

My Rebound in *CHEER*



By: Sara Squeglia

Dedication Page

**Thank you to the following people for
helping me along the way:**

**My friends and family for supporting me
in cheer, my cheer coaches: Coach Jen
and Coach T., and my Editor and Quest
teacher, Mrs. W.**

CHAPTER 1

Cheer is everything

“Hey Emma, do you wanna come over to my house and study today?” asked Bella.

“Sorry, but I have to study for something that is not school related,” said Emma.

“And what might that be?” asked Bella.

“CHEER!” exclaimed Emma.

“Emma we still have a whole two days before tryouts. You can start practicing later tonight, after we study,” proved Bella.

“I know that is two days away, but this year I am going full out. I am going to try out for cheer captain!” said Emma in a very confident way.

“You know that you can’t try out for captain,” proved Bella

“Why can’t I?” asked Emma

“Come on, you know that Stacey Dobber is going to try out for cheer captain, if you get in her way, let’s just say that she will ruin your life,” warned Bella.

“I know that everyone is afraid of her, but someone has to prove to her that she can not just treat us like that, someone has to show her who's boss,” demanded Emma.

“Alright fine, you can try out for cheer captain, but only because you are my best friend, and I know that you will make it,” said Bella.

“Great! See you at tryouts this weekend,” said Emma

“See ya,”

“Wait, I kinda actually need you to help me study today.” said Emma.

“Oh girl, let’s go,” said Bella

h“Hey, girl! glad you could make it, wait why don’t you have your pom poms?” asked Bella

“I left them in my mom’s car,” said Emma in a soft voice.

“What!, you’re never going to become cheer captain without pom poms.” said Bella

“Don’t worry, I have it all covered, I am going to try out for a flyer now. they don’t use pom poms in the routine.” “Let me get this straight... you are planning on making it to be a flyer and cheer captain?”

“Yeah, pretty much, and all that without pom poms, you forgot to mention that,” said Emma

“Well, enough talk about that. Your competition Stacey Dobber is coming toward us. I can’t take it. Good luck standing up to her on your own,” said Bella.

“Thanks a lot,” said Emma.

“Hello Emma,” said Stacey.

“What do you want Stacey?” asked Emma

“I just wanted to ask you about some rumors that I was hearing about you trying out for cheer captain?” asked Stacey

“Well, those rumors are true. I am trying out for cheer captain,” said Emma with confidence.

“Two things... One you know that I am trying out for cheer captain, and I am going to make it. And two, were you standing up to me?” asked Stacey.

“Stacey, you don’t know if you are going to make it>; Tryouts haven’t even begun yet, and yes, I am standing up to you,” said Emma.

“My dad is one of the judges, and I know that he is going to pick me to be captain,” said Stacey.

“What about the other two judges?” asked Emma.

“Once they see me, they are totally going to vote for me. It is starting, now shush,” said Stacey.

“Attention ladies and gentleman, welcome to this year’s tryouts for San Diego Cheer; This cheer program is one of the best, and most hardworking in the country: That means that if you are wanting to make it then you are going to have to impress our judges: With that being said, let me introduce myself, and all of the other judges. First, -we have me, Kathryn Miller, but you guys can call me coach Kathryn: Well, that is, if you make it to the cheer team: I am the head coach of SDC, and will be making most of the cuts today. Next, we have Jen Cooper: She led us to winning the 2012 olympics, and was one of the best SDC has ever seen. Finally we have Chris Dobber: He will be our assistant coach this year, and he also has his daughter here today, Stacey Dobber, Good Luck Stacey! Anyway, tryouts will begin shortly, so just be prepared to answer questions from the judges; Thank you very much, and I wish all of you the best of luck today;”

“See, everyone already wants to vote for me anyway,” said Stacey.

“Okay, I see that they’re going to be watching you, but that doesn’t mean that they are going to be impressed,” said Emma

“Whatever, I bet you are just going to cry to your little friend Bella when you don’t make it on the cheer team.

“I am not!; Wait, where is Bella?

“A couple of girls said that they heard her crying in the bathroom earlier;”

“Bella! Are you okay?” asked Emma.

“I am fine. it is just that... I am going to be moving to Pittsburgh, Pennsylvania in a couple of weeks,” cried Bella.

“WHAT! Why? How could this have happened?” asked Emma.

“Well, my dad got laid off a couple off weeks ago, and he just got a new job there, he said that I had to come home straight away and start packing,” said Bella.

“Wait, that means no tryouts,” proved Emma.

“I know, it was our dream to be on this team, but I have no choice but to move away,” said Bella.

“Okay here is what we are going to do, first of all, you have to go home and try to convince your parents to not move, I know it is a long shot, but it is worth a try. I am going to stay here for tryouts, I will tell the judges what is going on and I will ask them to have a reatake with you another day, wish us luck,” said Emma.

“Okay see you tomorrow ta school,” said Bella.

“See ya,” waved Emma

“What was that all about Emma?” asked Daniella

“Um, who are you, and how do you know my name?” asked Emma.

“Oh, my name is Daniella, I am Stacey’s twin sister, I am two minutes older though,” said Daniella.

“What you are twins with Stacey, wow,” said Emma.

“Yes, but I promise I am nothing like her,” said Daniella.

“Wait, but then why did they not mention you like they did to Stacey, and why have she never told anyone about you,” asked Emma.

“Well the thing is that my sister hates me,” said Daniella.

“Come on your sister cannot hate you, sisters are for life, especially twins, I would do anything to have my sister with me for just one day,” said Emma.

“What happened to your sister?” asked Daniella.

“Um, well my sister died three years ago in a car accident. She was just eight when she died. I was so sad when it happened, my mom did have three more kids after her, but I still miss her very much,” said Emma.

“Do you mind telling me what her name was?” asked Daniella.

“Her name was Chloe, I was the one who wanted her name to be Chloe, my mom fell in love with the name like I did,” said Emma.

“Very nice, tryouts are starting now, I will talk to you after,” promised Daniella.

“Ok, sounds perfect, good luck! Shouted Emma.

Chapter 2

During Tryouts

“Hello Miss. Emma, I am Kathryn Miller, I am sure you recognize me from the beginning of tryouts,” said Kathryn Miller.

“Yes, I do,” said Emma.

“Good, well tell us, what position are you trying out for?” asked Kathryn Miller.

“Um, well I am trying out for a flyer, and I am hoping to take on the role of captain.” said Emma.

“Well, you must be pretty confident if you are hoping to be cheer captain. I talked to Stacey Dobber today and she said that she was going to be cheer captain,” said Kathryn Miller.

“So far is she going to be?” asked Emma

“Well, yes, she has a very high level of skill, and she has just as much confidence as you, so it is very possible, why do you two in some sort of arguments?” asked Kathryn Miller.

“Kinda, I just think that someone needs to prove that she doesn’t have to beat us in everything she wants.” said Emma.

“You know what Emma, you are a very bright and respectful person, you would make a very nice captain, but I do still need to see your moves,” said Kathryn Miller.

“Yes ma'am, I am ready,” said Emma

“Well then great, get out your pom poms,” commanded Kathryn Miller.

“I thought that flyers don’t need to have their pom poms,” said Emma

“You are very right, I forgot, you do not need your pom poms,” said Kathryn Miller.

“Okay, glad we got that settled,” said Emma

“So Emma, can you please show me your best move, wait first please tell me, that way I know what you are doing,” said Kathryn Miller.

“Um, okay, I will be doing a roundoff, back handspring, back tuck, and then a back layout,” said Emma.

“Perfect, whenever you are ready,” said Kathryn Miller.

Emma sticks the landing, but after she did her back layout, she added some more tricks, and then it ended up being a full out.

“Wow, I did not know that you were going to add that to your routine,” said Kathryn Miller.

“Yeah, it surprised me as well, I guess that when you want something hard enough, you have to put all effort into it,” said Emma.

“That is very true. Well we will meet with you, and all the other cheerleaders next weekend, then will we let you guys know the results,” said Kathryn Miller.

“Great, see you next weekend,” said Emma.

Emma knew that she did well, but all she was thinking about was Bella and what was going on with her moving. When she got home, something was strange, her parents' car was not in the driveway, Emma thought it was totally normal, she was always home alone by herself. About after an hour her parents still weren't home, this made Emma pretty suspicious, she decided to call her parents to be safe,

“Hey mom,” said Emma.

“Yes, honey, what is it?” asked Emma's mother.

“Why aren't you home?” asked Emma.

“Well, I've been at Bella's house. I left a note on the table,” said Emma's mom.

“Why are you at Bella's house?” asked Emma.

“Well, I've been helping them pack, they are moving in two weeks,”

“What? Why did you not tell me that my best friend is moving in two weeks?” demanded Emma.

“Well, I did not want you to find out til two more weeks. I wanted you to enjoy the time you have left with Bella before she moves,” said Emma's mom.

“Mom, listen I know that you were just trying to keep me from getting upset sooner than necessary, and I love you for it, but Bella is my best friend! She just can't move away. There has to be something we can do about it.”

“I'm sorry, honey, but I don't think that there is anything to do. You just have to accept the fact that sometimes friendships just have to end.”

“I know. I just am going to really miss her,” said Emma.

“I know honey, listen I will be home in thirty minutes, then I will make dinner.”

“That is okay, I am not very hungry, besides, I don't want to eat anyway,” said Emma.

Immediately after that, Emma hung up. She was so mad that she stayed in her bedroom for the rest of the night. She knew that this would not stop her, so while she was in her room, she made a plan to try and stop Bella from moving. In the morning, Bella woke up super early because she had to go to work. Emma worked at Cheer Athletics as a coach for a team called the Metali Cats. Everything in cheer athletics is about cats; the owner must have really liked cats.

“BELLA!!!” shouted Emma. Emma worked with Bella at Cheer Athletics.

“What is it, Emma? I was at the other side of the building and could hear you screaming my name?”

“Why did you not tell me you were moving?” asked Emma.

“I did! I left you a voicemail yesterday after cheer,” said Bella.

“I completely forgot to check my phone, I left it downstairs charging,” said Emma.

“Well, then how did you find out?” asked Bella.

“My mom told me last night,” said Emma.

“Oh, well, yeah she was helping us pack. Now that we have that cleared up, my class starts in ten minutes, so I have to go. We can talk later,” said Bella.

“Okay, see you then,” said Emma.

Chapter 3

The results

It had finally been a whole week since tryouts. This meant that it was time to go back and see the results from tryouts. Emma was so nervous that she had trouble driving to the cheer place. What was it going to be? Cheer captain, flyer, or a base, and Stacey Dobber as cheer captain? Of course, Bella was with Emma, because, even though she could not be on the team, she was there to give Emma some support.

“Bella, I am freaking out right now. What if Stacey becomes captain? If she does, then everyone is going to think that I let them down! They are going to think I am a horrible person,” said Emma.

“They are not going to think that you let them down, and you are not a horrible person. Trust me, no matter what you are assigned, you are going to be the best at it,” said Bella in a comforting tone.

“You really think so?” asked Emma.

“Of course, I meant what I said.”

“Thanks, you are the best friend in the whole entire world!”

“I don’t like to brag, but I know.”

“Ahaha, you’re funny,” said Emma.

“Tryouts are starting, go, get up there! They are announcing cheer captain,” said Bella nudging Emma to the front of the cheer stage.

“Ahh okay, stop pushing me,” squealed Emma.

“Attention Cheerleaders, welcome back to SDC. We have all of the results since the days of tryouts last week,” said Coach Kathryn.

“Umm, excuse me Mrs.Cathryn,” said Stacey Dobber.

“Yes, what is it, Stacey?” asked Coach Kathryn.

“Can you please just announce cheer captain? I know that I am dying to hear the results from that!” says Stacey as she glared back at Emma.

“Ignore her, Emma, she just wants to make you look bad,” said Daniella.

“Umm, who is this?” asked Bella.

“Oh, this is Daniella. She is Stacey’s twin sister. She and I met after you left tryouts,” said Emma.

“Well, hi there, my name is Bella, also a friend of Emma’s,” said Bella.

"Well nice to meet you Bella! Did you try out for the cheer squad?" asked Daniella.

"Sadly, I am moving in two weeks, so I can't be on the team."

"I am sorry, I can't imagine my life without cheer," said Danilella.

"Yeah, I am sorry for myself, too," said Bellla with a frown.

"Shh, guys, they are finally announcing the cheer captain," said Emma.

"And now the moment that you've all been waiting for, this year's cheer captain for SDC is... Emma Lorence!"

"What, there must be some mistake! She cannot be cheer captain!" screamed Stacey Dobber.

"I am sorry Stacey, but Emma is the new captain," said Coach Kathryn.

"My dad is head of the SDC cheer department! He can fire you, and then you will not be able to make these decisions anymore," said Stacey Dobber.

"Umm, I don't think that will be necessary," said Stacey's dad as he stepped forward.

"Oh, daddy, you know I didn't mean it, I just think that I deserve to be the cheer captain."

"Well, I am sorry honey, but Emma deserves to be cheer captain this year. After all, Miss. Kathryn did pick her for that spot."

"Umm, excuse me, I heard my name called for cheer captain," said Emma.

"Oh, yes, sorry dear, would you do me a favor, and announce everyone else on the team," asked Kathryn.

"Umm, yeah, sure," said Emma.

Emma searched to find a certain name, but not Stacey's, she knew that Stacey was already on the team.

"Whose name are you looking for?" asked Kathryn.

"Umm, by any chance is someone named, Daniella Dobber on the team?" whispered Emma to Coach Kathryn.

"Umm, I am sorry, but her dad told me that she could not be on the team, because Stacey had to be the star with all of the attention," replied Kathryn.

"Well, that is not very fair. You know what, since I am cheer captain now, I am going to recruit Daniella to the team," said Emma.

"Well, I mean you could try, but I don't think Stacey would be very happy," said Coach Kathryn.

Emma was still looking at Stacey's name on the roster, instead of Daniella's, and it made her so angry. She couldn't believe that Stacey treated her own sister like tha. After the announcements were over, Emma ran to ask Stacey's dad a question.

"Hey, Mr. Dobber, can I ask you something?"

“Umm, sure Emma, what is it?”

“I was wondering if Daniella could have a sleepover at my house with me, and my friend Bella.”

“Umm, okay, but just to let you know, she does not have as many friends has her sister does. So, just make sure to take good care of her. She is my oldest daughter,” said Mr. Dobber

“You don’t have to worry about anything, she already seems like a really nice person,” said Emma.

“I know she is, and I love her. It is just that if you hadn’t noticed, Sacey doesn’t really like her sister sharing her spotlight. Sometimes she can even be jealous of her,” said Mr. Dobber.

“Trust me, I can tell,” said Emma. The sleepover went great, Emma, Bella, and Daniella got along perfectly. But many weeks passed, and even though Emma really missed Bella, and even though they were Facetiming every evening, Emma realized how glad she was to have Daniella's company.

CHAPTER 4

Will I ever cheer again?

A few weeks passed, and everything was going great. Emma was cheer captain and had a great team. They were so good that they were going to make Nationals. Unfortunately, that all came to a halt when Emma had a terrible injury. Emma was a flyer, and a lot of the time flyers fall from great heights. It is even worse when your base is Stacey Dobber because she will do anything to ruin your chances of being successful. It started out to be any other day, well that was until the incident happened, of course.

“Okay ladies, today we will be trying a new move. In this move, you will only have one base and a backspot. The base will work as the frontspot and stand in the front. The backspot is still going to be in the same spot. In this move, you will throw your flyer up, and then when you catch her. Each of you will get on one side and catch her when she comes down to about your belly button. I already put each of you into groups of three. The list is over on the wall by the trampoline,” said Coach Kathryn.

Unfortunately, Emma was in a group with Stacey and a girl named Ella, a first year cheerleader. Emma was assigned as the flyer, Stacey was the base, and Ella was the backspot, which meant that Emma was relying on her enemy and a newbie to catch her and follow stunt procedures.

“Okay, guys let’s do our best so that way we can be the lead stunt in our competition,” said Emma.

“It doesn’t matter if we do the stunt the best, you know that my dad is one of the coaches, so he will make sure that we get a lead stunt anyway,” Stacey proved.

“Well, we still have to make sure that we can do the stunt before we show it in a competition,” said Emma.

“Okay, but this stunt is so easy, we are just wasting our time practicing it,” said Stacey.

“C’mon Stacey, let’s just do the stunt,” said Emma.

“Okay, whatever,” groaned Stacey.

Stacey and Ella threw Emma into the air. Everything was going great, and it was an elegant and pretty stunt, but whenever she landed, it

wasn't so pretty. Stacey dropped Emma on her leg! They rushed her to the hospital and found Emma a room. After an M.R.I., they found out that Emma had torn her ACL. This meant that she could not cheer anymore.

"Emma!" screamed Daniella. "I heard that you hurt your leg at practice. Are you okay?"

"Yeah, but my leg hurts, and they said that I tore my ACL," said Emma while trying to hold back tears of pain.

"But Emma, if you tore your ACL, then that means that you can't cheer anymore," said Daniella worriedly.

"Yeah, I know, but at least I can cheer next year after recovery," said Emma.

"You do realize that you will not be able to go to Nationals this year?"

"I haven't really thought about that, but yeah, I will not be able to lead us to Nationals this year," admitted Emma.

After Daniella left the hospital, Emma decided to get some rest. She didn't know when she was going to get out of the hospital. The next day, however, she got a visitor that she never would have expected.

"Hi, Emma, how are you feeling?" asked Bella.

"Bella, is that you?" asked Emma.

"Yeah, it's me," said Bella with a smile.

"Omg, how did you get here?" asked Emma.

"I flew in after I heard that you were in the hospital," said Bella.

"Well, thanks! It's so good to see you. By now, you probably heard that I am out of cheer for two months. That means that I am going to miss Nationals."

"I know, but whenever you do recover, your leg is going to be twice as strong," said Bella.

Bella was right. Quickly after her recovery, Emma noticed that her leg was stronger than before. This caused Emma to start training as soon as her leg was strong enough. Although Emma's leg was getting better and better, she still did not have a full recovery. She was very determined to cheer again. While things were progressing with Emma's recovery, things were a little out of place on SDC. Since Emma could not cheer for a while, Stacey was assigned the new cheer captain. She kicked Daniella off of the team, as well as many other cheerleaders who she thought weren't good enough. A few weeks passed, and Emma was doing great, so great that she was allowed to go home, and start training again. After about two months Emma had a full recovery. She was going to go to her gym, and see if she

could try out for the team again. When she got to the gym, she was surprised to see that no one was there. She waited about ten minutes when she finally heard the team coming in. Stacey was screaming at all of the other cheerleaders, saying that it was their fault that they had lost the competition. Emma was shocked to find out how Stacey was treating everyone. So without thinking, she quickly approached Stacey.

“Hey, Stacey,” said Emma.

“Emma, you are back, yay,” Stacey sarcastically said.

“Yeah, that's right. I'm back, and I am going to take back my place as cheer captain again, and recruit everyone that you kicked off,” said Emma.

“Yeah right, like I am going to allow that,” said Stacey.

“You don't have to, because I am,” said Coach Kathryn.

“Ohh! Coach Kathryn, I was just, umm, I was..” stumbled Stacey.

“I know what you were doing, Stacey. Emma is one of the best cheerleaders in this facility. She deserves a spot on the team. In fact, Emma you are the new cheer captain. Now that you are better, your position is waiting for you.”

“Really? That would be great, thank you so much!

Emma was so excited to become cheer captain again, she led her team to Nationals and won first place. As for Stacey, she was kicked off of the team for poor sportsmanship, and moved to NYC to cheer there. After Emma had gone to college, she returned back to SDC, and became a cheer coach for a younger team. And as for Bella, she moved back to San Diego, and became a cheer coach with Emma. They made a great team!

All About the Author...

Sara Squeglia was born on November 2, 2010. She is currently ten years old, and in fourth grade. Sara enjoys; basketball, gymnastics, hip hop, acting, and of course, cheerleading. Sara cheers at Cheer Athletics, and is on a team called The MetalliCats. Sara's cheer coaches are Coach Jen, and Coach T.

Sara also enjoys acting. She currently acts for The Gemini Theatre Company, but will be attending CLO classes. Sara wants to be an actress when she grows up. She also wants to be a Kindergarten teacher. She's interested in Kindergarten because she likes to teach, and help, younger kids. She wants to be an engineer, because she loves building things, and Sara has many goals for the future, and hopes to achieve them someday.



