

H.H. Dow High School Winter Pompon Tryouts

Students are encouraged to arrive early to warm-up and stretch as needed for instruction and practice. Instruction will begin promptly on Tuesday and Wednesday as scheduled. Participants will randomly be assigned a tryout partner and time for Thursday. We will work with student athletes to honor participants requests for early and late tryout time slots. Our preference is to personally call individuals with results the night of tryouts.

	Nov 11		Nov 12		Nov 13	
	Routine Instruction		Routine Instruction/ Review		Final Tryout	
	4:00-6:00pm		4:00-6:00pm		TBD	
	Cafeteria		Cafeteria		Loft/Green Gym	

PARTICIPATION DETAILS

- Team Routine: Routine will be taught Tuesday and Wednesday. Participants will be sent a write-up of the routine and the music shortly following the first day of instruction.
- Instruction Days: Wear comfortable clothing and athletic shoes, secure hair, bring poms, a FILLED water bottle, and snack if desired. Extra poms will be available.
- Tryouts: Wear a black shirt (**NO CROP TOPS**), black jazz pants or leggings, black athletic shoes, bring poms, a FILLED water bottle, and snack if desired.

FORMS DUE PRIOR TO TRYOUT

- Sports Physical: EVERYONE must have a current* sports physical form on file.
- Student information sheet (Code of Conduct and Uniform Policy signatures). Due EACH season.

H.H. DOW HIGH POMPON

TRYOUT EVALUATION

EACH CATEGORY IS WORTH UP TO 10 POINTS AND JUDGED USING THE FOLLOWING SCALE:

10 (5) => Excellent Without Flaw	8-9 (4) => Very Good Knowledge/ skill	6-7 (3) => Acceptable skill & knowledge	4-5 (2) => Must improve skill / knowledge	1-3 (1) => Poor – Must learn skill
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<i>KICKLINE</i>	POINTS
KICK TIMING (sharp up; sharp down)	5
KICK HEIGHT/FORM of LOW KICK	5
KICK HEIGHT/FORM of WAIST KICK	5
KICK HEIGHT/FORM of HIGH KICK	5
KICKLINE POSTURE	5
SHARPNESS/ HEADS, KNEES, ECT...	5
<i>SKILLS</i>	
SPLITS/FORM	5
TOE TOUCH JUMP/FORM	5
ROCKSTAR JUMP/FORM	5
C JUMP/FORM	5
<i>TEAM ROUTINE</i>	
POM FORM: Positions	10
MOVEMENT: Motion path and timing	10
SHOWMANSHIP & POISE	10
ROUTINE EXECUTION: Sharpness	10
OVERALL IMPRESSION	10

TRYOUT EVALUATION GUIDE

KICKS (5 pts each category low, waist, high):

1. Legs extend from the hip and are raised from the upper thigh, not the knee.
2. From the time the leg is lifted, knees are kept straight and never bent.
3. HIGH kicks reach a height that is at least at eye level.
4. The extended foot of a WAIST kick reaches a point equal to but not exceeding height of the hip.
5. LOW kicks are NOT raised, but point. A low kick is only raised off the ground by the elevation of the supporting leg as it rises up on the ball of the foot.
6. Foot is extended from the ankle and toes are pointed.
7. Eyes remain forward or look slightly above standard height, but NEVER look down.
8. Proper posture: strong center, shoulders back and body does not move from the shoulder to the hip.
9. Proper preparation: knee bends slightly, and foot of supporting leg raises on “ball” of the foot.
10. When switching legs, the preparing foot returns to meet the other foot and is NOT placed behind the other foot. Doing this improperly is called “Back Prepping.”

SPLITS FORM (5 pts):

1. Splits are executed with great posture, head position, toes point, all the way down

JUMP FORM/TECHNIQUE (5 pts each jump):

1. Jumps are executed with good posture, pointed toes, snap, good height and precision.

POM FORM & MOVEMENT (10 pts each category):

1. Moves are executed with good posture, straight arms, snappy heads, and proper positions.
2. Movements begin and end in proper positions.
3. Transitions between movements follow proper path

SHOWMANSHIP (10 pts):

1. Poised and professional (covers mistakes, good posture, well groomed, etc).
2. Performance has audience appeal (smiles with eyes, moves with energy/enthusiasm, etc).
3. Confident execution of routine (no speaking aloud, mouthing words or counting routine).

ROUTINE EXECUTION (10 pts):

1. Moves are performed exactly as instructed
2. Moves are performed with sharpness
3. Knowledge of movement and the routine’s sequence is evident

OVERALL IMPRESSION (10 pts):

1. Each judge will indicate his or her overall impression of the candidate
2. Did the candidate “wow” you with their skill level? Did they perform well in most categories?

H.H. DOW HIGH SCHOOL POMPON

PROGRAM OVERVIEW:

H.H. Dow High School Pompon holds varsity tryouts for the fall season in the spring. JV is a no cut team in the fall. New pommers are not required to tryout for the fall JV team, but they are expected to follow participation guidelines to remain on the team. The season is used to train students and strengthen pom skills. **Both teams compete during the winter season, and therefore the tryout process results in two cut teams. Tryouts for the winter season are held in November.** Routines used for both seasons are learned at summer camp, so students participating in either fall or winter pom are strongly encouraged to attend summer camp.

Varsity Pompon performs at varsity football and basketball games, assemblies, homecoming parade, community pom clinic, and competes at Mid-American Pompon competitions.

JV Pompon performs at JV football and basketball games, homecoming assembly, community pom clinic and competes at Mid-American Pompon competitions.

SKILL EXPECTATIONS

- 1) Movements--Specific pom skills that are taught include:
 - a) Kicks: Proper execution and form in low, waist & high kick positions
 - b) Arms: Accurate placement in basic positions (blade, diagonal, V, airplane, shelf, shoot, etc.)
 - c) Body: Control and proper position in all movements (especially flat back & core control)
 - d) Feet: Proper placement of feet in all movements, especially when running and kicking
- 2) Jumps – Some specific jumps that are taught include: Toe-touch, Rockstar, "C" Jump, Straddle (Star) jump, Tuck jump
- 3) Flexibility—Specific stretching exercises are taught to help students achieve left and right splits.
- 4) Agility/Stunts – Students are taught combination moves, partner moves, coordinated footwork
- 5) Pom Technique (sharpness and accuracy of movements)
- 6) Speed Learning (ability to learn new material)
- 7) Academic good standing –a student athlete’s first responsibility is to his or her studies.

H.H. Dow High Pompon Participant Expectations

The purpose of the H.H. Dow High School Pompon team is to promote spirit and pride of the school, perform at games and school assemblies, and grow in leadership and personal development. In addition to the following behavior expectations, members of the team are also expected to follow the student athlete performance guidelines established by MPS for the protection and well-being of the H.H. Dow High School student athletes. An updated version of these guidelines is available online and in the athletic office.

Program Participation

1. Attendance is an absolute necessity. Pommers are expected to participate in all practices, performances, dress rehearsals, fundraisers, meetings, and team spirit events. Absences can impact your eligibility to perform or even remain on the team.
2. Punctuality is expected. Late arrival will be documented and treated with the same seriousness as an absence.
3. Excused absences/late arrivals must be documented by means of email.
4. Pommers are expected to follow the athletic code of conduct outlined for all DHS athletes.
5. Pommers are expected to maintain academic eligibility (minimum 2.0 GPA)
6. Pommers are expected to purchase/care for team uniforms as outlined by the uniform contract.
7. Scholarships are available for financial assistance. Payments or payment arrangements must be turned in by deadlines. If payment is not arranged within 24 hours of deadlines, team member will NOT be allowed to participant in the event/purchase.
8. Pommers are expected to treat others respectfully. Behavior that is disrespectful of team members, captains, or coaches will be immediately addressed by the team coach.

Practice Procedures

1. Attire includes short/sweatpants, athletic shoes (cross trainers or running shoes – NOT dance shoes or performance shoes), hair secured (for the entire practice).
2. Pommers are expected to use equipment as instructed (poms, knee pads, mats, video and audio equipment, etc.).
3. Practices should be free of interruptions. **No cell phones, friend visits, or side conversations.**
4. Pommers are expected to bring water to practices.
5. Attendance is EXPECTED. Pommers should make arrangements outside of practice to learn missed instruction. Some absences cannot be avoided. Significant absences, while excused, may still result in being benched for a performance. Coaches must be notified at least 24 hours before a missed practice by emailing dhspompon@yahoo.com and cc'ing the proper coaches and a parent. Text/Group messages/Verbal statements are NOT accepted.

Performance Expectations

1. Performance attire includes ALL uniform pieces, appropriate shoes, hair accessories, and appropriate earrings.
2. Sit with the team as assigned during games. Demonstrate and promote good sportsmanship at all times.
3. Respect and follow instructions of captains and coaches as performance plans can change unexpectedly.
4. There are many reasons a team member may be “benched” (not included in a performance). Benched team members are expected to attend performances in FULL uniform and to follow all performance guidelines.

Misbehavior Consequences

Student conduct will be managed and responded to by the team coach and athletic director. Student athletes who do not comply with progressive disciplinary plans may be removed from the team. Team members who are removed from the team will not receive any sort of payment refund or compensation.

H. H. DOW HIGH SCHOOL POMPON PROGRAM
UNIFORM POLICIES & PROGRAM EXPENSES

Pom & Uniform Maintenance

1. Poms are stored in bags / bins for protection. The best way to store poms assigned with uniforms is to hang the poms from a skirt hanger and to rotate the free-hanging poms so they stay fluffed.
2. Team members are measured and assigned uniforms. Once fitted, each uniform piece is registered and distributed to team members. Once assigned a uniform, the student is 100% responsible for returning the uniform in the same condition in which it is received. The cost of repairing or replacing damaged or missing uniform pieces is the sole responsibility of the team member to whom the uniform was assigned.
3. Uniforms can go in the washer, but must be hung to dry, and can NOT be ironed.
4. If necessary, students are encouraged to wash uniforms after every performance. Uniforms can receive irreparable damage if they are not cleaned often enough. It's better to wash uniforms often, than to not wash them at all during a season.
5. Uniforms can NOT be altered without permission. If adjustments must be made, changes must be requested through the coach and an approved seamstress will make the alterations.

Participant Uniform Expenses:

The following items are required for performances and should be purchased by each team member:

● Uniform/equipment/team fee	\$100/competition season
● Lollies (team order)	\$8
● Black jazz uniform pants (team order)	\$55
● Performance Poms	\$38 or \$12/rent
● Black Team Performance Shoes (Varsity)	\$65
● Team earrings (Varsity)	\$5
● Hair Scrunchie (Varsity)	\$5
● Personal items: Black Tall Socks, Sports Bra	varies
● Hair accessories (hair spray, bobby pins, hair ties, hair net)	varies
● Spirit apparel -- optional purchase	varies

Other Expenses:

● MSU Winter Clinic	~\$35
● MAPP Regional/State Competition	\$115
● MPA Competition	\$40
● Hotel and Meal Expenses for States	varies

Note: The pompon program does NOT receive funds from the \$75 MPS participation fees. This fee provides necessary funding for operating costs related to sports activities in the district. Team fee is \$85.

Order Forms

Required uniform items and optional pom and parent spirit attire, yard signs and decals are made available for purchase at the beginning of each season. Team fees are collected through the team order form, so pommers should complete a form each season even if no other items are being ordered.

Fundraising

The team participates in fundraising to help cover the cost of pommer and team expenses. Fundraisers are PARENT LED and typically held in Spring (flower sale), Summer (car wash, pop can drive), Fall

(cheesecake/pampered chef/mixed bag design) and Winter (community pom clinic) to help offset the cost of attending workshops, summer camp, MAPP competitions and performance attire.

H. H. DOW HIGH SCHOOL POMPON PROGRAM
STUDENT INFORMATION SHEET

This form must be completed EACH season to provide coaches with the most current contact and schedule information

Name: _____ Graduating Class: _____

Address: _____ ZIP: _____ Phone: _____

Student Cell: _____ e-mail: _____

Student GPA: _____ Student T-Shirt Size: _____ Student Birthday: _____ Locker#: _____

Mother: _____ Cell: _____

e-mail: _____

Father: _____ Cell: _____

e-mail: _____

Additional parent/guardian contact information:

** We send all important information and updates through email. Please star "*" address(es) to receive Pom E-News*

EMERGENCY CONTACT INFORMATION

Contact/relationship/phone: _____

Contact/relationship/phone: _____

- My student is permitted to leave practice with: _____
- My student is NOT permitted to leave practice with: _____

CODE OF CONDUCT

I have read and agree to comply with the H.H. DOW POM Code of Conduct.

Print Student Name	Student Signature	Date
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Print Parent Name	Parent Signature	Date
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UNIFORM EQUIPMENT POLICY

I understand the Uniform Policy and expenses associated with participation in the H.H. Dow High School Pompon Program. I further understand that financial assistance is available and that participation in fundraising activities is required for scholarship consideration.

Print Student Name	Student Signature	Date
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Print Parent Name	Parent Signature	Date
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