

New co-ed cheerleading season begins

marisa biondi

For the first time in years, the NCSSM cheerleading squad is co-ed. Twelve girls and three boys have been recently chosen to be on the team for the 1999-2000 school year. Along with the new squad is a new coach, Ashley Glenn, who is also the new SLI on fourth Bryan.

"I'm excited about having a co-ed squad," said Glenn. "I'd like to bring it back to the level it was when I was here. We won conference championships. I'd like to see us win [this year]. I think we have a good chance."

Glenn

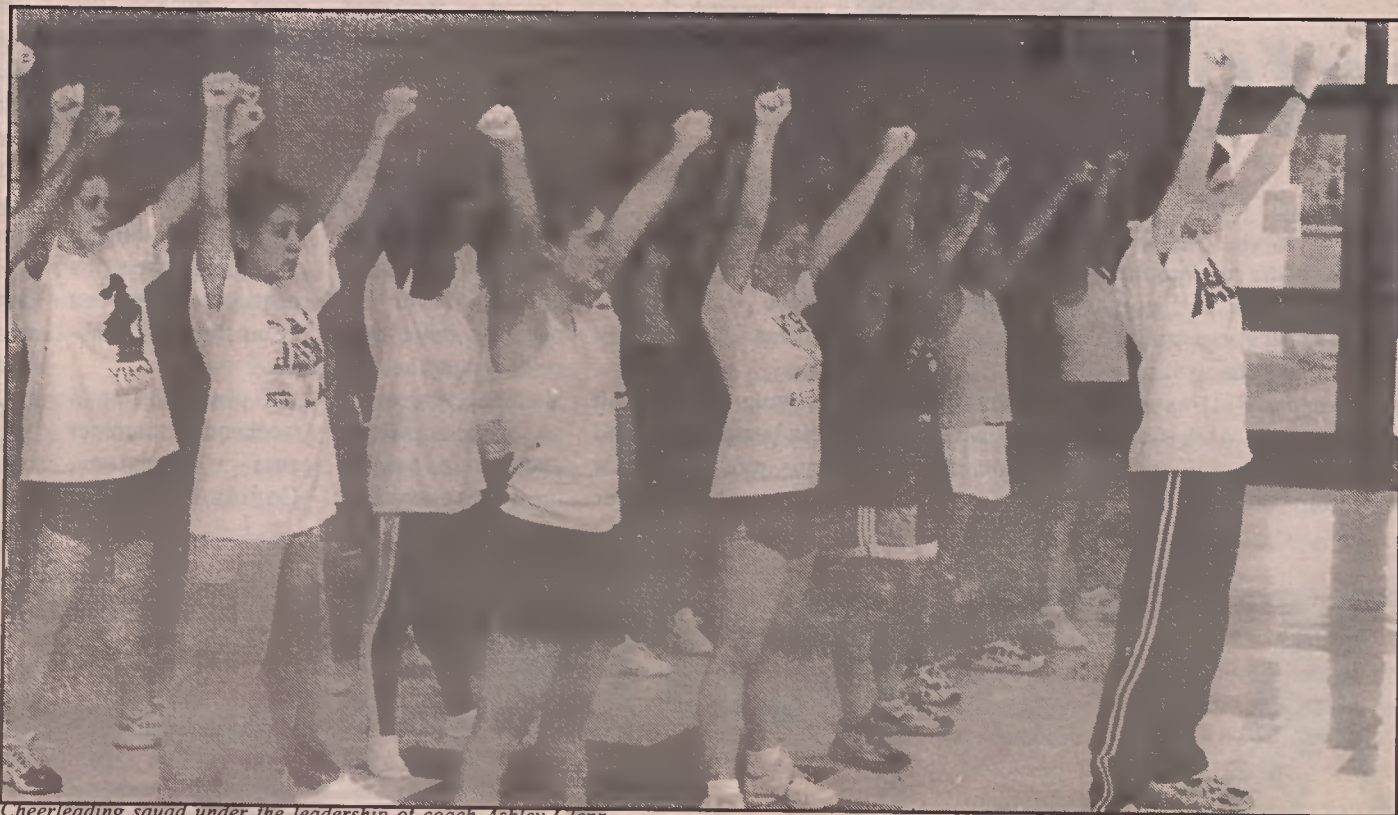
graduated from NCSSM in 1994. This is her first year coaching, but she has had six years of experience with cheerleading in middle school and high school and five years of gymnastics.

"I am excited about being on a squad with guys. This school seems to give cheerleaders more support than at my old school. We can actually get

from 4-6 Monday through Friday. They cheer at both the girls' and guys' basketball games, which are on Tuesdays and Fridays this year.

Coast Holiday Classic in Fayetteville on December 11. It is the largest cheerleading and dance competition in the state of North Carolina. The team will

"This is my first year cheerleading and I am very excited. I think it will be a lot of fun and a really great experience," said Junior Hans Choe.



Cheerleading squad under the leadership of coach Ashley Glenn.

andy greenberg

Also new this year, the pep band, conducted by Dr. Ray Church, is coordinating songs with the cheerleaders' routines. At future pep rallies and other events they will be performing together.

"I love when [I'm cheering and] the crowd gets into it and it makes me feel like a part of the school and a part of the team," said returning Senior Courtney Melton.

scholarships for [cheerleading]," said Junior Fatimah Shahid-El.

The cheerleading season is from October to March, and the girls and guys practice

Along with cheering at the basketball games, the cheerleading squad will participate in local and state cheerleading competitions. The first competition is the East

also enter in the National Team of the Year competition, and some individual cheerleaders are possibly planning to enter in Cheerleader of the Year competition.

The cheerleading squad is comprised of promising newcomers as well as returning seniors this year. The team is practicing hard and expecting a good outcome for the new season.

Warm up with wrestling

nigel kirby

The NCSSM wrestling team is getting an early jump this season. The team held voluntary conditioning two hours a day five days a week for several weeks before the season started, but now the team has shifted to high gear.

The workouts entailed hard conditioning on and off the mat. The team has been weight lifting and running a lot as well as practicing moves they will use during the season in the new conference.

"At the beginning of the season, the coaches go over basic wrestling moves to get everyone on the same level. As the year goes on the coaches start teaching more complex moves," said Oliver Gray, a veteran senior from last year's squad.

The head coach is Avery Winford who has been at NCSSM for five years for wrestling. The staff also has two

assistants Duane Holiman and Todd Glenn; they have also had help from Lauren Carr as manager.

The official practices for the team began on November 1, along with the rest of the winter sports. The wrestling

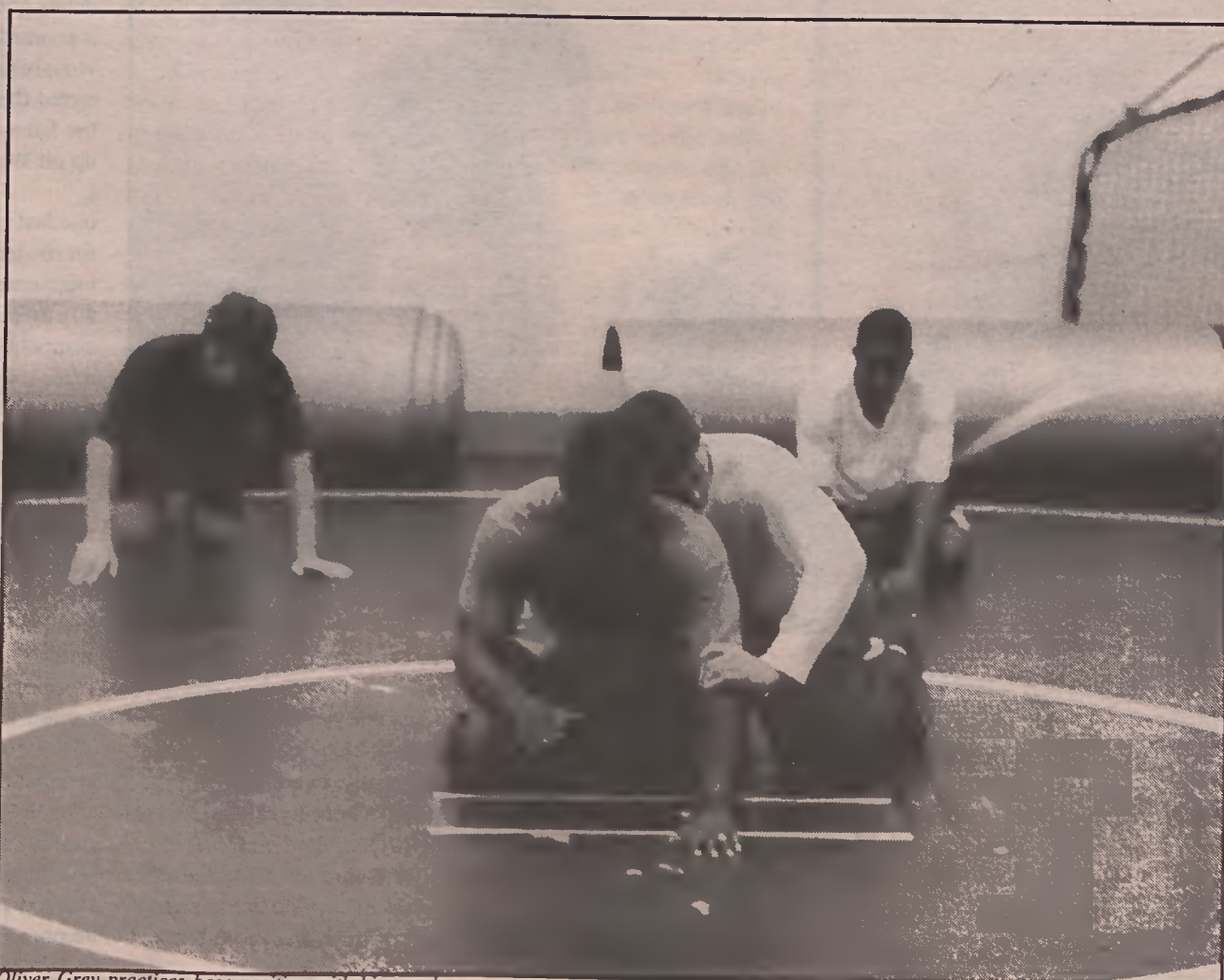
team does not have actual try-outs, instead any wrestlers in the same weight class will battle for the top spot in order to wrestle in the matches.

Winford is very confident in his wrestlers. "We have a strong and cohesive team, but not all weight classes will be filled and that will hurt us," said Winford.

The coach would like to see the wrestling Uni's win 80 percent of their dual matches, place in the top of the conference. He would love to see them at the state championships.

The coach, who himself has wrestled for fifteen years, thinks the team's biggest strongpoint is their hard work and he hopes this will pay off to achieve some of those goals.

The team is very excited to start the new season and hopes to see support from everyone.



Oliver Gray practices base position with his coach.

ashley rankin