


# STATE CHEER CHAMPIONSHIPS 2023



**SATURDAY, MARCH 4, 2023**  
**FLOYD LITTLE ATHLETIC CENTER, NEW HAVEN**

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TEAMS THAT EXPECT TO BE PLAYING AT THE END, PLAY WITH SPALDING® AND DUDLEY® FROM THE BEGINNING. IT'S THE CHOICE OF THE NATION'S TOP COACHES AND PROGRAMS, BECAUSE IT'S THE BALL THEY PLAY WITH FOR THE TITLE.

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72-6757 ALPHA  
72-1328 TF-VB5 R/W/B

43-147 WT12 Y FP  
41-100CT TF PRO BASEBALL  
64-7929 TF-5000 SOCCER BALL

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# WELCOME!

IT IS OUR PLEASURE SPONSOR THE 32ND CAS-CIAC CONNECTICUT HIGH SCHOOL CHEERLEADING COMPETITION. EACH TEAM SPENDS HOURS OF PRACTICE TO PERFECT THEIR JUMPS, TUMBLING, PARTNER STUNTS AND PYRAMIDS ALL FOR A 2.5 MINUTE CHOREOGRAPHED ROUTINE. EACH TEAM AND COACH LOOKS FORWARD TO THIS DAY, IT IS THE HIGHLIGHT OF THEIR SEASON. WE ARE ALSO PLEASE TO HAVE UNIFIED CHEER TEAMS FROM RIDGEFIELD, STAMFORD, CHESHIRE, NORTHWESTERN, SEYMOUR AND TRUMBULL.

EACH TEAM IS JUDGED BY EIGHT PANEL JUDGES, ONE DEDUCTION JUDGE AND A SAFETY JUDGE. EACH PANEL JUDGE HAS A DIFFERENT ASPECT OF THE ROUTINE TO WATCH. SAFETY JUDGES MAKE SURE ALL THE RULES OF THE NATIONAL FEDERATION OF HIGH SCHOOLS (NFHS) ARE BEING FOLLOWED AND THE DEDUCTION JUDGE WATCHES FOR THE OBVIOUS ERRORS.

THE TOP SIX TEAMS IN EACH DIVISION ARE ELIGIBLE TO COMPETE IN A TEAM OF THE YEAR COMPETITION SATURDAY, MARCH 11, 2023, AT NORTH HAVEN HIGH SCHOOL. THIS COMPETITION IS SPONSORED BY THE CONNECTICUT HIGH SCHOOL COACHES ASSOCIATION (CHSCA). THE TOP THREE TEAMS ARE ELIGIBLE TO COMPETE IN THE NEW ENGLAND REGIONAL IN WORCESTER, MA ON MARCH 18, 2023. THIS COMPETITION IS SPONSORED BY THE COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION (CNESSPA).

SIT BACK AND ENJOY THE SHOW THAT YOU ARE ABOUT TO SEE. ENJOY THE DAY.

**SHERRIE ZEMBRZUSKI**  
**TOURNAMENT DIRECTOR**



**NO MATTER WHERE YOU GO**  
REMEMBER WHERE YOU'VE BEEN



YEARBOOKS | CLASS RINGS | REGALIA | ANNOUNCEMENTS

*Jostens*<sup>®</sup>

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# **PROGRAM**

**EMCEE/ ANNOUNCER  
DIANE LEONE**

**TOURNAMENT DIRECTOR  
SHERRIE ZEMBRZUSKI**

**SITE DIRECTORS  
ERIK PATCHKOFSKY  
BOB RAFFERTY  
BOB DAVIS**

**TABULATORS  
SHERRY PETROSKY  
MICHELE VANDERSLOOTH**

**PRACTICE MAT COORDINATOR  
JASON BURROUGHS**

**SCORESHEET RUNNERS  
HAYDEN VANDERSLOOT & PIPER KOVACS**

**THANK YOU  
STAMFORD HIGH SCHOOL  
& CHESHIRE HIGH SCHOOL  
FOR THE USE OF THEIR CHEERLEADING MATS**

**A SPECIAL THANK YOU TO  
PUDGIE DELOHERY, BETH SARNACKI,  
JESSICA MOONEY & VICTORIA LASSEK-SARGENT**



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# CAS-CIAC CHEERLEADING CHAMPIONSHIPS

## ORDER OF PERFORMANCE BY CLASS

<b>CLASS LL</b>	
1	Trumbull
2	Norwalk
3	Ridgefield
4	Danbury
5	Southington
6	Amity
7	Newington
8	East Hartford
9	Staples
10	Stamford
11	Westhill
12	Greenwich
13	Fairfield Warde
14	Cheshire
15	Wilton
16	Newtown
17	West Haven

<b>CLASS L</b>	
1	Middletown
2	Brookfield
3	Windsor
4	Wethersfield
5	Bunnell
6	Stratford
7	Farmington
8	New Milford
9	North Haven
10	Bristol Central
11	Fitch
12	East Haven
13	Masuk
14	Joel Barlow
15	Rockville
16	Avon
17	Lyman Hall
18	Bethel

<b>CLASS M</b>	
1	Berlin
2	St. Joseph
3	New London
4	Ledyard
5	Bacon Academy
6	Ellington
7	New Fairfield
8	Killingly
9	Tolland
10	Branford
11	Mercy
12	Bassick
13	Waterford
14	RHAM
15	Foran
16	Sacred Heart Academy
17	Sheehan
18	Watertown
19	Northwestern
20	Wolcott

<b>CLASS S</b>	
1	Morgan
2	Haddam-Killingworth
3	Oxford
4	Gilbert
5	Ansonia
6	East Hampton
7	Notre Dame Fairfield
8	Griswold
9	Immaculate
10	Lauralton Hall
11	Coginchaug
12	Cromwell
13	Plainfield
14	Woodland
15	Holy Cross
16	Wheeler
17	St. Paul Catholic

<b>COED</b>	
1	Torrington
2	Manchester
3	Montville
4	Rocky Hill
5	Maloney
6	Woodstock Academy
7	East Lyme
8	Plainville
9	Shelton
10	Lewis Mills
11	Bristol Eastern
12	Fairfield Ludlowe
13	Hale Ray
14	Portland
15	Norwich Free Academy

<b>Unified Teams</b>	
1	Ridgefield
2	Stamford
3	Cheshire
4	Northwestern
5	Seymour
6	Trumbull

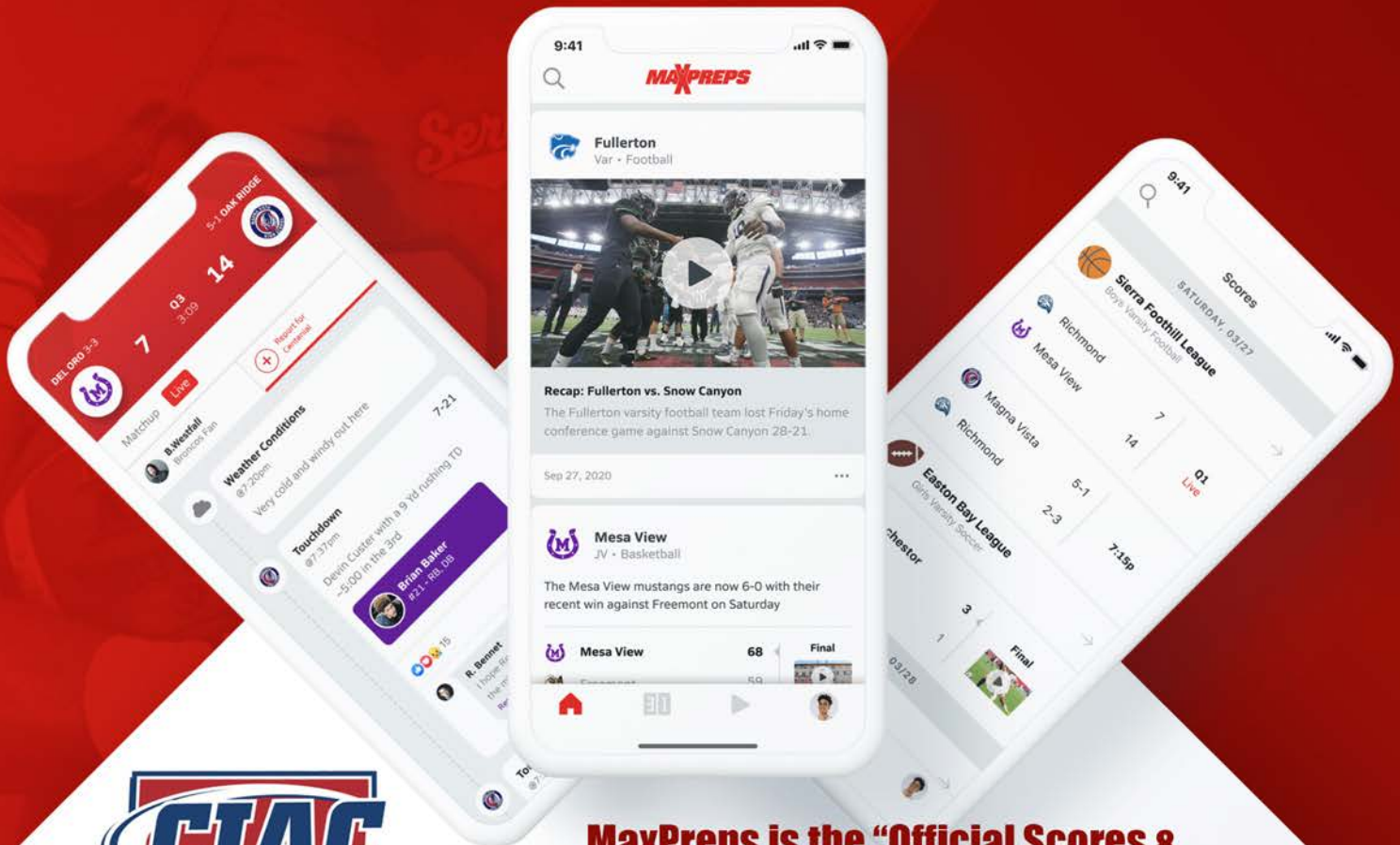
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You have the right to  
live free from sexual violence.

## WE BELIEVE YOU.

Sexual contact without your consent is wrong and it's a crime. Sexual violence can include the use of coercion, manipulation, threats, intimidation, force, or abuse of power.

**No matter what the circumstances were, help is available.**

All services provided by The Alliance's sexual assault crisis programs are **free and confidential**. These services include:

- certified sexual assault victim advocates
- 24/7 hotline services in English and Spanish
- short-term counseling for individuals
- information and referrals to other social and legal services
- accompaniment and support in hospitals, police departments and courts

## WE CAN HELP.

Call the 24/7 free and confidential statewide hotline.

*English:*

**1-888-999-5545**

*Español:*

**1-888-568-8332**

**CONNECTICUT ALLIANCE  
TO END SEXUAL VIOLENCE**   
Support. Advocate. Prevent.

# 2023 CHEERLEADING COMMITTEE

**SHERRIE ZEMBRUZSKI  
TOURNAMENT DIRECTOR**

**JESSICA BLACKWELL**

**KATHLEEN CRISAFI**

**DEBBIE HUNTINGTON**

**MICHELE O'DEA**

**CHERESE MILLER-ODUKWE**

**MARK OTTUSCH**

**STEPHANIE REDDING**

**VICTORIA SARGEANT**

**BETH SARNACKI**

**JOANN TARAZYCKI**

**JAMIE WALLACE**



# 2023 CHEER JUDGES

PAULA CALDARONE – WATERBURY, CT

KATIE YOUNG – WESTERLY, RI

DANIELLE MUIR – PLANTSVILLE, CT

MICHELLE CANTY – WESTERLY, RI

ALLISON O'LEARY – CHESHIRE, CT

KATIE KING – ANSONIA, CT

MARIE KASHUBA – OXFORD, CT

LAUREN LELAND – PLANTSVILLE, CT

CHRISTINE DOMLER – COVENTRY, CT

HEATHER SANTO – OXFORD, CT

ANGIE SUMMA – WOLCOTT, CT

CASSANDRA COUGHLIN – CROMWELL, CT

LAUREN ANDERSON – DERBY, CT

CAROL PALANZO – DANBURY, CT

CRYSTAL DAVIS – PLANTSVILLE, CT

STEPHANIE FALCONE – STRATFORD, CT

SARA PAOLINO – CROMWELL, CT

MELISSA JENNINGS – OXFORD, CT

ASHLEIGH ADAMS – NEW BRITAIN, CT

AMBER BIDWELL – MOODUS, CT

JESSICA MOONEY, SEYMOUR, CT

GINA SIMEONE, ROCKY HILL, CT

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# PAST WINNERS 2017-2022

## 2022

DIV	CHAMPION	1 <sup>ST</sup> RUNNERUP	2 <sup>ND</sup> RUNNERUP
LL	Danbury	Greenwich	Brien McMahon
L	Shelton	North Haven	East Lyme
M	St. Joseph	Daniel Hand	Waterford
S	Oxford	Derby	Holy Cross
COED	Fairfield Ludlowe	Plainville	New London

## 2020

DIV	CHAMPION	1 <sup>ST</sup> RUNNERUP	2 <sup>ND</sup> RUNNERUP
LL	Newtown	Shelton	Danbury
L	Daniel Hand	North Haven	Killingly
M	Wolcott and Waterford	Seymour	Joel Barlow
S	Holy Cross	Oxford	Ansonia
COED	Fairfield Ludlowe	Plainville	Fitch

## 2019

DIV	CHAMPION	1 <sup>ST</sup> RUNNERUP	2 <sup>ND</sup> RUNNERUP
LL	Danbury	Newtown	Staples
L	North Haven	Mercy	Branford
M	Wolcott	Joel Barlow	St. Joseph
S	Oxford	Derby	Seymour
COED	Plainville	Fairfield Ludlowe	Daniel Hand

## 2018

DIV	CHAMPION	1 <sup>ST</sup> RUNNERUP	2 <sup>ND</sup> RUNNERUP
LL	Shelton	Fairfield Ludlowe	Newtown
L	Watertown	Lauralton Hall	North Haven
M	Wolcott	Oxford	Ansonia
S	Montville	Holy Cross	Morgan
COED	Seymour	Stamford	Plainville

## 2017

DIV	CHAMPION	1 <sup>ST</sup> RUNNERUP	2 <sup>ND</sup> RUNNERUP
LL	Danbury	Fairfield Ludlowe	Newtown
L	Lauralton	Joel Barlow	Stratford
M	Wolcott	Watertown	St. Joseph
S	Ansonia	Oxford	Derby
COED	Seymour	Branford	North Haven





The CIAC is proud to continue its partnership with the Connecticut Department of Transportation's Highway Safety Office.

The goal of the Highway Safety Office is to prevent roadway crashes and fatalities as a result of driver behavior.

The CIAC will feature safe driving messages at state tournament games to encourage all athletes, families, fans and the entire community to drive safely and responsibly.

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THIS CIAC PARTNER WEBSITE**

[ct.gov/dot](http://ct.gov/dot)





# MARCH 4, 2023 MORNING SESSION

9:15 AM	Gym opens for participants
10:00 AM	Gym Opens for Spectators
10:30 AM	Practice Begins
10:55 AM	Announcements
11:00 AM	Competition Begins
3:50 PM	End of Competition
4:00 PM	Awards

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
1)	M	Berlin	9:34 AM	10:32 AM	10:36 AM	10:40 AM	11:00 AM
2)	LL	Trumbull	9:38 AM	10:36 AM	10:40 AM	10:44 AM	11:04 AM
3)	M	St. Joseph	9:42 AM	10:40 AM	10:44 AM	10:48 AM	11:08 AM
4)	LL	Norwalk	9:46 AM	10:44 AM	10:48 AM	10:52 AM	11:12 AM
5)	M	New London	9:50 AM	10:48 AM	10:52 AM	10:56 AM	11:16 AM
6)	LL	Ridgefield	9:54 AM	10:52 AM	10:56 AM	11:00 AM	11:20 AM
7)	M	Ledyard	9:58 AM	10:56 AM	11:00 AM	11:04 AM	11:24 AM
8)	LL	Danbury	10:02 AM	11:00 AM	11:04 AM	11:08 AM	11:28 AM
9)	M	Bacon Academy	10:06 AM	11:04 AM	11:08 AM	11:12 AM	11:32 AM
10)	LL	Southington	10:10 AM	11:08 AM	11:12 AM	11:16 AM	11:36 AM
11)	M	Ellington	10:14 AM	11:12 AM	11:16 AM	11:20 AM	11:40 AM
12)	LL	Amity	10:18 AM	11:16 AM	11:20 AM	11:24 AM	11:44 AM
13)	M	New Fairfield	10:22 AM	11:20 AM	11:24 AM	11:28 AM	11:48 AM
14)	LL	Newington	10:26 AM	11:24 AM	11:28 AM	11:32 AM	11:52 AM
15)	M	Killingly	10:30 AM	11:28 AM	11:32 AM	11:36 AM	11:56 AM
16)	LL	East Hartford	10:34 AM	11:32 AM	11:36 AM	11:40 AM	12:00 PM
17)	M	Tolland	10:38 AM	11:36 AM	11:40 AM	11:44 AM	12:04 PM
18)	LL	Staples	10:42 AM	11:40 AM	11:44 AM	11:48 AM	12:08 PM
19)	M	Branford	10:46 AM	11:44 AM	11:48 AM	11:52 AM	12:12 PM
20)	LL	Stamford	10:50 AM	11:48 AM	11:52 AM	11:56 AM	12:16 PM
21)	M	Mercy	10:54 AM	11:52 AM	11:56 AM	12:00 PM	12:20 PM
22)	LL	Greenwich	10:58 AM	11:56 AM	12:00 PM	12:04 PM	12:24 PM
23)	M	Bassick	11:02 AM	12:00 PM	12:04 PM	12:08 PM	12:28 PM
24)	LL	Fairfield Warde	11:06 AM	12:04 PM	12:08 PM	12:12 PM	12:32 PM
25)	M	Waterford	11:10 AM	12:08 PM	12:12 PM	12:16 PM	12:36 PM
26)	LL	Cheshire	11:14 AM	12:12 PM	12:16 PM	12:20 PM	12:40 PM



# MARCH 4, 2023 MORNING SESSION

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
27)	M	RHAM	11:20 AM	12:22 PM	12:26 PM	12:30 PM	12:50 PM
28)	LL	Wilton	11:24 AM	12:26 PM	12:30 PM	12:34 PM	12:54 PM
29)	M	Foran	11:28 AM	12:30 PM	12:34 PM	12:38 PM	12:58 PM
30)	LL	Newtown	11:32 AM	12:34 PM	12:38 PM	12:42 PM	1:02 PM
31)	M	Sacred Heart Academy	11:36 AM	12:38 PM	12:42 PM	12:46 PM	1:06 PM
32)	LL	West Haven	11:40 AM	12:42 PM	12:46 PM	12:50 PM	1:10 PM
33)	M	Sheehan	11:44 AM	12:46 PM	12:50 PM	12:54 PM	1:14 PM
34)	LL	Westhill	11:48 AM	12:50 PM	12:54 PM	12:58 PM	1:18 PM
35)	M	Watertown	11:52 AM	12:54 PM	12:58 PM	1:02 PM	1:22 AM
36)	S	Haddam Killingworth	11:56 AM	12:58 PM	1:02 PM	1:06 PM	1:26 AM
37)	M	Northwestern	12:00 PM	1:02 PM	1:06 PM	1:10 PM	1:30 AM
38)	S	Oxford	12:04 PM	1:06 PM	1:10 PM	1:14 PM	1:34 AM
39)	M	Wolcott	12:08 PM	1:10 PM	1:14 PM	1:18 PM	1:38 AM
40)	S	Gilbert	12:12 PM	1:14 PM	1:18 PM	1:22 AM	1:42 AM
41)	E	Trumbull Unified	12:16 PM	1:22 PM	1:26 PM	1:30 AM	1:50 AM
42)	S	Ansonia	12:20 PM	1:30 PM	1:34 PM	1:38 AM	1:58 AM
43)	S	East Hampton	12:24 PM	1:38 PM	1:42 PM	1:46 AM	2:06 PM
44)	S	Notre Dame Fairfield	12:28 PM	1:46 PM	1:50 PM	1:54 AM	2:14 PM
45)	E	Ridgefield Unified	12:32 PM	1:50 PM	1:54 PM	1:58 AM	2:18 PM
46)	S	Griswold	12:36 PM	1:54 PM	1:58 PM	2:02 PM	2:22 PM
47)	S	Immaculate	12:40 PM	1:58 PM	2:06 PM	2:10 PM	2:30 PM
48)	S	Lauralton Hall	12:44 PM	2:06 PM	2:14 PM	2:18 PM	2:38 PM
49)	E	Stamford Unified	12:48 PM	2:10 PM	2:18 PM	2:22 PM	2:42 PM
50)	S	Coginchaug	12:52 PM	2:14 PM	2:22 PM	2:26 PM	2:46 PM
51)	S	Cromwell	12:56 PM	2:22 AM	2:30 PM	2:34 PM	2:54 PM
52)	S	Plainfield	1:00 PM	2:30 PM	2:38 PM	2:42 PM	3:02 PM
53)	E	Cheshire Unified	1:04 PM	2:34 PM	2:42 PM	2:46 PM	3:06 PM
54)	S	Woodland	1:08 PM	2:38 PM	2:46 PM	2:50 PM	3:10 PM
55)	S	Holy Cross	1:12 PM	2:42 PM	2:54 PM	2:58 PM	3:18 PM
56)	E	Northwestern Unified	1:16 PM	2:50 PM	3:02 PM	3:06 PM	3:26 PM
57)	S	Wheeler	1:20 PM	2:54 PM	3:06 PM	3:10 PM	3:30 PM
58)	S	St. Pauls	1:24 PM	2:58 PM	3:10 PM	3:14 PM	3:34 PM
59)	E	Griswold Unified	1:28PM	3:06 PM	3:18 PM	3:22 PM	3:42 PM
60)			1:32 PM	3:14 PM	3:22 PM	3:26 PM	3:46 PM
61)	E	Seymour Unified	1:36 PM	3:18 PM	3:26 PM	3:30 PM	3:50 PM



# MARCH 4, 2023 AFTERNOON SESSION

4:30 PM	Gym Opens for Participants
5:15 PM	Gym opens for spectators
5:30 PM	Practice Begins
5:50 PM	Announcements
6:00 PM	Competition Begins
8:30 PM	Competition Ends
9:00 PM	Awards

	Class	Team	Check-in	Stretch	Four Strips	Full Mat	Perform
1)	L	Middletown	4:34 PM	5:36 PM	5:40 PM	5:44 PM	6:04 PM
2)	CE	Torrington	4:38 PM	5:40 PM	5:44 PM	5:48 PM	6:08 PM
3)	L	Brookfield	4:42 PM	5:44 PM	5:48 PM	5:52 PM	6:12 PM
4)	CE	Manchester	4:46 PM	5:48 PM	5:52 PM	5:56 PM	6:16 PM
5)	L	Windsor	4:50 PM	5:52 PM	5:56 PM	6:00 PM	6:20 PM
6)	CE	Montville	4:54 PM	5:56 PM	6:00 PM	6:04 PM	6:24 PM
7)	L	Wethersfield	4:58PM	6:00 PM	6:04 PM	6:08 PM	6:28 PM
8)	CE	Rocky Hill	5:02 PM	6:04 PM	6:08 PM	6:12 PM	6:32 PM
9)	L	Bunnell	5:06 PM	6:08 PM	6:12 PM	6:16 PM	6:36 PM
10)	CE	Maloney	5:10 PM	6:12 PM	6:16 PM	6:20 PM	6:40 PM
11)	L	Stratford	5:14 PM	6:16 PM	6:20 PM	6:24 PM	6:44 PM
12)	CE	Woodstock Academy	5:18 PM	6:20 PM	6:24 PM	6:28 PM	6:48 PM
13)	L	Farmington	5:22 PM	6:24 PM	6:28 PM	6:32 PM	6:52 PM
14)	CE	Plainville	5:26 PM	6:28 PM	6:32 PM	6:36 PM	6:56 PM
15)	L	New Milford	5:30 PM	6:32 PM	6:36 PM	6:40 PM	7:00 PM
16)	CE	Shelton	5:34 PM	6:36 PM	6:40 PM	6:44 PM	7:04 PM
17)	L	North Haven	5:38 PM	6:40 PM	6:44 PM	6:48 PM	7:08 PM
18)	L	East Lyme	5:49 PM	6:50 PM	6:54 PM	6:58 PM	7:18 PM
19)	L	Bristol Central	5:54 PM	6:54 PM	6:58 PM	7:02PM	7:22 PM
20)	CE	Lewis Mills	5:59 PM	6:58 PM	7:02PM	7:06 PM	7:26 PM
21)	L	Fitch	6:04 PM	7:02PM	7:06 PM	7:10 PM	7:30 PM
22)	CE	Bristol Eastern	6:09 PM	7:06 PM	7:10 PM	7:14 PM	7:34 PM
23)	L	East Haven	6:14 PM	7:10 PM	7:14 PM	7:18 PM	7:38 PM
24)	CE	Fairfield Ludlowe	6:19 PM	7:14 PM	7:18 PM	7:22 PM	7:42 PM
25)	L	Masuk	6:24 PM	7:18 PM	7:22 PM	7:26 PM	7:46 PM
26)	CE	Hale Ray	6:29 PM	7:22 PM	7:26 PM	7:30 PM	7:50 PM
27)	L	Joel Barlow	6:34 PM	7:26 PM	7:30 PM	7:34 PM	7:54 PM
28)	CE	Portland	6:39 PM	7:30 PM	7:34 PM	7:38 PM	7:58 PM
29)	L	Rockville	6:44 PM	7:34 PM	7:38 PM	7:42 PM	8:02 PM
30)	CE	Norwich Free Academy	6:49 PM	7:38 PM	7:42 PM	7:46 PM	8:06 PM
31)	L	Avon	6:54 PM	7:42 PM	7:46 PM	7:50 PM	8:10 PM
32)	L	Lyman Hall	6:59 PM	7:46 PM	7:50 PM	7:54 PM	8:14 PM
33)	L	Bethel	7:04 PM	7:50 PM	7:54 PM	7:58 PM	8:18 PM