

Cherokee Trail High School

Poms Tryout Packet

2019-2020 Season



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

Mia Brown, Varsity Coach

720-886-1958

mbrown61@cherrycreekschools.org

Sierra Strykala Boyd, JV Coach

720-436-8332

sstrykalaboyd@gmail.com

2019-2020 IMPORTANT TRYOUT DATES

INFORMATIONAL MEETING (Every interested athlete and 1 parent **MUST** attend)

Wednesday, March 13, 2019 @ CTHS Lower Lecture Center

Returning Athletes 6:30-7:00 pm

New Athletes 7:15-8:00 pm

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

Tuesday, April 9, 2019	Mile Run/Tryout Clinic 3:45-4 pm; Check-in 4-6 pm; CTHS Dance Room/Aux. Gym
Wednesday, April 10, 2019	First Technique/POM Routine Tryout 3:45-4 pm; Check-in 4-6 pm; CTHS Dance Room/Aux. Gym
Thursday, April 11, 2019	Second Technique Tryout/Jazz Routine 3:45-4 pm; Check-in 4-6 pm; CTHS Dance Room/Aux. Gym
Friday, April 12, 2019	Final Tryouts 3:45-4 pm; Check-in 4-6 pm; CTHS Dance Room

Tryouts are CLOSED to all spectators...thank you!

Athletes will be notified of their team position via online tryout site by Friday evening, April 12, 2019.

TRYOUT DETAILS

The CTHS POMS program will only hold one formal tryout in the Spring of 2019. The poms teams, both JV and Varsity, are 100% coach selected. Athletes will be evaluated on dance skill technique, coachability, athleticism, performance, spatial awareness and dance routines learned during the clinic. Everyone will be given an equal opportunity to make a pom team at CTHS. 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. A copy of the judging sheet will be made available the first day of clinic.

Because of the level of exertion 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 Cherokee Trail 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 top, 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 CTHS Poms on it may be worn.
- All hair must be pulled back in a neat bun.
- No Gum, food, cell phones.

2019-2020 CTHS POMS DANCE TEAM TRYOUT REQUIREMENTS

There will be a Varsity Poms team and a Junior Varsity Poms team at Cherokee Trail High School for the 2019-2020 school year. These teams will be responsible for performing at home Varsity and JV football and basketball games, as well as pep assemblies and selected community events. The teams will also be expected to support other sports at Cherokee Trail as well as participate in selected dance competitions representing Cherokee Trail. The following are the requirements necessary to complete the tryout selection process:

REQUIREMENTS:

Tryout Packet DUE (CTHS Athletics Office/Main Office, Attn. Mia Brown or in-person): FRIDAY, APRIL 5, 2019. (Application, Agreement, Release to Participate, Current Physical, Current PowerSchool Grade Report print out w/teacher emails provided)

- Attend Tryout Week (4/9-4/12)
- Evaluation of Dance Routines/Combinations
- Technical Skill Elements (will be taught/demonstrated during tryout week)

RECOMMENDED SKILLS

The following are **recommended** skills for JV and Varsity. *Coaches are looking for high quality technical excellence; quality over quantity.* Teams are determined solely by the coaches and all decisions made will be final.

Varsity	JV
<ul style="list-style-type: none">- All JV skills- Single leg turn (right or left)- Pirouettes: <i>High quality</i> right quad/5+- 4 consecutive <i>high quality</i> turns in second (tours) into double, into 2 consecutive <i>high quality</i> turns in second (tours) into double, land.- Reverse turns in second (tours) into double/triple pirouette.- Leaps/Jumps: Calypso- Tumbling: headspring, aerial cartwheel/one-handed cartwheel on both sides	<ul style="list-style-type: none">- Right and left splits- Right/left leg hold into tilt- High kicks in a kick line sequence- Pirouettes: <i>High quality</i> right triple- 4 consecutive <i>high quality</i> turns in second (tours) into double pirouette, land.- Jumps/Leaps: Toe touch, Back attitude arching battement, Turning Disc- Other: Stage presence, memorization, performance quality, interest and willingness to improve dance skills outside of poms- Run a 9:00 minute mile

***High Quality = high relevé, pointed feet, knees straight and stretched, correct arm placement, core strength, spot strong, rotations on counts.**

CTHS Pom Tryout Contract Overview

The following is a brief description of the guidelines and expectations required of a CTHS 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 Cherokee Trail 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 Cherokee Trail 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 (for those who are selected for a team)

MANDATORY Uniform Fitting/New Team Meeting (1 parent must attend): Monday, April 15, 2019.

All fall/winter practices are MANDATORY! Summer practices are expected and will effect placement in dances. (Official technical and choreography practices will begin May 1, 2019).

Summer Commitments

- Vacations should attempt to be planned around practice schedule.
 - o Tentative "OFF" weeks: June 23-July 7 and July 21-August 4, 2019 (will vary between teams).
- Detailed summer schedule will be passed out at the first team meeting.
 - JV/Varsity: Camp: June 9-12, 2019
 - Varsity Only: Choreography, M-F June 17-21, July 8-19, 2019 (AM)
 - Varsity Only: Mini Poms Camp, M/W/F July 8-12, 2019 (PM)

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 Mon-Fri. Selected Saturday practices will be necessary for the competition season.
- Dancers will be required to take 1-2 team technique classes during the week at a minimum. A separate cost will be associated with this training.
- Varsity and JV dancers may work with choreographers and technicians throughout the season. A separate cost may be associated with this training and service.
- Dancers missing a practice or arriving late jeopardize their spot in the next performance.
- 3 strikes and you're out discipline policy.

Performances

- Attendance at all games, performances, and scheduled events is MANDATORY regardless of performing selection.
- Football season is during the Fall season, Basketball (boys and girls) is during the Winter season.
- Competition season is during the Fall and Winter seasons.
- Varsity travels to Nationals in Orlando, Florida in February upon qualification and coaches discretion. Additional costs will be associated with this competition and trip.

Uniforms/Financial Responsibilities

Dancers are responsible for purchasing their own uniforms. Team fundraising will be used to help offset team and program costs. All team members are expected to participate in the fundraising events.

The following is a ROUGH estimate of the financial commitment of a CTHS Pom.

- Varsity (\$3200)/JV (\$2400)
- \$400 deposit due at New Team Meeting: April 15, 2019. Payment/monthly invoice schedule will be set up after team is selected.

Transportation

Athletes 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.

Communication

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

- Each athlete 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 follow guidelines found in the CCSD Athletic Packet
- CTHS 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 require academic assistance during practice times until caught up. Missing practices, even for academic purposes, may affect their participation in an upcoming performance. The athlete may also be placed on an individualized academic probation contract.

Propriety & Trust

- Team members found to be under the influence of alcohol/drugs will face consequences in accordance with the Cherry Creek Athletic Code. 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 Cherokee Trail events and in the community.
- Appropriate social media conduct expected.
- Team members must stay with the team during all team events/performances.
- The demerit system will be used for disciplinary guidance.

Please direct any questions to Coach Mia Brown at mbrown61@cherrycreekschools.org.

CHEROKEE TRAIL HIGH SCHOOL POMS
TRYOUT APPLICATION

Name: _____ Current Grade: 8 9 10 11

Address: _____

Birthday: _____ T-shirt Size: _____

Home Phone: _____ Personal Cell Phone: _____

Personal Email: _____

Parent's Name(s): _____

Parent Email: _____

Parent's Cell Phones: _____

Cumulative GPA: _____ Current Semester GPA: _____

Circle the option(s) that best applies to you: **BE HONEST AS WE ARE HOLDING YOU TO THIS COMMITMENT!**

- A. I would accept a position on either the JV or Varsity Pom Team.
- B. I would accept a position only on the Varsity Pom Team.
- C. I would accept a position only on the JV Pom Team.

Previous Dance Experience:

Describe an experience where you have had to demonstrate ultimate commitment, perseverance, and/or grit?

If you are a returning CT POM, describe your experience in the program thus far. What qualities do you feel you bring to the team/program?

What does "Team First" mean to you?

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

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

CTHS POM PROGRAM

2019-2020 Agreement

In signing this agreement, I understand the contents of this packet including the following regarding Cherokee Trail High School Pom Tryouts: Teams are 100% coach selected. If my dancer does not make a pom team at CTHS, he/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 CTHS Poms program. My dancer understands the CCSD Athletic Code. Attendance at tryout clinics is crucial in enabling my dancer a fair opportunity to try out for poms at Cherokee Trail. My dancer is expected to conduct himself/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 CTHS 2019-2020 Pom Program:

Athletes Name: _____ Signature: _____

Date: _____

I understand my child's responsibilities and expectations should he/she be selected for the CTHS 2019-2020 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: _____

CTHS POM PROGRAM

Release to Participate

2019-2020 Season

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. Athletes 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 Cherokee Trail High School and/or its agents to act as guardian in my stead for purposes of authorizing medical treatment or attention without liability to Cherokee Trail High School and/or its agent, and releases Cherokee Trail 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: _____