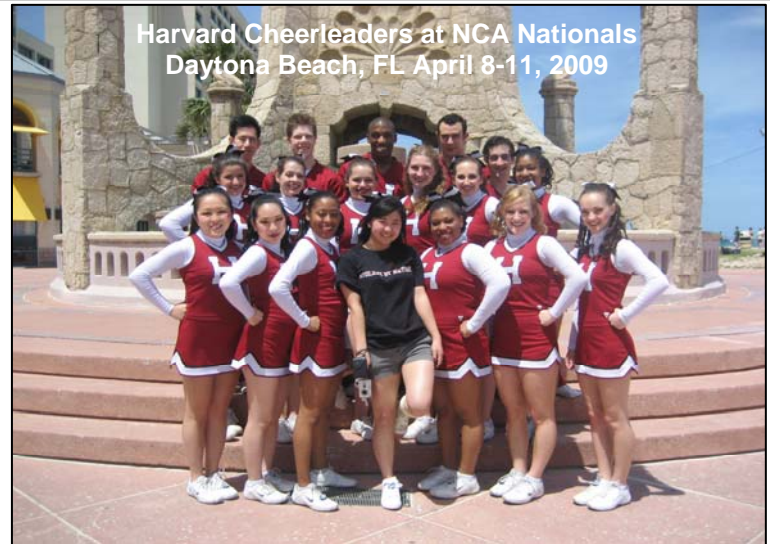




WE DID IT! It was a season goal to get a video bid to nationals and not only did we get a bid, we went! At our debut appearance competing with 220 other Collegiate cheer and dance teams, we placed 7th in our division and 3rd in the challenge cup! I couldn't be prouder of this squad and all they accomplished this year. Starting with our first Friends, Family and Alumni game, securing formal recognition from the athletic department for the cheerleaders in the form of a Minor H designation, and a successful competition season, this year has been one of progress for this program and I cannot wait to see what next year will bring! Please enjoy this latest installment of our Newsletter!

-Kristin Capasso – Head Coach



Season Recap



By Alex
Mihalek,
Cpt. '09-'10

As the clock wound down, ticking away the seconds to our victory over Yale, our team was filled with a mixture of emotions. For our three seniors, this would be their last Harvard-Yale on the field, and our football season was sadly coming to a close. However, as we walked away from the Stadium we knew our journey was just beginning—the next day, basketball season began.

After nearly freezing at Harvard-Yale, the indoor setting of Lavietes Pavilion was a welcome change. Yet, with basketball season came new challenges for our still very inexperienced team. Cheering for basketball places our team in the center of the court instead of on the sidelines of a field, so when we worked out our cheers and choreographed timeouts, there was no room for error. Our team also had to cope with the strict NCAA rules, making all of the advanced stunts we worked on in practice illegal to show off at games. However, we battled this possible source of boredom by focusing on one of our far-off goals—competition.

Early in the season, our team decided we wanted to go where no other Harvard cheerleading squad had ever gone before. Yes, we wanted to go to NCA Nationals in Daytona Beach, FL and show the rest of the collegiate world that not only does Harvard have a squad, but we're also pretty good. We knew this would be a long shot and involve a lot of time and effort to assemble a bid tape, doing stunts over and over again in the quest for perfection. However, after grueling months of practice and a bid tape of which we were truly proud, we got the amazing news that we had received a bid to Nationals. Then, the hard work really began.

Our team prepared for competition both on and off the practice mat. Between extra dance practices, gym sessions to build endurance, and an absurd amount of fundraising, our team really stepped up and turned into a full-fledged competition squad. Before we knew it, the spring was upon us and it was our turn to be in the spotlight. However, as we prepared for one of our final competitions, a fluke fall in a pyramid ended one of our flyers' season with an ankle fracture. With only a few weeks before Nationals, we knew that now was our time to step up and pull a new routine together. Fortunately we were able to do just that, and with a solid routine and a lot of confidence we headed down to Daytona for a whirlwind week of cheerleading.

Daytona was one of the most amazing experiences of our season. We were able to perform twice in front of an incredible crowd, nailing our routine the second time we competed, in our division's Challenge Cup. Our team was able to really see how far we'd come since September, and we were left with many things of which we could be truly proud. We were also able to see the best collegiate cheerleading in the country, which really motivated our squad for what we can accomplish in the future. The evident change in many of our rookies was inspiring, and we began plotting new pyramids and summer workouts the minute after our last competition. However, most importantly, Nationals was a chance to really come together as a team, and a great way to finish our 2008-2009 season.





Thank you to our 2008-2009 Donors!



2009 Football Schedule



- September 19, 2009 @ Holy Cross Noon
- September 25 or 26, 2009 v. Brown TBD
- October 3, 2009 - @ Lehigh TBD
- October 10, 2009 @ Cornell TBD
- October 17, 2009 v. Lafayette TBD
- ****FRIENDS, FAMILY & ALUMNI GAME****
- October 24, 2009 v. Princeton TBD
- October 31, 2009 v. Dartmouth TBD
- November 8, 2009 @ Columbia TBD
- November 14, 2009 v. Penn TBD
- November 21, 2008 @ YALE Noon

Sponsor T-Shirts

Thank you to everyone who participated in our 2008-2009 Sponsor T-shirt (above photo). Each year we produce a t-shirt that lists all of our sponsors on the back. We wear these t-shirts during pregame at basketball and also wear them for warm-ups at all our competitions! Different size donations give you different font sizes – so it is up to you how big you want your ad to be! If you would like to be part of our 2009-2010 Sponsor T-shirt, visit our website www.hcs.harvard.edu/~cheer and click on the fundraising link to get more information on how to submit your ad!

Other Fundraising Initiatives

You can make a tax deductible donation to our Friends Account

Donations can be mailed to:
 Friends of Harvard Cheerleading
 Murr Center
 65 North Harvard Street
 Boston, MA 02136
 Check should be made payable to
 "Friends of Harvard Cheerleading"

Or you can visit: www.gocrimson.com and click on the "Make a Gift" link to make a donation online!

But wait!!!!...DON'T MISS OUR THANK YOU CELEBRATION!

Our 2nd Annual Friends, Family and Alumni game is **October 17, 2009**. Please don't miss this chance to return to campus, mingle with the members of the squad, and allow us to thank you in person for all your support! Alumni cheerleaders can even join us on the sidelines for the game and relive your memories with the current squad!

The meet and greet will start at 11:00 at Gordon Indoor Track. Please see the facebook event or email Coach Capasso cheer@hcs.harvard.edu for more details!

By Christi Butler '09 – four year squad member and captain of the 08-09 Cheerleading Team



It's hard to believe that my cheerleading career has come to an end. It has been a great four years, but I think there was no better way to go out than with a trip to sunny Florida to compete at Nationals for the first time! For the past four months, we have been fundraising, practicing, and perfecting our routine for competition. We did not place as high as some may have liked, but at the end of the day, it was all about the experience: competing in front of the best teams in the nation, spending time with good friends, and watching some amazing cheerleading. We may have placed 7th, but we all walked away with our heads held high as we nailed our routine in the Challenge Cup Competition. Our team has come so far over the past several months. Who would've thought that a team composed of 8 members with no cheer experience, would be competing at Nationals 8 months later. Out of all 4 years, this has got to be the team I'm most proud of. I'm definitely going to miss cheering and the team, but I'm glad I got to be a part of one of the most determined, hard-working, fun-loving teams on campus.

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2008-2009 Award Winners

- | | |
|----------------------------|-------------------|
| MVP: | Geoff Oberhofer |
| Most Improved: | Olga Tkachenko |
| Rookie Award: | Tian Wen |
| Unsung Hero: | Liz Paisner |
| Senior Award: | Christi Butler |
| Coach's Award: | Lucas Toffoli |
| 2009-2010 Captains: | Alexandra Mihalek |
| | Cassandra Snow |
| | Geoff Oberhofer |

Get to know the Current Harvard Cheerleaders
 Website: www.hcs.harvard.edu/~cheer
 Facebook group: Harvard University Cheerleading