

Senior Cheer Speech

Being on varsity as a freshman with no prior cheer knowledge was one of the hardest challenges I have faced in my career. As an ex gymnast I knew how to tumble but for the life of me couldn't tell you a single stunting term. I spent that whole year getting called out every practice by Rhonda for not knowing how to punch a motion. And let me tell you it was not fun. I thought I was so good for making varsity but in reality I had a lot to work on. Looking back at old videos is a cringe worthy experience. Sometimes I questioned what the coaches saw in me. For instance I've made a mistake at every try out. These past 4 years I have grown as both an athlete and as a person in ways I never would've done without cheer. To start I've become more confident, I used to be in the back of the round afraid to smile and scream my words at practice whereas this season I was the one screaming the counts and giving myself whiplash from moving my head so much. I've also learned that I have to trust the people around me, cheer is a team sport and you have to rely on everyone to get you where you need to go. This season we faced issues on how to be a team, but once we found our spark we started hitting our goals, we broke records, won the district title, and made it to states. We were able to accomplish what no team before us could. Although there were days I was ready to quit, I knew in the end it would be worth it. At the beginning of the season, I tore a ligament and was devastated that I might not even have a senior season. Competing at States made it all worth it. To most this is the end, but to me it's only the end of one season and the beginning of the next as I will be cheering in college. I owe it all to this team. This team has shown me that anyone can get better if they try hard enough, that we can laugh and dance around while other teams stress, and that in order to be the best we can be we all have to work together. Overall I am so proud of how far this team has come these past few years, and I can't wait to see where you guys go next. This sport has left me with so many memories, whether it be running around the halls listening to music, having conversations in round 3, or holding hands on the mat waiting to hear our name called last. I am so grateful to be able to call myself an LCN cheerleader and I can't wait to take everything I learned here with me at CMU!

Coach Brooke, you got to be the coach to watch me grow up. You were the first person who ever coached me through cheer. I was a shy kid trying to balance 3 sports that all took place during cheer. I don't know how you put up with me. You saw this little girl who thought cheer was a joke attempt to hit a motion for the first time, you told me from my very first day I was strong

Cheer Speech By The Coach

Bart Andrews



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Trager's The Law of Journalism and Mass Communication Victoria Smith Ekstrand, Caitlin Ring Carlson, Erin Coyle, Susan Dente Ross, Amy Reynolds, 2023-06-26 *Trager's The Law of Journalism and Mass Communication* provides a clear and engaging introduction to media law with comprehensive coverage and analysis for future journalists and media professionals. The Eighth Edition brings the law to life with cutting edge research, the latest court and legislative rulings, and a wealth of new content.

The Democratic Rule of Law on Trial Sonja Grover, 2022-06-23 This book examines selected high profile U S First Amendment cases occurring during the Trump era as a vehicle for exploring a possible fundamental commonality in understanding the democratic rule of law globally. In each of these cases, the adjudicating body's analytical legal strategy is discussed in terms of how it reinforces or detracts from the democratic rule of law. It was and continues to be highly internationally anticipated as to what legal examples are being set by this established democracy when confronted by legal contests between the former Trump administration and those alleging their rights were somehow violated by the executive of that time. Thus, the book is instructive for an international audience on the essential role of the courts in protecting democracy through providing where supported by the law and the facts, a remedy for the aggrieved, comparatively powerless. The book will be essential reading for academics and researchers working in the areas of constitutional law, politics, and human rights.

The Legal and Policy Challenges of Student Dress and Grooming Codes Todd A. DeMitchell, 2024-03-12 Since the 1960s, school rules and regulations concerning apparel and hair have been the subject of litigation in the federal courts. Most of this litigation involves students' assertions that their clothing and hairstyle choices are forms of expression that are protected by the First Amendment. In some cases, students have argued that school dress and grooming codes discriminate against them based on their gender or their racial or ethnic identity. *I Got Dress Coded* explores court cases, policies, and research on student appearance and dress codes. The impact of Constitutional protections of student speech on sexual orientation, politics, weapons, drugs, and alcohol are explored, as well as restrictions targeting female students and prohibitions on student appearance that reflect a student's racial and ethnic heritage.

Historic Documents of 2021 Heather Kerrigan, LLP River Horse Communications (L. L. P.), River Horse Communications, LLC, 2022-10-11 This book covers the key events and issues of the year organized chronologically, with each article comprising an introduction and one or more related documents on a specific event, issue, or topic. A thematic table of contents and a list of documents organized by source are also provided.

The Supreme Court Review, 2021 David A. Strauss, Geoffrey R. Stone, Justin Driver, William Baude, 2022-08-19 The latest volume in the Supreme Court Review series. Since it first appeared in 1960, the Supreme Court Review has won acclaim for providing a sustained and authoritative survey of the implications of the Court's most significant decisions. SCR is an in-depth annual critique of the Supreme Court and its work, analyzing the origins, reforms, and modern interpretations of American law. SCR is written by and for legal academics.

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 famous newspaper correspondent of World War II The bravery and simplicity he displayed in childhood were reflected in his
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