

# LPHS Poms Team FAQs

## **\* What can I expect at tryouts?**

You will be judged on your ability to learn and perform a short dance routine, technique, technical elements (such as leaps, jumps, turns, kicks, and flexibility), showmanship, and a brief interview. A sample judge's score sheet is included in your tryout packet. Don't worry if you haven't learned all of the items on the scoresheet yet. We will be teaching beginner level technique at the clinic. If you have an aptitude for dance and the ability to execute the choreography, that is the top priority.

## **\* What should I wear at tryouts?**

Wear proper workout attire (t-shirt and shorts) and jazz shoes or toe paws (or tennis shoes - no bare feet, no dancing in just socks). Also, you are not allowed to wear spaghetti strap tops, crop tops, or just a sports bra top. No jewelry. You will be issued an audition number which you must pin to your shirt every day of the four-day audition clinic. We will also take your picture. (The picture is for use only by the coaches during auditions to help remember faces/names, and will never be published or used for any other purpose.) Hair must be pinned back away from the face, and in a ponytail or bun; no hair can be loose or "down."

## **\* Do I need previous experience or training as a dancer?**

No experience is required! Our coaches are good at recognizing your potential as a dancer, even if you don't have extensive dance training. While dance training is very helpful, it is not necessary. Every year there are girls who make the team who do not have extensive dance backgrounds. All you need is a willingness to learn and an aptitude for dance/musicality! There is an element of 'teaching' that will happen throughout the school year, so at tryouts we will be primarily judging your ability to learn choreography and only basic dance techniques. Of course, bonus audition points are awarded to girls who have learned more advanced skills.

## **\* What is the time commitment for team members?**

The Poms team usually rehearses in the summer. Summer practices are not mandatory, but you are encouraged to attend as many of these rehearsals as possible. Camp is not mandatory but highly encouraged. The dates for camp are July 18th through July 21st and it will be a convention style UDA camp at a hotel in Greeley. The cost for camp is approximately \$475. Mandatory practices (which are enforced by the Athletic Department for all Fall sports) will begin in mid August. During the school year, the Poms team plans to practice three to four times per week (this is subject to modification after we get on the school's schedule). These practices are mandatory unless excused. Attendance at major sports games is mandatory, including home football games, home boys' basketball games, all playoff games, and other assigned games. The Poms team will perform at halftime of every home football game, and home boys basketball games. There will also be assemblies, playoff games, two boys' soccer games, two girls' basketball games, and other events added to the schedule throughout the year. Girls are required to be at the entire game when performing. This is a two-season sport which includes all fall and winter seasons. You can participate in another spring sport if you choose.

**\*Do I need to get a sports physical?**

Yes, the athletic department requires a sports physical for every tryout. This must be completed by April 21st and turned into the LPHS Athletic Secretary. It can also be completed online. See the Poms team website on the LPHS page.

**\*What is the required GPA to be on the team?**

Members must have and maintain a minimum 2.0 GPA to be on the team. If a member has two failing grades at any time, they will be "benched" by the LPHS Athletic Department until the grades come up. Academics always come first for Poms team members! You will need to bring a copy of your most recent report card (or a transcript with GPA) to tryouts. Team captains must have a 2.5 GPA.

**\*Does the Poms team do other activities besides dance performances?**

In addition to dance performances, we have a lot of fun too! On our Facebook page you will find photos of our team doing community service projects, hosting events for the school staff, attending camp, performing in the Monument parade, making school spirit projects, and having our own parties (for example: holiday events, team building activities, competitions, and our banquet).

**\*Can I "letter" in Poms?**

Poms is a varsity sport. Therefore girls will have the opportunity to "letter" if they meet the requirements for a season. This means participation in at least 90% of all rehearsals, activities, spirit days, and performances.

**\*What is the time and commitment required of team parents?**

Each parent/family is asked to volunteer for at least one committee and work at two Booster Club events. This will be explained further at the parent meeting. Our wonderful team parents are the key to a successful year. (Date of parents' meeting will be confirmed after tryouts)

**\*When do team meetings begin?**

For girls who make the team, there will be a mandatory parent/member meeting (will be confirmed after tryouts) It is very important to attend this meeting, even if you have already been a member of the team in the past. Once uniform items are ordered for your daughter, you will be financially liable for them, even if your daughter decides to leave the team for any reason. At the parent meeting you will receive your first team invoice which requires payment in full for camp (approximate \$475) no later than May 25th