

H.H. Dow High School Pompon



PROGRAM DESCRIPTION

The sport of "Pompon" gets its name from the two "pompons" each team member uses within a pom routine. Teams work as a single unit to produce entertaining performances set to music that incorporate creative use of poms, athleticism and coordinated team movement. Traditional pom is extremely popular and competitive. High school pom teams perform at football games, school assemblies, basketball games, and also compete against other high school teams from throughout the state of Michigan.

Dow High School has two pom teams and two pom seasons. Sign-ups and tryouts for the fall season are held in late spring (April/May) and tryouts for the winter season are held in November. Participants of both fall and winter seasons are strongly encouraged to attend summer camp with their team in July, where they learn skills and routines that will be used throughout the fall and winter seasons. Pommers conduct a fall community pom camp in September with a performance at a DOW football game. Pommers conduct a winter community pom camp in December with a performance at a DOW basketball game. Pom participants in All Sport Booster activities, student union fundraisers and other school or team service projects.

FALL SEASON

At Dow High School JV Pom is a non cut team in the fall. The fall season is used to help students learn the mechanics and vocabulary of pompon. During this season, participants are instructed in pom basics and shown how to execute pom routines with precision and showmanship. JV Pompon performs at JV football games and participates in homecoming activities (assembly, parade and varsity game). Although students are not cut from the fall JV pom team at tryouts, participants are required to meet attendance and performance standards in order to remain on the team.

Varsity Pompon is a cut team that performs at varsity football games, assemblies, homecoming parade, RenFair and competes at the Mid-American Pom Dance & High Kick competition the first week in November.

WINTER SEASON

The winter is a competitive season and both JV and Varsity are cut teams. Both JV and Varsity teams perform for girl and boy basketball games and prepare an original routine for participating in Mid-American Pompon's state competition. Participants are expected to attend additional practices and performances to prepare for the teams' regional competition held locally in late January. If the team qualifies, they advance to the state competition which is held the second weekend of February at Eastern Michigan University.

Both teams are very competitive and typically receive high enough scores at the regional competition to move on to state competition. The teams travel to the Ypsilanti area the night before to prepare for the state competition at Eastern Michigan University. Both teams march in the Santa parade and may also perform at outside venues (ie: Midland Mall) during the winter season.

FEES & FUNDRAISING

Each season participants are expected to pay an MPS activity fee (\$75). This fee is paid directly to the school and may be paid online (<https://studentcentral.bigteams.com/?keyword=/user/signin&schoolID=0>). Each season participants are expected to pay a \$100 pom program fee which covers the cost of using team uniforms and equipment. Scholarships are available through the athletic office. Students are invited to participate in fundraising to help offset the cost of other expenses associated with pom activities (i.e.: summer camp, competition participation).

CONTACT INFORMATION

Team coaches can be reached by e-mail: dhspompon@yahoo.com, or through the school office (989) 923-5382.