



HELIAS CATHOLIC HIGH SCHOOL  
HOME OF THE  
**CRUSADERS**  
JEFFERSON CITY | MISSOURI



## CHEERLEADING 2022-2023

### VARSITY

| NAME                  | YEAR |
|-----------------------|------|
| Scarlett Abbott       | 10   |
| Macy Bax              | 12   |
| Adrianna Clemons      | 10   |
| Lauren Gassen         | 12   |
| Briseis Hail          | 11   |
| Adrienne Henderson    | 10   |
| Claire Huntley        | 10   |
| Lucy McElwaine        | 9    |
| Kate Renkemeyer       | 11   |
| Anna Schatte          | 10   |
| Morgan Schonhardt     | 11   |
| Ava Smith-Vandergriff | 9    |
| Addison Spratt        | 10   |
| Anayawa Todd          | 12   |
| Sophia Trachsel       | 9    |
| Natalie Verslues      | 11   |

COACH: Christina Bockwinkel-Baker ASSISTANT COACH: Karen Stout  
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 ATHLETIC TRAINER: Jessica Wieberg | jwieberg@heliascatholic.com  
 ATHLETIC TRAINING SERVICES PROVIDED BY PEAK SPORT AND SPINE