



**Etu- ja sukunimi:**

Heidi Johanna Pernu

**Asuinkunta:**

Kongsberg

**Kotikunta:**

Kongsberg

**Omat seurat, joukkueet ja edustusvuodet näissä?**

2013-2016 KIF Studio3: Studio3 junior pom team 2, Studio3 junior pom elite, KIF Studio3 Magnetic senior pom elite

2016-2019 Sirens Cheer Dance: Sirens senior elite

**Miksi cheertanssi/cheerleading?**

When I first heard about cheer dance it was through a blog I followed. I thought it looked super fun, and loved the poms and pretty uniforms. I then went to tryouts for a team in my home city and fell completely in love with the sport.

**Millainen on oma urheilijapolkusi ja miten se on vienyt sinut maajoukkueeseen?**

I have always been a very motivated and competitive athlete with high, clear goals. I have put the sport above anything The national team became my "dream-goal" after the first time I saw them perform at the ICU Worlds in 2014. I was totally blown away! This was a goal very far away at that time, so instead of working right towards it, I made many smaller and more achievable goals on road. I danced for my homeclub for three years, the first on the junior recruit team, then the junior elite team and the last year on the senior elite team, before I decided to change to club. My club was a dancing studio with an equal focus on all their styles and teams, but I was all about cheer dance- and cheer dance only. I then auditioned for the team Sirens Senior elite, and made the cuts. I have been dancing for that team since. Since I live in Norway I had not planned to try out for the Finnish national team before after graduating from high school, but this season I could not wait anymore. I took a gap year from school, auditioned for the team and here I am:)

### **Mitä vaatii olla maajoukkueurheilija?**

Being an athlete on the national team requires first of all a strong will! You have to be able to push through your limits and work harder than ever. We only work together on 7 camps before leaving for Worlds, so those camps are super intensive. Since our time together is that limited you have to work hard and systematic between those camps too. To be able to work this hard you have to truly love what we are doing and always want to develop. You also have to be able to work well in a team, because our sport is all about how synchronized and uniform we look on the stage.

### **Miten kuvailisit tämän vuoden maajoukkuetta?**

This year's national team is full of knowledge and experience. We are dancers from many different clubs and complete each other in so many ways. We are very motivated and excited about this project, and can not wait to show the world what we have been working so hard for this season.

### **Mitä odotuksia MM-kisareissulta?**

I have never been on the ICU Worlds stage before, so what I expect the most from our journey is the feeling of standing on that stage with this incredible team with the crowd going crazy about our performance. It will be an experience for a lifetime.

### ***Mahdolliset sponsorit (logo tms):***