



Evergreen High School Poms Tryout Packet

Thank you for your interest in trying out for the EHS Poms. The following packet is designed to help answer any questions regarding the program. It is crucial that both students and their parents carefully read over this entire packet and understand the commitment that is required to be a part of the EHS Poms program. Please direct any questions you may have to the EHS Varsity Poms Coach.

***Teams are determined solely by the coaches and all decisions made will be final.**

Laura Grissom, lepgrissom@me.com, 303-903-4980

IMPORTANT TRYOUT DATES – Monday, May 1st – Friday May 5th

INFORMATIONAL MEETING – April 24, 2017, 6:30 p.m., Evergreen High School Library

Every interested athlete and at least one parent MUST attend

This meeting is intended for interested athletes to find out more information about the program and tryouts. We will have time for questions/answers and review the tryout process.

TRYOUT WEEK

Monday – Friday, May 1st – 5th, 3:00 – 6:00

Tryouts are CLOSED to all spectators.

Athletes will be notified of their team position via email by Saturday, May 6, 2017.

TRYOUT DETAILS

The EHS POMS program will only hold one formal tryout in the Spring of 2017. Private tryouts may be requested only for students new to Evergreen High School or who missed the Spring tryout. The Poms team is 100% coach selected. Athletes will be evaluated on dance technique, skill level, athleticism, performance and dance routines learned during the clinic. Everyone will be given an equal opportunity to make the Pom team at EHS. Students may be asked questions regarding academic time commitment, dedication, and overall interest in the team. Academic performance will be considered as well as coaches past experiences with the candidate including attitude and work ethic.

Because of the level of execution required for tryouts, any medical conditions (i.e. injuries, asthma, diabetes, etc.) must be disclosed to a coach at the beginning of the clinic. The coaching staff will do everything possible to accommodate any special needs. All athletes must have a current physical on file to participate in tryouts. It is required that returning athletes renew their physicals at this time. There are NO EXCEPTIONS!!

ATTIRE

As a tool to see how potential team members dance together, the Evergreen High School Poms coaching staff is requiring a dress code this year and must be followed in order to tryout.

- Please come in school appropriate dance attire: black tank, black shorts/leggings
- Shorts must cover backside
- Dance shoes or athletic shoes must be worn at all times. No dancing in socks!!
- Since all returning poms must re-audition, no clothing with EHS Poms on it in any form may be worn.
- All hair must be pulled back in a pony tail or neat bun.
- No Gum, food, cell phones.

EHS POMS DANCE TEAM TRYOUT REQUIREMENTS

There will only be a Varsity Poms team at Evergreen High school for the 2017 – 2018 school year. This team will be responsible for performing at home Varsity football and basketball games, as well as pep assemblies and selected community events. The teams will also be expected to participate in selected dance competitions representing Evergreen High School. The following are the requirements necessary to complete the tryout selection process:

REQUIREMENTS:

Tryout Packet DUE (EHS Athletics Office): FRIDAY, April 28, 2017. (Application, Contract, Release to Participate, EHS Athletic Packet, Current Physical, Grade Report)

- Attend Tryout Week (5/1/17 – 5/5/17)
- Evaluation of Dance Routines
- Technical Skill Elements (will be taught/demonstrated during tryout week)
- Fitness aptitude evaluation

SKILL REQUIREMENTS

The following are the minimum skills recommended for tryouts

- Pirouettes: Solid, clean quad on the right, triple on the left
- 6 consecutive turns in second (tours) into double pirouette, land
- 6 consecutive fouettes into double pirouette, land
- Leaps/Jumps: Calypso, turning disc, center leap, switch leap
- Right and left splits
- Leg hold, right or left, front into tilt
- 20 High kicks in a kick line sequence
- Jumps/Leaps: Toe touch, Pike jump, Stag jump
- Hip Hop tricks: Head stall, K stand, Head kip-up, Back kip-up
- Fitness: 100 Burpees, 100 Sit-Ups, 100 Push-ups – completed in 20:00 or less
- Extras/Specialties: Illusions, aerial cartwheels, tumbling
- Other: Stage presence, memorization, performance quality, interest and willingness to improve dance skills outside of poms

EHS Pom Tryout Contract

The following is a brief guideline describing the duties and expectations required of an EHS Pom Team Athlete. Each athlete must COMMIT themselves to hard work, dedication and team unity. A more thorough outline of the expectations and policies will be provided with the selected teams.

MISSION STATEMENT

The Evergreen High School Poms program provides a unique and fulfilling dance experience to all members of the team. We strive to provide spirit and support for all of Evergreen High School Athletics. We are athletes dedicated to our craft and the training and conditioning that it will take to be successful. We are a spirit squad as well as a competitive team. We take pride in our school by our actions and the dedication we show in our sport. We are Cougars, through and through!

Upcoming Meetings/Practices

MANDATORY Uniform Fitting/Team Bonding: Monday, May 8, 2017 @ 6:00 @ EHS.

MANDATORY New Team Meeting (1 parent must attend) will be held on Monday, May 8 @ 6:30 @ EHS.

All practices are MANDATORY!

Summer Commitments

- - Vacations should be planned around practice schedule.
- - Athletes are “off” the month of July.
- - Detailed summer schedule will be passed out at the first team practice.

Camp: June 25 – 28, 2017 @ Regis University

Any conflicts with the summer schedule must be discussed PRIOR to auditions!**Please make a note on your tryout packet**

Season Practice Schedule

- - During the school year, practices are conducted Monday - Saturday.
- - Any dancer who will be out of town at a time other than regularly scheduled breaks must inform coach and may jeopardize their spot in the following competition.
- - Dancers will work with choreographers and technicians throughout the season. A cost is associated with this training and service.
- - Dancers missing a practice or arriving late jeopardize their spot in the next performance.

Performances

- - Attendance at all games and scheduled events is MANDATORY!
- - Football season is during the Fall season, Basketball (boys and girls) is during the Winter season.
- - Competition season is during the Fall, Winter and beginning of the Spring season.
- - All members are expected to attend games and competitions regardless of performing selection.

- Eligible athletes travel to Nationals in Orlando, Florida in February. Costs will be associated with this competition and trip.

Uniforms/Financial Responsibilities

See Financial Document

If there are any questions, please contact Coach Laura Grissom via text at 303-903-4980 or lepgrissom@me.com.

Transportation

Dance team members will provide their own transportation to any/all home team events and performances. If not licensed, parents are expected to provide transportation for their child.

Dancers will travel several days each week to Spark Fitness/Pinnacle Academy in Evergreen. Carpools will be established.

Communication

Be responsible for all lines of communication. The dancer should communicate with teammates and coaches respectfully and clearly.

- - Each dancer AND parent(s) will be required to have an email account for correspondence regarding poms.
- - Proper chain of command procedures will be followed.

Academic Eligibility

- - Members must maintain a minimum 2.0 GPA according to CHSAA
- - All athletes must adhere to all Grade rules outlined in the EHS Poms Contract.
- - EHS POMS Program holds a higher academic expectation for their athletes including no unexcused absences and no failing grades. If we feel an athlete is falling behind in a class, we may take appropriate action to help the athlete scholastically. Grades and school come first! Missing practices, even for academic purposes, may affect their participation in an upcoming performance.

Propriety & Trust

- - Team members found to be under the influence of alcohol/drugs will face consequences in accordance with the Evergreen High School guidelines. Team members are expected to refrain from the use of illegal drugs, alcohol, smoking, etc...
- - Choosing to disregard these expectations out of school will result in disciplinary action.
- - Excessive displays of affection to one's boyfriend/girlfriend are not acceptable.
- - It is expected that all athletes display appropriate/respectful behavior at school, online, and at all Evergreen High School events and in the community.
- - Team members must stay with the team during all team events/performances.

EVERGREEN HIGH SCHOOL POMS TRYOUT APPLICATION

Name: _____

Address: _____

Birthday: _____

Current Grade: 8 9 10 11

Home Phone: _____ Personal Cell Phone:

Personal Email:

Parent's Name(s):

Parent Email:

Parent's Cell Phones: _____

Cumulative GPA: _____ Current Semester GPA: _____

Previous Dance Experience:

Why do you want to be a part of the Evergreen High School Poms Program?

What qualities do you feel you would bring to the program?

Explain any present or past injuries and how this affect might your ability to participate.

Please list summer plans/vacations/commitments and dates here:

EHS POM PROGRAM Agreement

In signing this agreement, I understand the contents of this packet including the following regarding Evergreen High School Pom Tryouts: Teams are 100% coach selected. If my dancer does not make the pom team at EHS, she may not have possessed the skills needed to participate this season. Possessing the skills to make a team does not guarantee a spot on said team. My athlete's grades, recommendations, and coaches evaluations are also factors in team placement in the EHS Poms program. My dancer understands the Jefferson County Athletic Code. Attendance at tryout clinics is crucial in enabling my dancer a fair opportunity to try out for Poms at Evergreen High School. My dancer is expected to conduct herself with respect for the coaching staff at all times during the tryout process. Failure to do so will result in dismissal. I understand the cell phone policy at tryouts is to help my dancer focus and to minimize interruptions during the try out process. If need be, I will contact the coach to inform of any emergency or situation that may arise.

I understand my responsibilities and expectations should I be selected for the Evergreen High School 2017 - 2018 Pom Program:

Athletes Name: _____

Signature: _____ Date: _____

I understand my child's responsibilities and expectations should he/she be selected for the Evergreen High School Pom Program. I understand the financial, emotional, and parental support I must commit to my son/daughter should he/she makes the team:

Parent Name: _____

Signature: _____ Date: _____

EVERGREEN HIGH SCHOOL POM PROGRAM Release to Participate

Even though a proper progression of training will be utilized and the safety of all participants is the highest priority, there still exists a potential for injury. Students with a history of health related concerns must supply pertinent information to coaching staff prior to participation and should not engage in any activity that is contraindicated for their condition. By signing this document: You acknowledge the potential for injury inherent in engaging in strenuous activities. You attest that your child is in good physical condition and can fully participate in all activities associated with team tryouts, and agree to disclose any existing health related concerns to the coaching staff. You assume all responsibility and/or liability during the tryout clinic. The undersigned will be contacted in case of emergency. In the event of a medical emergency, the undersigned hereby appoints the Evergreen High School and/or its agents to act as guardian in my stead for purposes of authorizing medical treatment or attention without liability to Evergreen High School and/or its agents, and releases Evergreen High School from any and all liability, suits, courses of action claims, or other responsibility for injuries or illness incurred while at or resulting from the program. Special instruction for medical situations, etc. should be included.

I have read and fully understand the above statement:

Athletes Name: _____

Parents Signature: _____ Date: _____

Print Name: _____

Student Grade Report

Name: _____ Current Grade Level: _____

Each teacher must record your most current grade, and sign this form.

Period/Class	Teacher/Signature	Grade (circle one, or give % and initial)	Comments on effort/work ethic/leadership/ability to work with others.
1.		A B C D F _____%	
2.		A B C D F _____%	
3.		A B C D F _____%	
4.		A B C D F _____%	
5.		A B C D F _____%	
6.		A B C D F _____%	
7.		A B C D F _____%	

Teachers, feel free to email Coach Laura Grissom at lepgrissom@me.com if you have more information you would like to share about the student.