



EHS Varsity Poms

Dance Technique Requirements:

Required:

Right and Left splits

Center splits

Leg hold/grab, right and left

20 High kicks in a kick line sequence (kicks should be shoulder height)

Pirouettes (controlled single, double, triple)

Pique turns

Chaine Turns

Turns in second (tours), a minimum of 6

Fouettes into a double pirouette.

Leaps: Right Leap, Left Leap, Center (Russian second), Calypso

Jumps: Toe Touch, Pike Jump, Hercy, Tuck Jump

Hip-hop stalls: head stand, invert, K

Hip-hop tricks: Front Kip-up, Back Kip-up, Double Kip-Up, "Boy Back Handspring"

Encouraged:

Quad Turn

Aerial Cartwheel

Breakdance Head Spin

One-Arm Kip-Up

Fitness Requirements:

100 Burpees

100 Military Sit-ups

100 Push-ups

*Must be completed in 30 minutes or less