Special to the Leader & Times

The Liberal High School cheerleaders recently returned from NCA Cheer Camp at Kansas State University. They spent four days on campus working with NCA staff and competing in various individual and team events. Both the JV and the varsity teams made excellent showings.

The Liberal JV squad walked away with the Champion Chant and Top Game Day Team in the Non-Varsity division. The Liberal Varsity squad took home the Champion Chant award in the Varsity division, competing against larger squads. In addition, both teams earned the Excellence in Motions certificate, which is only awarded to one team each day, along with Spirit Sticks and Superior ribbons on final evaluations.

Thirteen LHS Cheerleaders were honored with All-American Nominations (the most of any team there). Three of these nominees went on to make the All-American team, sophomores Gaby Amparan and Ariana Diaz and freshman Rachel Jones. This is the highest individual honor that cheerleaders can achieve through the NCA program. All nominees must perform a triple jump, spirited entrance with tumbling, and the camp cheer. There were eight total All-Americans out of roughly 150 cheerleaders.

With only four seniors on the team, the LHS Cheer Program will be a force in Kansas for several more years. They are under the direction of head coach Scarlett Diseker, and assistants Nikki Frydendall, Kathy Croy and Sam Weber.