



Hi! My name is Elizabeth Frakes and I am the Head Varsity Cheer Coach. I have been cheering since my sophomore year in high school, through college at CUNE (Go Dawgs!), and continued my cheer journey here at CHS starting my second year. I am going into my fourth year of teaching choir, guitar, and general music classes here at Concordia. I am from Wichita, Kansas and have two younger sisters. When I'm not coaching or teaching, I am at home, hanging out with my dog, King Louie, or out hanging out with friends!