



Seniors Avery Guilfooy and Abby Brooks hype up the Woodmen student section. They were doing the Woodmen Rumble cheer. **Paige Glynn** photo



Paige Glynn photo



Greenwood cheerleaders stunt during a time-out. A co-ed routine was supposed to take place tonight, but few boys signed up to participate. **Paige Glynn** photo

Cheerleaders to perform holiday routine

By **Kinsley Clark**
reporter

Cheerleaders are flipping into Winter Break with an end-of-semester performance.

The performance will take place tonight during half-time of the boys basketball game against Speedway.

“My expectations are to build a nice and performing routine that many of the fans and students are going to be able to enjoy,” freshman Amelia Brooks said.

The team puts a lot of effort into these types of performances for Woodmen supporters.

“Our coaches made the routine for us so we did not come up with it ourselves so I think it will be pretty solid because they are really good at making good routines,” senior Ryleigh Canfield said.

The team had planned on doing a co-ed routine, but it fell through with few boys signing up.

“The co-ed routine would have been pretty fun to do I think, but everyone was stressing about it, especially our coaches. It does take a lot of stress off of us because people kept asking about it, but we had very little information and time to come up with a routine,” sophomore Colbie Jones said.

Performances take time to perfect.

“We have not practiced it much, and from my understanding, it is going to be an advanced routine so I am hoping we do not have a lot of lengthy practices crammed days before we are supposed to perform,” senior Avery Guilfooy said.

The team has some members who have not cheered for winter sport before.

“Our freshmen are pretty good additions to our team with solid skills that they can contribute to this routine and make it better,” senior Abigail Brooks said.

It may be their first year but they got the hang of it pretty quickly.

“I was not as nervous about basketball season and the winter performance because I have been cheering for awhile now and I had so much fun cheering for football in the fall. I knew it was not going to be much different,” Amelia Brooks said.



Junior Sophia Hignite waves to the Greenwood crowd as she performs a stunt. The team will perform a new routine at tonight's Speedway game. **Max Flowers** photo



Paige Glynn photo



Junior Sophia Hignite spins out of a stunt. The girls practice every Monday. **Max Flowers** photo

Winter athletes stay focused during Break

By **Addie Rosebrock**
feature editor

Christmas is an exciting time, but winter athletes have to stay locked in throughout the season.

“I would say Break practices are a little bit harder and focus more on conditioning. It is broken into four parts. It is a 30-minute warm-up, a 30-minute technique section, a 30-minute hard drill, and a 30-minute live session. Live is going as hard as you can when wrestling like it is a match,” senior Michael Schrader said.

While male wrestlers have regular practices, the female wrestlers are on a different schedule.

“A regular practice for me is always good because it is after school and I am in a good mood. I am excited to see my teammates after a long day of school, but Break practices feel so hard. After not doing it every day, I get out of the flow, feel dizzy, and can not think straight, but what motivates me is getting my hand raised after a match. It is comforting knowing there are people around me that work just as hard and want the same thing,” freshman Jorja Carroll said.

The female basketball players usually have challenging practices as well, and their teammates help them.

“During the break, we have more intense and upbeat practices, but we are more rested because we

are not going to school. It is easier to get through because basketball is always a good time. The girls are so fun. It goes by fast whenever we all work hard. The first week of Break we have a couple of games and practices. Then, the second week we have a few days of rest before we get back to work,” sophomore Addison Lipp said.

Sophomore Joey Ortman is in the same boat.

“Break practices often have more energy because people are not tired from having school all day, so the intensity is higher. It is harder, but my teammates keep me motivated. We all want to work together to get better all the time. We are on track to be great this year,” Ortman, basketball player, said.

Practice is essential during Winter Break, but so are fun festivities with their teams.

“Since this is the first year with an established girls wrestling team, we do not have traditions set in stone yet. I am sure we will do something this year because we hang out outside of practice anyway. It will be a fun bonding experience and a way for all of us to get into the Christmas spirit,” Carroll said.

The girls basketball team has been around for quite a while, so they already have their plans.

“We have a Christmas party at Coach Kreimer's house after practice. We all bring brunch food for a pitch-in. This is also when we exchange our Secret Santa gifts. It is a fun-filled day for us to finally relax before going into the holidays,” Lipp said.

The swim team has some of the same traditions.

“We usually do a Christmas gift exchange between the boys and girls teams. We hang out a lot outside of practice on a regular basis, so we do not do much for actual Christmas traditions. We spend more time together since we do not have school to worry about,” junior Maria Mears said.

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