



Edmond Memorial Pom

2017-2018 Membership Guidelines & General Information



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Edmond Memorial Pom

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WELCOME LETTER

Dear Pom Squad Candidate & Parent/Guardian,

Thank you for your interest in trying out for a 2017-2018 Pom Squad at Edmond Memorial High School. We appreciate your enthusiasm and interest in our program and are so excited to see what the new school year holds. Included in this packet you will find information that will explain the try-out process, membership guidelines, and general information that all members (and parents) will need to be aware of before trying out. We take pride in our program and want the very best for all members of each squad.

The purpose of the pom squads at Edmond Memorial High School is to promote school spirit, support various organized activities, represent the school, and provide positive leadership in all aspects of school life. These squads will promote and encourage student body involvement and will exemplify loyalty, cooperation, and positive attitudes. This can be a truly rewarding experience for each of you, but it also requires a tremendous time commitment. Pom truly is a year round sport!!! A squad member must be willing to practice on his/her own time to perfect skills. Additionally, a squad member must be able to work well with others; as pom is a team sport! Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of one of the Edmond Memorial High School Pom Squads.

Parents, please also understand that when your child makes a squad there are some responsibilities on your part as well. Not only do the girls have to work together as a team, so do the parents. This is an all-around team sport and it takes the trust, commitment, and communication of all members, coaches, parents, and administrators to be successful. Once selected for a squad you will be financially obligated to pay for all expenses that come your way. It's definitely not a cheap sport, but as parents you have to make the commitment to either pay for the items or be willing to organize and participate in fundraisers to offset cost to participate.

Candidates wishing to try-out for a position on a pom squad and his/her parent must read through the Edmond Memorial Membership Guidelines attached, as well as the District Contract that all three Edmond High Schools follow prior to trying out. After reading and being in full agreement, both student and parent signatures are required indicating that, if selected, both agree to abide by the rules and regulations governing the extracurricular activities of pom at Edmond Memorial High School.

The items listed in this packet **MUST** be turned into the Welcome Center of Edmond Memorial High School by Thursday, March 9th at 3:30pm. There will be NO exceptions on this deadline and time so please make sure to have all items in on time!

We are so excited for the year ahead and look forward to meeting you! Thank you so much for considering trying out for Edmond Memorial Pom and GOOD LUCK to each of you!!!!

Sincerely,

Teri Ogle Freshman Coach/Varsity Coach (Teri.Ogle@edmondschools.net)
Dawnetta Russell Varsity Assistant Coach (Dawnetta.Russell@edmondschools.net)

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TRY-OUT GUIDELINES & DATES

POM CLINIC

❖ **Monday, April 10– Friday, April 14th 2017 (4:00-6:00pm)**

➤ **Clinic Information:**

▪ Clinic will be held from 4:00-6:00 PM in the Dog House. Attendance for each day of the clinic is **MANDATORY** unless a candidate is excused for a school event. The gym will be closed at 6:00 PM. No participants may stay beyond the designated time. **Open Studio time may be provided in the evenings and will be announced on the first day of the clinic.** Clinics are closed to the public: only coaches, choreographers, administrators, and current senior pom members may attend and watch. Required attire for clinic is modest shorts or leggings, t-shirt, socks and tennis shoes as well as jazz shoes. Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed.

CLINIC SCHEDULE

- **Monday and Tuesday, April 10th -11th:** Learn try-out dance, fight song and chant.
- **Wednesday, 12th:** Master and clean dance; work on specific skills (turns, leaps, etc.)
- **Thursday, April 13th :** Mock try-outs--each participant will go through the try-out process in front of the other candidates and the seniors. Select try-out skills and routines will be done full out and this session will be run just like try-outs.

POM TRY-OUTS

▪ **Friday, April 14th, 2017 (4:00pm)**

Freshman & Varsity Pom Try-outs:

Try-outs are **closed** to the public. Try-outs will begin **at 4:00PM for FRESHMAN**, with check-in for the candidates at 3:30 PM, in the Dog House. Try-outs will begin **at 5:00PM for VARSITY**, with check-in for the candidates at 4:30 PM, in the Dog House.

Try-out results will be posted by **Tryout Number** by 9:00pm on an Edmond Memorial website. Details will be provided that week. For try-outs, contestants should wear a plain black tank top, black leggings and tan or black jazz shoes. Hair and bangs should be secured back out of the face. No jewelry is to be worn. Gum chewing will not be allowed.

ADDITIONAL PRACTICES:

❖ **MAY 1- 4, MAY 8 -1 1**

2:30 - 4:30 VARSITY ONLY

Practice: ALL 24 members who **MAKE** the 2017-2018 varsity pom squad are **required** to attend practices. You will begin working at these practices with your squad to prepare for choreography camp in June.

❖ **MAY 15TH — 16TH 3:30 - 4:45 VARSITY (15TH) FRESHMAN SQUAD (16TH)**

➤ **Final Uniform Fittings**

*Freshman Practices MAY be scheduled sometime after May 1st but will be announced at a later date.

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TRY-OUT GUIDELINES & DATES CONTINUED...

TRYOUT GUIDELINES:

1. All candidates and a parent/guardian must attend one of the two mandatory tryout meetings.
2. The following items must be completed and turned in by **3:30pm on Thursday, March 9th** in order to be eligible to try-out:
 - a. EPS District Contract Signature Page
 - b. Edmond Memorial Pom Paperwork Packet
 - c. Physical and Waiver Packet
3. Three collegiate judges will be scoring the participants.
4. Pom tryouts will be held in the Pom Room of Edmond Memorial High School.
5. Participants draw numbers during clinic week. That number does not change during tryouts. Each participant will tryout in numerical order individually first with their skills. After each individual participant has performed their skills, they will go back through in numerical order with a group for the dance portion of the tryout. The groups are formed in numerical order in groups of 3 or 4 depending on the number of participants trying out. After each group has performed, they will return to the waiting area in case the judges ask to see them again.
6. Refer to the Edmond Public Schools District Cheer & Pom Contract for additional tryout guidelines and requirements.

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TRY-OUT SCORE SHEET BREAKDOWN

Skills (PERFORMED INDIVIDUALLY)		Points Possible
Turn	<i>Posture, Execution, Timing, Precision, Body Placement, Control, Spotting</i>	10
Straight or Center Leap	<i>Posture, Execution, Timing, Precision, Body Placement, Control, Height</i>	10
Kicks	<i>Posture, Execution, Timing, Precision, Body Placement, Control, Height</i>	10
Fight Song/Chant		Points Possible
Motions and Memory	<i>Placement, Precision, Execution, Timing, Memory, Recoveries</i>	10
Voice/Spirit/Enthusiasm	<i>Expression, Eye Contact, Spirit, Crowd Appeal, Energy, Enunciation, Projection</i>	10
Dance (Performed in pairs or groups of three)		Points Possible
Motion Technique	<i>Placement, Execution, Fluid Movement, Dance Skills in Context</i>	20
Timing and Rhythm	<i>Movement, Timing, Rhythm, Facial Expression & Projection, Spirit</i>	10
Memorization	<i>Movement Memory, Recoveries</i>	10
Overall Impression (Based on entire tryout process)		Points Possible
Overall Impression	<i>Confidence, Appearance, Judges Impression, Entertaining</i>	10
TOTAL POINTS POSSIBLE		100

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STANDARD OF SCORING

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to do the hardest skill that you can accurately do best.

KICKS

Bent legs, Flexed toes, Poor technique, Legs below level, Body bent over, Sloppy arm placement, Standing leg bent, Heel comes off the ground
Legs straight at times, Toes partially pointed, Standing leg straight, Average arm and body placement, Legs at 90 degree level
Legs straight, pointed toes, Good technique, Standing leg straight, Good arm and body placement, Kick above 90 degrees.
Legs straight, Pointed toes, Excellent technique, Excellent standing leg, arm, and body placement, High kicks

TURNS

Single turn
Double turn
Triple turn
Series of fouettes

LEAPS

Bent legs, Flexed toes, Poor technique, Legs below level, Poor landing, Poor height, Poor arm placement
Average leaps, Pointed toes, Legs level, Landing feet slightly apart, Average arm placement and height
Very strong/above average leaps, Pointed toes, Legs strongly extended, Good height, Landing clean, Good arm and body placement
Perfection, Extremely pointed toes, Legs extremely extended, Landing feet together, Perfect arm placement, body upright, excellent height

MOTION TECHNIQUE

Loose arms, Bad Placement, Broken wrist
Semi-Sharp arms, Average Placement
Extremely Sharp, Perfect Placement

VOICE PROJECTION

Not yelling, Poor inflection, No expression
Talking loudly, Some inflection, Somewhat monotone
Yelling loudly, Good inflection, Energetic

SPIRIT & ENTHUSIASM

Few smiles, Lacks enthusiasm, Poor expression, Poor presentation
Strong smiles, Good enthusiasm, Good presentation
Incredible natural smiles, Exceptional enthusiasm, Very entertaining, but NOT over the top

DANCE

Questionable memory, Motions not clean, Lacks confidence and sharpness, No recovery when mistaken
Basic memory of dance, Some clean motions but not all, Some differentiation with each genre, Recovers
Good memory of dance, Most motions clean, Easy genre changes, Sharp and confident, Good recoveries
Excellent memory of entire dance, Great execution of each genre, Incredibly clean movements, Excellent showmanship and confidence, Recovers so well that a mistake is not even detected.

GENERAL INFORMATION

****In addition to the Edmond Public Schools Cheer & Pom District Contract****

SQUAD MEMBER EXPECTATIONS

The primary objectives of the Edmond Memorial Pom Squads are:

1. To promote school spirit and unity, support, and encourage student body involvement at sporting events and various school activities.
2. To provide half time entertainment at sporting events.
3. To be a competitive team member, while exemplifying respect to all squad members and coaches, and being a teammate by always thinking of your squad before yourself.
4. To work together to build up the members of the team.
5. To set an example for the rest of the student body by exemplifying loyalty, cooperation and a positive attitude.
6. To represent Edmond Memorial by acting as a positive role model and demonstrating good leadership qualities at all times.

PARENT EXPECTATIONS

Parents need to understand the following prior to your child trying out for Edmond Memorial Pom:

1. In order for our squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
2. Parents are responsible for all **financial obligations** for camps, clinics, and other expenses involved in this activity during the school year. These expenses can be offset by fundraisers, but it will be the responsibility of the parents to organize and run the fundraisers, not the coaches. That being said, coaches may help with fundraisers as they have time. Parents **MUST** get approval for any and all fundraisers from the coach who can make sure they are presented to the administration for approval.
3. Parents need to be aware of the time commitment involved in pom and need to support their child in these activities to see that he/she fulfills all responsibilities.
4. Understand by the very nature of the activity, pom can carry a risk of physical injury. No matter how careful the participant and sponsor/coach are, what surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. As a parent you understand these risks and will not hold Edmond Memorial High School or any of its personnel responsible in the case of accident or injury at any time. You also understand that Edmond Memorial will do everything possible to prevent these risks.
5. Parents and squad members need to trust and support the decisions made by the coaches and administrators and know that they try to always do what is best for the team.
6. Please keep in mind that coaches have other responsibilities and commitments outside of pom. We asked that parents and squad members respect their personal and professional time. Any questions or problems concerning the squad should be directed to the coaches **during school hours unless it is an emergency**. The coaches will return phone calls and/or emails at their earliest convenience. Issues should not be addressed during practices, games, or other school events. The coaches need to fully supervise their squad while at these events.
7. There is a proper chain of command, starting with the coach, assistant principal, principal, and finally school board. In fairness to all parties involved, please follow the chain of command if there is ever an issue that you need to have heard.
8. Understand that any violations to the District or Edmond Memorial Contract may lead to loss of points, accumulation of demerits, and/or temporary or permanent suspension from the squad.

COACHES

1. The coaches will work with the squads in the best interest of the team. All coaches want the best for the program and each individual squad member.
2. Coaches make all final decisions. Discipline, as well as demerits, grades, choreographers, practice times, events, etc. are the responsibility of the coaches.
3. Members experiencing problems should talk with the coaches and work with them in finding suitable solutions at the appropriate time.
4. Members should treat the coaches with respect. They are giving up valuable personal and professional time for the squad.
5. Teaching duties of the coach take precedence over pom responsibilities.

PRACTICE RULES

1. Attendance is required at all scheduled practices.
2. Practices are considered before school, after school, and during the designated class hour for pom. Practice will not be planned around those who have jobs, outside activities, or appointments. (i.e. dance, competitive team activities, drs appointments, etc) Members will be expected to schedule around pom. EMHS Pom needs to take priority over private dance classes or competitions. Every effort will be made to work with squad members who dance competitively on a case by case basis.
3. Required attire for pom class should be worn at all times (modest shorts or leggings, t-shirt, socks and dance or pom shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed. All members should be dressed out daily unless specified otherwise by the coach.
4. Be kind. There is no room for personal conflicts. Do not bring them to practice.
5. Stretching and warming up is not optional, you must participate in order to cheer, dance and perform.
6. In order to receive all points for practice you must participate in all facets of practice (i.e. stretching, marking, dancing, making signs, hanging signs, listening, cooperating, etc.)
8. No phones are allowed to be out in the pom room during practices.
9. If you will miss a practice, arrive late to practice, or need to leave early from practice you must inform your coach.
10. If you are sick or leave school early before your designated hour for pom you or a parent/guardian must notify the coach of your leave prior to your class hour.
11. In order to leave pom class you must be checked out by a parent and receive a pass from the office in order to be dismissed.
12. Please refer to Policy #4215 in the Student/Parent Handbook-
 - a. On the tenth (10th) absence a student will receive a "no credit" on his/her transcript for the semester.
 - b. An absence is defined as missing more than fifteen (15) minutes of any part of class time.
 - c. Three (3) tardies equal one (1) absence.
13. When a squad member is absent from practice, it is her/his responsibility to learn what was missed prior to the next practice.

GAME DAY CONDUCT

1. How the squad is perceived by students, parents, and patrons is largely decided at games. Therefore, while performing at games, squad members are to stay in formation at all times and pay attention to the direction of the squad captains and the coach.
2. Gum chewing, slouchy appearance, jewelry, incorrect uniform pieces or inappropriate dancing, gestures, language will not be allowed and may result in an immediate benching.
3. If a squad member is out of uniform or in a wrong uniform, they will not be allowed to cheer. They will then sit with the coach.
4. An injured or ineligible squad member **will be required** to attend her scheduled pom events/games in uniform and must sit with the coach

GAME CONDUCT (TRAVELING AND AWAY)

1. For ALL out of town games, members MUST ride the school bus to the game, and MUST stay for the entire game.
2. Members are to ride the bus back to the school, following the event unless they are checked out after the game or event by a parent or guardian. Squad members will only be released at the end of an away game to a PARENT or GUARDIAN.

****An exception to this would be a squad member who is leaving directly from an event to go out of town and arrangements must be premade in writing from the parent AND cleared with the coach and administration.****

UNIFORMS

1. School-issued uniforms are SCHOOL PROPERTY, but will be the responsibility of the squad member to see they are properly cared for. Any damage to uniforms will result in the responsible member paying for a replacement. School-issued uniforms include shell tops, warm ups, skirts for girls and comparable items for boys. Additional accessory items may be purchased and worn ONLY with the coaches' approval. Alterations to uniforms without the coaches' permission are considered damage and will result in replacement at member's expense (**no material is to be cut when doing alterations**). Cost for alterations will be at members' expense.

2. All uniforms must be returned at the end of the year undamaged or a hold will be placed on semester grades. Rules for student holds in the handbook will apply. Damaged or lost items will be paid by the individual member.

GAME, EVENT, AND PRACTICE MISSES

1. All forms must be filled out and submitted 24 hours prior to the practice or event.
2. Although participation on all star and competitive dance squads is beneficial for maintaining and developing new skills, squad members must give their school squad the highest priority. All-Star and competitive dance obligations are not counted as excused absences.
3. Practice Miss
 - a. If a squad member needs to miss practice, arrive late, or leave early for any reason (doctor's appointment, school activity, vacation, etc.), the coach must be notified at least 24 hours in advance. The sponsor/coach will determine whether an absence is excused or unexcused. If the coach is not notified 24 hours prior to the practice, then it will automatically be considered unexcused.
4. Game/Event Miss/Form-
 - a. If a squad member needs to miss a game or event, a *game/event miss "Skip" form* must be filled out and submitted to the sponsor **24 hours prior** to the game/event. If a *game/event miss "Skip" form* is not submitted **24 hours prior** to the event then it will automatically be considered unexcused. Each squad member will have one "skip" per semester to use at any time needed. The maximum number of skips that can be used for a single event will be dependent on the event but will be between 4-6.
 - b. If a squad member needs to miss an event because of another school obligation (vocal concert, DECA State, etc) the miss is EXCUSED, but the coach must still be notified as soon as possible and must know 24 hours in advance.
5. Varsity Only:
 - a. **For all split-squad events, no game misses will be accepted.** If a squad member needs to miss a split event they are required to trade an event with another squad member who is not scheduled to go that night in order to ensure a minimum number of squad members at the event. The names of those trading must be submitted to the sponsor **24 hours prior** to the event for it to be accepted.

ACTIONS AND CONSEQUENCES

1. At school events, including pom class, practices, and pom related school activities, all school policies will be followed regarding student behavior and attendance.
2. Any violation to the *Edmond Public Schools District Cheer & Pom Contract* or the *Edmond Memorial Cheer Membership Guidelines & General Information Packet* may be handled accordingly:
 - a. Benching or suspension for a period of time to be determined by the coach.
 - b. Loss of points on the academic grade for the physical education credit squad members receive for being on a pom squad.
 - c. Demerits: A squad member who accumulates twelve (12) demerits will result in suspension from the squad for the remainder of the year. Please note that the members facing suspension from the squad will have had adequate opportunities to earn merits that would offset demerits.
3. Refer to Page 15-16 for specific grading policies and merit/demerit information.

COMPETITION SQUAD

1. Selection of the competitive team will ultimately be at the discretion of the coach(es). A Choreographer or State Coach may be involved in the selection process as well. Factors that will determine selection include, but are not limited to: athletic and dance ability/skill set, participation/attendance at practices, attitude and work ethic, fulfillment of a specific role or position based on routine choreography, etc...
2. The number of members that make the competition squad will be solely based on how many participants the coaches feel are qualified and meet the requirements and expectations for the competitive Pom squad.

COMPETITION SQUAD CONTINUED...

3. Individuals are expected to maintain their skills throughout the competitive season that were performed at tryouts. A decrease in skill level (not due to injury) will place an individual's placement in the routine in jeopardy.
4. All squad members will be required to attend practices. Attendance is vital for the competitiveness of the squad. Excessive absences can be grounds for benching, replacement, or suspension at the coach's discretion. Practices may be daily during the 7th hour class time, but on certain days will be after school, in the evenings, and on the weekends so be prepared to commit a considerable amount of time to this squad. The competitive squad may also practice once or twice a week from April to December and have a choreography camp and work days during the summer.
5. Competitive Pom squad members will receive an additional 6 merits at the beginning of the school year to compensate for the additional required practices. This does not count towards their 8 merits they can earn throughout the school year.
6. All squad members picked for a competition squad are financially obligated to pay for all fees for the competitive season (i.e. Competition fees, coaching fees, choreography fees, coach's registration fees, etc.). The coach will try to help provide one or more fundraising opportunities to help offset the expenses that are involved in state, but the parent group will be responsible for providing any additional fundraising opportunities.
7. If a member chooses to quit the competitive squad, he/she is required to pay the financial obligations in full regardless of their decision to leave the squad.

STAYING CONNECTED THROUGH TECHNOLOGY

Technology has become a necessity in today's society, and to help stay connected with our athletes and parent/guardians, we will be incorporating it through different mediums in our program. Below is a list of forms of communication we will use throughout the school year. Each athlete (and parent/guardian) will need to take the following steps in order to receive important information about Edmond Memorial Pom. It is the participants and parent/guardians responsibility to stay informed about what is going on with Edmond Memorial Pom. Please make sure to use all avenues available to always have the up to date news! It is our hope that these resources will help strengthen the program.

1. **Email-** Please check your email daily! We send the majority of our information to parent/guardians through email!!! It is the athlete's and parent/guardian's responsibility to check email frequently!!!
2. **Calendar-** Monthly calendars will be emailed out to parents, posted in the Pom room and given to squad members as well.
3. **GroupMe** - GroupMe is a text application that will allow anyone with a phone to send messages to a group. We will use this for most communication throughout the year. This is an app that will allow everyone in the group to text each other...not just the coach. This will only be used to communicate important information, ask questions, and get information to the athletes regarding pom issues only, not a place to complain, ask personal questions, or promote events not related to pom. These groups will be set up after tryouts. Squad members are responsible for checking the group message daily and for responding to show they have received the information.
4. **Text Messaging**-Individual text communication is also used by the coach to contact parents and squad members.

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WHAT TO EXPECT THROUGHOUT THE YEAR

MONTH	TENTATIVE MONTHLY TIMELINE
April	<ul style="list-style-type: none"> • Tryouts and First parent meeting • Uniforms Checked Out • Ordering of Essential Items (poms, shoes, spanx) and money for these items is due • Camp clothes selected • Plan summer schedule
May	<ul style="list-style-type: none"> • Physicals • 1st Camp Fees due • Bulldog Little Girl Pom Camp Planning Meetings TBA • Squad and Individual Photo Shoots • Practices begin
June	<ul style="list-style-type: none"> • Choreography Camp June 5th—7th 9 am – 5 pm • Possible Squad Practices (Sideline cheers, band chants etc) • Car Washes, other Fundraisers • Bulldog Pom (Little Girl) Summer Camp June 12-15
July	<ul style="list-style-type: none"> • Freshman Squad may have Practices-TBA • Varsity Squad State Choreography and possible CHOM Choreography--TBA • Squad photos & Spirit Squares submitted for football program.
August	<ul style="list-style-type: none"> • All Squad Team Building, Choreography Camp Bulldog Bash and Chant Practice August 7th-11th 9am – 4pm (2nd Camp fees due) • Sign Making Camp for Fall Sports • Football 101 Class • Perform at Bulldog Bash • Perform at Freshman Night (Varsity Only) • Football Games Begin
September	<ul style="list-style-type: none"> • Start State Practices weekly • Possible Football Homecoming • Do treats and hang signs for Fall Sports • Submit senior pom page from parents to the yearbook
October	<ul style="list-style-type: none"> • Possible Football Homecoming • Begin working on “CHOM” performances
November	<ul style="list-style-type: none"> • Football Playoffs • Basketball 101 Class, Wrestling 101 Class • Do treats and signs for Winter Sports
December	<ul style="list-style-type: none"> • Basketball & Wrestling Begin • Holiday Party
January	<ul style="list-style-type: none"> • Continue Basketball & Wrestling Events • Possible Little Girl Clinic (Sat AM event/ game night performance) • Start planning for banquet/Senior Night
February	<ul style="list-style-type: none"> • Mandatory Tryout Meetings • Cheer/Pom Senior Night and Reception
March	<ul style="list-style-type: none"> • Banquet • Do treats and signs for Spring Sports

Edmond Memorial Pom

DEMERIT & MERIT SYSTEM

Merits & Demerits may be issued by any sponsor, coach, or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on your grade and/or benching/suspension given by the coach.

➤ **Page 11, Actions & Consequences, #2, Letter C States:** *A squad member who accumulates twelve (12) demerits will result in suspension from the squad for the remainder of the year. Please note that the members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits.*

➤ **Page 12, Competition Squad, #5 States:** *Competitive Pom members will receive an additional 6 merits at the beginning of the school year to compensate for the additional required practices. *This does not count towards their 8 merits they can earn throughout the school year.*

DEMERITS

Listed below are reasons demerits may be issued. They include, but are not limited to, the following items:

Being Tardy or Leaving Early

2 DEMERITS

- Arriving late to practice, game, event, bus, etc.
- Leaving early from practice, game, event, etc.
- Being late to formation at quarters or after halftime of games.
- Late getting picked up from practice, game, event, etc. (15 minutes)
- Late being dressed out for class.
- Late turning in paperwork or payments.
- The sponsor/coach will determine whether a tardy is excused or unexcused.
- In cases of arriving late or leaving early to a practice, the coach must be notified or it will automatically be considered unexcused and receive a demerit.

Absence at Game or Event

4 DEMERITS

- Any game or event that a member misses without using a free pass will result in 4 demerits and a zero for that event.
 - If a squad member is using their "free pass" for the semester, a *game/event miss/late form* must be filled out and submitted to the coach **24 hours prior** to the game/event for it to be excused. Each squad member will only receive 1 free pass per semester.
- **Tournaments: 4 demerits per game**

•

Absence at Practice

(Practices are considered your school hour, before school, or after school)

3 DEMERITS

- The sponsor/coach will determine whether an absence is excused or unexcused.
- If the coach is not informed about the reason for the absence then it will automatically be considered unexcused.

Dress Code

1 DEMERIT

- Dress code should be followed at all times. This includes, but is not limited to:
 - Not wearing the correct coach specified uniform (at school or at an event), not wearing required shoes, not dressing out when required to (this includes wearing shoes for practice), not wearing the correct hair style or spanx, **not dressing up on themed dress up days**, etc.

Skills and Performances

1 DEMERIT

- Failure to perform required skills (i.e. kicks, turns, leaps, kicklines etc.)

Required Items

1 DEMERIT

- Failure to bring required items to practice, meetings, games, competitions, or any other event (I.e. poms, bags, money due, warm ups, progress reports, practice clothes, shoes, etc.)
- Leaving required items at practice, meetings, games, competitions, or any other event.

Jewelry

1 DEMERIT

- Wearing jewelry of any type is not allowed during practice, games, or events. (Stud earrings are allowed)

Gum

1 DEMERIT

- Chewing gum is not allowed at practice, games, or any other activity where gum chewing is deemed inappropriate by the sponsor.

National Anthem

1 DEMERIT

- The following list of items should be followed during the National Anthem. This includes, but is not limited to:
 - Giving full attention (i.e. not talking, not looking around, etc.)
 - Should be in stance and eyes on the flag to show respect the entire time.
 - Should be standing as a team.

Social Networking

2 OR MORE DEMERITS

(COULD INCLUDING DISMISSAL FROM THE SQUAD)

- We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Facebook, Snapchat and Instagram are viewed by parents, young children, and often times other students from across the country. It is important that you represent yourself as a positive leader on such websites. The following should not be used or seen on social networking accounts (the list includes, but is not limited to):
 - Use of inappropriate content, profanity, alcohol, tobacco, public display of affection, inappropriate clothing, or negative comments towards the cheer & pom program, teammates, coaches, or administration.

The coach will follow each member on her social media.

Cell Phones

1 DEMERIT

- Cell phones will be turned OFF or on silent during practice, games, or other events.
 - Cell phone activity, including text-messaging, will not occur during practice, games, or other events.
 - Cell phones should be put away in a bag or purse for the duration of the practice, game, or event.

Behavior

1 OR MORE DEMERITS

(POSSIBLY INCLUDING DISMISSAL FROM THE SQUAD)

- Defiance of authority, talking back to the coach, inappropriate language, public display of affection, arguing or fighting with coach or another squad member, talking excessively during practice or an event, not yelling at games, not smiling, not putting forth effort, not standing properly, paying attention to individuals in the crowd instead of full attention on activity, and any other conduct or behavior that does not promote school spirit, does not represent the school admirably, and does not exemplify loyalty, cooperation, and a positive attitude.

Violation of School Policies and Procedures

2 OR MORE DEMERITS

(POSSIBLY INCLUDING DISMISSAL FROM THE SQUAD)

- Violation of classroom standards and school policies regarding behavior and attendance at school events, class, including pom class, practices, and pom related school activities.
- AISP or Suspension from school for ANY reason may be cause for dismissal from the squad. This decision will be made by the coach and the administration. If AISP or Suspension from school is received more than one time, the member will be dismissed from the squad.
- **If a squad member is suspended for a policy violation involving alcohol or other drugs, the member will be immediately removed from the squad.**

MERITS

- Merits will be given for the Fall Semester GPA as follows:
 - 3.5 and above = 2 merits
 - 3.0-3.4 = 1 merit
- Squad members can receive a **maximum of six (6) merits** per year (not semester). Squad members will be given opportunities to earn these merits throughout the year. The second semester's opportunity must be afforded prior to the next year's try-outs. The coach will determine opportunities to earn merits and the merit value of each opportunity. Merit opportunities must be school or community service related and approved by your coach.

Edmond Memorial Pom

GRADING POLICY

GRADE BREAKDOWN

The pom grading policy will reflect your level of participation during the semester. Any infraction to the rules may result in loss of points on your grade, as well as a demerits and/or benching/suspension given by the coach. Your grade will be based on the following breakdown:

DAILY GRADE

- ✓ Daily grades may be taken throughout the week. Points are based on being on time, dressing out (see below), participation during class time, attitude, cooperation, work ethic, etc. Absences that are unexcused will result in the loss of points for that day. In order for an absence to be excused you must be checked out through the front office and you must notify your coach prior to the absence.
- ✓ Required attire for pom class should be worn at all time (modest shorts or leggings, t-shirt, socks and tennis, pom or jazz shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed. All members should be dressed out daily unless specified otherwise by the coach.
- ✓ Any other obligations that might come up during the year and specified by the sponsor will be counted for a grade.

GAME/EVENT GRADE

- ✓ Every game or event will be worth 100 pts. For an unexcused absence you will receive a zero (0). An absence is considered excused if either a game "free pass" has been accepted by the coach and turned in 24 hours in advance or if a parent/guardian has called the coach at least one hour prior to leaving for the event in cases of illness.
- ✓ Any tardies to practice, game, or events or leaving early from practice, games, or events may result in a deduction of up to 15 points for the first 15 minutes. At 15 minutes you will receive a 75, at 30 minutes a 50 and more than 30 minutes will result in a zero for that practice, game or event. Since a student is not allowed to drive to any away event, if you miss the bus you will receive an automatic zero and/or benching for a period of time to be set by the coach.
- ✓ Any uniform violations may result in a deduction of up to 20 points from your event grade. Participants must wear all coach-specified uniform pieces. Points could be deducted for, but not limited to, wrong uniform, wrong shoes, hair not as instructed, wearing jewelry, or coming without poms to games, as well as not following appearance code according to the pom/cheer information packets both during the school day and at games/events. If you do not bring all required items, not only will you lose up to the 20 points from your grade, but may be benched for the game and must sit with the coach.
- ✓ Any inappropriate behavior may result in a deduction of up to 20 points from your event grade. Points could be deducted for, but not limited to, chewing gum during games, talking during games, being out of formation, public displays of affection, etc.
- ✓ School Dress Up Themed Days-Participation is required and may count for a grade. (You will be required to dress up on weeks that we have dress up days at school to help promote school spirit). This includes but may not be limited to: Howdy Week, Homecoming Week and Swine Week.

NOTE: Content area tests will be given over football, basketball and wrestling and grades will be taken on these tests. These tests will consist of rules and procedures for the game and will focus on the understanding of the game so that squad members will understand the games they are cheering for.

Edmond Memorial Pom

REQUIRED DATES FOR ALL 2017-2018 SQUAD MEMBERS

Below are mandatory dates for each member who makes a squad. If a squad member is not at the events or practices listed below it may put their spot on a squad in jeopardy. Please mark your calendars so you know all required dates!!!

DATE	TIME	WHAT	Location
Thursday March 9 th	3:30pm	All Pom Applications are DUE	Welcome Center
Mon April 10 th -Thurs April 13 th	4-6:00pm	Pom Clinic	Dog House
Friday April 8 th	4:00/5:00pm	Pom Tryouts	Dog House
Monday April 24 th	3:00-4:30	Freshmen Only-Uniform Fitting	
Tuesday April 25 th	2:00-4:30pm	ALL POM – Fittings & Ordering of Essential Items 2:30 - Varsity 3:30 – Incoming Freshman	Dog House
Thursday, April 27 th Tuesday May 3 th	6:30 pm 6:30 pm	Mandatory Freshman Parent Meeting Mandatory Varsity Parent Meeting *All Essential Items & Camp Clothes Money Due	EMHS Library EMHS Library
May 1-4 May 8-11 (Those with a 7 th hr will come asap)	2:30-4:30	New Varsity Squad Practice <i>*Required for ALL 24 girls who make Varsity squad*</i>	TBA (Doghouse is Closed)
May 15 th	2:30-4:30	ALL Varsity members – Final Uniform Fittings	Dog House
May 16 th	3:00-5:00	Freshman Squad-Uniform Fitting (if needed)	Dog House
Mon June 5 th –Wed June 7 th	9:00-5:00	Choreography Camp	Doghouse
Monday June 12 th -Thursday June 15 th	9:00-2:00	Bulldog Pom Summer Camp (Little girls K – 4 th grade)	Dog House
July date TBA	TBA	State Choreography	Dog House
July date TBA	8am-12pm	CHOM Choreography with Cheer Squad (Varsity only)	Dog House
Mon August 7 th – Fri August 11 th <i>*All practices are mandatory and Demerits begin now</i>	9am-4pm	Both Squads-- Bulldog Bash Week Choreography Camp	Dog House
Saturday August 12 th	5:00-9:00	Bulldog Bash *REQUIRED* by all squad members	EMHS

Edmond Memorial Pom

ESTIMATED COST TO PARTICIPATE

(The following page is an ESTIMATE of expenses based on previous school years)

Each squad member will be responsible for ALL costs associated with being a member of a pom squad at Edmond Memorial. Being a squad member can get expensive, so we want everyone to be fully aware of all expenses that are associated with pom. We never want the cost to affect if a participant decides not to tryout, but we do want each member aware of the cost involved. The parent groups may offset cost by organizing and participating in fundraisers if the squad deems it necessary. The coach must approve all fundraisers and will offer ideas and suggestions. Only those members who participate in the fundraisers will benefit from the profit. If further financial assistance is needed please speak to a coach or administrator to see what other options are available.

ITEMS PROVIDED BY THE SCHOOL DISTRICT

❖ The school provides uniforms and all-weather warm-up suits; any alterations are at the squad member's expense (no material is to be cut when doing alterations).

REQUIRED ITEMS NOT PROVIDED BY THE SCHOOL DISTRICT

❖ **REQUIRED items paid for by each participant:**

<i>Item</i>	<i>Cost</i>	<i>Squad</i>
Shoes	\$55-\$85	all
Poms-Silver	\$45	all
Poms-Maroon	\$45	Varsity Only
Maroon Spanx	\$25	all
Silver Spanx	\$25	Varsity Only
Backpack	\$70-\$85	all
Spirit Supplies	\$30 -\$40	all
Camp Clothes	up to \$150	all
Bows	\$30-\$40	all
Choreography Camps	\$200-\$300	all
Warm Ups/game day wear	Up to \$250	all

-----SOME OF THESE COULD BE DEFERRED WITH FUNDRAISERS-----

OPTIONAL EXTRA ITEMS

❖ Optional items paid for by each individual and/or parent group funds could include but are not limited to:

uniform alterations, additional warmups or jackets, leggings, extra bows or headbands, camp gifts, homecoming activities, big sis/little sis treats, end of year banquet, etc.

ALL PARENTS please know that as soon as your child makes a spirit squad numerous expenses will be needed within the first 2-3 weeks after tryouts. If you know that financially you will need assistance in helping pay for some of these cost stated above, please start organizing and running fundraisers with your squads as soon as tryouts are over. Since money is due so soon after tryouts I would have the fundraisers planned and ready to go the week after tryouts if need be. The earlier the better!!!

Edmond Memorial Pom

PACKET CHECKLIST

Participants Name: _____

Current Grade (please circle): 8TH 9TH 10TH 11TH

THE PARTICIPANT & PARENT/GUARDIAN SHOULD KEEP AND READ:

- Page 1-4 of the Edmond Public Schools District Cheer & Pom Contract
- Page 1-20 of the Edmond Memorial Pom Membership Guidelines & Information Packet

THE PARTICIPANT & PARENT/GUARDIAN MUST FILL OUT, SIGN, AND TURN IN THE FOLLOWING ***BY 3:30PM ON THURSDAY, MARCH 9TH*** TO THE EMHS FRONT OFFICE (WELCOME CENTER) IN ORDER TO BE ELIGIBLE TO TRYOUT:

- Please mark off that you have each of these completely Filled out:
 - ☐ Page 21-24 of the Edmond Memorial Pom Membership Guidelines & Information Packet
 - ☐ Page 5 of the Edmond Public Schools Cheer & Pom District Contract

Please put the packet into the following order:

Pages 21, 22, 23,24 EMHS Contract pages (completed and signed)

Page 5 District Contract page (completed and signed)

Physical (front and back completed and signed--if turning it in with your application)

All Participants **must** have a physical on file with Memorial Pom by the First Day of Clinic in order to participate (Monday, April 10th)

- Physical: A current physical (5/16 or after) MUST be received by the start of the tryout clinic.
 - . It is recommended that your physical be turned in with your try-out application if possible.

Try Out application, and additional items listed above are due to the Welcome Center of Edmond Memorial High School by 3:30pm on Thursday, March 9th, 2017...

NO EXCEPTIONS!!! No packets can be received after 3:30pm!!!
Please be sure to sign every sheet requiring a signature.

2017-2018 TRY-OUT APPLICATION

Name: _____
Name(s) Of
Parent/Guardian: _____
Address: _____
City: _____ Zip: _____
Home Phone: _____
Athlete's Cell: _____ Athlete's Email: _____
Mom's Cell: _____ Mom's Email: _____
Dad's Cell: _____ Dad's Email: _____
School Currently Attending: _____ Current Grade: _____

Squad Trying Out for (**Please circle**)

VARSITY POM (incoming sophomores, juniors, seniors)

FRESHMAN POM (incoming freshmen)

Physical (Please Check One): Physicals must be dated after May 1, 2016 to be eligible.

- ☐ Physical is already on file with Edmond Memorial Pom (Current 2016-2017 Squad Member)
- ☐ Physical is already on file at Edmond Memorial (Sport you were in: _____)
- ☐ Physical is on file at my middle school for the 2016-2017 school year and I will be getting a copy of it to turn in **PRIOR** to the first day of clinic.
- ☐ I do not have a physical for this year and will be getting one and submitting it **PRIOR** to the first day of clinic.
- ☐ Physical is enclosed.

Additional information:

Edmond Memorial Pom

2017-2018 CONSTITUTION AGREEMENT

Parent/Guardian:

I hereby authorize my child, _____, to try out for pom at Edmond Memorial High School. If my child is chosen for a position on a Pom Squad, I understand he/she is obligated to serve in that capacity for the entire school year, unless he/she leaves school or does not continue to meet the requirements of the position. **I have read the contract** and am aware of the rules and guidelines stated in the *Edmond Memorial Pom Membership Guidelines and General Information Packet* & the *Edmond Public Schools District Contract* that must be followed throughout the year and understand that violation of any of these rules may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad. I understand that all forms attached must be completed by March 9th and turned in by 3:30PM, or my child will not be allowed to tryout. I also realize that if my child is ineligible academically for the week of tryouts they will not be allowed to tryout. I have discussed the contract with my child, and **we agree to abide by these rules and regulations if chosen for a squad.**

_____/_____/_____
Parent / Guardian's Signature Date

Applicant:

I have read the entire *Edmond Memorial Pom Membership Guidelines and General Information Packet* & the *Edmond Public Schools District Contract* and understand all rules and regulations set forth in them. I understand that if selected for an Edmond Memorial Pom Squad, I will be expected to abide by these rules, as well as any other rules designated by the sponsor/coach or administrators. I understand that membership on the pom squad is both an honor and extremely hard work and I will make every effort to be a successful member of the team by supporting my coach, my fellow squad members, and the program throughout the year. I further understand that Edmond Memorial Pom Squad Members are held to high standards, and if I am selected, I will respect and honor the privilege given to me to represent Edmond Memorial in the best manner possible. I understand that all forms attached must be completed by March 9th and turned in by 3:30PM, or I will not be allowed to tryout. I also realize that if I am academically ineligible for the week of tryouts I will not be allowed to tryout. **I have read all forms and discussed them with my parents, and we agree to abide by these regulations if I am chosen for a squad.**

_____/_____/_____
Applicant's Signature Date



EDMOND PUBLIC SCHOOLS

Empowering all students to succeed in a changing society

Parent Permission to Participate

The parent/guardian signing below hereby grants permission for the student to participate in the School Activity. Both parent/guardian and Student have read this agreement, voluntarily sign below, and agree to be bound by the terms and conditions of this agreement.

Student's Signature

Parent/Legal Guardian's Signature
(For students under 18 years old)

(Print Student's Name)

Dated: _____

Important Contact Information

Parent Name (Print): _____

Phone Number (Home) _____ Work or Cell Phone: _____

In the event of illness or accident, if we should need to contact someone other than listed above, please contact:

Name: _____ Phone: _____

Consent to Medical Care

If your child sustains a non life-threatening injury, Oklahoma law requires that a hospital have parental consent before beginning treatment. This form allows you to give the necessary permission, even if your child is under the care of another adult. With your consent, this form can be presented at any medical office, clinic, or hospital in Oklahoma for emergency medical care.

In the event of illness or injury, Student and parent/guardian hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician as deemed necessary for the safety and welfare of Student. It is understood that the resulting expenses will be the responsibility of the student participant and/or parent or guardian.

(Parent or guardian signature regarding Consent to Medical Care only)