

Cheerleading squads flip out at Mardi Gras Nationals

By Holly Valentine

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A yearlong rigorous schedule of practice and conditioning paid off for three Vacaville cheerleading squads from Aerials All-Star Cheer as they cheered, flipped and tumbled their way to victory in recent competitions.

The teams named Rush, Energy and Adrenaline competed in San Jose at the Mardi Gras Nationals in March and all three teams won first place.

They also earned the title of Grand National Champions of the event for having the highest scores in each of their respective age groups.

In April, the Aerials teams went on to compete in Long Beach at the America's Best National Competition, where they also had great success.

Rush placed first, Energy second and Adrenaline third.

Cheerleading is a physically demanding sport and the Aerials' athletes spent hours each week preparing for their routines which included a mix of cheer, dance and gymnastics. They were coached by Elizabeth Moody who called them "some of the most talented students and leaders in the community."

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The student musicians of Will C. Wood High School and their director, Aaron Smith, are still basking in the afterglow of outstanding performances in April.

The Orchestra, Symphonic Band and Wind Ensemble

each competed at the California Association for Music Education Festival in Benicia April, 19, and all three groups earned superior ratings.

The Orchestra and Wind Ensemble both earned the highest rating possible, a unanimous superior rating.

In addition, the Wind Ensemble and Orchestra went on to tour San Diego, and both received excellent ratings at the festival they attended there.

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The Dixon May Fair Royalty Court was presented at the 2008 Dixon May Fair last week. The winners were: Little Miss: K-La Duncan, 9, of Dixon; Junior Princess: Nicole Talken, 11 of Dixon; May Fair Queen: Kendall Sorensen, 17, of Dixon; Princess: Jessica Kern, 14 of Vacaville; and Ambassador: Brian Brown, 14, of Fairfield. Their selection was based on horse mastership, a written essay, Western attire and interviews.

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The Vacaville Gold's Gym "Cow Towne Roadies" team cycled for a cure in the American Diabetes Association Tour de Cure on May 4th.

The 44-member team participated in rides ranging from 10 to 100 miles through the rolling hills of Napa Valley.

Led by team captain Courtney Bourne, the Gold's Gym cyclists raised nearly \$15,000 to help prevent and cure diabetes. This was the third year the team has participated in the ride.

• Vacaville resident Holly Valentine can be reached with suggestions at hollyvalentine@sbcglobal.net .

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