

HIGH SCHOOL — CHEERLEADING

CENTRAL CATHOLIC HS

ISA HAMON

Co-Captain

Senior

4 Year Letterwinner CC Varsity Cheerleading, National Hispanic Recognition Scholar, 3.93 GPA, High Honor Roll 9-12th Grade. Isa's love of the weight room was essential in creating buy-in from her cheer teammates during their first year of strength & conditioning. Without her leadership, passion & love of hard work, the team wouldn't have progressed as far as they did.

~Glenn Revell

FREDERICK DOUGLASS HIGH SCHOOL

KAYLIN CAMPBELL

Senior

Kaylin is the epitome of me of a dedicated athlete. She is strong, physically and mentally, and a natural leader. She joined the program as an 8th grader and has flourished over the five years she has been a part of it. When we started lifting weights as part of our program's practice regimen, she proved to be all in from day one. Watching her get stronger these past three years, has been amazing for her development as an athlete. She is always the first one encouraging her teammates to condition harder and push themselves to up their max weight, because she knows that is what is best for the team. She has very high integrity and holds herself and those around her to very high standards. Kaylin is not only a dedicated athlete, but she is serious about studies and keeps a GPA of 3.8 or better. She is celebrated among her teacher as well and has been chosen as Student of the Month for her Academy. Kaylin truly is one of a kind.

~Ed Towle

GREER HIGH SCHOOL

PAYTON CROOK

Sophomore

Payton comes in every session with a great attitude and work ethic. In just her first year of training, she has pushed her squat max to 1.3x her bodyweight and deadlift to 1.5x her bodyweight. Payton is also a member of our Powerlifting Club. She helps set the standard in the weight room, and proves that dynamite comes in small packages. She is a leader for her team and a great example of what it means to be a Greer Yellow Jacket!

~Matthew Landreth

NORTH STAR HIGH SCHOOL

ERIKA JOHNSON

Cheerleader

Senior

Erika Johnson is an extraordinary student/athlete that has many academic as well as athletic achievements. She is an outstanding student/athlete that is highly thought of and consistently praised by all of her Teachers. Erika works hard and is a dedicated student who is driven toward academic excellence. She has taken a Weight Training Class every year since she's been at North Star High School. Erika has outstanding lifting technique and is very strong. She has broken a couple of school records and has her name on our Record Board in the Weightroom. Erika is planning to go to College in the Fall of 2022 and to continue her career as a student/athlete and play at the next level. ~Stewart Venable

RAYTOWN SOUTH HIGH SCHOOL

SYDNEY BERNARD

Sophomore

Sydney has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey