Suzy Thompson is the co-founder of the Missouri Cheerleading Coaches Association. She was President of the Association from 1986 to 2017. She is the first (and only, to date) cheerleading coach to ever be inducted into the Missouri Sports Hall of Fame (November 2015). She has been featured in Cheer Magazine.

Suzy was the Cheer Coach and Mascot Coordinator at the University of Missouri from April 1993 to June 6, 2019. While there, she coached the Mizzou cheerleaders to a National Championship in 1996, coached the Coed and All-Girls squads to Top 10 finishes at NCA College Nationals, and coached Truman the Tiger to 2 National Championships (2004 and 2014). Suzy was the 1997 University of Missouri Spirit Award Recipient, and in 2003, Suzy received the Recruiting Award from Coach Gary Pinkel, the University of Missouri Football Coach.

Suzy has served as Chairperson of Faculty Interview Committee for hiring of Administration, been a judge for national cheerleading competitions (NCA, UCA, ICF, USA and DCA), been a presenter to the MASSP Convention and MSHSAA Board of Directors, lead numerous community service projects, particularly for Breast Cancer and Alzheimer’s Walks, and been a guest speaker at local and area civic organizations.

She has held positions on the MSHSAA Cheer Advisory Board (20 years), was a MSHSAA Rules Interpreter for 6 years, a host of MSHSAA One-Day Cheer Clinics for 25 years, and was the recipient of the MSHSAA Distinguished Service Award in 1991 and 1996.

Suzy is the daughter of John and Thelma Spainhower. (Coach Spainhower was inducted into the Missouri Football Coaches Hall of Fame.) Suzy got her start in cheerleading in junior high, and went on cheer at Kirksville High School, where her father coached football. It’s no surprise that Suzy was the Captain of her high school team. After graduation, she furthered her cheer career at Northeast Missouri State University, where she also served as the team’s Captain.

In 1978, Suzy became a physical education teacher and cheer coach at Macon High School. She coached her MHS team to numerous regional championships, 15 State Championships, and three National Championships. While teaching at Macon High School, Suzy met her husband, Walt.

Walt’s daughter Natalie and her husband Bradley have three children, Aubrey, Hudson, and Blair Mounts. Suzy and Walt enjoy spending time with their grandchildren and kayaking with them on the lake.

MCCA offers a $2000 Suzy Thompson Scholarship in honor of Suzy and all she has contributed to the sport of cheerleading in Missouri.