



# CHEER CONNECTION!

Soquel High School  
Soquel, CA

Newsletter May 14, 2012  
Volume 1, Issue 1

## Knight Cheer Newsletter

### Cheerleading Scene

Cheerleading is back at Soquel High School!! We are planning on a totally new and different program for our cheerleading squad. Being originally from and having cheered from 3<sup>rd</sup> grade through college in Kentucky, cheerleading is near and dear to my heart. In KY, cheer is as big a sport as football and basketball. I am hoping to bring new and exciting things to the Soquel cheer squad and the local community. It will take some time to rebuild the program, but we will work hard and have fun. It's a new coach, a new style, and a new attitude!!



We had a wonderful clinic and tryouts!! We currently have 16 Varsity and 12 JV cheerleaders. This is a huge difference from the past few years. Everyone worked really hard and I am looking forward to seeing that same dedication this summer as we prepare for summer cheer camp and football season. We are super excited to learn new things and bring school spirit back to Soquel High School. Look for fun new cheers and exciting stunts and pyramids as we cheer on the Soquel Knights every Friday night during football season!!

### We've got Spirit!!

We will be doing lots of various things to bring school spirit back to Soquel High School. A couple of days before school starts, we will bring baked goods and painted signs welcoming the teachers back to school. We want to let them know how much we appreciate them and their hard work. You will also see signs welcoming the students back to school as well.

I will be looking into various activities where we can volunteer and help out. Community service is extremely important and everyone needs to learn to give back to our community.

I will also be talking to administration about pep rallies, hanging signs around the school every week for ballgames, and other fun, spirit building ideas. If you have any ideas, please feel free to let me know!!

## Nutrition News

### COKE VERSUS WATER

#### WATER

1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population)
2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?

#### COKE

1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.

4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.

5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy.

8. To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

#### FOR YOUR INFORMATION:

1. The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase of osteoporosis.

2. To carry Coca-Cola syrup! (the concentrate) the commercial trucks must use a hazardous Material place cards reserved for highly corrosive materials.

3. The distributors of Coke have been using it to clean engines of the trucks for about 20 years!

**Now the question is...would you like a glass of water? or Coke?**

## Fit and Funky

The most important thing about stretching is warming-up. Stretching is NOT a warm-up, and you should never attempt to stretch your muscles before they have been warmed up. You can do exercises like running, aerobics, jogging in place, jumping jacks, or jump rope to get warmed up. Warm-up until you break a light sweat.

Once your muscles are warm, then you can begin stretching. Below are some stretches that will really help your flexibility and make you a better cheerleader! But first, remember these important points about stretching:

### Tips:

- Always warm up first.
- Stretch BEFORE your full practice. A good warm up will make all the difference in your performance.
- Stretching AFTER your practice is extremely important too. Hold your stretches LONGER during your cool down as this is the time you gain flexibility in your muscles.
- Stretch to the point of mild discomfort, not pain.
- Hold each stretch for 30 to 45 seconds.
- Repeat each stretch 2 to 5 times, trying to stretch a little further each time.
- Do not bounce while you are stretching.

### Basic Exercises:

1. Shoulder rolls - to the front and back

2. Hamstrings - bend over touching the floor
3. Deltoids/Shoulders - arm straight across front with opposite arm stretching it
4. Triceps - arm up and behind with opposite arm stretching it
5. Biceps/Wrists - arm straight out in front, palm up, opposite hand pulling down on fingers
6. Upper back/Inner thighs - wide squat, hands on knees, pulling one shoulder forward, then the other
7. Upper back - clasp hands together pushing them straight out in front, slightly rounding back
8. Quadriceps - balancing on one foot, bend leg, grasping ankle behind you, point knee to the ground. Push hips forward.
9. Calves - put one foot forward, flexing foot and bending supporting leg, lean forward
10. Straddle stretches - sit in straddle position keeping legs straight, stretch chest to knee to both sides and the center
11. Nine stretches - one leg bent with bottom of foot against opposite knee; stretch chest knees reaching for foot; both sides
12. Pike stretches - both legs straight out front reaching chest to knees grabbing feet
13. Butterfly/Diamond stretches - Bend legs with bottoms of feet touching and leaning chest down to feet; then move feet out a bit to a diamond shape and do the same thing
14. Splits - keep hips facing forward with back shoelaces on the ground and one hand on either side for support; both sides and center

## May Highlights

**Practices:** We will start having practices May 21<sup>st</sup>, Mon - Fri 3:00-5:00pm at Soquel High School. Tues will only be 3:00-4:30!!

### Fundraising activities: (Summer)

- Marathon - May 20<sup>th</sup>; 6am-1pm
- Spring Dog Festival - June 24<sup>th</sup>; 7:30am-4pm
- We will be going to various clubs requesting sponsorships (ie Rotary)
- Car washes; bake sales
- Bingo Knights for cheer; every Tues in June and two Tues every month.

### Reminders to Cheerleaders

- Need to decide on a day to make game signs
- Need fundraising ideas
- Stay in shape over the summer



### Reminders to Parents

Your child will need the following supplies this year for camp:

1. Camp wear
2. Uniform – including bows, poms and shoes
3. Fan
4. Bedding/pillow
5. Money for the UCA store

## June Highlights

### Monday

Practice; 8:00-10:00am

### Tuesday

Practice; 8:00-10:00am

### Wednesday

Practice; 8:00-10:00am

### Thursday

Practice; 8:00-10:00am

### Friday

Practice; 8:00-10:00am

\*\*\*beginning June 15<sup>th</sup>

### Upcoming Events

#### Summer Cheer Camp - UCSC

July 13-16<sup>th</sup>, we will meet at the school at 9:45am and leave at 10:00am.

## Thank You!!

Special thanks are due the following people:

**Stu Walters** for getting flyers and information out for a quick cheer clinic and tryouts.

**Janet Edwards** for getting our website up and running so quickly and putting up with last minute changes.

**Cheer Parents** for their wonderful support as we try to build a respectable and competitive cheer program.

**Cheryl Walton** for her help with setting up and announcing lunchtime information table prior to tryouts.

**Elfin Saffer** for his help in quickly acquiring a local contact for practice and camp wear and Cheer Support Crew sweatshirts.