



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
 ATHLETIC DIRECTOR: Dwayne Clingman | dclingman@heliascatholic.com
 ATHLETIC TRAINER: Kelsey Schenewerk | kschenewerk@heliascatholic.com
 ATHLETIC TRAINING SERVICES PROVIDED BY PEAK SPORT AND SPINE