

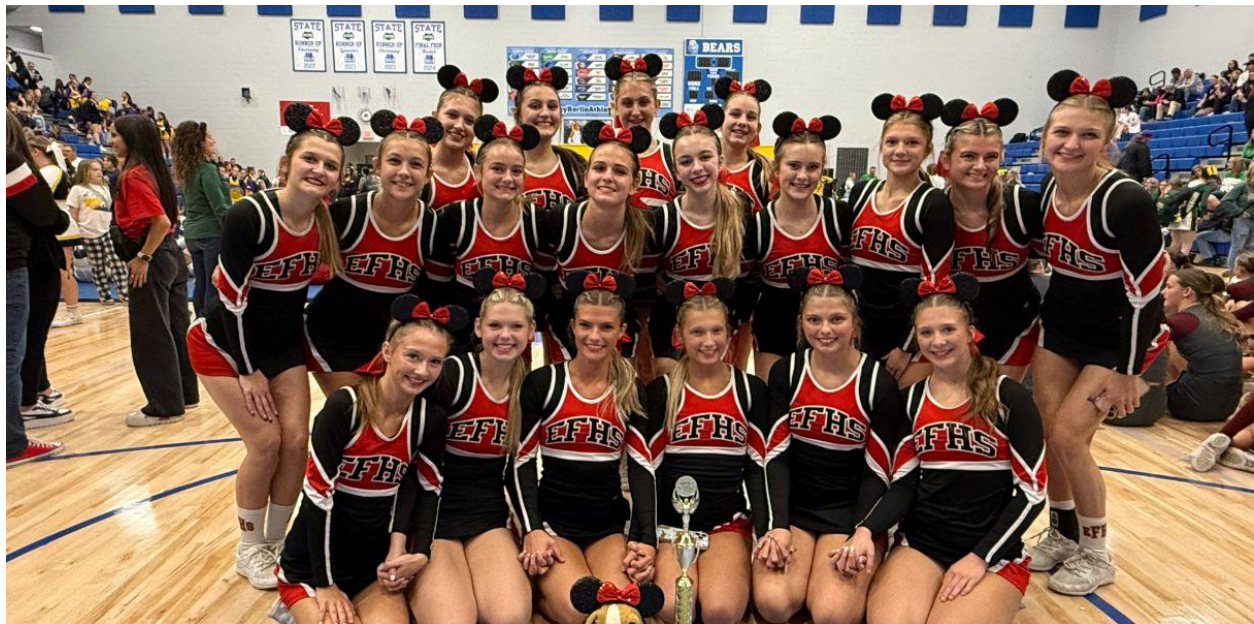


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For Immediate Release

EF Cheerleading Squads Headed to National Championship in Orlando



October 29, 2024: ELIZABETH, Pa.: The Elizabeth Forward High School Cheerleaders are heading to the National High School Cheerleading Championship set for February 7-10, 2025 in Orlando.

The team qualified in two classes – Small Varsity and Game Day -- at the UCA Ohio Regional held Sunday, Oct, 27 at Olentangy Berlin High School in Delaware County, Ohio. Small Varsity is a traditional team of 11 athletes that focuses on a competitive-style routine featuring partner stunts, pyramids, tumbling, jumps, and a crowd-leading cheer. The Game Day squad is comprised of all 19 varsity athletes that must perform a band chant, fight song, situational cheer and a crowd-leading cheer.

The small varsity team placed fourth overall and the Game Day squad just competed for a bid to the national finals.

The success of the weekend is all due to the hard work that the teams are putting in at practice 2-3 times a week,” said cheer coach Miranda Baranchak. The team has qualified for the event in the past, but Baranchak said the degree of difficulty to qualify for the championships was increased this year. “With the higher score requirement, obtaining a bid meant a lot more work leading up to the event.”

As if the event wasn’t challenging enough, the team faced literal roadblocks just trying to get to the competition. Unanticipated road closures delayed the arrival of some cheerleaders by several hours. That also pushed back performance times which meant the Game Day and Small Varsity squads had to perform within an hour of each other which Baranchak called a “tall task.”

“Our teams rose to the occasion with both performances and were able to earn their bids despite the extra curveballs,” the coach said.

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