

A teacher once told Deborah Wray to “Learn to have courage in yourself because you’re very outgoing and just have to apply yourself.”

Wray is fairly new to Smithsburg High School, but her friendliness and willingness to answer questions quickly displays her outgoing nature.

Deborah took that outgoing nature and applied it to teaching a tumbling class. She’s been cheerleading since she was five, and tumbling since she was seven, attending three tumbling classes a week for three hours.

She currently also teaches thirteen hours a week, Monday through Thursday, to kids from 18 months old to 18 years old. She says that through tumbling and helping others

learn to tumble, she’s learned not to have fear, and been able to teach others to also not have fear, so that they can land their rolls, whether they be forward rolls, full rolls, or standing tucks.

“I’ve learned to bond with younger kids, and have them trust me to spot them.”

Deborah wants to become a psychologist, so her favorite things online are websites about psychology such as [psychology.com](http://psychology.com).

Her interest in psychology no doubt stems from her love of helping others on the tumbling floor. Hopefully she’ll keep up the tumbling even when she’s a big time psychologist!

Her favorite food? Deborah proclaims, “Buffalo chicken dip! Delicious!”