

cover art to come

EAST PAULDING

2016 RAIDER FOOTBALL SCHEDULE

VARSITY

DATE	TIME	OPPONENT	SITE
AUG. 19	7:30PM	HARRISON (BLACK OUT)	HOME
SEPT. 2	7:30PM	NORTH PAULDING	AWAY
SEPT. 9	7:30PM	VILLA RICA (YOUTH NIGHT)	HOME
SEPT. 16	7:30PM	CARROLLTON	AWAY
SEPT. 30	7:30PM	KELL	AWAY
OCT. 7	7:30PM	CASS (HOMECOMING)	HOME
OCT. 14	7:30PM	WOODLAND	AWAY
OCT. 21	7:30PM	HIRAM (PINK OUT)	HOME
OCT. 28	7:30PM	ROME	AWAY
NOV. 4	7:315PM	PAULDING CO. (SENIOR NIGHT)	HOME

JUNIOR VARSITY & 9TH

DATE	TIME	OPPONENT	JV	9TH
SEPT. 1	6:00PM	SOUTH PAULDING	HOME	AWAY
SEPT. 8	6:00PM	ROME	AWAY	HOME
SEPT. 15	6:00PM	HIRAM	HOME	AWAY
SEPT. 22	6:00PM	PAULDING CO.	AWAY	HOME
SEPT. 29	OPEN			
OCT. 6	6:00PM	VILLA RICA	HOME	AWAY
OCT. 13	6:00PM	DOUGLAS CO.	AWAY	HOME
OCT. 20	6:00PM	CARROLLTON	HOME	AWAY

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East Paulding RAIDERS



East Paulding High School 2016-17

Welcome to the East Paulding High School 2016-2017 athletic season. Our vision at East Paulding High focuses on academic excellence and preparing our students to be college and career ready. We feel that it takes all stakeholders working together to truly make a difference in the lives of our students in the classroom and on our athletic fields. We challenge our students, parents, staff, faculty and the entire East Paulding community to join us in this endeavor. We have high expectations for every member of our "East Paulding Family." We can grow stronger and achieve more by committing to be, "One Raider" and supporting one another in all that we do.

Long before the 2016-2017 athletic season began, our coaches at East Paulding were committed to developing winning programs. They have worked many long days and logged many hours over the summer putting the plans in place to build strong character and winning attitudes within all of our student-athletes. They challenge our players to push themselves beyond their limits and encourage them to realize that having a "TEAM" before me, concept is essential to being successful in sports and in life. We ask you to join us in this commitment of encouraging high expectations, teamwork, and pride within our school, community, and athletic programs.

My wife, Laura, and my daughters Kiley and Ella-Kate join me in wishing all of our student-athletes, families, and coaches the very best in 2016-2017. We ask each of you to join us in the support and dedication of all of our programs at East Paulding High School. Our goal is to promote a family-friendly atmosphere that radiates with our beliefs of the importance of building pride and character and truly making a positive difference. We look forward to supporting the Raiders on and off the field and we would like to thank everyone in advance that will work so hard this year to support and provide the very best for our student-athletes.

Sincerely,

Jason Freeman

Principal



East Paulding RAIDERS



East Paulding High School
2016-17

Welcome Raider Fans and Guests,

It is with great Pride that I welcome you to the 2016 season of Raider Football, athletics, and academics here at East Paulding High School. This year we look forward to finding more success as we continue to advance our programs. On and off the playing field, the students, faculty, and staff of the Raider Nation meet success through hard work and perseverance.

Our coaches and athletes have a lot to be excited about. The East Paulding Coaching staff and faculty are devoted to offering students quality programs grounded in the development of knowledge, skills, character, and confidence. It is our hope that these principles are evident in all that we do.

I sincerely thank you for coming out to support the East Paulding Raiders. I hope that you enjoy the game and look forward to seeing you at other East Paulding High School events.

Sincerely,

Brad Thomason

East Paulding High School
Athletic Director/Assistant Principal



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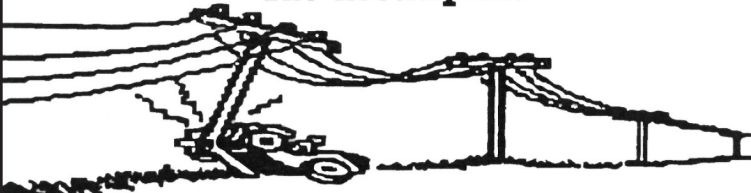
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FOOTBALL



2016-2017 FOOTBALL TEAM

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Freshman FOOTBALL



2016-2017 FOOTBALL TEAM



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Junior Varsity CHEERLEADERS

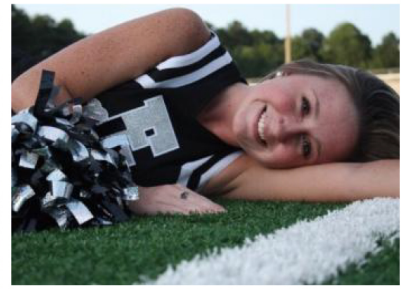


TOP ROW LEFT TO RIGHT: LASHAY GRAHAM, JADA COLLETT, TAYLOR HARRIS, JULIA STRAKA, DANA BROWN, LEAH BENSON

BOTTOM ROW LEFT TO RIGHT: MORGAN WATTS, ASHLEIGH CARRUTH, LEXI FORDHAM, PRESLEY JARRELL, MYRANDA HERNANDEZ, KASSIDY BEARDEN, SYDNEY KEENER, KAITLYN CHAMBERS, CHARLIZE PARKER

Brooke Watts

Class of 2017



From the time you could walk all you wanted to do was cheer and tumble and here we are watching your last year of being a high school cheerleader. We are so proud of the young lady you have become and you make us proud everyday. Continue to reach for the stars and follow your heart but always remember the road back home.

We love you so very much,

Mom, Morgan, Grandma, Grandpa and Mimi

Ashlyn Brown

"So proud of you! We love you."

-Mom, Dad, Jake, Sidney & Brody



CLASS OF



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RAIDERS!!**

GO RAIDERS

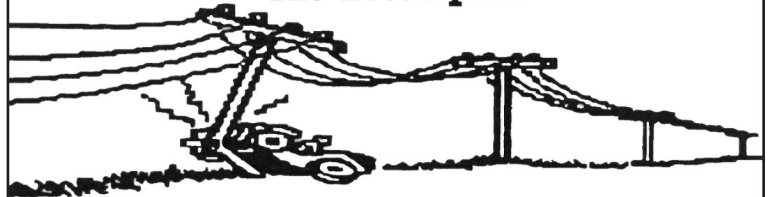


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Pictures Courtesy of Casey Hoffmann Photography

Pictured: Ashlyn Brown, Brooke Prosser, Brooke Watts, Brooklyn Owensby, Cassie Gates,
Kyler Paris, Olivia Goodson, Peyton Waddell and Taylor Howell,


**Class of
2017**

*We didn't realize we were making memories,
we just knew we were having fun.*

need page cheer coach

need page varsity cheer

need page varsity cheer

Varsity Basketball

CHEER



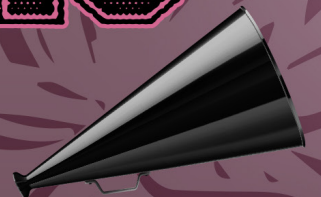
GO RAIDERS



2016



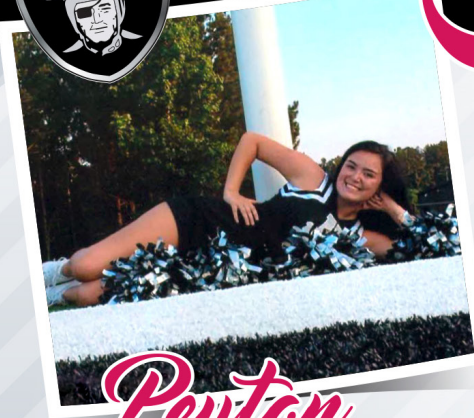
2017



Varsity CHEERLEADERS



Seniors



Peyton
Waddell



Brooke
Prosser



You started your EPHS Cheerleading together in middle school as just classmates before becoming best friends. You are the only two who are on the Varsity Basketball Cheer squad for all four years since making the squad as freshmen. Now, it's time for you to have one last year together cheering for your Raiders as sister SENIORS! We are so proud of you both. We love you! Show them your Raider spirit! We look forward to watching you do what you love as you CHEER ALL YEAR!!

Wishing you an AMAZING SENIOR year!!

Love,
Your Families



RAIDER
Nation



— CLASS OF —

2017

Junior Varsity CHEERLEADERS



East Paulding High School 2016 Juniors of Varsity Cheerleading



Logan



Kenna



Rylie

Have A Great Year Cheering
For The Raiders!
We Love You and We Are Proud
Of You!
Love, Your Families



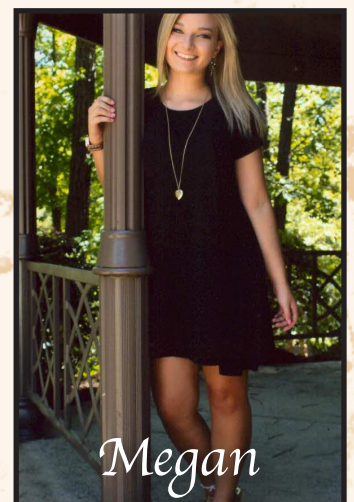
Abby



Brianna



Carolina



Megan



Varsity Football Sophomore Cheerleaders

Taylor Brewton, Emaleigh Kish, Emma Bradley, Mandy Olivier, Brandi Whitton, Peyton Lamb (in order left to right)

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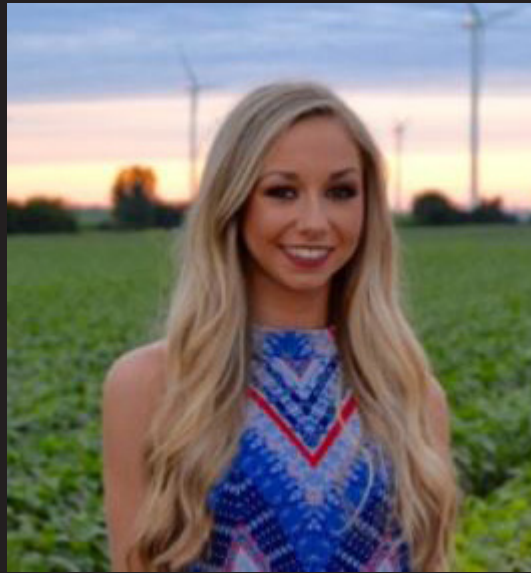


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Congratulations on your Senior Year!

Olivia Goodson

Varsity Football Cheerleader & Varsity Tennis

Enjoy Your Senior Year!

We Love You,

Mom, Dad, Hunter, Grandma & Grandpa



Raiderettes Dance Team

From left to right: Claire Venenga, Sarah Sanders, Gracie Cooksey, Presley Jarrell, Shakinah Shockley, Brooke Prosser, Emily Tyler, Mandy Olivier, Karen Essen, Morgan Stout



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DRUM MAJORS



DRUM LINE

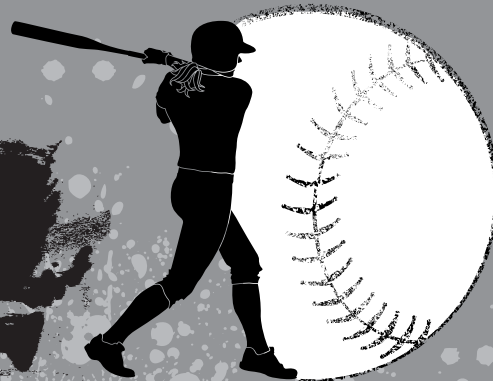


Kelli Rickann
PORTFOLIO

Good Luck *Ashlyn*
Picture of Ashlyn & Sidney Brown

Raiders

SOFTBALL



2016 SOFTBALL SCHEDULE

DATE	OPPONENT	JV	V
8/09	NORTH PAULDING	5:00	TBD
8/11	PAULDING CO.	4:30	TBD
8/12	CARROLLTON TOURNEY		
8/13	CARROLLTON TOURNEY		
8/15	MARIETTA		5:55
8/16	KELL		5:30
8/18	HIRAM	4:30	TBD
8/23	VILLA RICA		5:55
8/25	CARROLLTON	4:30	TBD
8/26	WILDCAT INVITATIONAL (VILLA RICA)		
8/27	WILDCAT INVITATIONAL		
8/30	CASS	4:30	TBD
9/01	WOODLAND		5:55
9/06	PAULDING CO.	4:30	TBD
9/08	KELL	TBD	5:00
9/12	MARIETTA		5:55
9/13	HIRAM	4:30	TBD
9/15	VILLA RICA		5:55
9/19	SOUTH PAULDING		5:30
9/20	CARROLLTON	4:30	TBD
9/22	CASS	4:30	TBD
9/27	WOODLAND		5:55

need page varsity volleyball

need page junior varsity volleyball

8th Grade

CHEERLEADERS



7th Grade

CHEERLEADERS



6th Grade

CHEERLEADERS



Raiders

CROSS COUNTRY



2016 CROSS COUNTRY SCHEDULE

DATE	VENUE	SITE
8/20	PICKENS PREVIEW	JASPER
8/27	BATTLE OF ATLANT	AHAMPTON
9/3	RUN AT THE ROCK	CARTERSVILLE
9/10	DOUBLE DIP (VARSITY)	ATLANTA
9/24	ROCK RANCH INVITE	YATESVILLE
10/4	COUNTY	DALLAS
10/15	COACH WOOD	GAINESVILLE
10/26	REGION	CARTERSVILLE
11/5	STATE (VARSITY)	CARROLLTON

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Conditions Treated

Neck Pain

- Cervical Stenosis/Disc Herniation
- Cervical Facet Joint Arthritis/Cervical Radiculopathy
- Whiplash
- Headaches
- Occipital Neuralgia

Low Back Pain

- Lumbar/Thoracic Spinal Stenosis/Disc Herniation
- Lumbar Radiculopathy (Sciatica)
- Lumbar Facet Joint Arthritis
- Post-Surgical Scar Tissue pain
- Sacro-Iliac Joint Dysfunction

Neuropathic Pain

- Diabetic Peripheral Neuropathy

Osteo-Arthritis

- Shoulder/Hip/Knee Arthritis
- Tennis/Golfers Elbow
- Trigger Finger
- Hip Bursitis
- Vertebral Compression Fractures
- Thoracic/Lumbar Compression Fractures



Treatment Options

Epidural Steroid Injections

- Cervical
- Thoracic
- Lumbar
- Caudal

Medial Branch Blocks / Facet Joint Injections

- Cervical Medial Branch Blocks
- Thoracic Medial Branch Blocks
- Lumbar Medial Branch Blocks

Radio-Frequency Thermal Ablation

- Cervical RFA
- Thoracic RFA
- Lumbar RFA
- Sacro-Iliac Joint RFA
- Genicular Nerve Ablation

Neuromodulation

- Spinal Cord Stimulator Trials / Implantation

Kyphoplasty

- Thoracic Vertebral Compression Fractures
- Lumbar Vertebral Compression Fractures

Sympathetic Nerve Blocks

- Stellate Ganglion



*For all your Non-Surgical
Spine Interventions...*



cover art to come