varsity:** Laura Brummett, Madison McBride, McKenzie McNeill, Macie Watson



Congratulations to the following for making Lee County High school cheer:

**Varsity:** Sydney Hales, Chloe Woods, Kierston Maynor, Kaitlin Palmer, Kirby Forbes, Callie Rushatz



Congratulations to the following for making Western Harnett High school cheer:

**Varsity:** Katie Zahn, Kaleigh Flaker, Taylor Dobeck, Emma Bakken  
**JV:** Emyli Donathan



Congratulations to the following for making Overhills High School cheer:

**Varsity:** Tori Glockzin  
**JV:** Cara Proctor, Gabbie Nesbit

**Academic Achievements**

Congratulations to all of our hard working athletes. We are very proud of you. Continue to Strive for Excellence!

**Katie Zahn**

WHHS highest Average in Honors English II and Algebra II

**Samantha Paris**

Academic All Star 2014 Harnett County

**Hannah Virginia (Smith)**

A/B Honor Roll

**Saniya Keeton**

National Junior Honor Society

**Hayley Zahn**

Academic All Star 2014 Harnett County

**KyeAunna Fox**

Achieved high scores on her Reading and Math Terra Nova Scores. She is within the top 2% for Reading and within the top 1% in Math in the State for 4<sup>th</sup> Grade.

**BACK BY POPULAR DEMAND****CEA SANFORD SUMMER CAMPS  
OPEN TO THE PUBLIC!**

There will be signup sheets in the office or you can email  
anitah7@windstream.net to register.

Each one week session is \$125.

Cash or Checks payable to Storm All Stars.

**CLASS SIZES WILL BE LIMITED SO DO NOT  
DELAY!****June 16-20**

\*Stunt 9:00-11:00

\*Layout/Fulls 12:00-3:00

**June 23-27**

\*Stunt 9:00-11:00

\*BWO (Back walkover) BHS (Back handspring) classes 12:00-3:00

**July 7-11**

\*Stunt 9:00-11:00

\*Tucks 12:00-3:00

**July 14-15**

\*Stunt 9:00-11:00

\*BWO (Back walkover) BHS (Back handspring) classes 12:00-3:00

**July 21-25**

\*Stunt 9:00-11:00

\*Tucks 12:00-3:00

**July 28-Aug 1st**

\*BWO (Back walkover) BHS Back handspring) classes 9:00-12:00

\*Layout/Full 1:00-4:00

**\*\*PreRequisites**

**Stunt:** No requirements--work on flexibility thru stretching and strength training in addition to stunting

**BWO/BHS--**no requirements

**Tucks(Standing and Running)--**Requires Back handspring and Roundoff

Back handspring (Roundoff 2 back handspring and Standing 2 Back handsprings recommended)

**Layout/Fulls--**Requires Roundoff Handspring Tuck (Standing 2 Handspring to Tuck recommended)

**Obsession, Supremes, Vengeance, Level 5  
Camp Details:**

Camp will be held at CEA Sanford on Tuesday, June 24, 2014 starting at 9:00am. We will be in the gym until 9:00p, with breaks for Lunch and Dinner. We will then stay at Comfort Suites (1891 Bragg Street) for some team bonding and fun. The next morning, we will eat breakfast and head back to the gym for another full day of learning and fun! We will conclude camp Wednesday, June 25, 2014 at 9:00p. Due to the volume of athletes in the gym, this camp will be CLOSED to everyone but staff and team moms.

Cost of the camp is \$125.00. This fee includes lunch & dinner on Tuesday and breakfast & lunch on Wednesday, your hotel room and the camp fee, of course! Please your payment no later than June 12, 2014. If paying by check, please make check out to Storm All Stars.

We are looking for volunteers that can transport athletes to and from the hotel, to dinner Tuesday night, and help pick up lunches on Tuesday and Wednesday. If you would like to volunteer, Please email Lisa Pace [paces@windstream.net](mailto:paces@windstream.net) with the duties you are willing to help with. If its transportation, please let her know how many athletes you can transport in your vehicle.

**Inspire – Lake Norman**

Details will follow as CEA provides specifics.  
Thank you for your immediate response to our need for volunteers, they are as follows:

Janelle Nesbit: 6 athletes  
Kim Mallberg: 6 athletes  
Tara Huffman: 4 athletes  
Paige Cabe: 3 athletes  
Tonna Brown: 3 athletes  
Dana Mazurowski: 4 athletes  
Tonya McBride: 4 athletes  
Christy Callaghan: 6 athletes  
Mint Downey: 4 athletes

If you cannot fulfill your commitment, please contact Lisa Pace immediately.

**<<<<< Look at me, I got Skills! >>>>>**

Look at all these **NEW** skills that have been thrown in the gym this month. Way to go!

**Vance Hearn** – Punch Front Full

**Vance Hearn** – 2 to Full

**Alexia Aguilera** – Bridge Kick Over

**Gracie Shover** – BHS

**Trinity Liming** – BHS

**Jenna Mallberg** – Full

**Macie Watson** – Full

**Haley Mitchell** – Punch Front

**Emma Harrison** – Round Off 2 BHS

**Daijah Arnold** – Aerial to Tuck

**Daelynn Perkins** - Full to Full

**Madi Woods** – Walk-over to Full

**Sydney Hales** – Cartwell Tuck

**Hayley Zahn** – Whip to Tuck

**Jewel Dunlap** – Bridge Kick Over

**Ava Quartrone** – Round Off 3 BHS

**Adaelia Huffman** – Round Off 2 BHS

**Saniya Keeton** – Toe Touch Tuck

**Madison Reyes** - BHS

**Autumn Williams** – Round Off BHS

**Lauren Platt** – Toe Touch Tuck

**Logan Hearn** – Full

**Macie Watson** –Two to Full

# Save the Date:


September 6, 2014: UNC Cheer Day, Camp with Football tickets

September 14, 2014: Lee Regional Fair

October 26, 2014: CEA Showcase @ Lawrence Joel Coliseum in Winston Salem

November 23, 2014: XEvolution @ Dorton Arena in Raleigh

# JUNE 2014

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	2 <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	3 🎂 <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 2 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	4 🎂 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	5 <u>FLIGHT CLASS:</u> 4:00 – 5:00 \$15.00 <u>TUMBLING:</u> 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	6	7 <u>CEA YARDSALE</u> 7:00a-12:00p Davison's Steak
8 <u>CEA Pool Party</u> 7:00p-9:00p Westlake Valley Pool 1321 Gormly Cir Sanford, NC	9 🎂 <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	10 <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 2 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	11 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	12 <u>Used Uniform Fitting</u> <u>FLIGHT CLASS:</u> 4:00 – 5:00 \$15.00 <u>TUMBLING:</u> 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	13 🎂 <u>Zumba Glow Party</u> CEA Sanford 6:00p-8:00p	14
15	16 🎂 <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 1 6:00 – 7:00 – Tumble 4/5 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Courage 7:00 – 8:45 – Obsession	17 <u>Uniform Fitting</u> <u>CEA Apparel</u> <u>TUMBLING:</u> 4:00 – 5:00 – Tumble 2 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Inspire 7:00 – 8:45 – Supremes	18 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning 6:00 – 7:00 – Tumble 3 <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Level 5 7:00 – 8:45 – Vengeance	19 <u>FLIGHT CLASS:</u> 4:00 – 5:00 \$15.00 <u>TUMBLING:</u> 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	20	21
22	23 <u>TUMBLING:</u> 4:00 – 5:00 – Conditioning <u>TEAM PRACTICE:</u> 5:00 – 6:45 – Courage 6:45 – 8:30 – Inspire	24 🎂 <b>Cheer Camp for Obsession Supremes Vengeance Level 5</b>	25 🎂 <b>Cheer Camp Obsession Supremes Vengeance Level 5</b>	26 <u>FLIGHT CLASS:</u> 4:00 – 5:00 \$15.00 <u>TUMBLING:</u> 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	27	28
29 🎂	30 🎂 <b>Tumbling Camp</b> 10:00a – 2:00p \$45.00 <u>TUMBLING:</u> 5:00 – 6:00 – Tumble 1 6:00 – 7:00 – Tumble 2 7:00 – 8:00 – Tumble 3 8:00 – 9:00 – Tumble 4/5	<u>The Gym will be CLOSED July 1 – 6, 2014 – Happy 4<sup>th</sup> of July!</u>				
		Meagan Malberg – 6/3 Hayden Woods – 6/13 Katey Coe – 6/25	 <u>It's My Birthday</u> 			Katlin Palmer – 6/4 Callie Rushatz – 6/16 Taylor Dobeck – 6/29  Kelsi Roland – 6/9 Tara Mazurowski – 6/24 Emyli Donathan – 6/30