

MAPLE RIDGE CHEER TEAM

COMMUNITY TEAM RECOGNITION AWARD RECIPIENTS

9th Place World Champions

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HOW LONG HAS THE MAPLE RIDGE CHEER TEAM BEEN IN CHEERLEADING?

ANSWERED BY | Coach Sofie Van De Keere

Maple Ridge Cheerleading has been a team for quite some time. The three current coaches started in our roles five and six years ago; however, two of us had been on the team since our Grade 8 year (over 10 years ago now) and I the team existed long before that as well.

WHAT IS IT ABOUT CHEERLEADING THAT ATTRACTS ATHLETES TO THE SPORT?

ANSWERED BY | Coach Sofie Van De Keere

I think that there are different things about the sport that attract athletes. Sometimes it can be the flashiness the sport has, others want a challenge and understand that what we do is not always easy, and then there are some that do not know anything and are just looking to try something new! So many people think of "Bring it On" when they think of cheerleading. While it can be accurate at times, I think people are surprised with how hard these athletes really work - it's not all about the bows and the sparkles.

WHAT DOES IT MEAN TO BE A PART OF A TEAM AND WHAT HAS IT TAUGHT YOU?

**ANSWERED BY | Riann McCreesh
Senior Captain & Grade 12 Student**

Being a part of a team like ours has taught me so much. One big thing that stands out to me is how important it is to work together. Everyone has their own job and responsibilities they have to do in order to make the whole routine successful, but without us all working together, none of it is possible. Being a part of a team means listening and cooperating with all of your team mates and collectively putting in all your effort to make things work.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE LOOKING TO GET INVOLVED IN SPORT AND/OR THE SPORT OF CHEERLEADING?

**ANSWERED BY | Ljana Pearson
Junior Captain & Grade 11 Student**

To anyone who's looking to get into the sport of cheerleading, the biggest advice I would give is to be coachable and willing to learn. I have learnt that a huge aspect of the sport of cheerleading is having athletes who are coachable no matter how high level of a skill

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you have or how experienced you are is super important. Whether you have a skill that no one else has and you're the most talented cheerleader around or you're an amazing All-star cheerleader (teams that are owned by private gyms), if you had a bad attitude those skills don't matter because cheerleading is a team sport. I think to be a good cheerleader, you need to be a team player. I came in to cheerleading only with the smallest amount of experience in dance and having flexibility, and honestly I had no idea what cheerleading was all about. The coaches and the other cheerleaders who already had experience were so supportive and kind and taught me everything about cheerleading from scratch.

I would say to anyone who's wanting to get into cheerleading, definitely try it because it's so worth it!

WHAT IS YOUR TEAM'S FAVOURITE RECREATIONAL ACTIVITY TO DO TOGETHER OUTSIDE OF CHEERLEADING?

**ANSWERED BY | Maddy Dumore
Junior Captain & Grade 11 Student**

As a team I would not say that we have one specific activity that we like to do together but I can say we love to make funny Tik Toks! As long as we are all together we are having fun and usually laughing our heads off! This team is from all different grade levels, which makes it special because we probably all wouldn't have known each other if it weren't for cheer.

