

MAY 2015  
VOL 3 ISSUE 1



“Success is from the heart!”

## Welcome!

We would like to take this time to “Welcome” all of you, new and old, to Cheer Extreme-Sanford.

We are looking forward to another amazing season, hopefully filled with new friendships, new skills and memories that will last a lifetime. We are growing and are thrilled that you have decided to grow with us.

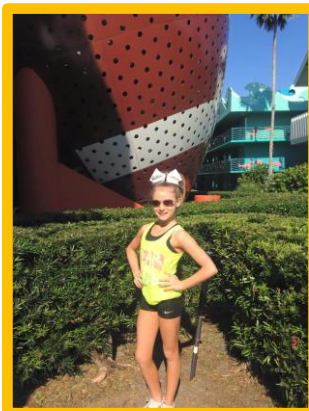
As a reminder, Rosters are ***NOT*** finalized yet. The Rosters posted are practice groups for the month of May. Please continue to support us as we adjust to the volume in the gym, and make any necessary changes, so all of the athletes have a successful season.

So here’s to the 2015-2016 season at Cheer Extreme-Sanford where

*“Success is from the heart,”*



Way to Go, ***VANCE HEARN!***  
***2015 Summit Champion – Junior 5***



## Congratulations!

***COURAGE*** - Youth 1 and ***CRU5H*** - Senior 5R!

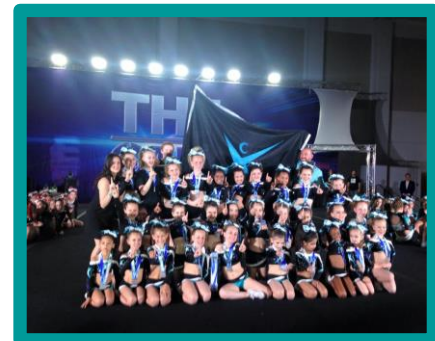
They became Division Champions – East at the THE ONE – Cheer & Dance Finals in Virginia Beach, VA on April 12, 2015.

They will continue on to the THE ONE – Cheer & Dance Finals Virtual Competition on Saturday, May 16, 2015.

Ms. Anita will be at Cheer Extreme Sanford on Saturday, May 16, 2015 to stream THE ONE Cheer & Dance Finals Virtual competition for anyone interested in watching the competition with her. ***(NOT Mandatory)***



CRU5H – Senior 5R



COURAGE – Youth 1

## Meet Lisa Pace & Anita Hearn Owners of Cheer Extreme-Sanford



Lisa and Anita met about 17 years ago, while they were both with Pop-Warner Cheerleading. After years in the Pop-Warner arena, let's just say they got the bug for competing (even though they will tell you the "kids" got the bug.) Competition for Middle School was not an option at the time, and the kids were too old for Pop-Warner, so what was the next best thing to do...open Storm All-Star Cheerleading. Storm All-Stars opened in 2001 and in 2003 became an association. As Storm All-Stars they won numerous National Titles, they were the 2004 All-Star Program of the Year for Cheer Limited, but their PROUDEST MOMENT was when they won the "Spirit of Sportsman" Award three years in a row at the Pop Warner Nationals in Florida. This is a task that was never accomplished before and has never been again.

With that being said, they knew they were growing in numbers, and decided to solicit a coaching staff from the biggest name in All-Star Cheer...Cheer Extreme. In 2009, Lisa and Anita decided to keep the ownership of the gym, but to contract out the CEA Staff. This is when Cheer Extreme-Sanford transpired. Cheer Extreme currently has 9 locations and approximately 1000 athletes in the program.

Lisa is married to Scott, who is also a Co-Owner of Cheer Extreme-Sanford, and has one daughter, Adison. Adison is a graduate of UNC, where she spent 4 years cheering. She is a high school math teacher at Durham School of the Arts and is the head cheerleading coach.

Anita is married to Greg, who is also a Co-Owner of Cheer Extreme-Sanford, and has two daughters, Logan and Vance. Logan and Vance are enrolled in the Cheer Extreme-Sanford program.

The passion these women have for our children is out of this world. Lisa and Anita not only know each and every kid by FIRST and LAST name, but they can tell you every single parent of these kids too. They know who is "really" hurt, who is not having a good night, who is having a rough patch at home or school, when someone is sick; however, when someone is having a good night at cheer...watch out for the RUNNING ANITA!!!!

Ask any kid in that gym who are the 1st people they are looking for when they come out on that mat, under all those lights, and ALL of them will tell you Lisa and Anita. They are the HEART and SOUL of Cheer Extreme Sanford!

be confident.  
be successful.  
be beautiful.  
be intelligent.  
be hardworking.  
be carefree.  
be modest.  
be driven.  
be forgiving.  
be creative.  
be relaxed.  
be motivated.  
be educated.  
be thoughtful.  
be kind.  
be determined.  
be good.

# just be you.

be unstoppable.  
be knowledgeable.  
be sympathetic.  
be honest.  
be worthy.  
be straightforward.  
be courteous.  
be polite.  
be gentle.  
be strong.  
be open.  
be loving.  
be funny.  
be selfless.  
be encouraging.  
be generous.  
be humble.

[thehiyL.com](http://thehiyL.com)



## Congratulations, Trey Nesbit!

He's officially a Western Carolina University  
Cheerleader for 2015-2016!

## A Great Day for the Mazurowski Family



Kenzie & Tara's dad, Frank graduated from Captain  
Career Course.  
Congratulations and Welcome Home!

## Academic Achievements

**Bryonna Gray** –  
A Honor Roll @ East Lee Middle School

**Kaleb Gilbert** –  
Straight A's @ Highland Elementary

**Lauryn Bowker** –  
Straight A's @ Western Harnett Middle School

**Rachel Bradford** –  
A Honor Roll, Student of the Month, Award of Excellence and Principal's Award of Excellence @ Manchester Elementary School

**Ava Thomas** –  
Principal's list for all Three Quarters, Award for maintaining highest grade point in Reading, and perfect attendance @ Boone Trail Elementary

**Chloe Lucas** –  
Accepted into Junior National Honor Society @ Dillard Drive Middle School



Please email Nicole Bowker @ [nicole\\_bowker@msn.com](mailto:nicole_bowker@msn.com) at the end of each month with information for the newsletter.

**Please include pictures, facebook stalking takes a lot of time!**

## FUNDRAISING

Listed below is a list of fundraisers that we have planned. Please be on the lookout for an email from Kim Hales.

### 50/50 Raffle Ticket Sale: (50 % Profit)

All Tickets are \$1.00 each  
All Money is due Tuesday, May 26, 2015 by 8:00p.  
Drawing will be held Wednesday, May 27, 2015 @ 7:00p.

### Cheer Swap/Sale: (100 % Profit)

May 11, 12 & 13, 2015 from 5:30p-8:30p (during practice)  
Tables will be set up for use, if you do not want to stay  
Clearly mark items with prices.

### Candy Bar Sale: (50 % Profit)

May 11 – June 3, 2015  
World's Finest Chocolate Candy Bars  
Candy Bars are \$1.00 each  
ALL Money is Due June 3, 2015.

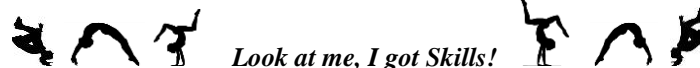
### CEA Yard Sale: (100% Profit)

Saturday, June 6, 2015  
7:00a -12:00p  
Parking Lot of Davison Steaks, off HWY 1

### Athlete Sponsorship: (95% Profit)

Athletes can get sponsorships from businesses, family or friends to help cover the expenses of the 2015 – 2016 competitive cheer season. If you are interested, Please see Nicole Bowker.

**If you have any ideas for Fundraising or know of anyone willing to donate printing services, please email Nicole @ [nicole\\_bowker@msn.com](mailto:nicole_bowker@msn.com)**



Look at the **NEW** skills that were thrown in the gym this month. Way to go!  
Rachel Bradford – BHS      Lauryn Bowker – Standing 2 to tuck      Bella Ortega - BHS

## Putting in the Effort

ALL CHEERLEADERS could increase their performance and maximize their potential if they dedicated a bit more time to their workout.

A few adjustments to your training, your eating habits and your approach to make yourselves a better cheerleader, and you could transform your potential and turn yourself into the athlete you always wanted to be.

### What makes teams so great?

Dedication, hours of practice, love for the sport, but most important –training outside of the cheer gym.

## Tumble Conditioning for May

### \*4 Sets per night\*

- 25 Jumping Jacks
- 25 Push Ups
- 30 Crunches
- 30 second Wall Handstands
- 25 Squat Jumps
- 45 second Left Split
- 45 second Right Split

Your coaches will be able to tell who is doing their conditioning.



## Tumbling will now be split into Levels and **NOT** teams.

Please find your level below.

If you have any questions, or your name is NOT on this list, please talk to Zack or Kevin, BEFORE or AFTER practice.

### Level 1/2

Gracie Zahn  
Alexia Aguilera  
Brianna Rivera  
Zoe Breeding  
Alyvia Bishop  
Gabe Trevino  
Ayreanna Speight  
Rayna Largo  
Rowan Oliver  
Ryan Gonella  
Reagan Oliver  
Annabelle Largo  
Kaylan Largo  
Reagan Kelly  
Camden Nolan  
Rebecca Griffin  
Kaia Loomis  
Maelynn Littiken  
Alyssa Lopez  
Lily Parrish  
Meagan Mallberg  
Johnae Hoffer  
Brooklyn Underwood  
Bailey Hatch  
Tristan Washam  
Morgan Anderson  
Kyira Trevino  
Caroline Torlone  
Cayleigh Agee  
Kelsey Yonish  
Diamondque Lee  
Erica Wates  
Savannah Davis  
Jordyn Laforge  
Christina Valentic  
Kaleigh Peterson  
Cole Beaver

### Level 2/3

Gracie Shover  
Brooke Haynes  
Annabelle Langford  
Ava Thomas  
Izzy Cardone\*  
Tatum McBride\*  
Amira Johnson  
Rachel Bradford  
Emma Patterson  
Jakarta Johnson\*  
Ava Clark\*  
Hannah McNeill\*  
Shayla Downey\*  
Payton Brown  
Bryonna Gray\*  
Belle May  
Jewel Dunlap\*  
Kiara Romera  
Isabella Ortega  
Molly Duffy\*  
Ashlyn Morrill\*  
Lindsey Cabe  
Lacey Mathis  
Mckenzie McNeill\*  
Andrea Ortiz  
Cara Proctor  
Jamie Gingerich  
Madison McBride  
Hannah Long\*  
Jada Harper\*  
Tori McDonald  
Morgan Cates  
Laneigh Jones  
Daijah Arnold\*

\* - athletes with tucks.

Disclaimer: Athletes with tucks are placed in this level based upon backhandspring strength, technique, or consistency. Upon improvement in said area, athletes will be advanced to next appropriate level.

### Level 3/4

Ta'leigha Beaver  
Gabbie Nesbit  
Jenny Whitehorn  
Kylie Roberts\*  
Emma Harrison\*  
Alyssa Tucker  
Haylee Quick\*  
Lauryn Bowker\*  
Kaleigh Flaker  
Katie Zahn  
Sabrina Ortiz\*  
Hannah Johnson  
Taylor Dobeck  
Reagan Wheeler\*

\* - athletes with layouts  
Disclaimer: Athletes with layouts are placed in this level based upon layout body position, technique, or consistency. Upon improvement in said area, athlete will be advanced to the next appropriate level.








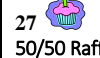


### Level 4/5

Hayley Zahn  
Haydn Woods  
Tara Mazurowski  
Sam Paris  
Kaleb Gilbert  
Lindsey Tharpe  
Mckenzie Mazurowski  
Chloe Lucas  
Aliyah Smith  
Johanna Jordan  
Vance Hearn  
Savannah Washam  
Madi Greer  
Logan Hearn  
Jenna Mallberg  
Lauren Platt  
Macie Watson  
Mckenna Cagle  
Kysheem Elliot  
Chloe Wood  
Kamea Allen  
Tori Glockzin  
Kelsi Roland  
Laney Flaughter  
Isabelle Moore

# Save the Date:

- May 11, 12, 13, 2015:** Cheer Swap/ Sale at Cheer Extreme Sanford 5:30p-8:30p  
**May 11, 2015:** World's Finest Chocolate Bar Sale Starts  
**May 16, 2015:** The One Cheer and Dance Virtual Finals Viewing at Cheer Extreme Sanford  
**May 18, 2015:** Lee County Health & Fitness Fair (More Information Coming)  
**May 26, 2015:** All 50/50 Raffle Tickets and Money Due  
**May 27, 2015:** 50/50 Raffle Drawing 7:00p @ Cheer Extreme Sanford  
**May 30, 2015:** Tentative date for Uniform Fitting. (Cash or Money Order)  
**June 4, 2015:** All Candy Bar Money is due  
**June 6, 2015:** CEA Yard Sale, Davison Steak's 7:00a – 12:00p  
**September 20, 2015:** Lee Regional Fair

## MAY 2015

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3	4  <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p	5 <u>No Practice</u> CEA Banquet Steven Center 5:30 – 9:30	6 <u>Team Practices</u> <u>Team 3:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p	7 <u>Flight Class:</u> \$15.00 4:00p – 5:00p <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 4:</u> 7:00p – 8:45p	8	9
10 <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5	11  Candy Bars Sale Starts Cheer Swap 5:30 -8:30 <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p	12 Cheer Swap 5:30 -8:30 <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 4:</u> 7:00p – 8:45p	13  Cheer Swap 5:30 -8:30 <u>Team Practices</u> <u>Team 3:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p	14 <u>Flight Class:</u> \$15.00 4:00p – 5:00p <u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p: Level 3/4 8:00p – 9:00p: Level 4/5	15 <u>OPEN GYM</u> 5:30 -7:30 Cost: \$10.00	16 THE ONE Cheer & Dance Virtual Finals 
17 <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5	18 Lee County Health & Fitness Fair (More Info Coming) <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p	19 <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 4:</u> 7:00p – 8:45p	20 <u>Team Practices</u> <u>Team 3:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p	21 <u>Flight Class:</u> \$15.00 4:00p – 5:00p <u>Tumbling</u> 5:00p – 6:00p: Level 1/2 6:00p -7:00p: Level 2/3 7:00p -8:00p: Level 3/4 8:00p – 9:00p: Level 4/5	22 <u>OPEN GYM</u> 5:30 -7:30 Cost: \$10.00	23 
24  <u>CEA Sanford</u> <u>CLOSED</u>	25 <u>CEA Sanford</u> <u>CLOSED</u>	26  <u>Team Practices</u> <u>Team 2:</u> 5:00p – 6:45p <u>Team 4:</u> 7:00p – 8:45p	27  50/50 Raffle Drawing <u>Team Practices</u> <u>Team 3:</u> 5:00 p – 6:45p <u>Cru5h:</u> 7:00p – 8:45p	28 <u>Team Practices</u> <u>Team 1:</u> 5:00p – 6:45p <u>Obsession:</u> 7:00p – 6:45p	29	30 <u>TENTATIVE</u> Uniform Fitting
31 <u>Tumbling</u> 2:00p – 3:30p: Level 1/2 3:00p – 4:30p – Level 2/3 4:00p – 5:30p – Level 3/4 5:00p – 6:30p: Level 4/5	 <u>It's My Birthday</u> 					
		Jakarta Johnson – 5/1 Jamie Gingerich – 5/4 Erica Wates – 5/4 Isabella Ortega – 5/11 Camden Nolan – 5/13		Ava Thomas - 5/23 Christina Valentic – 5/24 Rachel Bradford – 5/26 Lindsay Cabe – 5/27		

**Please remember to be at practice and on time. Also attend at least 1-hour of tumbling a week.**  
**If your child is going to miss practice, for ANY reason**  
**(ie; sick, vacation, appointments) please inform your team mom.**