

Tied with a Twirl

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Addison and Colbee Dale show off their sisterly love while they perform together on the P-Town Twirlers and cheerleading team.

The crowd roars as the football team runs off the field and into the locker room for halftime. Junior Addison Dale's nervous hands fidget with the smooth metal and rubber ends of the baton. Her feet shuffle on the turf, itching to dash onto the field. Her freshman sister Colbee takes notice, grabs her hand, and holds tight. Together, they take a deep breath in, deep breath out, and smile: it's time to perform.

Sisters Addison and Colbee are both members of the P-Town Twirlers and cheerleading team. They've been twirling since the ornery age of five for a local organization called Sue's Stepperettes, and began their cheerleading careers once they became freshmen.

Previously, they were used to doing each activity individually. This year marks the first time that they've been able to attend practices together, learn the same routines and even perform together on the same team. This adjustment is one that both sisters have benefitted from.

"The past two years I feel like I've had to explore it by myself and get used to doing it by myself," Addison said. "This year I feel like I've been a mentor towards her and helped her a lot through it."

The first time

Addison was able to test this new role was during cheer checkoffs, which is a test that every cheerleader must pass. Before each new season, the coaches call out a cheer and the girls must perform it to perfection. For newcomers, this is a terrifying rite of passage, one that Addison had gone through twice. She was more than ready to help her younger sister through it.

"She would sit there with me and call off the cheers and I would do the cheers in front of her and she'd tell me 'oh you need to fix this' or 'you should do this better,'" Colbee said. "It helped me get past them."

Thanks to their relentless practice, Colbee was the only newcomer to pass check offs on the first try, displaying the strength and power of their sisterly bond. Addison also holds a similar leadership position on the P-Town Twirlers, and her connection to Colbee challenges her in that role. P-Town Twirlers coach and Biology teacher Mrs. Jennifer Palomaki made note of this dynamic as well.

"Addison has really stepped into more of a leadership role this year," Palomaki said. "Not to say she wasn't in one before, she's just owning it more."

However, the everlasting smile Addison wears as she leads the P-Town



Sisters Addison and Colbee Dale pose for a photo Oct. 23, at the last football game of the season.
Photo: Mackenzie Frederick

Twirlers isn't always how she truly feels. Performing in front of a large audience creates unwarranted anxiety that can take hold of the girls right before they're about to take the field. Performance anxiety is real and no stranger to Addison. Colbee's addition this year has changed how she handles those challenges.

"I always get in my head and I get super nervous, but she calms me down and she tells me I'm a great performer," Addison said. "She reassures my abilities almost."

Colbee's recognition of Addison's personal state allows the girls to not only make each other better performers but also prove to the team that their bond is unlike any other. Their performances are fueled with their passion for what they do, but are also now underlaid with an unconditional love for their performance partner.

"I feel like [she and I] are best friends and I can always trust Addison with anything," Colbee said. "Even though we're in different places in our lives right now, we both are feeling the exact same thing with our cheers."

Addison won her pageant at regionals and qualified to take that to Nationals.

The two placed 10th at Nationals for their duet.

Their private baton team won the world competition in Italy for their routine entitled "Gaga."

Colbee placed 7th at Nationals for her two-baton routine.