



Oct 14, 2023

Vol. 39, No.41

Tracy Black – Wrestling Cheerleaders Coach



Our scheduled speaker was not present so Tracy Casson Black, who was present to receive a check, was asked to share about her role as coach for the Wrestling Cheerleaders.

Tracy stated that there are three groups of cheerleaders – wrestling, basketball, and football. She has coached the wrestling cheerleaders for seven years. Tracy's daughter Casey is the assistant coach.

Money from the can kennel will help pay for the cheer uniforms, which are expensive. The school does have a fund for wrestling cheerleaders and the athletic booster club also contributes to the cheerleaders, but the uniforms are expensive and it doesn't cover the total cost. Twelve uniforms are on hand to cover everyone and are passed on from year to year. The current uniforms are six years old so are due for new.

There are ten wrestling cheerleaders, but only six maximum can be put on the mat at one time. Sometimes tournaments include two mats so all ten cheerleaders are needed. Cheerleaders sit next to the edge of the mat when cheering. Cheerleaders ride on the bus when possible.

Wrestling cheerleaders are inspected before each meet, a requirement of the State Wrestling Association: no jewelry, no nail polish and hair must be back off the face. Tracy said when they go to state tournaments, it takes an hour for her team's cheerleaders to be checked in for this inspection. Nothing can be taken by the cheerleaders onto the mat.

At the WIC tournament, the wrestling cheerleaders are judged also as to their dress, cheers, and hair. The Treynor cheerleaders won last year from the coaches' vote, and are proud that they took the traveling megaphone award from Missouri Valley.

The cheerleaders create chants and also adopt some that other cheerleaders use. One of

the popular chants is to the rhythm of "Crazy Train". It was fun to hear that some of the wrestlers request from the cheerleaders that certain chants be used when they wrestle.

The cheerleaders are part of the wrestling family and help with service projects. During the holidays they adopt a family. Candice Gregory splits families up by needs. Food from the local food pantry is used. The wrestlers and cheerleaders then shop at Walmart, wrap the gifts and provide food for their dinner. During Christmas break, the cheerleaders and wrestlers also go to Open Door Mission and unload all the diapers and organize items.

The cheerleaders practice each day from 7-7:30 am in November. When wrestling begins, they then have meets and practice up to 2 times per week.

Tracy said "Treynor Wrestling Palooza" will be here soon. It was named this by Dan Kinsella, the Director of Wrestling. It is the one week from Tues., Nov. 28 to Sun. Dec. 3 and includes the following meets all occurring in Treynor:
 Tues., Nov. 28 – Boys Wrestling
 Thurs., Nov. 30 – Girls Wrestling
 Fri., Dec. 1 – Elementary Meet
 Sat., Dec. 2 – Boys Wrestling Tournament
 Sun., Dec. 3 – Youth Wrestling Tournament
 ALL are in Treynor! This would be a good time to check out and cheer for our Treynor wrestlers!

Next week's Program:

Jessica Duncan, Alzheimer's Association

Famous Quote

"When you get hurt, use it."

Ernest Hemmingway

Meeting Minutes

Dale Willenborg, President, called the meeting to order. Fourteen members were present. Tracy Black was a guest.

The group recited the pledge and Dee Guttau offered the prayer.

Jokes: Bill Vorthmann shared jokes.

50/50: Dee Guttau won.

Attendance: Mick Guttau won but was not present.

Football Contest: Kevin Underwood won.

Birthdays: None

Marsha Underwood will provide breakfast pizza next week for her birthday.

Anniversaries: Dale and Diane Willenborg observed their 44th Anniversary on the 13th. Their daughter also celebrated her 22nd Anniversary and his mother celebrated her 93rd birthday.

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Kirk Vorthmann shared that his Grandpa Walter Vorthmann built a dam in the early 40's. Kirk said it has now been cleaned out and rebuilt into a great dam. Kirk stated that Herb Vorthmann, Walter's brother, bought a terracing plow and put a terrace in back in the early 40's.
- Gary Guttau shared that 8 farmers gathered in 1946 and the Soil Conservation Service handed out programs as to how to build terraces. The first were built on not more than a 2% slope. Bench terraces came in 1962. This led to further discussion: John Klein shared a story and Danker's pond including a diving board was discussed.
- Kirk Vorthmann also contributed because he got sucked into the mud with the tractor and loader while cleaning the dam and had to call Lynelle for another tractor.

Community:

- Treynor Football – Won 59-0 against Missouri Valley. They will be in the Play-offs, but it's not known yet when or where they play.
- Treynor Girls Volleyball – Won the WIC Championship.

- Treynor Marching Band – State Marching Band contest today at Glenwood and also at the Mid-Iowa Band Championship at Ankeny.

Business:

- Keith Denton and Dale Willenborg delivered the cans/bottles for Silver Creek Club to Atlantic on Monday and reported it went smoothly. A check for \$504 was collected.
- Silver Creek 4-H did an additional small sorting early this day. Tracy Black, 4-H leader, said the money will be used to update signs, bedding at fair time, a fun trip to Ditmars, and educational activities.
- In her other role as coach, Tracy Black was present today to pick up the \$640.90 Can Kennel check for the Wrestling Cheerleaders.
- St. Paul Preschool has the Can Kennel for the next two weeks. Sorting will take place on Sun., Oct. 29 at 3:00 pm
- Dale stated in the future that we hope to be able to sort cans right after the meetings on Saturdays at 9:30 am.
- Expanding the west wall of the Can Kennel was discussed. Some materials will be donated. Dale Willenborg will talk with the city for approval.



There being no further business the meeting was adjourned with the saying of the Creed.

HUMOR

I had a thought, but unfortunately I had a second thought. They ricocheted off each other & I can't find either anymore.

Calendar

Events

Oct 29 Can Kennel Sorting 3 pm.

Birthdays

Oct 17 Marsha Underwood
Oct 29 Bill Vorthmann

Anniversaries

Oct 17 Dennis & Kay White

Programs:

Oct Judy Guttau (3rd Sat)
Gary Guttau (4th Sat)

Nov Jordan Campbell (1st/2nd Sat)
Jerry Hempel (3rd/4th Sat)

Dec Judy Guttau

Speakers

Oct 21 Jessica Duncan, Alzheimer's Association
Oct 28 Bob Allen, Pott Co. Sheriff Deputy – Drug
Division

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575