

# SPRINGBROOK HIGH SCHOOL POM TEAM 2008-2009 TRYOUTS

PLEASE TURN IN THE REQUIRED FORMS  
ON OR BEFORE **May 27**

## **FORM CHECKLIST**

- Signed parent permission slip/Student & Parent Contract
- **Health Inventory Form**
- Medical Emergency Card
- Pom questionnaire/Information sheet
- Signed Pom Constitution by you and your parents
- Progress Report for the week of May 19 – May 23
- Three recommendations from your English, Math, Science Teachers



QUESTIONS???  
CONTACT COACH NADINE  
[ntgregoi@yahoo.com](mailto:ntgregoi@yahoo.com)  
(301) 332-9902

Dear Prospective Poms,

I am so pleased that you are interested in trying out for the Pom Squad for the 2008-2009 season. Please **read** all the information in this packet carefully so you will be prepared for the tryout process. All tryout clinics will begin promptly at 4:30 p.m. in the specified location. They are scheduled to end at 7 p.m. At the clinics you will learn two routines and the mandatory technique required for tryouts. **ALL CLINICS ARE MANDATORY!! Please contact Coach Nadine prior to tryouts if you must miss a day or portion of the clinics.** Tryouts will be held **SATURDAY, May 31, 2008** in the **Cafeteria**. Prior to your participation in the final tryout, you must turn in a completed packet that includes the following:

- Signed parent permission slip/ Student/Parent contract
- **Health Inventory Form (Must have BEFORE tryout clinics begin)**
- Medical Emergency Card
- Pom questionnaire/Information sheet (included)
- Signed Pom Constitution by you and your parents (included)
- Progress Report for the week of May 19 – May 23
- Three recommendations from your English, Math, Science Teachers (included)

If you do not have a completed health inventory form, you **WILL NOT** be allowed to participate in the tryout clinics. **THERE ARE NO EXCEPTIONS!!** Packets must be turned in by **May 27, 2008** to the Athletics office or Coach Nadine.

### **Schedule for 2008-2009 Tryouts**

|                      |                    |                         |
|----------------------|--------------------|-------------------------|
| Tues., May 27, 2008  | Clinic 1/Cafeteria | 4:30 p.m. - 7:00 p.m.   |
| Wed., May 28, 2008   | Clinic 2/Cafeteria | 4:30 p.m. - 7:00 p.m.   |
| Thurs., May 29, 2008 | Clinic 3/Lower Gym | 4:30 p.m. - 7:00 p.m.   |
| Fri., May 30, 2008   | Clinic 4/Lower Gym | 4:30 p.m. - 7:00 p.m.   |
| Sat., May 31, 2008   | Tryout/Cafeteria   | 10:00 a.m. – 12:00 p.m. |

**IMPORTANT: There will be an information session held prior to tryouts for potential candidates and their parents. It is not mandatory but is encouraged.**

**Tuesday, April 3, 2008                      7:00 p.m.      Rm. Cafeteria**

### ***PLEASE REMEMBER:***

- Wear a white top and a dark bottom for the clinics and tryouts. No loose fitting clothes! Wear dance shoes if you have them or a smooth-soled shoe (no grip).
- Hair should be pulled back. Appearance counts!!
- NO JEWELRY

- NO GUM

Your composite score for tryouts will consist of the following elements:

Attendance at clinics  
Knowledge of the routines (Pom/Hip Hop & Kick)  
Precision  
Teacher Recommendations  
Overall skill, enthusiasm & personality

Splits (right and left)  
Leaps (right and left)  
Pirouettes (single/double)  
Toe Touch (Russian)

The following may be attempted for bonus points:

Fouettes  
Axles  
Middle (in second) leap  
Switch leaps  
Attitude leaps  
Triple pirouette  
Illusion  
Scorpion  
Middle split  
C jump  
Turning C jump

If you have any questions or concerns, please contact Coach Nadine

Sincerely,

Nadine Gregoire  
Springbrook High School Poms Coach  
[ntgregoi@yahoo.com](mailto:ntgregoi@yahoo.com)  
(301) 332-9902

## **SPRINGBROOK HIGH SCHOOL POM SQUAD CONSTITUTION**

### I. Purpose

It is the purpose of the pom squad to:

- Promote and uphold school spirit.
- Represent Springbrook High School (SHS) to the highest degree.
- Set an example of good behavior at all times (whether in uniform or not) in class, at games, and at all school functions, whether performing or not.
- Promote friendship between poms and all cheerleaders.
- Promote friendship with schools with whom we compete and perform.
- Promote friendship between members of the squad.

### II. Requirements

- The Pom Squad must take priority over all other extracurricular activities (including jobs) from September through February. **Poms is a two-season (fall AND winter) commitment. There will be no winter season tryout unless deemed appropriate by the Coach and Athletic Director.** Please evaluate all commitments that may occur during September – February before you tryout for poms.
- **Receiving a spot on the Pom Team is a privilege. Please realize that for every spot offered, someone was turned down. Therefore, team members that decide to quit the pom team during the two seasons (from acceptance of position through last performance in February) will FORFEIT their option to tryout for the team the next school year. The team member is allowed to tryout for the team after one school year. Leaving the team after fall season to pursue another sport is deemed quitting.**
- All summer activities are optional but highly recommended.
- Members must maintain a GPA of 2.0 with no more than one (1) failure in a marking period in order to participate in any activity, game, or attend any practices during the next marking period. If a member fails to meet the GPA of 2.0, the member is ineligible and may be removed from the squad. If a member is ineligible, the member is not allowed to participate in activities, games, practices and cannot wear the uniform.
- Members must maintain good attendance, class performance and teacher recommendations during the time on the squad and for tryouts. **Members of the squad will hand in a completely filled out progress report to the coach every other Friday.**
- All members must have a recent physical on file during the pom season.

- Being on the pom squad one year in no way guarantees placement on the squad for the following year. Every girl must go through the same audition/selection process each spring and/or winter if an additional tryout is needed.
- **All members are expected to take part in all fundraisers.**

### III. Conduct

- By accepting the privilege/honor of wearing a SHS Pom Squad uniform, a member accepts the fact that her actions are more prominent than those not associated with such an activity. Members are role model students and are expected to act as such. Exemplary behavior is mandatory at all times, anywhere in the community of SHS and at all functions where members are recognized as representatives of SHS.
- Proper appearance and appropriate clothing are required at all times.
- Members must not use foul language at practice, in school, at games, competitions, etc.
- Smoking or drug usage (including alcohol) is not allowed at any time, either on or off campus. To even be with people who are in possession of alcohol or other drugs could result in dismissal or temporary suspension from the squad which will be determined on a case by case level.
- All rules and regulations imposed on any SHS students will be imposed on pom squad members. Members are responsible for knowing all the rules.
- Members must display proper behavior in class, including being on time, not skipping, and not cheating.
- Each case of misconduct will be judged individually. The severity of the misconduct or repeated offenses may dictate harsher action. Because all situations may not be foreseen and thus outlined here, each case will be dealt with in a manner decided upon by the coach, with assistance from the administration if deemed necessary.
- Poor conduct/behavior under any of the above circumstances could result in warnings, suspension, or removal from the team. Inappropriate behaviors not only reflect on the individual, but can also affect the image of the entire team.

### IV. Uniforms, Other Expenses

- A basic uniform will be provided by the school, and therefore belongs to the school as do props, and items purchased through fundraising.
- Members must provide their own personal items such as shoes, socks, tights, etc. Uniforms are to be kept clean, neat and in good condition at all times. Uniforms that are not returned, damaged, lost,

or stolen will be replaced by that member at her own expense.  
Uniforms are very expensive to replace!!

- Other performing items may be decided upon by the entire squad. Items will be purchased with fundraising money when possible.
- Other items such as warm up jackets and pants and bags are optional items to be purchased by members but are encouraged.
- If a member is removed from the team, she will be expected to return all non-personalized items that belong to the school in a timely manner.
- **Mandatory Expenses (prices are approximate)**
  - **Briefs \$12**
  - **White Midriff \$25**
  - **Tights \$12 (winter season only)**
  - **Shoes (2 prs of jazz shoes (winter season only but 1pr recommended for dance camp and practices ), 1 pr of sneakers) \$90**
  - **Practice Clothing \$60**
  - **Navy Dance Pants \$45 (winter season only)**
  - **Navy Leotard \$ 15 (winter season only)**
- Optional Expenses (prices are approximate)
  - SHS POMS Bag \$30-\$35
  - SHS POMS Warm Up Jacket \$70
  - Warm Up Pants \$30
  - Summer Dance Camp \$264 (Highly recommended)
  - Knee pads \$5

#### V. Learning/Teaching Routines

- Members are expected to be attentive and cooperative when learning routines. Repeated disruptions will not be tolerated.
- Captains and co-captains will choreograph routines. There will be opportunities for other members to assist with choreography.
- All members will be supplied with a copy of the music for each routine. Every member must bring all music with them to all practices, games, competitions, etc.

#### VI. Practices

- Mandatory after school practices will be held Monday and Wednesday through Friday from 4:30 p.m. to 6:30 p.m. Every effort will be made by the coach to prevent the need for additional practices. However, additional practices will and can be scheduled as needed. Poms is a very demanding sport that requires a lot of time. Members must practice proper time management in order to be successful students and pom team members.

- The coach will hand out a calendar detailing any pertinent information at the beginning of every month. If any changes have to be made to the schedule, members will be notified as soon as possible.
- Missing part of a practice for a test or other approved academic reason will carry no penalty. The member must get prior approval and a note from the teacher and make up what was missed **outside** of regular practice time.
- A practice uniform has been assigned to every day of the week. Please adhere to the assigned uniforms. When the weather gets cold, loose fitting clothing is not allowed. Dance pants or any non-loose fitting pant/capri in a dark color is allowed. However, the team will be running outside before every practice, therefore, dress in appropriate layers.
- Dance shoes and tennis shoes are required at practices. Knee pads are optional but are encouraged.
- Hair must be pulled back out of your face during practices.
- NO jewelry is allowed during practices, games, or competitions.
- Fingernails must be kept at a length appropriate for safe participation. For competitions, long, colorful fingernails are against competition guidelines.
- Unless otherwise stated or inclement weather, practice always starts outside on the track. If you're early you're on time. If you're on time, you're late. If you're late, expect to run extra laps.
- Members may not leave practice early unless given prior approval. A note from a parent is required. Work is not a valid excuse.
- If members must miss a portion or all of a practice, game, or performance, the coach must be notified at least three (3) practices prior.
- If a member is absent during the two practices prior to a performance, the member may be removed from the performance per the coach's decision.
- **If a member must miss a part of the school day (doctor's appointment), they must notify the athletic director 3 days in advance.**
- **If any part of the school day is missed and has not been excused, the athlete will not be able to attend practice and/or game for that day.**

## VII. Expectations

- Attend all home football games (Friday nights and Homecoming Saturday)
- Attend all home boy's and girl's basketball games (weeknights)
- **Participate in all team fundraisers**
- Participate in all pep rallies (Hang Up)
- Compete in all competitions (3 Saturdays in January and February)

## VIII. Game Rules and Etiquette

- Each member of the team will be required to stay for the length of the game.
- **No visiting friends during the game. Team members will sit as a squad and will be given an opportunity to socialize/eat/use the rest room.**
- Members must ask the coach to use the restroom. Every attempt should be made to do this prior to the game, during half time, and after the game.
- Watch the game and be aware of what is going on. Members must cheer along with the cheerleaders.
- Makeup and hair must be done prior to the game.
- Members must remain in the assigned uniform for the entire game. Prior to each game members will know which uniform to wear and whether warm ups will be worn.
- Remain positive and spirited!! Remember, the crowd is watching you and what you do reflects on the whole squad and the school.

## IX. Captain Tryouts

- Open to current members of the team who have been on the team for at least one season.
- Members who tryout for a captain position are not guaranteed a position.
- Members of the team will vote on the captain positions. However, the final decision will be made by the coach.
- Potential captains will be evaluated on choreography, teaching skills, and overall impression.
- To be considered for a captain position, you must score in the top 5 during the team tryout held in the spring.

## X. Summer Dance Camp

- Members of the pom team will have the option to attend a Universal Dance Alliance (UDA) 4 day/3 night overnight dance camp July 10 - 13, 2008 at University of Maryland Baltimore County
- The cost is \$269/student and it covers meals, lodging, and instruction from highly skilled and trained dance instructors
- The summer camp is OPTIONAL but highly recommended
- Summer camp is a great way for team members to bond and to be exposed to a variety of dance styles
- A deposit of \$50 will be due by FRIDAY, JUNE 6, 2008 for those able to attend (with such a late tryout date we have to turn in deposits soon after tryouts). Please look at vacation dates and other summer plans before committing to attend as that affects the number of rooms we will be allotted.
- The remaining balance is due to NDA two weeks prior to the camp date so plan accordingly.

- Unfortunately, we are unable to use fundraiser money to cover the cost of camp. However, please let the coach know if financial hardship is the reason you are unable to attend camp.

I, \_\_\_\_\_, have read and understand the Springbrook High School Pom Constitution. I understand all the requirements and consequences of improper actions.

I/We, \_\_\_\_\_, the parent/guardian of the above named member, have read the Springbrook High School Pom Team Constitution and understand all the requirements and consequences of improper actions. We understand the advisor has final say in my/our daughter's/son's remaining on the team. We also realize this is a team effort and that we may be called upon to help in some ways throughout the year which are within our capacity to help. We will make every effort to do our share of assisting on behalf of our daughter/son.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date



# Teacher Evaluation

Pom Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

\* This is a confidential evaluation. Evaluations can be given back to the candidate in a sealed envelope or sent to the Athletics Office c/o Nadine Gregoire Pom Coach.

Please rate the student on a scale from 0–5 (5 being the highest) on the following elements:

|                           |   |   |   |   |   |   |
|---------------------------|---|---|---|---|---|---|
| 1. Attendance/Punctuality | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Respect of Authority   | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Respect of Peers       | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Effort/Quality of Work | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Honesty and Integrity  | 0 | 1 | 2 | 3 | 4 | 5 |

Total Points = \_\_\_\_\_

Comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Pom Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

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| 2. Respect of Authority   | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Respect of Peers       | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Effort/Quality of Work | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Honesty and Integrity  | 0 | 1 | 2 | 3 | 4 | 5 |

Total Points = \_\_\_\_\_

Comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Pom Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

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|---------------------------|---|---|---|---|---|---|
| 1. Attendance/Punctuality | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Respect of Authority   | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Respect of Peers       | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Effort/Quality of Work | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Honesty and Integrity  | 0 | 1 | 2 | 3 | 4 | 5 |

Total Points = \_\_\_\_\_

Comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_