

Edmond Santa Fe Pom

2018-2019
CONTRACT & INFORMATION

WEBSITE: WWW.EDMONDSCHOOLS.NET/SANTAFE
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FRESHMAN POM: LINDSAY.IHRIG@EDMONDSCHOOLS.NET

Varsity Pom Motto

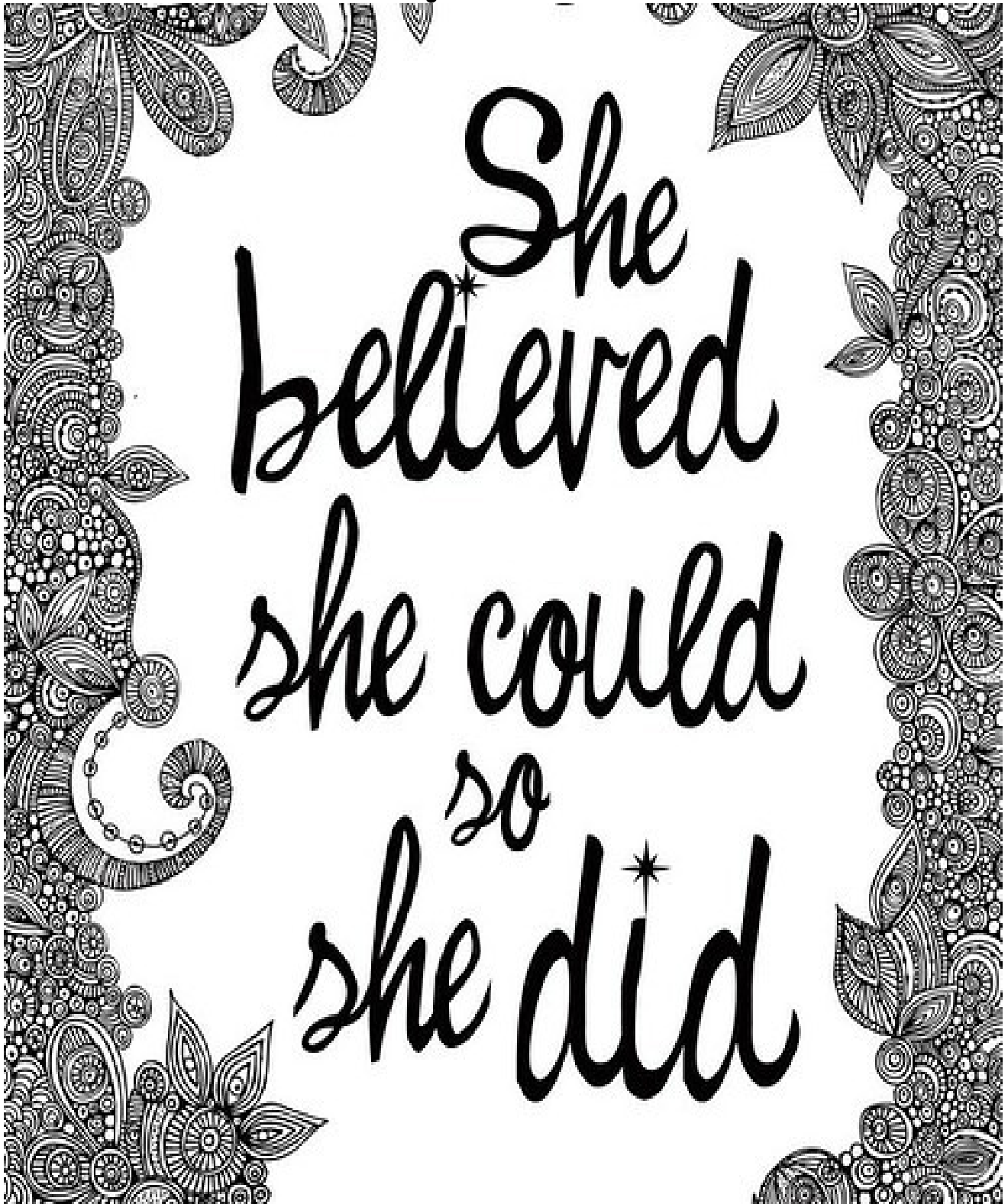


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DISTRICT CONTRACT:

[HTTP://SANTAFE.EDMONDSCHOOLS.NET/ATHLETICS/POM-PON/](http://santafe.edmondschools.net/athletics/pom-pon/)

SANTA FE CONTRACT:

[HTTP://SANTAFE.EDMONDSCHOOLS.NET/ATHLETICS/POM-PON/](http://santafe.edmondschools.net/athletics/pom-pon/)

NDA:

[HTTPS://NDA.VARSITY.COM/](https://nda.varsity.com/)

RANKONE:

[HTTPS://WWW.RANKONESPORT.COM/CONTENT/](https://www.rankonesport.com/content/)

OSSAA:

[HTTP://OSSAA.COM/ELIGIBILITY.ASPX](http://ossaa.com/eligibility.aspx)

CLINIC AND TRY-OUT GUIDELINES

CLINIC DATES AND TIMES

Date: April 2– April 5
Time: 4:00-5:00pm

CLINIC GENERAL INFORMATION

1. Clinic will be held from 4:00-5:00pm in the large gym.
2. The gym will be closed at 5:00pm; no candidate may stay beyond the designated time.
3. Clinics are closed to the public: only coaches, choreographers, administrators, and current senior pom members may attend and watch.
4. Required attire for clinic is modest shorts, t-shirt, socks and dance or athletic shoes.
5. Hair and bangs must be secured away from the face and no jewelry is to be worn.
6. No videoing allowed of try-out routine.
7. No cell phones allowed in the clinic.

CLINIC SCHEDULE

Monday, April 2: Learn try-out routine and chant.
Tuesday, April 3: Practice routine and chant; work on specific skills (turns, kicks, leaps, etc.)
Wednesday, April 4: Master routine and chant; work on specific skills (turns, kicks, leaps, etc.)
Thursday, April 5: Mock try-outs; each participant will go through the try-out process in front of all candidates and the seniors. Outside observers, cameras, cell phones, videoing, etc. permitted.
Numbers Picked: Numbers picked before mocks. Same order will be used Friday.

TRY OUT DATE AND TIME

Date: April 6
Time: 4:00pm-End

TRY OUT SCHEDULE

Report: 4:00pm
Judging Begins: 4:30pm

TRY OUT GUIDELINES

1. Closed to the parents/guardians and the general public.
2. Results are posted as soon as possible outside doors of the large gym area.
3. Results are also posted on-line in a timely fashion.
4. Contestants wear a fitted (sleeveless) tank top style shirt with no logos or writing.
5. Contestants wear black leggings.
6. Contestants wear dance (jazz) shoes or half soles.
7. Contestants secure their hair including bangs in a ponytail or bun.
8. Contestants will not apply “stage” makeup.
9. Jewelry will not be worn.
10. Three judges are scoring. If a tie occurs, several random candidates are brought before the judges a second time.
11. All candidates must remain at the school until all sheets are tallied, verified, and validated. Only at that time are candidates dismissed.
12. Refer to the Edmond Public Schools District Cheer & Pom Contract for additional try-out guidelines and requirements.

GENERAL INFORMATION

COACH

1. Responsible for schedules.
2. Responsible for grades.
3. Responsible for teaching leadership skills.
4. Responsible for working with athletes to find suitable solutions for challenges.
5. Responsible for maintaining a fair and equitable program.

PARENT EXPECTATIONS

1. Collaborate with other parents, athletes, coaches, and administration.
2. Support the decisions of the coach and administrators.
3. Access and use the proper chain of command starting with the coach, athletic director, assistant principal, principal, and finally school board.
4. Accountability for financial obligations throughout the school year.
5. Respect and support the athlete's time commitment.
6. Support your athlete in activities and responsibilities.
7. Understand and support your athlete in this physically and emotionally demanding sport.
8. Understand pom can carry a risk of physical injury.
9. Understand that violations to the District or Santa Fe contract can lead to temporary or permanent suspension from the team.

TEAM MEMBER GENERAL EXPECTATIONS

1. Promote school spirit and unity, support, and encourage student body involvement at sporting events and various school activities.
2. Provide half time entertainment at sporting events as well as responsibilities at other events.
3. Demonstrate unity through uniforms, hair, earrings, socks, shoes, poms being exactly the same at games and performances.
4. Practice respect to self and others.
5. Be a team player.
6. Use positive words and actions.
7. Be a positive role model.
8. Demonstrate good leadership qualities at all times.
9. Illustrate loyalty, cooperation and positive attitudes to self, team, student body, parents, coaches, administration, the universe, etc.

CLASS AND SCHEDULED PRACTICE RULES

1. Be prompt.
2. Be prepared.
3. Be respectful.
4. Dress code for pom class is modest shorts, t-shirt, socks and appropriate shoes.
5. Members dress out daily unless specified otherwise by the coach.
6. Practice begins with stretching & warming up.
7. In order to receive all points for practice, athlete must participate in all facets of practice (i.e. being on time, dressing out, stretching, making signs, hanging signs, listening, cooperating, etc.)
8. Failure to participate in any aspect of practice will result in a mark. Two marks in one week will disqualify the athlete from participating in the next game or event scheduled. Athlete will attend the game or event in uniform and sit with the coach.
9. Phones are not used during practices. The exception is the phone used for music.
10. When a team member is absent from practice, it is the athletes responsibility to learn what was missed (8 counts) prior to the next practice.
11. Being ineligible for 4 consecutive weeks leads to being removed from Pom.

GENERAL INFORMATION CONTINUED

GAME CONDUCT

1. Arrive at the bus on time with all equipment.
2. Arrive at a home game on time in uniform and ready to begin cheering.
3. Uniforms, hair, earrings, socks, shoes, poms are to be exactly the same at games.
4. Game day basics: no unauthorized jewelry, gum, eating, drinking, inappropriate motions, crazy side line dancing, foul language, leaving the line, etc.
5. Restroom breaks are accomplished before the game and during half-time.
6. Remain in formation at all times. Legs shoulder length apart with hands/poms behind the back.
7. Be attentive to the captains.
8. Be attentive to the game.
9. Be attentive to band songs, PA songs, etc.
10. Injured or ineligible athlete will attend games in uniform and sit with the coach.

GAME, EVENT, AND PRACTICE MISSES

The earlier the better; however, misses for a game or event will be given no later than 24 hours prior to the practice or event.

EXPECTED BEHAVIOR AND ATTENDANCE

All school policies will be followed regarding student behavior and attendance.

REQUIRED DATES

DATE	TIME	EVENT	LOCATION
Thursday, March 15	2:30PM	All Pom Applications & Tryout Fee Due	Respective Coach
M-TH, April 2-5	3:45-5:00PM	Pom Clinic	Large Gym
Friday, April 6	4:00PM	Pom Tryout Day	Pom Complex
Tuesday, April 10	2:30PM 3:30PM	Girls Only Varsity Uniform Check-Out (Fitting) Freshman Uniform Check-Out (Fitting)	Pom Complex
Tuesday, April 17	5:30-6:30PM	Adults Required New Team Member & Adult Meeting Varsity & Freshman – Info ½ Camp/Clothes Money Due ½ Varsity Dues Due	Room 153
Tuesday, May 15	All Day	All Camp/Clothes Money Due & All Varsity Dues Due	Room 153
Tuesday, May 22	6:00	Physicals at SF—\$10.00	Large Gym
June 4-7	All day	NDA Camp	Norman, OK
August 7-10	10:00-Noon	Varsity Clinic	Pom Complex

SUMMER CAMP INFORMATION

Type NDA
 Location University of Oklahoma campus
 Norman, OK

DATE **June 4**
 Transportation Parent Carpool. No student may drive themselves or have a car available on campus.
 Check in 9-11:00am
 Brunch/Lunch Bring money for lunch or bring a sack lunch

ESTIMATED COST

ITEMS PROVIDED BY THE SCHOOL DISTRICT

School provides pom uniforms consisting of a top and skirt

REQUIRED ITEMS NOT PROVIDED BY THE SCHOOL DISTRICT

No material is to be cut when doing alterations

<i>Essential Items (estimate)</i>	<i>Cost</i>	<i>Team</i>
Shoes (athletic and dance)	\$85	all
Poms	\$50	all
2 Black Spanks	\$25	all
Jacket (only new Varsity & all freshman)	\$60	all
Nike High Rise Training Tights	\$95	all
Bag/Backpack with Monogramming	\$50	all
Summer Camp Fees & Food	\$400	all
Camp Tops	\$50	all
Varsity Dues	\$200	all

OPTIONAL ITEMS

<i>Optional Items</i>	<i>Cost</i>	<i>Team</i>
Alterations for Uniforms	\$50-\$200	all

Please recognize that as soon as your child makes pom for the 2018-2019 school year, numerous expenses will be due within the first 2-3 weeks.

Judge # _____

Candidate # _____

SKILLS

Turn..... (10) _____

 Double..... max 10 pts

 Single..... max 5 pts

Turn combination..... (10) _____

 Without fouetté..... max 5 pts

Calypso Leap (back leg attitude)..... (5) _____

Kick line Combo..... (10) _____

 *Sharpness, Rhythm, Pointed Toes, Straight Leg

DANCE

Memory..... (10) _____

Dance Technique (leaps, turns, fouettés, etc.)..... (10) _____

Rhythm/Timing..... (10) _____

CHANT

Motions (sharpness, placement, voice)..... (30) _____

SPIRIT

Overall impression (crowd appeal, confidence, energy, etc.)..... (5) _____

Judge Signature _____

TOTAL (100) _____

APPLICATION AND CHECKLIST

Team (circle one): VARSITY OR FRESHMAN

Name _____

Address _____ City _____ Zip _____

Student's Cell _____ Student's Email _____

Name(s) Of Parent/Guardian _____

Mom/Guardian's Cell _____ Mom/Guardian's Email _____

Dad/Guardian's Cell _____ Dad/Guardian's Email _____

School Currently Attending _____ Current Grade _____

T-Shirt Size (circle one) Small Medium Large X-Large XX-Large

Consideration to be a Captain (circle one) YES NO

Contracts, Permission Form & Fee:

- Edmond Public Schools Cheer & Pom District Contract Signed
- SFHS Pom Parent Meeting Attended & Signed In
- SFHS Pom Contract Signed
- EPS Permission to Participate & Consent to Treat Form Signed
- \$35.00 Fee Included (Cash, Money Order, or Checks payable to SFHS Pom)

Physical (must be able to check one):

- Existing physical should be on file at SFHS for 2017-2018 year.
Sport participated in for the 2017-2018 year: _____
- Existing physical should be on file at middle school for 2017-2018 year. Candidate is responsible for getting a **copy** from your middle school to turn in with paperwork by Thursday, March 15, 2018.
- Candidate does not have an existing physical. Candidate will need to get a physical in order to try-out according to the OSSAA's policy. OSSAA's calendar year for a physical is May 1—May 1. The candidate will have the understanding that a new physical will be needed dated May 1, 2018 or after. This new physical is needed for camp.

Information on the Rank One website (all must be completed):

- Physical Information Form
- Concussion Acknowledgement Form
- Drug Test Consent Form
- Permission to Travel Form
- Sudden Cardiac Arrest Acknowledgment Form
- Physical / Medical History Form –Download and print- needs doctor's signature, student and parent/guardian signature.

SANTA FE POM CONTRACT AGREEMENT

Parent/Guardian

I hereby authorize my child, _____, to try out for pom at Edmond Santa Fe High School. If my child is chosen for the position of pom team member, 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 Santa Fe 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 team. I understand that all forms attached must be completed by Thursday, March 15, 2018, and turned in by 2:30PM, or my child will not be allowed to try-out. I have discussed the contract with my child, and we will abide by these rules and regulations if chosen for a team.

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

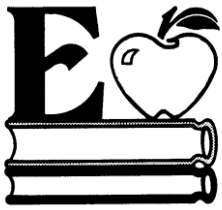
_____/_____/_____
Print Parent/Guardian's Name Date

Candidate

I have read the entire *Edmond Santa Fe 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 Santa Fe Pom Team, I will be expected to abide by these rules, as well as any other rules designated by the coach or administrators. I understand that membership on the pom team is both an honor and extremely hard work. I will make every effort to be a successful member of the team by supporting my coach, my fellow team members, and the program throughout the year. I further understand that Edmond Santa Fe Pom team members are held to the highest standards possible, and if I am selected, I will respect and honor the privilege given to me to represent Edmond Santa Fe in the best manner possible. I have read all forms and discussed them with my parents, and we will abide by these regulations if chosen for a team.

_____/_____/_____
Candidate's Signature Date

_____/_____/_____
Print Candidate's Name 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)