

Marian Poms

MARIAN POMS WILL...

*Have fun***Work hard***Laugh a lot***Eat food***Make friends***Make memories***Learn teamwork***Learn respect***Stay physically fit***Learn compromise***Learn time management***Grow spiritually, physically, and mentally***DANCE DANCE DANCE****

TRYOUTS

1. Tryouts are open to all eligible Marian students.
2. During tryouts, dancers will learn a routine that contains various styles. The routine will be taught over the span of several days and then performed in front of the coaches and a panel of judges. Dancers will also perform a series of skills and techniques. The coaches and panel have the final decision over the team. Should a returning member be injured and is not able to tryout per a doctor's note, that member will remain on the same team as last year.
3. There will be two teams – a varsity and a junior varsity. There will be up to but not more than 16 dancers on each team. Grade, age, and number of years on the team will not be factored into placement. Performance, attitude, attendance, dedication, skill, and ability will be factored into the team selection. It is the coaches decision as to the number on each team.
4. Should there be open spots on either team additional tryouts may be held in the fall to fill out the team. Requirements will be the same. It will still be the coaches discretion as to how many members to take.

PRACTICES

1. The heart of pom season is from October-March, but practices will be held from May through March. Practices are normally held at Marian. Times can vary.
2. Summer practices are MANDATORY. Each pom must make a required number of practices. If they go over that set number, they will need to run one mile for each one missed over that and will not be allowed to perform until they have run. Vacations, work, appointments, and “beach days” are all acceptable excuses for missing summer practices.
3. For practices between September and March, each pom receives 400 “minutes” of missed time. If you exceed your 400 minutes you will be removed form the squad. Minutes can be used for after school meetings, work, college visits, and family vacations. The following do NOT count against your minutes: fall athletes, play/musical rehearsal, absent from school, after school tutoring, doctor appointments, funeral/viewing, or an academic field trip.

COST/CALENDAR

1. The Marian Poms perform at all home boy's basketball games, some girl's basketball games, and travel to at least three IHSDTA (Indiana High School Dance Team Association) competitions, the regional competition, and state competition. All games and competitions are required performances. Permission to miss a game or competition will be granted rarely and must be requested by a parent for an outstanding reason (ex: funeral). The game and competition calendar is put out as far in advance as possible. Due to weather and scheduling conflicts, dates are subject to change throughout the season.
2. A list of required items will be given to each pom as soon after tryouts as possible. Some of these items are: poms (@\$30), shoes (@\$30), bodysuits (@\$15), hose, ribbon, bloomers, sports pack (@\$60), bags (@\$25), jazz/kick outfits (@\$60 each), camp fees (@\$250), etc. The coach will order these team items and provide each pom with a total amount. All checks should be made out to Marian High School in as timely

a fashion as possible. FINANCIAL SITUATIONS WILL NOT KEEP A DANCER FROM THE TEAM. Payment plans are available.

3. Another cost that will arise throughout the season is the cost of team make-up for the routines, hair accessories, and food while at a competition.
4. The Marian Poms will attend a coach selected summer camp in June or July each year. The cost of the camp will be paid for by the individual pom. All poms will also be required to attend the IHSDTA Fall Conference (only exceptions are fall athletes). The cost of this is to be paid for by the pom.
5. The poms will run a K-9 clinic in June or July. Attendance at this is mandatory. Captains and volunteers will create dances and all of the poms will supervise
6. Poms can participate in a variety of activities at Marian. The only three things not allowed are basketball, swimming, and ski club. Fall athletes are expected to attend their fall practices before attending pom practice. They will be required to make up any missed choreography and attend if able. Spring athletes are allowed to tryout and attend spring workouts while still in pom season. Poms must come first over these spring commitments until our season is over. Poms are encouraged to explore other interests but also to take the large amount of time poms require into consideration.

ROUTINES

1. All poms perform the routines. There are no “alternates” on the squad. The JV normally competes in both the pom and jazz categories and the V normally competes in the pom, jazz, and kick categories. Category selection is at the discretion of the coach and could change based on squad talent and strength.
2. Routines are to be “family friendly” both in the music and in choreography.

RULES/CONSEQUENCES

1. All poms are under the athletic code at all times and are subject to the rules and consequences stated.
2. Poms are expected to exhibit exemplary behavior in the classroom, on the dance floor, and in public at all times, whether in uniform, in season, or otherwise. Public displays of affection are never appropriate.
3. Poms are asked and required to be at all games, competitions, events, and functions on time and in the proper clean uniform. Failure to arrive on time could result in sitting out of that event.
4. Poms are asked and expected to be at all practices on time and ready to work. Excessive talking, interruptions, outbursts, cell phones, and friends that come to watch are distracting to everyone and not allowed at practice. The coach has the right to remove any pom from the practice and, consequently, the routine if she feels that pom is causing a problem for the rest of the squad. We have a long season that can be made longer when dancers are uncooperative.
5. Any pom that receives an unexcused absence will sit out the next performance.
6. Any pom that uses more than her 400 “minutes” will be removed from the squad.
7. Poms should respect the coaches and remember they are the ones taking the time so there can be a dance team. The coaches can see things you may not see so listen to their suggestions. They make changes and decisions in the best interest for the entire squad.
8. We know there are friend, family, and “boyfriend” problems, but once you are at practice and your feet hit the floor none of those things matter and should be left alone. You are here to dance, not start any fights or drama; this should be a time to forget all outside troubles and relax.

CAPTAINS

1. The Varsity and Junior Varsity squad will have no more than three (3) captains each. These are co-captain positions. The captains are responsible for: creating and teaching the pom routine; overseeing the cleaning/ teaching of other routines; teaching pre-games; handling phone tree duties; creating summer clinic routines; and communicating with the coach, cheerleaders, and administration. The captains should also be available to help squad members with routines outside of practice.

2. The captains-elect will perform a one minute original routine in front of the squad and give a short speech as to why they would make a good captain. They must then be voted in by the squad. This should not be viewed as a popularity contest – these are influential positions and the captains will set the tone for the rest of the squad. The varsity captains-elect may be asked to teach a portion of a routine to the rest of the squad as part of their evaluation.

3. Captains are asked to consider their other interests very carefully. Poms takes a lot of time and being a captain adds time. It is difficult to respect a captain that is never at practice.

4. Captains are to lead at all times. There are up to three captains – each should take a turn sitting out of a routine to watch; no one captain should be sitting all the time. This is a huge responsibility and captains need to take the position very seriously. It is an honor to be a captain on any team, and poms hold that honor very high.

The rules, consequences, and guidelines set in this document will be followed whenever necessary. Not all situations have been foreseen; therefore, all situations will be treated on an individual basis, but may also be used as guidelines for future situations.

Updated March 8, 2007 by Tara R. Ton/Monica Weber