2023/2024 Sault High Pom Pon Tryout Packet

**The Sault High Pom  Pon Squad** is made up of dedicated and hard-working teammates. Each member must be willing to commit a decent amount of time to the team. The success of this organization relies on the work put in by each and every member. There are different degrees of responsibility on the team to ensure all members participate in leadership aspects. We proudly support Sault Area High School Athletics and the High School as a whole.  Team members are also role models as well as ambassadors to the community.

**Competition:** The SAHS Pom Pon Squad will be competing at the Badgerette Pom Pon Camp held **August 1-4 (at Central Michigan University in Mt. Pleasant)** to qualify for the Midwest Grand Championship held in Chicago, Illinois in **August**. In addition, we may select other competitions throughout the school year.

**Attendance:** All team members must fully commit to all practices, performances, events and fundraisers. Membership should never be considered “part-time”. Excused absences include family emergencies and required school events. Any other absences are handled on a case-by-case basis. All non-emergency absences must be reported to the coach at least two weeks prior.

Members may participate in other sports while participating in Poms. Athletes should understand that if they are unable to keep up, they may be removed from some routines during their dual season for performance quality.

Our performance season runs from late August to the end of basketball in late February/early March.  Our competition season may extend past Sault High’s basketball season, depending on which competitions are chosen. Members must also attend a **mandatory summer camp August 1-4**. Details will be given to dancers once they accept their position on the team.

**Practices:**

**Summer:** Begin June 12 M-Th 7:00 – 10:00 am

**Fall/Winter:** M, W, Th – 3:15-5:00 pm (occasional Saturdays may be scheduled as needed)

Work and other activities\* **must** be scheduled around practice times. The Sault High Pom Pon Squad proudly performs at home football, girls’ basketball and boys’ basketball games. A detailed game schedule will be available at the beginning of each season. Other events include, but are not limited to, community service projects such as Slashin’ Ash, Dancing With the Stars and Madrigal Dinner.  If unable to attend an event, ample notification must be given.

**Academics:** All team members are required to hold a 2.5 or higher GPA. Academics come first, and we realize in certain rare circumstances, school may interfere. All measures should be taken to avoid conflict. Do your best to work around these obstacles and consult the coach individually with any issues you may incur.  Note: waiting to do homework/study until the last minute isn’t an academic excuse.  Time management skills are essential for all students, especially those individuals involved in extracurricular activities.

**Cost:** Each Team member is required to purchase the following items.

* Navy blue tank or cami
* Navy blue boy cut briefs
* Strapless or clear strap nude bra
* footed ***Caramel*** capezio tights
* Black performance leggings & white tops
* Black practice pants
* Black leggings
* Capezio slip on “***Caramel***”
* White team tennis shoes
* Navy, silver and black metallic pom poms \*a squad order will be placed

**Additional costs incurred include but are not limited:**

* Badgerette Pom Pon Camp tuition ($431–$450\* if we go the night before)
* Transportation to camp
* Team earrings
* Make-up
* Proper undergarments

**\*Health and Fitness:** Each member of the Team is required to participate in team workouts. Workouts may include, but are not limited to, running, cardio, weightlifting and other strength exercises. If a physical condition exists that prevents participation, it will be addressed on a case-by-case basis.

Although there are no physical measurement requirements, Team members are encouraged to maintain a healthy and active lifestyle. Dancers are expected to remain fit and flexible.  The team may bring in a nutritionist or other health specialists for the benefit of the entire team. Our practices and routines require a great deal of physical strength, endurance and agility.

**New Members:**

Dancers will be judged on technique in the Pom routine during their audition as well as the following basic skills: toe touch, single pirouette, left and right splits and left and right straight leaps. There is no need to prepare choreography, but you may want to prepare additional technique to show the judges at the end of your audition. Dancers will audition with at least one other person. We ask that you stay after your audition in case the judges would like to see you again.

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| **New Members Skills** |
| Toe Touch (Russian)[Just for Kix – Toe Touch Exercises Tutorial and Demonstration](https://www.youtube.com/watch?v=0emaEFul7hM)[Just for Kix – How to improve your toe touch](https://www.youtube.com/watch?v=KWXu_oElGL0)[Just for Kix --  Jump Drill for better toe touches](https://www.youtube.com/watch?v=V-xd_pBsNWA) | Pirouette- left and right[Just for Kix – Basic Pirouette Tutorial](https://www.youtube.com/watch?v=hTI9Ls_9TpQ)[Just for Kix – Basic Pirouette Demonstration](https://www.youtube.com/watch?v=uGuvXwJW8QQ) Not required for new members, but. . . [Just for Kix – How to do double and triple turns](https://www.youtube.com/watch?v=X2hdWIKwTjY) |
| Splits – left and right[Just for Kix – How to improve your splits](https://www.youtube.com/watch?v=yXopw1QWiMI)[Just for Kix – How to improve your middle splits](https://www.youtube.com/watch?v=WhNFc0SnzFc) | Leap –left and right[Just for Kix – How to do a straight leap](https://www.youtube.com/watch?v=HjRGZYjwYvQ)[Just for Kix – Straight leap tutorial and demonstration](https://www.youtube.com/watch?v=8DYXJGuHCPk) |
| Kickline[Just for Kix – How to improve your kicks part 1](https://www.youtube.com/watch?v=GhEprB0C-cM)[Just for Kix – How to improve your kicks part 2](https://www.youtube.com/watch?v=d3eJIgPtL8I) | Balance, Core Strength and Flexibility[Just for Kix – How to improve your balance](https://www.youtube.com/watch?v=RzYKmBNKhAc)[Just for Kix – How to improve your core strength](https://www.youtube.com/watch?v=WZZDSICUCIU)[Just for Kix – Basic Plyometrics](https://www.youtube.com/watch?v=G30H6F9uFJY)[Just for Kix – How to improve overall flexibility](https://www.youtube.com/watch?v=-HXOXiN5Ar4) |

**Returning Members:**

Dancers will be judged on technique in the skills and pom routine as well as in the original choreography portions of their audition.  You may want to prepare additional technique to show the judges at the end of your audition. Dancers will audition individually. We ask that you stay after your audition in case the judges would like to see you again.

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| **In addition to those listed above, Returning Member Skills include** |
| Double Pirouettes – left and right | Kickline (including fan and screwdriver kick) |
| Calypso |  |
| Middle splits are not required, but will be evaluated |  |

[**Northern Michigan Technique Video**](https://www.youtube.com/watch?v=WcW8lyHsucc)

**Final Tryout:**

Tryouts for 2023/2024 will be held from 9:00 am to 12:00 pm (approximately) at Sault Area High School

**Saturday, May 20**

9:00 am – 9:15 am. Check-in

9:15 am – 9:30 am Warm up, stretch and review

9:30 am –Judging begins with New Members in small groups

     Returning Members will try out individually

**Preparing to Tryout**

**Please prepare for any practice/tryout as follows:**

* Proper clothing
	+ black leggings/shorts & a white top
	+ dance/tennis shoes (no street shoes)
* Hair pulled back.
* No jewelry.
* Water bottle (only bottle fillers are available in the building)

**Times and Dates:**

* New Members
	+ Learning tryout routine- May 15, 16, 17 from 3:15-5:00 pm
		- *New members unable to attend the 3:15-5:00 times may attend during the 5:30-6:45 pm time slot.*
	+ Final Tryouts- Saturday, May 20 beginning at 9:00 am
		- **Attendance and Grade Reports are due by 3:15 pm Wednesday, May 17.**
* Returning Members
	+ Learning tryout routine- May 15, 16, 17 from 5:30-6:45 pm

64 counts (8, 8 counts) of original choreography to music of their choice to perform for judges.

* Final Tryouts- Saturday, May 20 beginning at 9:00 am
	+ **Attendance and Grade Reports are due by 3:15 pm Wednesday, May 17.**

**Final Tryout:**

* Saturday, May 20 beginning at 9:00 am- ?  (results will be announced that day)
* Please bring the following:
* Completed forms requested in this packet including
	+ Signed permission slip to tryout form
	+ 2023/2024 Schedule of Clubs/Organizations/Sports in which you also plan to participate

Cost and Constitution—Please Keep these pages for reference

Pom Pons is a very hard working, dedicated group.  It requires member participation throughout the year in many activities, including football and basketball games, fundraising and community events, summer practices and summer camp.

Although the squad does raise money to help defray student cost, parents should be aware of the cost of the mandatory summer camp and various pieces of equipment (the first year is the most expensive).

**Initial Costs:**

\*\*Please note, costs are an estimate\*\*

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| --- | --- | --- |
| Description |  \*cost does not include tax or shipping and handling | Due Date |
| Uniform:     Navy Tank/Cami     Navy Boy cut Briefs  | $?\*\*$13.95\*\* | --\*\*Must have both by July 1 |
| Shoes:        Gore Boots--Capezio Caramel     Tights– Capezio Caramel     White Team Performance Tennis         Shoes | $40.00\*\* (approximate)$20.00 (approximate)$40.00\*\*(approximate) | --\*\*Must have by July 1 |
| Equipment:     Pom Pons--vinyl     Pom Pons--metallic | $28.00/pair (blue/white) + Shipping & Handling$44.00/pair (navy/silver) + Shipping & Handling | --Check or money order made out to Sault Area High School is due at time of team order. **Cash is not accepted.** |
| Miscellaneous:         Black practice pants/capri leggings |  | –\*\*Must have by Jun 19, 2023 |
| Camp:     Tuition    Transportation to and from camp | $431 ($450\*\* if we go the night before)$? (we will need parent drivers) | -- Check or money order made out to Sault Area High School is due by June 19, 2023. |
| Physicals are required before your daughter can participate in summer practices | --?-- | Original physical must be submitted to the athletic office and a copy must be submitted to me for my files no later than June 12, 2023. |

\*Summer Practices may be extended if we accept an invitation to Chicago

**SAULT HIGH POM PON SQUAD CONSTITUTION**

(Please keep for your records)

The name of this organization is the Sault Area High School Pom Pons, a dance squad representing Sault Area High School.

**PURPOSE:**

The purpose of this organization is to promote school spirit and pride in both the school and community and to give the students of Sault High an opportunity to:

1. Entertain at half time of football and basketball games and other special events.
2. Perform community services.
3. Encourage individuals to work together as a unit to accomplish common goals.

**MEMBERSHIP**

1. All students of Sault Area High School shall be eligible.
2. The squad shall consist of up to twenty-one regulars (subject to change by the advisor if necessary).

**REQUIREMENTS**

1. Students must have a physical signed by a doctor, permission slips, and constitution signed by a parent/guardian and themselves each year.  This physical must be on file in the athletic office before the dancer may practice with the team.
2. They must be able to attend all practices and performances and meetings of all sorts including community service and fundraising activities.

**TRYOUTS**

1. Tryouts are in the spring.
2. Students trying out are rated objectively on the following point system:
3. Physical ability (basic strength moves, splits, high kicks, heel extensions, split jumps, leaps, and turns)
4. Learning ability
5. Ability to work within a group
6. Routine performance and general form
7. Scholastic ability
8. School attendance record
9. Attitude

**CAPTAIN(S)**

1. Captain(s) shall assist the coach at all meetings, practices, performances, and activities.
2. Captain(s) must be able to attend not only all meetings and performances but also extra meetings when necessary.
3. There will be a captain selection process. Details will be outlined in a captain selection packet for eligible candidates.

**PRACTICES**

1. During the school year there will be at least three meetings per week.  Our present schedule is:

Monday—3:15 to 5

Wednesday—3:15 to 5

Thursday—3:15 to 5

An occasional Saturday if necessary

\*\*NOTE:  This schedule is subject to change by the coach if necessary – however the total number of practice hours will not be reduced.

1. Additional practices may be called or meeting time extended only when absolutely necessary.  Proper notice will be given and ALL MEMBERS ARE REQUIRED TO ATTEND THESE PRACTICES.
2. Absences will be excused only under the following conditions:
3. Illness – with a written note from a parent/guardian **within 2 practices**.
4. Death in the family – with a written note from a parent/guardian **within 2 practices.**
5. School sponsored trips/activities.
6. Extenuating circumstances – coach must be notified in advance, whenever possible.
7. Medical appointments that are unable to be scheduled at any other time.
8. PROPER PRACTICE CLOTHING IS REQUIRED.  This includes:
9. Proper support tennis shoes and socks – not your performance shoes.
10. **Designated** shorts/pants and T-shirt
11. Hair must be pulled back and jewelry removed.
12. **Punctuality is essential.  Unexcused tardies may result in suspension from performances.**
13. Members missing two practices for a routine may be cut from that routine upon coach’s discretion.

**ATTENDANCE**

Attendance is required of all members at all meetings, practices, performances, and activities.  Members must attend even if they are not performing except in case of illness.  Every attempt should be made to notify the coach in advance of your absence.

1. Absences will be excused only under the following conditions:

a)  Illness—with a written note from parent/guardian **within 2 practices**

b)  Death in the family—with a written note from parent or guardian **within** **2 practices**

c)  School sponsored activities\*—with a written note from the teacher/coach/advisor **within** **2 practices**

d)  Extenuating circumstances—with prior approval from coach

e)  Medical appointments that are unable to be scheduled at any other time.

f)   Work (job) is not an acceptable excuse for missing regularly scheduled practices.

1. If a squad member is absent from school on the day of a performance, they will not be allowed to

 perform that night.

1. If a squad member accumulates eight unexcused absences, they will be dropped from the squad.

**LOSS OF MEMBERSHIP**

1. Lack of cooperation with the group; determined by the coach.
2. Cheating on tests or any other dishonesty will result in a suspension.
3. Accumulation of 8 or more demerits which may include, but are not limited to, any of the following:

|  |  |
| --- | --- |
| Unexcused absence from practice | 1 demerit |
| Unexcused absence from a performance | 3 demerits |
| Unexcused tardiness or leaving early from practice – from performances | 1/2 -1 demerits |
| Continuous disruptions | 1 demerit |
| Not prepared for practice | 1 demerit |
| Failure to comply with specified uniform (including hairstyle) at performances | 1 demerit |
| The wearing of any team apparel outside of performances or school/school activities | 1 demerit |
| Excessive school absences or tardiness | 1 demerit |
| Failure to comply with behavior outlined in student handbook | 1 demerit |
| Inappropriate social media posts/activities | **2** demerits |
| Use of drugs, alcohol, tobacco or a member’s presence at a gathering where drugs and alcohol are served to minors is a two-game suspension | **6** demerits |
| Miscellaneous inappropriate behavior | Advisor’s discretion |

4.) Failure to meet minimum grade requirements can result in unexcused suspensions from practice and games.

5.) If a member quits or is removed from the squad he or she is not eligible to try out again the next year.  He or she must sit out the remainder of the season he or she quit/was removed and one full season after that.

**CONDUCT/APPEARANCE**

 A.  All members are expected to display good citizenship

 B.  All members must adhere to the school dress code.

**CAMP**

 A.  All members must pay for and attend camp

 B.  Routines for camp will be choreographed by returning members and the coach(es)

C.  Any returning member of the squad may present an original routine for either Miss Badgerette, Hip Hop, or Duet/Trio.  The squad will vote on which routines will represent them at camp.

**UNIFORMS**

Each girl is responsible for her uniform--the term "uniform" refers to any clothing/equipment issued by the coach(es).  All uniforms must be **properly cleaned** and returned to the coach(es) within two weeks of the final performance.

**FUNDRAISING ACTIVITIES**

Each member is **required** to participate in fundraising activities to help the squad purchase uniforms, equipment and other items not provided for by Sault Area High School.

We have read and are aware of the cost and schedule for the 2023/2024 Pom Pon Squad.

 Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/guardian signature

 Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Member signature

We have read and agree to abide by the constitution.  We also understand that academics and attendance are calculated in the tryout process.  We hereby allow access to academic and attendance records.  This portion must be signed and returned before your child can accept a position on the team.

 Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/guardian signature

 Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Member signature

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

        Please print legibly