



SPIRIT BEAT

OCTOBER 1, 2010

STEPHEN F. AUSTIN STATE UNIVERSITY - CHEERLEADING PROGRAM

VOLUME 1, ISSUE 1

UPCOMING EVENTS:

- THURSDAY, SEPTEMBER 30 VOLLEYBALL VS. UTSA @ 7:00 P.M.
- SATURDAY, OCTOBER 2 VOLLEYBALL VS. A & M CORPUS @ 2:00 P.M.
- WEDNESDAY, OCTOBER 6 SFA CHEER PINEY WOODS PERFORMANCE
- WEDNESDAY, OCTOBER 6 CHILI'S GIVE BACK NIGHT (10% OF SALES GO TO THE SFA CHEER PROGRAM)
- SATURDAY, OCTOBER 9 VOLLEYBALL VS. SOUTH EASTERN LOUISIANA @ 2:00 P.M.
- SATURDAY, OCTOBER 9 FOOTBALL VS. McNEESE (LAKE CHARLES, LA) @ 7:00 P.M.
- SATURDAY, OCTOBER 16 FOOTBALL VS. CENTRAL ARKANSAS @ 2:00 P.M.
- SATURDAY, OCTOBER 23 FOOTBALL VS. SAM HOUSTON (RELIANT STADIUM) @ 4:00 P.M.
- WEDNESDAY, OCTOBER 27 VOLLEYBALL VS. UTA @ 7:00 P.M.
- **HOMECOMING**
SATURDAY, OCTOBER 30 FOOTBALL VS. TEXAS STATE @ 2:00 P.M.

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WELCOME TO SFA CHEER

THE SFA CHEER PROGRAM WOULD LIKE TO WELCOME ALL PARENTS AND ALUMNI TO A NEW YEAR WITH SFA CHEER! WE ARE STARTING THIS NEWSLETTER AS A WAY FOR ALL OF OUR PARENTS AND ALUMNI TO BE ABLE TO STAY INVOLVED, INFORMED, AND HOPEFULLY UP TO DATE WITH EVERYTHING SFA CHEER. WE PLAN ON SENDING OUT UPDATED NEWSLETTERS TWICE PER MONTH, WITH THE INTENTION OF MEETING YOUR INFORMATIONAL NEEDS, AND HOPE THAT THIS NEWSLETTER CAN HELP TO KEEP EVERYONE INVOLVED WITH THE

PROGRAM. WE WOULD ALSO LIKE TO CREATE AN ALUMNI UPDATE AND ANNOUNCEMENT SECTION ESPECIALLY FOR OUR ALUMNI. WE THINK IT WOULD BE ANOTHER GREAT WAY TO STAY UPDATED, ESPECIALLY FOR THOSE LCLM FAMILY WHO MAY HAVE LOST TOUCH OVER THE YEARS. IF YOU HAVE ANY UPDATES OR ARTICLES THAT YOU WOULD LIKE TO PUBLISH IN OUR NEWSLETTER, PLEASE ALSO SEND THOSE TO TRISHA O'CONNOR (FORM ATTACHED TO THIS EMAIL OR FOUND IN THE PARENT/ALUMNI SECTION OF THE WEB

PAGE). IF YOU ARE RECEIVING THIS NEWSLETTER, AND DO NOT WISH TO, PLEASE EMAIL TRISHA O'CONNOR AT OCONNORTRISH@SFASU.EDU TO BE REMOVED FROM THIS MAILING LIST. LAST, IF YOU HAVE ANY QUESTIONS, OR WOULD LIKE TO REQUEST TO SEE SPECIFIC INFORMATION IN THIS NEWSLETTER, PLEASE LET TRISHA KNOW. THANK YOU TO EVERYONE WHO HAS BEEN, AND CONTINUES TO BE A PART OF THIS PROGRAM. WE LOOK FORWARD TO ANOTHER GREAT YEAR!

SFA INTRODUCES NEW ASSISTANT COACH



THE SFA CHEER PROGRAM IS VERY EXCITED TO INTRODUCE A NEW FACE TO THE CHEER STAFF FOR THE 2010 - 2011 SEASON, JASON WILLIAMS WILL BE FILLING THE ASSISTANT COACHING POSITION, PREVIOUSLY HELD BY SCOTT HOLLAND. SCOTT GRADUATED IN 2010 WITH HIS DEGREE IN KINESIOLOGY, AND HAS

SINCE MOVED TO AUSTIN, TX TO PURSUE A JOB OPPORTUNITY THERE. JASON IS A 2009 AND 2010 GRADUATE OF SFA, AND PREVIOUS 4-YEAR TEAM MEMBER OF THE LARGE COED CHEER SQUAD. WE ARE LOOKING FORWARD TO A GREAT YEAR WITH JASON, AND HOPE FOR MUCH SUCCESS IN THE FUTURE!

**SMALL COED
CHEERLEADERS
OF THE WEEK**



AMBER WILLIAMS
AGE: 21
YEAR ON TEAM: 3RD
MAJOR: ELEMENTARY EDUCATION
HOMETOWN: AUSTIN, TX
HIGH SCHOOL: WESTWOOD HIGH SCHOOL
ALL-STAR: CHEER STATION

AMBER HAS BEEN A MEMBER OF BOTH THE LARGE COED AND SMALL COED TEAMS. SHE WAS A COMPETITOR ON THE SMALL COED TEAM FOR THEIR FIRST NATIONAL TITLE IN 2009, AND A MEMBER OF THE LARGE TEAM FOR THE 2010 NATIONAL TITLE.



BEAU KOBLE
AGE: 22
YEAR ON TEAM: 1ST
MAJOR: RADIO, TV, & FILM: SALES AND MANAGEMENT
HOMETOWN: CEDAR PARK, TX
HIGH SCHOOL: VISTA RIDGE HIGH SCHOOL
ALL-STAR: CHEER STATION

BEAU IS A FIRST YEAR TEAM MEMBER ON SMALL COED. HE IS AN INCREDIBLY HARD WORKER, AND HE HAS ALREADY STARTED TO ESTABLISH HIMSELF AS A LEADER ON THAT TEAM.

SFA SMALL COED HOSTS CHEER CLINIC

SEPTEMBER 18, 2010 THE SFA SMALL COED CHEERLEADING SQUAD HOSTED A CHEERLEADING CLINIC FOR CHEERLEADERS OF ALL AGES FROM ALL OVER EAST TEXAS, SOME COMING ALL THE WAY FROM HOUSTON, TX. THE TEAM TAUGHT CHEERS, CHANTS, DANCES, AND EVEN PERFORMED WITH PARTICIPANTS FOR THE PARENTS AT THE END OF THE CLINIC.



MEAGAN CAMERON, OF SPRING HILL, TX, WORKS WITH A CLINIC PARTICIPANT.

KAYLA STELLY, OF TEXAS CITY, TX, REVIEWS MOTION TECHNIQUE.



NEW SFA SPIRIT TEAMS' UNIFORM

FOR THE 2010 - 2011 SEASON, THREE OF THE SFA SPIRIT TEAMS, LARGE COED, SMALL COED, AND THE POM SQUAD, HAVE UNVEILED

THE NEW SPIRIT FAMILY UNIFORM. WE THINK THIS WILL MAKE OUR PROGRAM NOT ONLY LOOK MORE UNITED, BUT WILL ALSO HELP GIVE THE

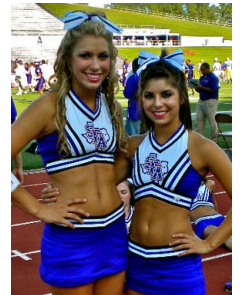
CROWD A BETTER IDEA OF THE AMOUNT OF SPIRIT TEAM MEMBERS OUT AND AROUND THE FIELD AND OTHER ATHLETIC EVENTS.



LARGE COED MEMBERS BETHANY JACKSON, ABBE BERNSTROM, AND JAYMEE CHAPMAN POSE AT THE SFA VS. LAMAR GAME.



POM SQUAD MEMBERS KELSEY WIEDERRICH, JESSICA CHANCE, MELISSA BURRUS, AMANDA CORDOVA, BETHANY ANGUIANO, BIEBELE JAMABO, AND VALERIE MAYER CHEER AS PLAYERS RUN OUT THROUGH THE TUNNEL AT AN SFA FOOTBALL GAME.



SMALL COED MEMBERS ASHLYN BRACKIN AND AMBER FILLPOT TAKE A BREAK DURING THE SFA VS. LAMAR GAME.

INFORMATION REQUEST

PARENTS: IF YOU HAVE RECEIVED THE PARENT ORDER FORM AND STILL WISH TO ORDER, PLEASE LET TRISHA KNOW ASAP. ALSO, IF YOU HAVEN'T VOLUNTEERED TO PROVIDE WITH MEALS AT LUMBERJACK ALLEY, WE

STILL HAVE SPOTS AVAILABLE FOR YOU TO HELP. (BOTH FORMS ATTACHED TO EMAIL OR CAN BE FOUND ON OUR WEB SITE)

ALUMNI: IF YOU WOULD LIKE TO ORDER ANY SFA

CHEER MERCHANDISE, PLEASE CONTACT TRISHA O'CONNOR. ALSO, PLEASE EMAIL TRISHA ANY UPDATES YOU WOULD LIKE TO HAVE POSTED IN FUTURE ISSUES OF SPIRIT BEAT.

VICTORY LIGHTS SHINE BRIGHT

THE NUMBER 6-RANKED LUMBERJACKS FRUSTRATED LAMAR SATURDAY, SEPTEMBER 25 FOR A 71-3 PARENTS DAY WIN. FANS AT HOMER BRYCE STADIUM WATCHED JEREMY MOSES, BAYTOWN, BREAK ANOTHER SOUTHLAND CONFERENCE RECORD, BECOMING THE SLC ALL-TIME LEADER IN PASSING YARDS. THE VICTORY CONFIRMED CONFIDENCE IN THE JACKS, WHO ARE CURRENTLY 3-1, AS THEY PREPARE TO TAKE A WEEK OFF BEFORE HEADING TO McNEESE STATE FOR THEIR CONFERENCE OPENER OCTOBER 9.



LARGE COED CHEERLEADERS OF THE WEEK



ASHLEY GODFREY

AGE: 19
YEAR ON TEAM: 2ND
MAJOR: ELEMENTARY EDUCATION
HOMETOWN: ALLEN, TX
HIGH SCHOOL: ALLEN HIGH SCHOOL
SCHOOL
ALL-STAR: CHEER ATHLETICS

ASHLEY IS IN HER SECOND YEAR AS A MEMBER OF LARGE COED. SHE WAS A COMPETITOR ON THE LARGE TEAM FOR THE 2010 NATIONAL TITLE, AND CONTINUES TO PUSH HERSELF TO BECOME BETTER EVERY DAY.

SFA SPIRIT

Do you have it?



Don't let Reliant Stadium be painted in **ORANGE** at 2 p.m. Saturday, Oct. 23, in Houston!

Get your tickets TODAY!

Ticket prices range from \$15 to \$35

936.468.JACK | 800.775.3358 | www.sfajacks.com

Visit the Ticket Office in the Baker Pattillo Student Center



JARRED KATTER

AGE: 22
YEAR ON TEAM: 1ST
MAJOR: HUMAN PERFORMANCE MANAGEMENT
HOMETOWN: SOUTH JORDAN, UT
COLLEGE: WEBER STATE UNIVERSITY
HIGH SCHOOL: BINGHAM HIGH SCHOOL
SCHOOL
ALL-STAR: IGNITE ALL-STARS

JARRED IS A TRANSFER STUDENT FROM WEBER STATE UNIVERSITY, AND IS IN HIS FIRST YEAR AS AN SFA LARGE COED CHEERLEADER. AS A MEMBER OF THE TEAM, HE HAS DEMONSTRATED A GREAT WORK ETHIC AND WILLINGNESS TO LEARN.

SUPPORT SFA CHEER

THE SFA CHEER TEAMS ARE CURRENTLY SELLING CALENDARS AND SPONSORSHIP T-SHIRTS TO HELP RAISE MONEY FOR THE PROGRAM. IF YOU ARE INTERESTED IN PURCHASING THESE ITEMS, PLEASE CONTACT TRISHA O'CONNOR IN THE SPIRIT OFFICE. THE TEAMS WILL ALSO BE HOSTING A RECRUIT WEEKEND NOVEMBER 13-14, 2010 FOR ANYONE INTERESTED IN CHEERING IN COLLEGE IN THE FUTURE. ALL OF THIS INFORMATION CAN BE FOUND ON THE SFA WEB PAGE AT WWW.SFASU.EDU/STUDENTAFFAIRS.

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COMING TOGETHER IS A BEGINNING.
KEEPING TOGETHER IS PROGRESS.
WORKING TOGETHER IS SUCCESS."
- HENRY FORD



SFA CHEERLEADING - TEAMMATES
FRIENDS FAMILY CHAMPIONS

CHEERLEADING HAS BEEN A PART OF THE SFA SPIRIT LANDSCAPE FOR OVER 80 YEARS AND SERVES AS THE AMBASSADOR FOR SPIRIT AND LUMBERJACK PRIDE AT SFA. MADE UP OF TWO SQUADS; THE LARGE COED AND SMALL COED PLUS THE LUMBERJACK AND LADYJACK MASCOTS, THESE STUDENTS PARTICIPATE IN LUMBERJACK FOOTBALL, VOLLEYBALL AND BASKETBALL GAMES AS WELL AS COMPETE AT THE NCA COLLEGIATE NATIONAL CHAMPIONSHIPS. LIKE THE TEAMS THAT THEY SUPPORT, THE SFA SPIRIT CREED IS TO WORK HARD AND BE THE BEST. BOTH ARE NATIONALLY RANKED AND COMPETITIVE.

FOR MORE INFORMATION ABOUT THE TEAMS OR THE PROGRAM, PLEASE CONTACT TRISHA O'CONNOR.

WE'RE ON THE WEB!

WWW.SFASU.EDU/STUDENTAFFAIRS

MEET THE TEAM - SFA LARGE COED

THE SFA LARGE COED TEAM COMES FROM ALL OVER THE NATION, INCLUDING CALIFORNIA, NEW YORK, KANSAS, ALABAMA, COLORADO, MISSOURI AND MANY MORE. MADE UP OF 14 WOMEN AND 21 MEN, THIS EXPERIENCED TEAM HAS NO TRUE FRESHMEN, WITH MANY NEW TEAM MEMBERS TRANSFERRING FROM SCHOOL SUCH AS TRINITY VALLEY COMMUNITY COLLEGE, NAVARRO COLLEGE, NORTH WEST MISSOURI STATE, WEBER STATE UNIVERSITY, AND KILGORE COLLEGE. THE TEAM IS VERY STRONG IN MANY AREAS OF CHEERLEADING, AND IS HOPING TO DEFEND THEIR TITLE THIS YEAR AT THE NCA COLLEGIATE NATIONAL CHAMPIONSHIPS IN DAYTONA BEACH, FLORIDA.



BACK: JEREMY GUNTER, DUSTY BURNS, D'ANDRA FLORES, LANCE KEREKES, JAYMEE CHAPMAN, ROBERT DUNN, ADAM MICKELSON, JOE SIRACUSE, TONY CASTRO, MATTHEW ELDRIDGE, BETHANY JACKSON, IAN ZERBE, ALEC HEFFRON, ABBE BERNSTROM, AND DUSTIN MOORE

MIDDLE: CODY KIRKLAND, JEROME GEE, CANDACE HOERNEMANN, ASHLEY GODFREY, DEREK STEFFEN, STEPHANIE BOHMLER, BRITNEY ROGERS, ROMAN POLYACHENKO, JOSH WALDING, BECCA BRIER, AND JENNA BOURNER

FRONT: ZAC GRAY, KACI WADE, ASHLEY RAMON, ALLI PAGNOTTA, MISSY BOLMAN, AND JARRED KATTER

NOT PICTURED: MICHAEL SEITZER