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By: Jillian Jakubowski

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It’s all in this issue of *All Things Cheer!*



Hear all about Green Bay Elite Lime’s amazing victory!



Learn about Green Bay Elite Platinum’s unforgettable climb to the Summit!

LETTER FROM

Dear Readers:

I am so excited for you to read my new addition of *All Things Cheer*. My goal for this magazine is to provide only the best cheerleading magazine for all you cheerleaders out there. It is an honor to have my magazine be the reason why some of you joined the wonderful world of all-star cheerleading.

I have been a cheerleader since I was six years old, and that is what inspired me to make this magazine. I remember watching my sister cheerleading and thinking that I wanted to do that someday. When I started cheerleading, I started at the little organization by our house, Wolf River Stars. We were a super small gym, with very low level teams, but that was what got me to fall in love with the sport. I was a cheerleader there for two seasons, before my mother and sister decided that they wanted us to become more developed athletes and compete at some bigger competitions.

After we left Wolf River Stars, we decided to cheer at a gym in the Appleton area, Fox Valley Stars. When we went there, I didn't even have a back walkover yet, let alone a back handspring. I was put on the youth two as a base, because that was before I grew super tall. My first practices were kind of rough because everyone knew the routine but me, and I struggled learning the new stunts because that was my first year being on a level two team, and I was only eight years old. After I picked up the choreography and stunts, I could do the routine. It got so much easier because I didn't give up and I had encouragement from the coaches and my friends. We had some big changes in the gym that year. We had several different tumbling coaches, and we even switched buildings. My second season there, I was on the youth level two team again, this time as a backspot. That year was the year I got my back handspring!

We had our second season there and it was fun. At the end of the second season, we heard the news that our gym was closing. Many of the girls were so upset. My family decided to look at a gym in the Green Bay area called Green Bay Elite. When we moved to Green Bay Elite, the coaches and teammates were super nice and very welcoming to us. I got put on the youth two and junior three team that year. The coaching style and learning style there are completely different than my old gyms, but I like GBE's coaching and learning styles better. It was a little hard for me to get used to it in the beginning. After I got used to it, I found that GBE is the best gym for me. On top of becoming a better athlete, that year my teams both won several national titles and I got my first National Champion jackets. I love all of the athletes and coaches, and every team I have been on creates strong bonds. The coaches all push us to be the best we can be, and it really helps us become not only better athletes, but better people as well. Some of the highlights of my seasons at Green Bay Elite would have to be getting my first National Champion jacket at Jamfest Super Nationals, winning rings with both of my teams from Cheer Power and U.S. Finals, and going to the Summit for the first time and hitting amazing routines with both of my teams. My favorite season would have to be the 2013/2014 season, because I made unforgettable achievements the whole year. I got over my horrible mental block and achieved my tuck, won my first rings with my teams, and made amazing bonds with all of my teammates. The only thing that was disappointing about this season was that neither of my teams made it to day two of the Summit 2014. Even though we didn't make it, I still had an amazing season that I wouldn't change for anything.

While writing this magazine, I came across some amazing writers. Some of my

THE EDITOR

favorite articles are: “Platinum’s Journey to the Summit” by Autumn Byom, “World’s Winners” by Holly Byom, and “Cheer Disaster” by Jasmine Shepard. There were also many people with creative advertising skills. I was nervous about writing the magazine at first, because not many people know about all-star cheerleading. As I was putting it all together, I realized that everyone did an amazing job helping me create an amazing magazine! All of the articles and advertisements in this magazine are truly amazing!

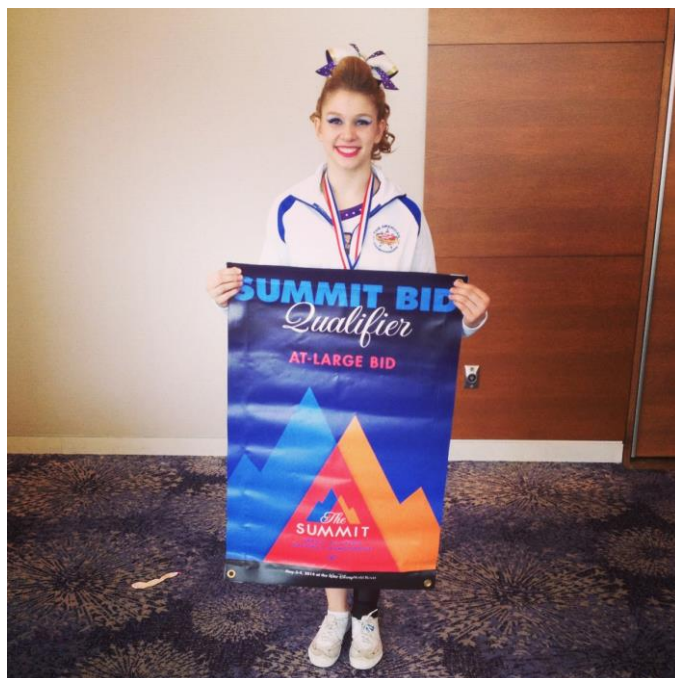
I have many personal goals. My goal as a person is to always be kind and treat people well. I never want anyone to not like me for being mean to them, so I will always be as nice as I can. My goal as an athlete is to always make progress. I want to move forward in my cheer career, and in order to do that, I have to keep working my hardest to achieve great things. I always want to be moving on, not coming back to things I already did. My main goals in life are to become a good teammate, become a better athlete, and to become an all-around better person.

I hope that you all enjoy my magazine. I would love to hear feedback from all of you on what I can improve, or what you liked the most. I really hope that my magazine gave you a different perspective on the wonderful world of cheerleading.

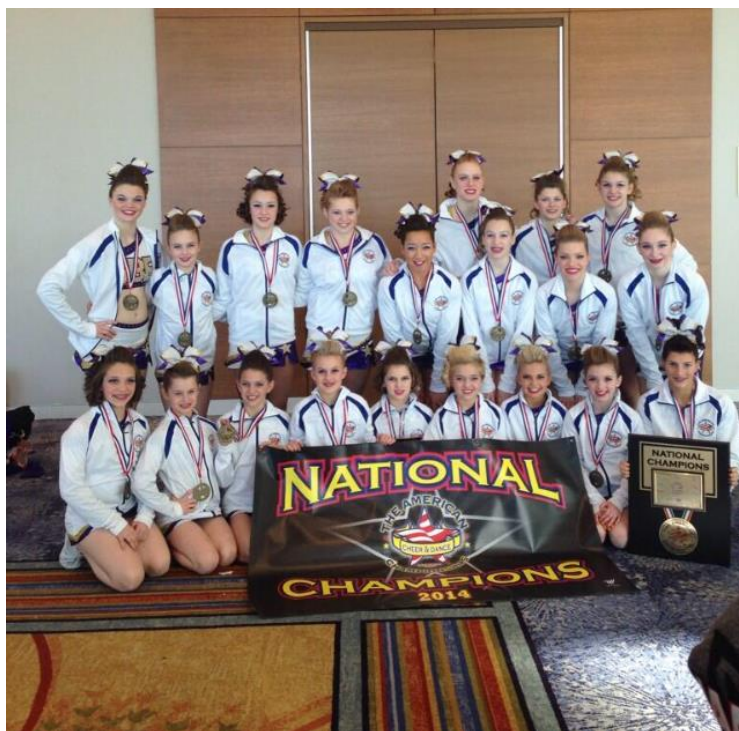
Sincerely,

Jillian Jakubowski

Jillian Jakubowski
Editor in Chief, *All Things Cheer*



This is me after one of my teams won a bid to the Summit.



This is a picture of one of my teams from the 2013-2014 season, Platinum.

Letters to the Editor

Dear Editor:

I loved your latest edition of *All Things Cheer*. I loved your article on the cheer makeup and hairstyles. They are great tips and they look fun and cute. I tried some of the hairstyles and they looked fantastic! The article with the cheer uniforms was my favorite! Shooting Starz's uniforms are so cute! They look fantastic on stage and off! After reading your magazine, I want to become part of a cheer team. Thank you for getting me into the wonderful world of cheerleading! I cannot wait for your next subscription of *All Things Cheer*. I even got a two year subscription! It will be exciting to read what you have next.

Sincerely,

Jenny Jumper
Spiltsville, NC

Dear Editor:

I loved your last issue of this magazine! I loved how it showed me how to make my front tuck and back hand spring better than I had it before. I loved the top ten list of the teams that were the best. The new styles of practice wear some companies are designing are stunning! I want to buy all of them because they are all so cool and different! I love the contest where the readers can vote for the best uniform! It gives us a say in what we think looks coolest! Some teams uniforms are so different and cool that I wanted to vote for multiple uniforms! I just wanted to let you know how much your magazine means to me! Keep up the great work!

Sincerely,

Anna Engberg
Hortonville, Wisconsin

Dear Editor:

I absolutely love the articles you've put in this magazine about cheerleading! I want you to know that it is extremely helpful when there is a guide telling the public which cheer team wears which uniform. I especially liked the section on cheer shoes! The new and improved Velocity shoes are amazing! I bought a pair, and they are so light I can barely feel them when I tumble! Anyway, I appreciate that your articles played a role in my decision-making for which cheerleading team I try-out for during this upcoming season! Thank you so much, and I can't wait until your next issue comes out!

Sincerely,

Clara Brown
New York City, New York



Winning Worlds

By: Holly Byom

This past month the team Green Bay Elite Lime, from Green Bay, Wisconsin, won The Cheerleading Worlds competition. As the team worked hard four times a week, their hard work and long hours payed off. “We went through some rough times, but we eventually pulled through it and went home as champions.” (Lenai Moore). The team competed in ten competitions this season and won eight of them. Lime had said that their secret to winning Worlds was working as a team. They all supported each other, even when they had doubt in themselves. The Green Bay Elite Lime coach, Lindsey Dreier, stated, “We have been working very hard towards this, and I defiantly saw progress and determination from the whole team. Now to see that we won Worlds makes us all so happy that all of our long hours spent in the gym have paid off.” After their win, the team was overjoyed when receiving their rings. “I will always treasure this ring, and I will never forget this team and all of our memories that we have had together.” (Taylor Olson). The team has always made it a priority to support each other and help each other, and work as a team. “Whenever I attended my child’s practices, I always admired how well they worked together as a team. They never acted like sore losers, either.” (Mother of teammate). The teammates each received their Worlds rings Sunday, and were very grateful and thankful for them. The teams advice is: “Working together is the key, never doubt yourselves and always be optimistic, never underestimate yourselves, and try 100% every practice.” (Green Bay Elite Lime). The whole team seemed so very appreciative and satisfied when they had received their rings. The whole team has

decided to take part and help with younger cheerleaders, teaching them. “I really do feel that at all of our competitions, we always saw that we could get far with our cheer team, and now we just won Worlds” (Lauren Belling).I and so many others are very glad to know that Green Bay Elite Lime has won Worlds, knowing how much time, effort, and team work each teammate put forth into winning this huge competition. This team has got to be one of the hardest working teams, and one of the teams with the best teamwork. It’s always been that they focus on their teamwork. This team has progressed so far throughout the season, and is clearly deserved to get the award. All of the teammates put up a hard fight, tried their hardest, and still managed to have fun. The team members were always close friends to each other allowing it to be easier for them to compete with each other. Some people may think that team bonding isn’t very important or is just a waste, but I and the Green Bay Elite Lime teammates disagree. Jessica Rosch, one of Green Bay Elite Lime’s talented cheerleader and flyer told us this: “Team bonding is very important in cheer to us, our team always had sleepovers, went out to eat with our families, went shopping together, attended parties and social gatherings with each other, and many more activities. Getting to know your teammates plays a big role in helping you to do your best. When I went to a different gym, we didn’t ever have team bonding. We found it kind of awkward, because some of us were friends with each other, while others of us didn’t really ever get to know each other well enough. I was new to the team group that season, and found it made me very pressured to do above perfect, because I didn’t want to put the team down. On Green Bay Elite Lime, we always have team bonding, and we are all really good friends. It defiantly is better because we all know each other, and each other’s strengths and

weaknesses which help us to do a lot better. I, a former cheerleader, amongst others strongly agree that Green Bay Elite Lime deserved to win Worlds. After meeting with this remarkable team, I can tell how much hard work and effort they put into this, and how much teamwork means to them. And great teamwork is a very helpful characteristic to have in life.”



Lime enjoying themselves at Worlds 2014 (top and left)



Lime reviewing their routines to get ready for Worlds (right)



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By: Kaeleigh Hoorman

Mental Blocks

By: Jurnee Bennett

In competitive cheerleading some athletes develop mental blocks for tumbling and stunting. A mental block is one of the most frustrating situations for both athletes and coaches. Mental blocks happen when you are scared to throw a new trick for the first time. It is a problem with not being confident in yourself.

Some cheerleaders develop a mental block after they have sustained an injury or a fall. But others will develop a mental block if they see others have an injury. Also some younger athletes will think to themselves “wow I can get hurt.”

Others have trouble after a growth spurt. A younger athlete might be fearless then suddenly become afraid because they aren't used to their new body yet.

Most cheerleaders that have a mental block have it with backward tumbling. Their brains may not be ready for backward movement so they resist doing it because they think they will land on their head or neck. At other times, the athlete will fall, become nervous, and block

Mental blocks happen while doing a new skill, especially ones like back-hands springs; back tucks, layouts, fulls, and doubles because they deal with going backwards and twisting for the first time.

Mental blocks happen when you just get a new skill too. That means you want to do it after a couple days of not working on it, your body might resist the new skill and you may end up frustrated.

Flyers also may have mental blocks with not being confident in their bases and feeling they will fall on their face or other body parts.

Advice for flyers with mental blocks is to visualize an image that reflected how she wanted to feel such as legs of steel or a oak tree that may sway in the wind but never

falls. Flyers with mental blocks just need to slow down their breathing and focus on being confident.

So if you ever have a mental block, just believe in yourself and know that you can do it.



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The Joys of Cheerleading

By: Tannyr Locy

Cheerleading is the greatest sport in the world. Cheerleading gives children, girls and boys, the coolest opportunity they will ever have in life. Cheer is also a great way to make good friends, and get the exercise that you need to stay healthy. So many kids enjoy cheer because they get the chance to get out of school and home and do new and exciting things.

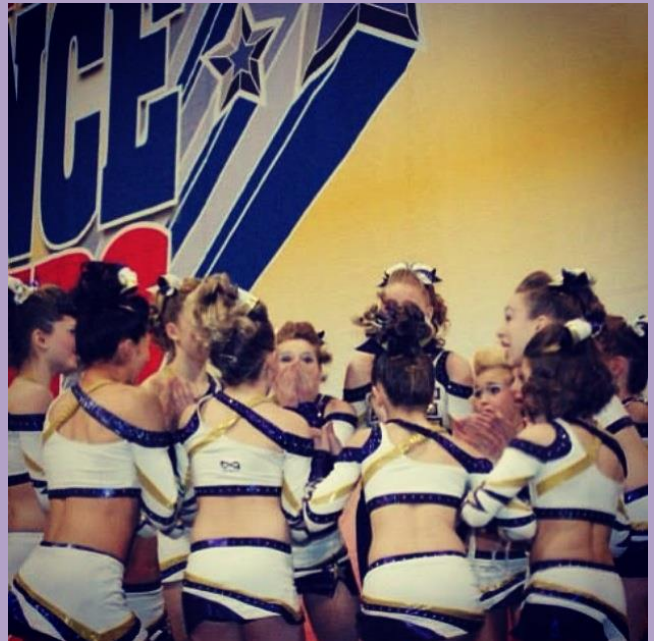
People might say “oh I’m not flexible,” or, “I cannot do the things they do.” Well I’m here to tell you that you don’t have to be as flexible as you think you have to be. If you put your mind to it, and believe in yourself you can do you whatever you put your mind to.

Cheer is a great sport if you want to get out of the house. Cheer give kids the opportunity to visit different states and perhaps different countries for competitions and special events like fundraisers, shows, and just to show of your skills. Becoming a cheerleader can put a big impact on your life.

Becoming a cheerleader is great for many people, including boys. You don’t have to be a girly girl to be a cheerleader; all you have to do is be yourself. For the boys you don’t have to be scared to join because it is a girl dominated sport, men are more than welcome to join. Boys don’t have to be ashamed because you are in cheer, in fact boy cheerleaders gain a lot more muscle than boys that play football, or baseball.

Cheer does get in the way school, but you will have plenty of time to get your homework done. Even if you do have a lot on your hand it will teach you life skills that you could use in the future like time management. Cheer also doesn’t take away time to be with your family and friends; if you go to a competitions your friends and family can come if they would like.

Cheer is just an overall amazing experience and a great way to start of your life!



These cheerleaders are celebrating their victory that finally paid off.



This team is having fun with a themed practice!

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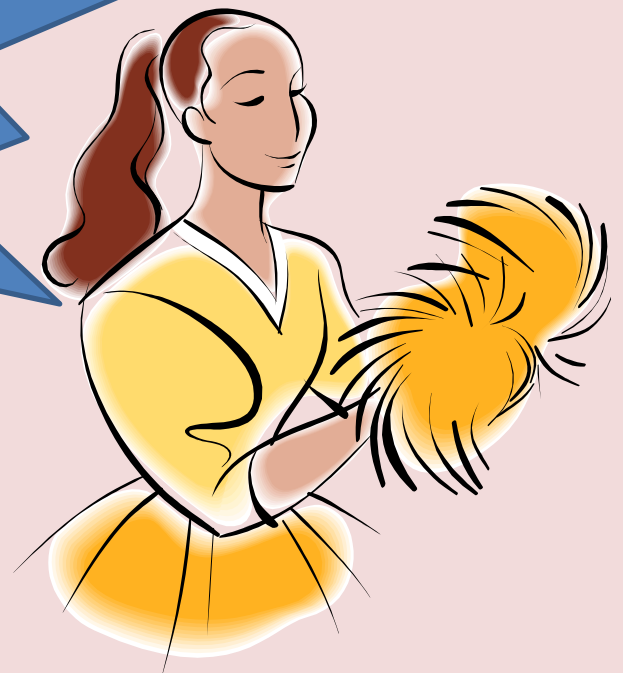
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By: Devan Hohn

Platinum's Journey to Summit

By: Autumn Byom

Last month, the girls from Green Bay Elite Platinum were disappointed when they did not make it to day two of Summit 2014. The girls had thirty-nine teams in their division, and only the top ten made it in. The girls got twelfth overall, and hit the best routine they did all season. The girls from GBE Platinum range in ages anywhere from ten to fifteen. Many people think that the age difference would affect the team and make it harder to work together. The case for Platinum is completely different! The age difference in the girls is what makes them work as a team! Makenna Ellis, a teammate, tells us what is so special about GBE Platinum. "The thing that I love about us is that we all work together and we have a special bond. Nobody thinks they're better than anyone, nobody gives their teammates attitudes, and we can all take constructive criticism without taking it personally," Makenna tells us. Watching their videos from this season proves that they are a hardworking group of girls. GBE Platinum had one of the most interesting stories on how they made it to the Summit.

Believe it or not, Platinum had a hard time making it to the Summit. "The only competition that we had the chance to make it to Summit, the other teams in our gym made it, and we didn't. We had a stunt fall and a tumble bust. We all thought it was the end," explains Laken Klein, teammate. The coaches were even more upset than the girls. "We were shocked when we saw their performance. We thought that this was the team to get the full paid bid, this was the team to win the Summit," explains their coach. "We were heartbroken. That's the only word to describe how we all felt."

The coach of the Platinum girls knew that there was too much talent on their team to let it go to waste. She immediately looked

for another Summit bid competition to take them to. She found one in Columbus, Ohio, two weeks from then. She knew that she had to have a meeting with the parents, as soon as possible. When they had their meeting, many of the parents thought this was a great opportunity. Some of the parents did not agree, but finally she got everyone on board. Their coach explained, "We worked those girls until their routine was near perfect because we knew that they had this."

In Ohio, at Cheer Power, the girls had three goals: hit their routines with great technique, get their Summit bid, and to of course win the amazing leather jackets that were given out for National Champions. There were rings for Grand Champions also, but the girls didn't really think about them. On day one, the girls hit their routine! The routine was good, but they knew that they could come back and have a better routine on day two. They had practice that night, and they all went to bed early to be ready for the next day.

On day two, the girls hit an AMAZING routine. The routine was zero deductions! Their coaches were so proud of them when they received first place, and an at-large bid to the Summit 2014! When receiving their jackets, the girls were beyond shocked and excited to receive the news that there was a three-way tie, and they won rings for Grand Champions! "I really do believe in second chances," teammate Summer Jacobsen tells us.

After Ohio, the girls knew it was time for Summit. They trained hard and worked their butts off. For some reason, they went through a really rough patch. Their stunts weren't always hitting, their motions were sloppy, and their tumbling was not on count. "They were not taking corrections and were just being lazy," explains their coach, "We didn't know what to do."

The couple practices before Summit, the girls got their acts together. They were hitting, taking corrections, and overall just doing better. When they took the journey to Summit, they had a fantastic practice on that Friday night. On Saturday, they were the last GBE team to go, and they knew that they had to be absolutely perfect. The girls went out there and hit the best routine they did all season, and went to standings later that night, only to find that they did not make it to day two. “We were beyond disappointed for our girls,” their coach tells us.

Even though the girls did not make it to day two of the Summit, they are all beyond proud of themselves. “We all went out there and did what we had to do, hit,” Explains teammate Kelsey Moran. Their coach explains, “Of course I am disappointed that our girls didn’t make it, but the lessons that they learned, the bonds they built, and the amazing season they had makes us so proud we cannot even put it into words.”



Green Bay Elite Platinum at their choreography camp



Green Bay Elite Platinum at Cheer Power in Columbus, Ohio



Green Bay Elite Platinum and Green Bay Elite Lime

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By: Noah Verhage

“Cheer Your Bow Off” Contest Winner

By: Courtney Martin

A young girl by the name of Riley entered a contest to meet a cheerleader. She honestly thought she would never win. This is her story.

The Enter

Riley loves cheerleading. She had a magazine with a contest to meet a cheerleader. Riley read what she had to do to be able to meet the cheerleader, which happened to be her favorite! She was so excited that she was shaking! Riley knew she shouldn't get too excited, only because she knew that thousands of other girls would enter. She was filling out the form so excitedly, almost too excitedly. Once she had finished she put the contest form in her mailbox. She remembered the paper said if you won they would reach you in two weeks.

As the Weeks go by

Riley realized now she had to wait two agonizing weeks to find out if she won. The first night Riley couldn't even sleep! She knew she had to go to school the next day, but she just couldn't settle down. She was full of pumping adrenaline. She was smiling and trying not to scream! Finally at about 2:56am she was able to fall asleep.

Ring! Ring!

Riley woke up from the sound of her alarm. She wasn't even tired, adrenaline still pumping through her body. Riley was bouncing off the walls all while she was getting ready and eating breakfast. When the bus came she skipped the steps, looking like superman, to get on the bus. All of her friends were wondering what was up with her. Riley told them that she had entered a contest to meet her favorite cheerleader, Gabby Ban. Gabby Ban has been her favorite cheerleader since she was like two years old.

Finally it was the second came. Riley was so excited, even though she didn't think she would win at all. On Friday, Riley had given up all hope to win. One night Riley was sitting on the couch when the phone rang. She didn't even bother to get up. Her mom answered. The magazine had asked for Riley. She finally decided to talk to whoever was on the phone. The speaker asked if it was Riley. Of course she said yes, and then she said what do you want. The speaker then said did you enter a contest to meet Gabby Ban, because if you did you won. Riley dropped the phone and screamed. Her mom came running into the room and asked what was wrong. Riley realized that she needed to tell the man she did enter and she was so thankful that she won.

Mom, Brooke's, Reaction

After she was done on the phone she told her mom that she had won a contest to go meet Gabby Ban. Riley was bawling with joy and her mom had a huge smile plastered on her face. The thing is, Riley never even told her mom that she entered the contest. Riley's mom, Brooke, was not mad at her, she was so very happy her daughter was finally meeting her idol.

Brooke told us, “Riley is my baby, I would never be mad at her unless she got herself in jail. I'm so very happy that she is finally meeting her idol. I never would have been able to afford the trip! Thank you.”

The Very Special Day

Finally the day had come. Riley was watching her idol perform in front of everyone. She felt very special, only because she got to be back stage waiting to meet and hang out with Gabby. Finally the award ceremony came along. 3rd place was called. 2nd place was called and Gabby's name had not been called. Finally 1st place. “First place goes to..... Gabby Ban!” Riley was so proud of Gabby.

The Hang Out

Finally it was time for Riley to hang out with Gabby. Riley was pretty much jumping out of her shoes of excitement! Gabby came backstage, and she talked to Riley and also got to sign stuff and also take pictures. Riley was so happy and would love to go back to that day every second of her life!



Riley Dorn (left) and Gabby Ban (right) having a fun time together!



The medal shown on the left is Gabby's first medal that she received when she was five years old. She told us that if she's ever frustrated with cheer, she looks at the medal and remembers why she started cheerleading in the first place.

Facts about Gabby Ban

- She has been cheerleading since she was 2
- In her life she has won 1909 awards
- Out of those awards 567 are first place
- She grew up in North Time, South Zealand



Gabby Ban has won several titles, but she says that she couldn't possibly do it without her amazing team and coaches.

Cheer Disaster

By: Jasmine Shepherd

Do you ever have that feeling that you want to learn how to do something that seems really cool to you? Of course you have, everyone does! That is what happened to Lily Gray when she saw a cheerleading competition on TV. She felt as if they were majestic snakes. When Lily saw the very first team go, she knew she wanted to join cheerleading. Lily had no idea how hard learning something totally new would be, let alone cheer.

Lily went to school the next day and auditioned for a spot on their cheerleading team. The coaches were really surprised with Lily's potential. But, that's only because Lily danced for her audition which was her one of her strongest talents. The coaches gave Lily her spot on the cheer team. Lily thought that dancing and cheer was basically the exact same thing, until she went to her first practice. There were cheerleaders in the front to show the rookies what to do. After the people in the front showed the others what to do, Lily tried the to do the routine but she accidentally hit a couple people in the face, possibly broke some peoples arms and/or legs, and caused approximately five bloody noses. The coaches were shocked

Poor Lily left the gym in tears because of what she had done and because of how terrible she thought she was. By the time she got home she was bawling. Her mother asked her what was wrong and she told her that she wanted to quit cheer. Lily's mother told her that if her heart told her that it was the right thing to do, then she could quit. But, her mother told her to go too just one more practice and see how it goes, if it turns out the same way then she could quit. Lily went to sleep that night afraid of what will come the next day at practice. Maybe she would cause a broken neck, a fractured

skull, or maybe even cause someone to go into a coma.

When she went to practice after school she was so nervous she felt like she was going to puke. As soon as she walked into the gym, for what she thought was going to be her last cheer meet, everyone looked at her in confusion which made her feel even worse. Lily thought they were looking at her all confused like because they thought that they were wondering why she was coming back for cheer considering how bad she was yesterday. But Lily couldn't have been more wrong. To her surprise they all started clapping.

"Why are you clapping I was terrible yesterday, I have never been more embarrassed in my entire life" yelled Lily over the clapping.

Someone Lily recognized from History class as Annie, walked up to Lily and said, "Why did you run away from the cheer meet yesterday you were amazing. I've never seen anybody pick up something that fast."

"What are you talking about, did you see what I did to those people" stated Lily.

"No that was the person behind you, you looked like you were a professional" answered Annie.

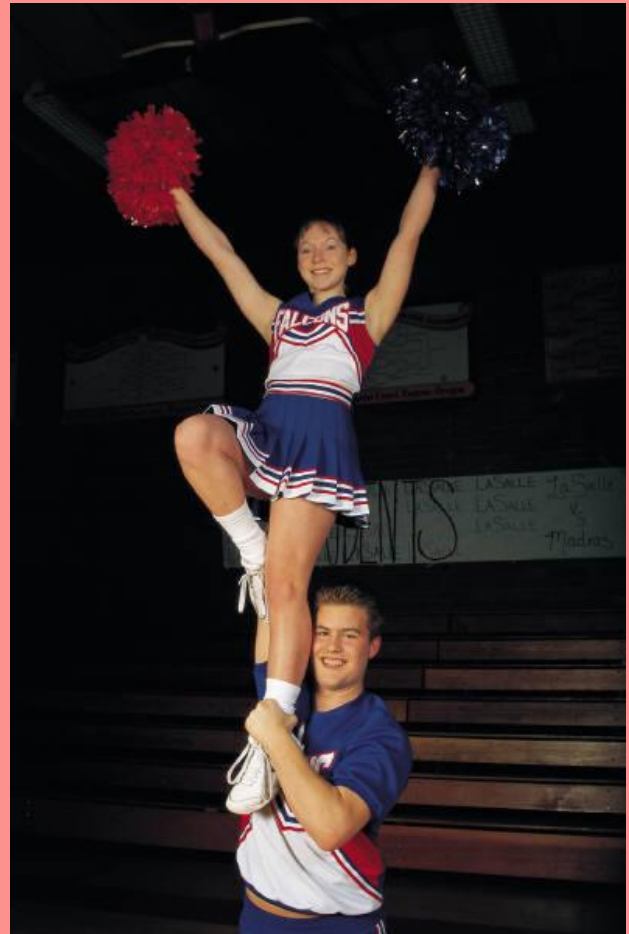
Annie turned around and went back to the group, which was now in formation. Lily was so surprised that she almost fell over from wobbly legs. She joined the rest of the team in formation and did the routine. This time there were mirrors around the gym to see what you needed to work on and what you didn't. Lily got to see herself do the routine in which she had already remembered. Lily watched herself in the mirrors in amazement. She wasn't half bad, but it was a lot better than she really thought she was.

Thanks to Lily's mother she was happy with herself, and she tried cheer again. If she had never gone to practice, she

would have still thought that she was a terrible cheerleader and probably would have never tried again. People say that you should never give up and that later you will succeed. Lily never believed that until now. Always remember, when you don't give up your dreams, they will come true!



This is a picture of Lily's first medal she won and she is very proud of it!



Lily having a good time at high school cheer!



During Lily's first year cheerleading, her high school cheer team had many victories and they even won state! The picture to the left shows Lily's first trophy!

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By: Nici Breitrick