



Coyote Poms

**Clarksburg High School
2007-2008
Varsity Pom Tryouts**

**Athletic Director - Mr. Mike Riley
Varsity Coaches - Ms. Carolina Kindel
& Mrs. Leslie Yost**



2007-2008 Clarksburg High School Pom Tryouts

Dear Candidates and Parents,

On behalf of Clarksburg High School, I would like to welcome you and your child to the athletic program. Your child has expressed an interest in trying out for the Varsity Pom Squad. As a result of that interest, the following information has been prepared to acquaint you with the Clarksburg High School Pom program. As you and your child consider being involved with poms, it is **very important** that you both become completely familiar with the tryout procedures, the expectations, obligations, and serious attention to all aspects of the Clarksburg High School Pom program and the individual commitment **before** signing the attached parent permission slip. It is important that you understand exactly what is expected if you are selected as a member. Please do not tryout if you can not willingly abide by each of the items discussed. Please read all of the information carefully, and complete and **return all of the required forms by the first day of tryouts**. All of the requirements will be taught at the tryout clinics.

After you read the attached constitution and fully understand the rules and regulations which govern this program, and after your child has complete understanding of their responsibilities, please sign and have your child sign, as well as return, to the coach by the first tryout clinic.

Being a member of the CHS Poms has many rewards and is a valuable experience students will remember for a lifetime. Additionally, your child will give pride and spirit to our school, students, and community through their participation!

We are delighted to offer your child the opportunity to join one of the finest organizations at our school and we look forward to a successful and great year! If you have any questions concerning the constitution or Pom rules and responsibilities, please feel free to call.

Thank you for your cooperation and good luck!

Carolina Kindel

Leslie Yost

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Information Meeting:

Thursday, May 2 @ 6:00 p.m.
Clarksburg High School Cafeteria

Tryout Clinics

Clarksburg High School
Main Gym

Monday, June 4	4:30-7:00 P.M.
Tuesday, June 5	5:00-7:00 P.M.
Wednesday, June 6	5:00-7:00 P.M.

Tryouts:

Thursday, June 7	5:00-7:00 P.M.
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Forms and Permission Slips

Everyone attending the first day of tryout clinics **MUST** have had a physical examination within the last year (after June 4, 2006) in order to participate in the clinics and tryouts.

All forms will be turned into the Athletic Director after tryouts. Those students who do not make the pom squad will be able to use these forms again if they tryout for another team in the fall (with the exception of forms related only to poms).

To be turned in the first day of clinics: (Forms can be downloaded on the CHS Athletic Website

- Current physical form
- Clarksburg student eligibility standards agreement
- Parent permission form
- Medical Card for athletes
- Current grade verification form-provided in this packet
- Pom information form-It's all about me/provided in this packet
- Constitution Agreement- provided in this packet

Clinics and Tryouts:

- You are required to attend all tryout clinics. You are responsible for knowing all required material taught at tryouts.
- All participants are expected to be prompt and dressed appropriately for clinics as well as for tryouts. At tryouts it is suggested that you wear navy blue or black shorts (no jean shorts), a white T-shirt, your hair must be pulled back in a pony tail. Neatness counts!!!! ABSOLUTELY NO JEWELRY!!!!
- The coaches will decide the number of members on the squad.

Schedule:

- In order to perform for the fall season, you must be present at all summer practices which will begin August 15.
- Other out of school lessons, classes, and activities must be worked around Poms. Actual practice times will be determined by the coaches.

Academics:

School academics come first!!! All athletes must maintain their academic eligibility at all times. Please consider your child's ability to keep up with grades, homework, etc. while maintaining the demanding and time consuming schedule associated with Poms. In order to comply with gender equity requirements, our poms must cover play-off games and tournaments. Be sure your child will be able to handle the numerous hours involved in the pom program without jeopardizing academic standing.

Other Extra-Curricular Activities:

Clarksburg High School Poms must have first priority in your child's extra-curricular activity schedule. If your child has obligations such as outside employment, music or dance lessons, other athletic practices, or club practices, etc., Clarksburg practices and performances must be scheduled first. Driver's Ed., SAT prep classes and other school activities must be scheduled **after** practices and games.

Commitment:

Dedication to Poms is **extremely** important. We are looking for respectful and respected students who demonstrate their loyalty to the team and to Clarksburg High School by their actions on and off the playing field. Once the squad is selected, a Pom must perform for the season(s) committed to. If a Pom quits before the end of the season, they will not be allowed to tryout for any spirit group the next school year and will forfeit all awards.

Financial Obligations:

- Financial demands must be considered before trying out for Poms. We are not permitted to use money from fundraisers for any personal items.
- No one will be excluded due to financial hardships as long as the squad member actively participates in fundraisers. (*if a financial problem does arise, it will be strictly confidential.*)
- Possible expenses are listed on the attached sheet.

Judging System:

The following system is the basis on which each applicant will be judged.

- Each candidate will be observed by the coaches during the three practice clinics for coordination, rhythm, attitude, and ability to learn the material presented.
- On the final day, candidates will be evaluated by the coaches on execution, knowledge of choreography, sharpness, showmanship, and technique.

NOTE: According to MCPS regulations, the coach has final approval of the selection of the squad. Therefore, the coaches reserve the right to consider teacher references and comments on the student's past behavior and sense of responsibility when making the final selection.

Estimated Financial Obligation Clarksburg High School- Poms 2007-08

Expense	Amount
White split sole shoes	\$35.00 indoor performances
White sneakers	\$45.00 outdoor performances
2 Midriff Tops, white and navy blue	\$45.00 Worn under shells
Bloomers: boy cut briefs/brief	\$8.00 each Worn under skirts!!!
2 pairs of shorts, navy blue and Carolina Blue	\$15.00 Practice uniform (camp gear)
2 pom T-shirts, White and Carolina Blue	\$30.00 Practice uniform (camp gear)
4" dance pom gloves	\$35.00 Used both seasons
Socks	\$8.00 Used both seasons
Hair ribbons	\$6.00/pair
Additional props/accessories	\$12.00
	\$15.00-20.00

Optional items:

UDA camp	July 12-15
Personalized pom bag	\$30.00
Warm up jackets	\$60.00?? (varies from yr. to yr.)

The information presented above is an estimate for initial expenses. Attendance at UDA camp is not mandatory. However it is highly recommended for everyone to attend. Camp has always been a wonderful place to improve technique, learn new choreography, and bond with team members. If any of the expenses create a hardship, please contact Ms. Kindel or Mrs. Yost.

Please understand that small expenses may come up during the seasons. We have many spaghetti dinners throughout the year, big sister/little sister activities, as well as other events.

Becoming a pom doesn't only mean making an athletic team; it means that you become a member of a new family. It takes a lot of dedication, commitment and support from each individual as well as their families. Our primary goal is to promote Clarksburg High School and its athletic teams by increasing school spirit and awareness. In addition, as with any athletic team, it is a squad goal to increase self-esteem within the team, promote consistent academic performance, encourage leadership qualities and life-long social skills.

Please consider the information presented above as you prepare to take on the responsibilities of representing Clarksburg High School as a member of the pom squad.

Sincerely,
Carolina Kindel and Leslie Yost

“IT’S ALL ABOUT ME”

Pom Information Form

Please furnish a photo of yourself

My name is _____

Current Grade _____

Current School _____

My home phone # _____

My cell phone # _____

My e-mail address is _____

Mom's name, cell phone, and e-mail

Dad's name, cell phone, and e-mail

Have you been a Pom before? YES NO

If so, for how long? _____

Are you currently on a Pom Squad? _____

Name of Team

What leadership positions have you held?

Position held _____

Organization _____

Year _____

Clarksburg Varsity Pom Constitution

General Pom Guidelines:

All Poms must:

- Attend all practices and show cooperation with each other and the coaches.
- Know all the pom routines for all games and performances.
- Adhere to the rules listed in the constitution.
- Keep a good attitude about improving dance skills.
- Take responsibility of providing positive leadership both when performing and at practice.
- Always show respect and be courteous to faculty members, administration, officials, coaches, players, and visitors.
- Be aware of appearance at all times, using good grooming and dress habits.
- Follow all safety rules governing poms and all other athletes.
- Always remember that the primary responsibility is to support the athletic program.

Eligibility:

All poms must:

- Return all forms:
 - Parental notification and permission form
 - Health forms
 - Extra curricular fees
 - All other forms that may be applicable
- Maintain a 2.0 GPA.
- Have good grades at interim **AND** report card times.

Pom Conduct and Responsibilities:

All poms will:

- Cooperate with the captains, coaches, game officials, and other squad members
- Be enthusiastic, prepared, and in command of the situation at all times
- Not chew gum at practices, on the court, on the field, or while in uniform.
- Stay for the **full duration of all events with the squad.**
- Promote good sportsmanship and school spirit through cooperation with other students, faculty, and administrators.
- Help plan pep rallies with cheerleaders, contribute spirit ideas, and help control the attitudes of the crowd.

School Attendance:

- Poms must report to all scheduled classes everyday on time.
- Poms who are absent or tardy from any class without obtaining prior approval from the coach may not participate in practices or events on that day
- To obtain prior approval for medical appointments, court appearances, or religious observance, a pom must contact the sponsor at least 24 hrs. in advance.

Practices:

- A pom who is absent (excused or unexcused) from practice sessions before an event will not perform at that event. However, that pom must attend the game in uniform and sit with the sponsor and support her squad.
- Poms are expected to adhere to safety during practice sessions. This includes wearing appropriate clothing: uniform, socks, and athletic shoes. Nails are to be trimmed appropriately and no jewelry is to be worn.
- As with every other athletic team at Clarksburg, there shall be no other conflicts with poms. This means that work schedules must be scheduled around all practices and events. If an emergency arises, the pom must notify the coach as soon as possible.

Performances:

- Poms are expected to report to events 30 minutes before that event begins.
- If a pom has an unexcused absence from a game, she can not perform for the following two games. However, this pom must come to these games in uniform to help support her squad

Uniforms and Appearance:

- Each pom is responsible for the care of the uniforms. If a uniform is damaged while in the care of a pom, that pom is responsible for replacing or repairing the uniform.
- Poms are to wear uniforms only in conjunction with school events.
- Keep hair out of face at all times.
- No jewelry is to be worn at games, practices, or events.
- Display of public affection by any pom while in uniform is STRICTLY forbidden.

The following will result in the immediate dismissal of a pom for the remainder of the season:

- Excessive unexcused absences or tardiness to class, practices, or events. Any pom that misses more than two days of school due to an illness must bring written permission from the doctor before being allowed to return to practice.
- Using, buying, or selling drugs, alcohol, or cigarettes.
- Dismissal by coach's discretion.

Other Rules and Guidelines:

All Poms are expected to know and follow these rules, as well as the rules listed in the Clarksburg High School Student-Athlete Handbook. Any rule not addressed in either of these two manuals will be reviewed and responded to by the coach and athletic director.

CONSTITUTION AGREEMENT

I have read and understood the guidelines that I am to follow as a member of the Clarksburg Pom Squad. I agree to follow all the rules listed in the constitution and understand that if I do not follow these rules, it may be a cause for my dismissal from the squad. I agree to put my best efforts towards my team to make it a fun and successful year.

Pom Signature: _____

Date: _____

I have read and reviewed the guidelines that my child is to follow as a member to the Clarksburg Pom Squad. I will help get my child to practices and events on time and pick them up PROMPTLY after the events are over. I will encourage my child to put forth her best efforts towards the team to make it a fun and successful year. If I have any questions, I will call the sponsor for information or clarification.

Parent Signature: _____

Date: _____

