



SATURDAY, MARCH 1, 2025
TRUMBULL HIGH SCHOOL





Welcome

THIS YEAR MARKS THE 34TH ANNIVERSARY OF CAS-CIAC SPONSORING THE CONNECTICUT HIGH SCHOOL CHEERLEADING COMPETITION. REFLECTING ON THE PAST, I CAN SEE SIGNIFICANT PROGRESS IN CHEERLEADING; IT HAS EVOLVED TO BE MORE ATHLETIC, WITH GYMNASTICS PLAYING A LARGER ROLE THAN IN EARLIER YEARS. EACH YEAR, I AM CONTINUALLY IMPRESSED BY THE TALENT OUR HIGH SCHOOL CHEERLEADERS DISPLAY. ALL CHEERLEADING TEAMS EAGERLY ANTICIPATE THIS EVENT TO WITNESS THE PERFORMANCES OF THEIR PEERS. IN A 2.5-MINUTE CHOREOGRAPHED ROUTINE, YOU'LL SEE JUMPS, TUMBLING, PARTNER STUNTS, AND PYRAMIDS. EACH TEAM WILL BE EVALUATED BASED ON ESTABLISHED RUBRICS BY FOUR JUDGES, ALONG WITH A DEDUCTION JUDGE, A SAFETY JUDGE ENSURING ADHERENCE TO NFHS SAFETY RULES, AND A HEAD JUDGE OVERSEEING THE ENTIRE JUDGING PROCESS. I AM CONFIDENT YOU WILL BE THOROUGHLY ENTERTAINED DURING YOUR TIME AT THE TRUMBULL HIGH SCHOOL GYM. WE ARE PLEASED TO WELCOME SEVERAL UNIFIED TEAMS SHOWCASING THEIR SKILLS TODAY, INCLUDING TEAMS FROM BUNNELL, GRISWOLD, NORTH HAVEN, CHESHIRE, LEGENDARY ATHLETICS, STAMFORD, AND TRUMBULL.

THE TOP SIX TEAMS IN EACH DIVISION WILL HAVE THE OPPORTUNITY TO COMPETE IN THE TEAM OF THE YEAR CONTEST, SPONSORED BY THE CONNECTICUT HIGH SCHOOL COMPETITION ON SATURDAY, MARCH 8, 2025, AT NORTH HAVEN. THE TOP THREE TEAMS WILL ALSO HAVE THE CHANCE TO COMPETE IN THE NEW ENGLAND REGIONAL IN WORCESTER, MA, ON MARCH 22, 2025. THIS EVENT IS SPONSORED BY THE COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS ASSOCIATION (CNESSPA).

ENJOY THE UPCOMING PERFORMANCES AND CHEER FOR ALL THE COMPETITORS, AS THEY HAVE DEDICATED COUNTLESS HOURS TO PREPARE FOR THIS DAY.

SHERRIE ZEMBRZUSKI
COMPETITION DIRECTOR

PROGRAM

**EMCEE/ ANNOUNCER
DIANE LEONE**

**TOURNAMENT DIRECTOR
SHERRIE ZEMBRZUSKI**

**SITE DIRECTOR
MICHAEL KING
ATHLETIC DIRECTOR, TRUMBULL HIGH SCHOOL**

**TABULATORS
SHERRY PETROSKY
MICHELE VANDERSLOOTH**

**PRACTICE MAT COORDINATOR
JASON BURROUGHS**

**THANK YOU
FAIRFIELD LUDLOWE AND STAMFORD HIGH SCHOOL**

**A SPECIAL THANK YOU TO
BETH SARNACKI, VICOTRIA-LASSEK SARGENT, JESSICA MOONEY**

**THANK YOU TO THE STUDENT VOLUNTEERS FROM
NORTH HAVEN, JONATHAN LAW,
TRUMBULL AND CROMWELL HIGH SCHOOLS.**

2025 CHEER COMMITTEE

**SHERRIE ZEMBRUZSKI, TOURNAMENT DIRECTOR
NOTRE DAME HIGH SCHOOL, FAIRFIELD**

**VICTORIA SARGEANT, COMMITTEE CHAIR
SHELTON INTERMEDIATE SCHOOL**

JESSICA MOONEY, SCORESHEET CHAIR

KATHLEEN CRISAFI, NORTH HAVEN HIGH SCHOOL

DEBBIE HUNTINGTON, NEW LONDON HIGH SCHOOL

KAYLEIGH LACAVA, MANCHESTER HIGH SCHOOL

CHERESE ODUKWE, CAS-CIAC

MARK OTTUSCH, NEW FAIRFIELD HIGH SCHOOL

BIANCA PAOLELLA, BROOKFIELD HIGH SCHOOL

STEPHANIE REDDING, SACRED HEART ACADEMY, HAMDEN

BETH SARNACKI, CCHSA

JOANN TARAZYCKI, DANBURY HIGH SCHOOL

SIERRA VASQUEZ, CROMWELL HIGH SCHOOL

2025 CHEER JUDGES

KATIE KING – ANSONIA

DANIELLE MUIR – PLANTSVILLE

CASSANDRA COUGHLIN – CROMWELL

ANGIE SUMMA – WOLCOTT

MICHELLE CANTY – NORWICH

MELISSA JENNINGS – OXFORD

CRYSTAL DAVIS – PLANTSVILLE

ALLISON O'LEARY – CHESHIRE

SARA PUGLIELLI – WETHERSFIELD

JUDI TARTAGLIA – SOUTHLINGTON

LAUREN LELAND – PLANTSVILLE

CHRISTINE DOMLER – COVENTRY

AMBER BIDWELL – MOODUS

ASHLEIGH ADAMS – CROMWELL

JESSICA BLACKWELL – SEYMOUR

PAST CHEER CHAMPIONS

2024	CHAMPION	1ST RUNNER-UP	2ND RUNNER-UP
LL	DANBURY	GREENWICH	NEWTOWN
L	EAST LYME	NORTH HAVEN	BROOKFIELD
M	PLAINVILLE	WOLCOTT	RHAM
S	ANSONIA	OXFORD	MONTVILLE
COED	FITCH	NEW BRITAIN	SHELTON

2023	CHAMPION	1ST RUNNER-UP	2ND RUNNER-UP
LL	DANBURY	NEWTOWN	STAMFORD
L	FITCH	JOEL BARLOW	NORTH HAVEN
M	WOLCOTT	WATEROWN	RHAM
S	ANSONIA	CROMWELL	OXFORD
COED	PLAINVILLE	FAIRFIELD LUDLOWE	SHELTON

2022	CHAMPION	1ST RUNNER-UP	2ND RUNNER-UP
LL	DANBURY	GREENWICH	BRIEN MCMAHON
L	SHELTON	NORTH HAVEN	EAST LYME
M	ST. JOSEPH	DANIEL HAND	WATERFORD
S	OXFORD	DERBY	HOLY CROSS
COED	FAIRFIELD LUDLOWE	PLAINVILLE	NEW LONDON

CAS-CIAC CHEER CHAMPIONSHIPS WERE CANCELLED IN 2021 DUE TO COVID-19.

2020	CHAMPION	1ST RUNNER-UP	2ND RUNNER-UP
LL	NEWTOWN	SHELTON	DANBURY
L	DANIEL HAND	NORTH HAVEN	KILLINGLY
M	WOLCOTT & WATERFORD	SEYMOUR	JOEL BARLOW
S	HOLY CROSS	OXFORD	ANSONIA
COED	FAIRFIELD LUDLOWE	PLAINVILLE	FITCH

CAS-CIAC CHEER CHAMPIONSHIPS

ORDER OF PERFORMANCE BY CLASS

	CLASS LL
1	EAST HARTFORD
2	FAIRFIELD LUDLOWE
3	RIDGEFIELD
4	TRUMBULL
5	SOUTHINGTON
6	WEST HAVEN
7	MALONEY
8	MANCHESTER
9	CONARD
10	GLASTONBURY
11	DANBURY
12	BRIEN MCMAHON
13	BRIDGEPORT CENTRAL
14	STAPLES
15	GREENWICH
16	FAIRFIELD WARDE
17	KENNEDY
18	NORWALK
19	WESTHILL
20	SOUTH WINDSOR
21	SHELTON
22	STAMFORD

	CLASS L
1	FARMINGTON
2	WINDSOR
3	BRISTOL EASTERN
4	AMITY
5	TORRINGTON
6	LYMAN HALL
7	MIDDLETOWN
8	EAST HAVEN
9	BETHEL
10	NAUGATUCK
11	EAST LYME
12	NEWTOWN
13	BUNNELL
14	STRATFORD
15	MASUK
16	NORTH HAVEN
17	BRISTOL CENTRAL
18	WILTON
19	AVON
20	CHESHIRE
21	WATERBURY CAREER ACD.

	CLASS M
1	TOLLAND
2	SHEEHAN
3	WOODLAND
4	BRANFORD
5	LEDYARD
6	ROCKY HILL
7	NEW LONDON
8	ELLINGTON
9	BERLIN
10	BROOKFIELD
11	JONATHAN LAW
12	ST. JOSEPH
13	WATERFORD
14	KILLINGLY
15	SACRED HEART ACADEMY
16	JOEL BARLOW
17	WOLCOTT
18	ANSONIA
19	MERCY
20	NEW FAIRFIELD
21	BACON ACADEMY
22	DANIEL HAND
23	FORAN
24	PLAINVILLE

CAS-CIAC CHEER CHAMPIONSHIPS

ORDER OF PERFORMANCE BY CLASS

	CLASS S
1	GILBERT
2	OXFORD
3	DERBY
4	KOLBE CATHEDRAL PREP
5	MONTVILLE
6	IMMACULATE
7	NOTRE DAME PREP
8	MORGAN
9	ELLIS TECH
10	PORTLAND
11	PLAINFIELD
12	SEYMOUR
13	EAST HAMPTON
14	STONINGTON
15	WHEELER
16	NORTHWESTERN
17	LAURALTON HALL
18	HOLY CROSS
19	GRISWOLD
20	CROMWELL
21	PUTNAM

	COED
1	ROCKVILLE
2	WILBY
3	WESTBROOK/ OLD SAYBROOK/ LYME-OLD LYME
4	RHAM
5	NEW BRITAIN
6	NORWICH FREE ACADEMY
7	WATERTOWN
8	LEWIS MILLS
9	FITCH
10	WETHERSFIELD

	UNIFIED
1	BUNNELL UNIFIED
2	CHESHIRE UNIFIED
3	STAMFORD UNIFIED
4	NORTH HAVEN
5	GRISWOLD UNIFIED
6	TRUMBULL UNIFIED
7	LEGENDARY ATHLETICS

MARCH 1, 2025 - MORNING SESSION

TIME	SCHEDULE
7:30 AM	GYM OPENS FOR PARTICIPANTS
8:00 AM	GYM OPENS FOR SPECTATORS
8:30 AM	PRACTICE BEGINS
8:55 AM	ANNOUNCEMENTS
9:00 AM	COMPETITION BEGINS
12:50 PM	END OF COMPETITION
1:00 PM	AWARDS

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
1)	L	Farmington	7:34 AM	8:32 AM	8:36 AM	8:40 AM	9:00 AM
2)	S	Gilbert	7:38 AM	8:36 AM	8:40 AM	8:44 AM	9:04 AM
3)	L	Windsor	7:42 AM	8:40 AM	8:44 AM	8:48 AM	9:08 AM
4)	S	Oxford	7:46 AM	8:44 AM	8:48 AM	8:52 AM	9:12 AM
5)	L	Bristol Eastern	7:50 AM	8:48 AM	8:52 AM	8:56 AM	9:16 AM
6)	S	Derby	7:54 AM	8:52 AM	8:56 AM	9:00 AM	9:20 AM
7)	L	Amity	7:58 AM	8:56 AM	9:00 AM	9:04 AM	9:24 AM
8)	S	Kolbe Cathedral Prep	8:02 AM	9:00 AM	9:04 AM	9:06 AM	9:28 AM
9)	L	Torrington	8:06 AM	9:04 AM	9:06 AM	9:10 AM	9:32 AM
10)	S	Montville	8:10 AM	9:06 AM	9:10 AM	9:14 AM	9:36 AM
11)	L	Lyman Hall	8:14 AM	9:10 AM	9:14 AM	9:18 AM	9:40 AM
12)	S	Immaculate	8:18 AM	9:14 AM	9:18 AM	9:22 AM	9:44 AM
13)	L	Middletown	8:22 AM	9:18 AM	9:22 AM	9:26 AM	9:48 AM
14)	S	Notre Dame Prep	8:26 AM	9:23 AM	9:26 AM	9:30 AM	9:52 AM
15)	L	East Haven	8:30 AM	9:26 AM	9:30 AM	9:34 AM	9:56 AM
16)	S	Morgan	8:34 AM	9:30 AM	9:34 AM	9:38 AM	10:00 AM
17)	L	Bethel	8:38 AM	9:34 AM	9:38 AM	9:42 AM	10:04 AM
18)	S	Ellis Tech	8:42 AM	9:38 AM	9:42 AM	9:46 AM	10:08 AM
19)	L	Naugatuck	8:46 AM	9:42 AM	9:46 AM	9:50 AM	10:12 AM
20)	S	Portland	8:50 AM	9:46 AM	9:50 AM	9:54 AM	10:16 AM
21)	L	East Lyme	8:54 AM	9:50 AM	9:54 AM	9:58 AM	10:20 AM
22)	S	Plainfield	8:58 AM	9:54 AM	9:58 AM	10:02 AM	10:24 AM
23)	L	Newtown	9:02 AM	9:58 AM	10:02 AM	10:06 AM	10:28 AM
24)	S	Seymour	9:06 AM	10:02 AM	10:06 AM	10:10 AM	10:32 AM
25)	L	Bunnell	9:10 AM	10:06 AM	10:10 AM	10:14 AM	10:36 AM
26)	S	East Hampton	9:14 AM	10:10 AM	10:14 AM	10:18 AM	10:40 AM

MARCH 1, 2025 - MORNING SESSION

	Class	Team	Check-In	Stretch	Four Strips	Full Mat	Perform
27)	L	Stratford	9:20 AM	10:22 AM	10:26 AM	10:30 AM	10:50 AM
28)	S	Stonington	9:24 AM	10:26 AM	10:30 AM	10:34 AM	10:54 AM
29)	L	Masuk	9:28 AM	10:30 AM	10:34 AM	10:38 AM	10:58 AM
30)	S	Wheeler	9:32 AM	10:34 AM	10:38 AM	10:42 AM	11:02 AM
31)	L	North Haven	9:36 AM	10:38 AM	10:42 AM	10:46 AM	11:06 AM
32)	S	Northwestern	9:40 AM	10:42 AM	10:46 AM	10:50 AM	11:10 AM
33)	L	Bristol Central	9:44 AM	10:46 AM	10:50 AM	10:54 AM	11:14 AM
34)	S	Lauralton Hall	9:48 AM	10:50 AM	10:54 AM	10:58 AM	11:18 AM
35)	L	Wilton	9:52 AM	10:54 AM	10:58 AM	11:02 AM	11:22 AM
36)	S	Holy Cross	9:56 AM	10:58 AM	11:02 AM	11:06 AM	11:26 AM
37)	L	Avon	10:00 AM	11:02 AM	11:06 AM	11:10 AM	11:30 AM
38)	S	Griswold	10:04 AM	11:06 AM	11:10 AM	11:14 AM	11:34 AM
39)	L	Cheshire	10:08 AM	11:10 AM	11:14 AM	11:18 AM	11:38 AM
40)	S	Cromwell	10:12 AM	11:14 AM	11:18 AM	11:22 AM	11:42 AM
41)			10:16 AM	11:18 AM	11:22 AM	11:26 AM	11:46 AM
42)	CE	Rockville	10:20 AM	11:22 AM	11:26 AM	11:30 AM	11:50 AM
43)	S	Putnam	10:24 AM	11:26 AM	11:30 AM	11:34 AM	11:54 AM
44)			10:28 AM	11:30 AM	11:34 AM	11:38 AM	11:58 AM
45)	CE	Wilby	10:32 AM	11:34 AM	11:38 AM	11:42 AM	12:02 PM
46)	CE	Coop Westbrook & others	10:36 AM	11:38 AM	11:42 AM	11:46 AM	12:06 PM
47)	E	Griswold Unified	10:40 AM	11:42 AM	11:46 AM	11:50 AM	12:10 PM
48)	CE	RHAM	10:44 AM	11:46 AM	11:50 AM	11:54 AM	12:14 PM
49)			10:48 AM	11:50 AM	11:54 AM	11:58 AM	12:18 PM
50)	CE	New Britain	10:52 AM	11:54 AM	11:58 AM	12:02 PM	12:22 PM
51)			10:56 AM	11:58 AM	12:02 PM	12:06 PM	12:26 PM
52)	E	North Haven Unified	11:00 AM	12:02 PM	12:06 PM	12:10 PM	12:30 PM
53)	CE	Norwich Free Academy	11:04 AM	12:06 PM	12:10 PM	12:14 PM	12:34 PM
54)			11:08 AM	12:10 PM	12:14 PM	12:18 PM	12:38 PM
55)	CE	Watertown	11:12 AM	12:14 PM	12:18 PM	12:22 PM	12:42 PM
56)	CE	Lewis Mills	11:16 AM	12:18 PM	12:22 PM	12:26 PM	12:46 PM
57)			11:20 AM	12:22 PM	12:26 PM	12:30 PM	12:50 PM
58)	E	Cheshire Unified	11:24 AM	12:26 PM	12:30 PM	12:34 PM	12:54 PM
59)	CE	Fitch	11:28 AM	12:30 PM	12:34 PM	12:38 PM	12:58 PM
60)	CE	Wethersfield	11:32 AM	12:34 PM	12:38 PM	12:42 PM	1:02 PM

MARCH 1, 2025 - AFTERNOON SESSION

TIME	SCHEDULE
2:00 PM	GYM OPENS FOR PARTICIPANTS
2:30 PM	GYM OPENS FOR SPECTATORS
3:00 PM	PRACTICE BEGINS
3:25 PM	ANNOUNCEMENTS
3:30 PM	COMPETITION BEGINS
6:30 PM	END OF COMPETITION
6:45 PM	AWARDS

	Class	Team	Check-in	Stretch	Four Strips	Full Mat	Perform
1)	E	Trumbull Unified	2:00 PM	3:02 PM	3:06 PM	3:10 PM	3:30 PM
2)	M	Tolland	2:04 PM	3:06 PM	3:10 PM	3:14 PM	3:34 PM
3)	LL	East Hartford	2:08 PM	3:10 PM	3:14 PM	3:18 PM	3:38 PM
4)	M	Sheehan	2:12 PM	3:14 PM	3:18 PM	3:22 PM	3:42 PM
5)	LL	Fairfield Ludlowe	2:16 PM	3:18 PM	3:22 PM	3:26 PM	3:46 PM
6)	M	Woodland	2:20 PM	3:22 PM	3:26 PM	3:30 PM	3:50 PM
7)	LL	Ridgefield	2:24 PM	3:26 PM	3:30 PM	3:34 PM	3:54 PM
8)	M	Branford	2:28 PM	3:30 PM	3:34 PM	3:38 PM	3:58 PM
9)	LL	Trumbull	2:32 PM	3:34 PM	3:38 PM	3:42 PM	4:02 PM
10)	M	Ledyard	2:36 PM	3:38 PM	3:42 PM	3:46 PM	4:06 PM
11)	LL	Southington	2:40 PM	3:42 PM	3:46 PM	3:50 PM	4:10 PM
12)	M	Rocky Hill	2:44 PM	3:46 PM	3:50 PM	3:54 PM	4:14 PM
13)	LL	West Haven	2:48 PM	3:50 PM	3:54 PM	3:58 PM	4:18 PM
14)	M	New London	2:52 PM	3:54 PM	3:58 PM	4:02 PM	4:22 PM
15)	LL	Maloney	2:56 PM	3:58 PM	4:02 PM	4:06 PM	4:26 PM
16)	M	Sacred Heart Academy	3:00 PM	4:02 PM	4:06 PM	4:10 PM	4:30 PM
17)	LL	Manchester	3:04 PM	4:06 PM	4:10 PM	4:14 PM	4:34 PM
18)	M	Ellington	3:08 PM	4:10 PM	4:14 PM	4:18 PM	4:38 PM
19)	LL	Conard	3:12 PM	4:14 PM	4:18 PM	4:22 PM	4:42 PM
20)	M	Berlin	3:16 PM	4:18 PM	4:22 PM	4:26 PM	4:46 PM
21)	LL	Glastonbury	3:20 PM	4:22 PM	4:26 PM	4:30 PM	4:50 PM
22)	M	Brookfield	3:24 PM	4:26 PM	4:30 PM	4:34 PM	4:54 PM

MARCH 1, 2025 - AFTERNOON SESSION

	Class	Team	Check-in	Stretch	Four Strips	Full Mat	Perform
23)	LL	Danbury	3:34 PM	4:36 PM	4:40 PM	4:44 PM	5:04 PM
24)	M	Jonathan Law	3:38 PM	4:40 PM	4:44 PM	4:48 PM	5:08 PM
25)	LL	Brien McMahon	3:42 PM	4:44 PM	4:48 PM	4:52 PM	5:12 PM
26)	M	St. Joseph	3:46 PM	4:48 PM	4:52 PM	4:56 PM	5:16 PM
27)	LL	Bridgeport Central	3:50 PM	4:52 PM	4:56 PM	5:00 PM	5:20 PM
28)	M	Waterford	3:54 PM	4:56 PM	5:00 PM	5:04 PM	5:24 PM
29)	LL	Staples	3:58 PM	5:00 PM	5:04 PM	5:08 PM	5:28 PM
30)	M	Killingly	4:02 PM	5:04 PM	5:08 PM	5:12 PM	5:32 PM
31)	LL	Greenwich	4:06 PM	5:08 PM	5:12 PM	5:16 PM	5:36 PM
32)	M	Joel Barlow	4:10 PM	5:12 PM	5:16 PM	5:20 PM	5:40 PM
33)	LL	Fairfield Warde	4:14 PM	5:16 PM	5:20 PM	5:24 PM	5:44 PM
34)	M	Wolcott	4:18 PM	5:20 PM	5:24 PM	5:28 PM	5:48 PM
35)	LL	Kennedy	4:22 PM	5:24 PM	5:28 PM	5:32 PM	5:52 PM
36)	M	Ansonia	4:26 PM	5:28 PM	5:32 PM	5:36 PM	5:56 PM
37)	LL	Norwalk	4:30 PM	5:32 PM	5:36 PM	5:40 PM	6:00 PM
38)	M	Mercy	4:34 PM	5:36 PM	5:40 PM	5:44 PM	6:04 PM
39)	LL	Westhill	4:38 PM	5:40 PM	5:44 PM	5:48 PM	6:08 PM
40)	M	New Fairfield	4:42 PM	5:44 PM	5:48 PM	5:52 PM	6:12 PM
41)	LL	South Windsor	4:46 PM	5:48 PM	5:52 PM	5:56 PM	6:16 PM
42)	M	Bacon Academy	4:50 PM	5:52 PM	5:56 PM	6:00 PM	6:20 PM
43)	LL	Shelton	4:54 PM	5:56 PM	6:00 PM	6:04 PM	6:24 PM
44)	M	Daniel Hand	4:58 PM	6:00 PM	6:04 PM	6:08 PM	6:28 PM
45)	LL	Stamford	5:02 PM	6:04 PM	6:08 PM	6:12 PM	6:32 PM
46)	M	Foran	5:06 PM	6:08 PM	6:12 PM	6:16 PM	6:36 PM
47)	E	Stamford Unified	5:10 PM	6:12 PM	6:16 PM	6:20 PM	6:40 PM
48)	M	Plainville	5:14 PM	6:16 PM	6:20 PM	6:24 PM	6:44 PM