

*Dakota Ridge
High School*



*Poms Program
Information Packet*

February 2023

Dear Parent:

Your child has expressed an interest in becoming a member of one of the Dakota Ridge Poms Team. Our mandatory tryout info meeting on March 28th will explain many of the facets of this program. Spirit is the most visible of all high school sports, and with that visibility comes great responsibility. Therefore, we are looking for students who strive for excellence in all aspects of their lives and will represent Dakota Ridge with the highest degree of integrity.

Poms is an extremely long sport, working through all seasons of the year. At the Varsity level, our team is very competitive and can compete at both State and National levels. The members of Varsity will be busy balancing the competitive side with the school performance side and will spend many hours together, as a team. Therefore, we as coaches are looking for not only dance talent, but also strong work ethic and great attitudes.

During tryouts, prospective members will be evaluated by the coaching staff and a panel of judges. The tryout clinic will prepare the dancers for the skills and routines that will be performed during the tryouts. Tryouts are closed to the public. The coaches will make their final decisions based off of the judges scores, and all participants will be notified. All decisions will be final.

Poms tryout clinic will take place April 4th and 6th, 6:00-8:00pm
Final tryouts will be April 7th @ 6:00pm

We appreciate your interest in our Program this year and hope you and your child take careful consideration to determine if this is the sport for your family. We wish your child the very best of luck.

Regards,

Liz Alcorn – Head Varsity Pom Coach

Poms Program Coaching Philosophy:

To provide dancers with a successful, meaningful, and educational experience during their time here at Dakota Ridge High School. Dancers will learn spirit, develop good sportsmanship amongst the student body, and show enthusiasm, leadership, and loyalty among the DRHS community.

In this program I vow that all of the athletes will learn more than just cheerleading skills, but life lessons that they will carry for the rest of their lives. In order to best support athletes, my values and expectations are:

- **Give respect, get respect.** I ask that you show me the same level of respect that you'd like to be shown. In return, I will reciprocate that respect.
- **Communication is key; and is a two-way street.** I am committed to keeping an open line of communication with athletes, parents and school administration. I ask in return that athletes and parents come to me with any questions or concerns they may have. I have an open-door policy and am open to suggestions on ways I can best support you. I don't know if there is an issue if it has not been brought to my attention!
- **Our actions will be guided by what is best for the team.** I will make coaching decisions based on what is best for the team, and, at times, this may not seem fair or make sense. I ask that you trust my judgment and know that I am using my coaching experience to determine what is best for the team. In addition, I ask that athletes and parents keep an open mind and be willing to be flexible in order to benefit the team as a whole.
- **Attitude is everything.** I will come to ALL team events with a positive attitude. I recognize that we all have lives outside of poms that can be incredibly demanding. However, I ask that we all commit to leaving negative attitudes at the door. Your teammates and coaches should be a safe space and an outlet for you, so come to team events with an open mind and a positive attitude, and I promise that I will do the same!
- **I will give 100%, and I ask that you give 100%.** I am committed to teaching you the skills you need to be the best athlete you can be, but this will take effort from you as well. I ask that you come to all team events prepared to work hard, improve daily and push yourself both mentally and physically. "Great things never came from comfort zones."
- **We will work hard, but we will also play hard!** At the end of the day, a team is a family. And I want you to be comfortable with that family and enjoy your time with them. We will find times to learn about one another, bond, and have fun experiences together that you'll remember long after your time at DRHS!

I love this sport and I love partnering with dancers that share my passion. I can't wait to work with you and help you grow on the dance floor, on the sidelines and—I hope—in your life.

Liz Alcorn- Head Varsity Poms Coach
elizabeth.alcorn@jeffco.k12.co.us

STANDARDS AND CONDUCT:

All members are official representatives of Dakota Ridge High School. Each member must maintain high moral and ethical standards and use good judgment at all times. Conduct must always be above reproach. Membership on the team may be terminated for unacceptable standards of conduct. Extracurricular standards of behavior will take into consideration conduct that occurs at any time, on or off school property.

Character: All athletes involved in DRHS Poms must...

- Represent the school and their perspective program with class and responsibility at all times, in person and on **all** forms of social media
- Treat teammates and coaches with respect
- Have enthusiasm about the team
- Be a leader and ambassador for Dakota Ridge High School

At no time during the student's tenure in the Poms Program may she/he use or be in possession of tobacco, alcohol, marijuana, illegal drugs or any potentially harmful and/or habit forming substance. Any student who violates this policy will be subject to School Board Policy, including removal from the squad, and suspension from the school.

Athlete's attitude and ability to work with different personalities must be exceptional.

Athletes must always come to a Coach with a concern before a parent addresses the concern with the Coach.

All official Pom or Cheer decisions and activities will be made by the coaching staff. All Coaches and Captains are to be given respect and cooperation by athletes and parents at all times. Lack of respect from athletes or parents will not be tolerated and can be grounds for consequences.

If at any time during a student's tenure as a Poms Program member, the Coaches or Athletic Director observes a student not acting in a manner consistent with the held expectations, it will be dealt with in an appropriate manner, up to and including short term suspension. Extreme or consistent behavioral issues could result in dismissal from the squad. Behavioral issues will be dealt with individually by the Coaches and/or Athletic Director.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, **please respect the following chain of command and have the athlete follow-up first prior to parent involvement: Coach, Athletic Director, School Principal.**

INFORMATION TO CONSIDER PRIOR TO TRYOUTS:

- Spirit is a yearlong commitment, with very few breaks throughout the year.
- Pom is an expensive sport, costing approximately \$5,000 total for the year.
- All money applied to the program is non-refundable.
- Pom is a sport and offers a rigorous schedule of practice, school support, and competitions.
- Spirit offers a chance for participants to learn to work as a team.
- Spirit is a privilege and involvement requires great devotion.
- Pom is a highly visible sport. Spiritleaders must conduct themselves as leaders and role models at school and in the community.
- Spirit is designed with the athlete in mind.
- Coaching staff will make program decisions with the team's best interest in mind.
- All Pom performances are a culmination of practices. Through practices and other performances, coaching staff will determine participants.
- Poms are traditional "pom dancers" with a focus on pom, jazz and hip-hop.
- Spiritleaders will maintain academic eligibility (DRHS guidelines)

Summer Practice Schedule:

- Mondays 4:00-6:00
- Tuesdays 11:00-12:00, 1:00-3:00
- Wednesdays 1:00-3:00, 4:00-5:00
- Thursdays 2:00-4:00pm, 4:00-6:00

Fall Practice Schedule:

- Bi-Weekly Power Barre 5:00-6:00
- Bi-Weekly Tech Classes 3:30-5:30
- Tuesdays 4:00-6:00
- Wednesdays 7:00-9:00
- Thursdays 4:00-6:00

Practice schedules are subject to change based on upcoming events and Coach Availability

Mandatory Dates:

- Monday, April 10th- New Team Meeting / Uniform Fitting, 3:30-6:30pm
- Saturday, June 3rd- Power Barre Workshop, 8:00-4:00pm
- Friday, June 9th- Camp Routine Choreography Workshop, 9:00-1:00pm
- June 12th-16th- Pee Wee Poms Summer Camp, 9:00-10:00am each day
- July 10th-13th- NDA Summer Camp @ Hilton Fort Collins
- Monday, July 17th- Competition Routine Choreography Workshop- Pom, 1:30-5:30pm
- Wednesday, July 19th- Competition Routine Choreography Workshop- Pom, 1:30-5:30pm
- Monday, July 31st- Competition Routine Choreography Workshop- Jazz, 1:30-5:30pm
- Wednesday, August 2nd- Competition Routine Choreography Workshop- Jazz, 1:30-5:30pm

POM FINANCIAL OBLIGATIONS

The following list is a current best estimate that will account for the majority of expenses. A finalized list of fees is dependent on the number of dancers in the team and will be sent after tryouts. **Some additional expenses** may arise throughout the year. We will do a variety of fundraising events throughout the year to help alleviate these costs. Your first year on the team will be your most expensive year as you will need all uniform pieces and equipment. The cost decreases each year as we reuse these items. Each family should also expect to host a meal or snacks before a game or competition.

Summer Camp.....	\$650
Training.....	\$1,200
Choreography.....	\$500
Competitions.....	\$150
Administrative Fees.....	\$150
*Uniforms.....	\$2,350
**Nationals.....est	\$2,000

TOTAL.....\$7,500

Payments (approx \$500/mo) are made directly to the DRHS Payment Portal

1st payment of \$500 will be due by April 28th, with remaining payments due on the last Friday of every month until paid in full. If you are an incoming freshman and do not have a payment portal yet, payments will be due via cash or check directly to the coach or DRHS Finance Office. Individual payment schedules can be arranged as requested.

*Cost categories marked with an asterisk are paid separately, and will not be included in the monthly payments. Amount due to the school totals \$3000. The cost of Nationals competition will be determined in December, due in January. The estimate listed is based on last year's costs. This is not included in the monthly payments.

TRYOUT REQUIREMENTS

Academic Requirements:

- Participation in the DRHS Varsity Poms Team is a privilege, not a right. Anyone wishing to participate must meet standards of academic performance and personal behavior set forth by Colorado High School Activities Association (CHSAA), DRHS, and the program.
- Tryouts are open to all rising 2023-2024 DRHS students, as well as 8th grade students who have been accepted as Choice Enrollment at DRHS to begin in the Fall of 2023.
- CHSAA guidelines do not permit more than one “F” at any time during the school year. During the season, the poms program will require student athletes to maintain these grade requirements or above in all course work to be eligible. Failure to meet these requirements will result in probation and/or removal from the team.
- In order to uphold this requirement, we must have a copy of your most recent final semester or trimester grade report. Students who completed their last semester courses with more than one “F” will not be considered for tryouts.

Attire:

- During the clinics dancers should wear clothes they can move comfortably in and are comfortable sweating in. Clothing should follow Jeffco guidelines.
- Dancers should arrive at the clinics and tryouts with hair up and out of your face (be prepared with clips, headbands, etc.).
- This is a tryout process and should be treated as such. The final day of tryouts, dancers are required to wear a leotard and black leggings or tights. No crop tops or short shorts. Attire should be appropriate.

What to bring:

- Tennis Shoes, Turners, and / or Jazz Shoes (dancers will not be able to dance barefoot or in socks)
- Snacks and plenty of water as we will allow small breaks throughout the process.
- Most recent final semester or trimester grade report
- Completed Tryout Packet- Athlete and parent pledges, multimedia release form, and faculty evaluation
- \$60 Tryout fee- Cash, check, or money order made out to “Dakota Ridge High School”, memo Varsity Poms Tryouts

TRYOUT PROCESS

1. MANDATORY TRYOUT MEETING– Tuesday, March 28th, 6:00pm
Please ensure you have signed up on our tryout form to receive the zoom link:
<https://forms.gle/VxjdVrzDAbU54Ywg7>
If you have a conflict with this time, please reach out to organize a separate meeting.
2. FORMS AND RECOMMENDATIONS- Due: Tuesday, April 4th, 6:00pm
Uploaded through the online registration platform- opens March 1st:
 - New Athletic Physical for 2023-2024 academic year
 - JEFFCO Athletics' Emergency Card
 - JEFFCO Athletics' Participation Contract 2023-2024

To be turned in to the coaches on the first day of the Tryout clinic:

 - Most recent final semester or trimester grade report- photocopy is fine
 - Athlete's Pledge- signed by candidate
 - Parent's Pledge- signed by at least one parent/guardian
 - Multimedia and Photo Release form- signed by both candidate and parent/guardian
 - Faculty Evaluation (1)
 - \$60 Tryout fee- Cash, check, or money order made out to "Dakota Ridge High School" , memo Poms Tryouts
3. MANDATORY TRYOUT CLINICS
 - Tuesday, April 4th, 6:00-8:00pm
 - Thursday, April 6th, 6:00-8:00pm
4. FINAL TRYOUTS – Friday, April 7th, 6:00PM
Judges will evaluate prospective members on the following skills:
 - Knowledge of Poms Arm Placements
 - Turns (double pirouette minimum requirement)
 - A la Seconde Turns (four minimum requirement)
 - High Kicks (eight minimum above ninety degrees)
 - Tilts
 - Split Leaps
 - Center Leaps
 - Toe-Touches
 - C-Jumps
 - Calypsos
 - Right and Left Splits

TOTAL POSSIBLE SCORE

Faculty Evaluation	100 points
Skills Evaluations	100 points
Routine Evaluations	100 points
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	300 points

***Teams will be selected by coaching staff, based on a median score determined after tryouts. All decisions will be final. Tryouts are closed to the public.**

Dakota Ridge High School
Varsity Poms Team Tryouts
2023 - 2024

Candidate Name: _____

Age: _____ DOB: _____ Grade for 2023-24 School Year: _____

T-Shirt Size: _____

Cell Phone: _____

Candidate Email: _____

Please list any prior dance experience you may have:

Are you currently (or planning) on dancing and/or competing (in dance) outside of this team? If so, where?

What other activities, in or out of school, have you been involved in? Help us get to know you!

Are you interested in partaking in both the game day and competition teams? If you are interested in only one team, please note below.

Are you willing to do what it takes to improve yourself as a student and as a dancer? Please take a moment and talk with your parents about what joining this team will mean to you all before proceeding to the next section.

Parent Contact Information

Please fill out completely and print legibly:

PARENT/GUARDIAN'S NAME(S): _____

PARENT/GUARDIAN'S PHONE NUMBER: _____

PARENT/GUARDIAN'S EMAIL: _____

PLEASE LIST ANY OTHER CONTACT INFORMATION THAT MIGHT BE IMPORTANT: _____

DRHS VARSITY POMS TEAM ATHLETE'S PLEDGE

Individual and team success in sports/activities result from commitment. The extent to which you are able to make such commitments not only reflects your maturity, but speaks to your dedication to family, friends, school, and team. For these reasons, we ask that you read and sign below, agreeing to the following Pledge:

1. To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
2. To maintain my health and fitness levels by following the training rules as prescribed by the Dakota Ridge Activities Department and the Jefferson County Schools.
3. To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
4. To attend every practice unless excused by my coach.
5. To understand that my future as a responsible adult relates more to my academics than my athletic activities.
6. To find time to satisfy my family relationships and responsibilities.
7. To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
8. To reflect my belief that true strength involves gentleness and that even the toughest athlete is sensitive to others.
9. To follow the training rule contract in regards to tobacco, vape pens, drugs and alcohol.

Poms Candidate: I have read the tryout packet and above pledge, understanding the tryout procedures and the operating principles of the Varsity Poms Team, and agree to abide by them. I understand that, given my overall candidate score, I will earn placement on the Poms Team for the 2023-2024 season and will have until the following Monday to make my final commitment to the team. Furthermore, if selected, I agree to accept the position and to follow all Varsity Poms Team rules and guidelines. I will give 100% in order to make the team the best possible. I am eagerly looking forward to becoming an active member of the 2023-2024 Dakota Ridge High School Varsity Poms Team.

Candidate's Signature: _____ Date: _____

Candidate's Printed Name: _____

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Printed Name: _____

**DRHS VARSITY POMES TEAM
PARENT'S PLEDGE**

Cooperation among coaches, athletes, parents, and school personnel is essential if students are to understand the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such cooperation. We ask that you read and agree to the following pledge and, as needed, discuss your reactions with your child's head coach or the Activity Director, Rachel Parker.

1. To accompany my child to all orientation and informational meetings offered by the activities department.
2. To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he/she is in high school.
3. To assure that my child will attend all scheduled practices and athletic contests.
4. To require my child to abide by all training rules.
5. To acknowledge the ultimate authority of the coach to determine strategy and dancer selection.
6. To promote mature behavior from students and parents during athletic contests.
7. To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
8. To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in high school and in college.
9. To pay my expenses on time.

Parent/Guardian: I have read the tryout packet given to my son/daughter and the above pledge, understand the tryout procedures and the operating principles of the Poms Team, and agree to abide by them. If selected, my son/daughter has my permission to become an active member of the 2023-2023 Varsity Poms Team. I am aware that the Varsity Poms Team requires an enormous time commitment, lots of dedication from both dancers and parents, and is an expensive activity. I will support the program and my child 100%. I understand that if I do not pay my expenses on time, my dancer may be benched from a performance and/or competition.

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Printed Name: _____

Dakota Ridge High School Varsity Poms Team Multimedia Release Form for Minors (under 18)

The Dakota Ridge High School Poms (DRHS Poms Team) program has my permission to use my or my child's photograph, audio, and/or video publically to promote the DRHS Poms Team program. I understand that the images/audio/video may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Parent/Guardian's signature: _____ Date _____

Parent/Guardian's Name: _____

Child's Name: _____

Phone Number: _____

Photo Release Form for Adults

The Dakota Ridge High School Poms Team Program has my permission to use my photograph, audio, and/or video publically to promote the DRHS Varsity Poms Team program. I understand that the images/audio/video may be used in print publications, online publications, presentations, websites, and social media. I also understand that no royalty, fee or other compensation shall become payable to me by reason of such use.

Signature: _____ Date _____

DRHS VARSITY POMS TEAM

FACULTY EVALUATION

Candidate's Name: _____ Faculty Name: _____

NOTE: A spirit leader must maintain high standards in the academic classroom as well as on the dance team. Teacher/Faculty evaluations for candidates are extremely important in providing insight into their intelligence, leadership, and character. Please score this candidate on each category listed below, a total score of 100 points would be perfect. Feel free to elaborate with further comments on the back of this form. In an effort to maintain confidentiality, please return these forms to the head coach, Elizabeth Alcorn, by putting them in the poms mail box in the main office or giving them to the student in a sealed envelope. We sincerely appreciate your time and efforts!

CATEGORY		SCORE	COMMENTS
ATTENDANCE Daily class attendance & punctuality Unexcused absences/tardies Attendance when tests given and assignments due	25		
WORK HABITS Demonstrates good organizational skills (class notes, homework) Assignments completed on time, uses class time wisely Always strives for excellence, good study habits Attempts to go beyond min. requirements of the class Schedules tutoring sessions, if needed	25		
LEADERSHIP PROFILE Good grades on tests/homework Volunteers for class projects, participates in class Demonstrates critical thinking and problem solving skills Knows how to be a team-player, shares credit with others Is considered a leader by classmates	25		
INTERPERSONAL SKILLS Communicates well with teacher & other students Readily offers help to others Speaks with respect to everyone	25		

Faculty Signature: _____ TOTAL: _____

DRHS VARSITY POMS TEAM

TEAM SKILLS EVALUATION

Candidate's Name: _____ Judges Name: _____

Skills		SCORE	COMMENTS
Double Pirouette Right	5		
Double Pirouette Left	5		
Four consecutive a la seconde turns right	5		
Four consecutive a la seconde turns left	5		
Sixteen consecutive high kicks above ninety degrees	10		
Four count right leg tilt hold above ninety degrees	5		
Four count left leg tilt hold above ninety degrees	5		
Full split leap right leg across the floor	5		
Full split leap left leg across the floor	5		
Full center split leap across the floor going right	5		

Full center split leap across the floor going left	5		
Right Calypso	5		
Left Calypso	5		
Double Toe Touch- full center split	10		
C Jump	10		
Right Split	5		
Left Split	5		

TOTAL: _____/100

DRHS VARSITY POMS

ROUTINE EVALUATION

Candidate's Name: _____ Judges Name: _____

CATEGORY		SCORE	COMMENTS
Memory / Timing (Correct Movement / Counts)	25		
Execution (Sharpness, Strength, Clean)	25		
Technique (Proper / Polished Placement)	25		
Showmanship / Performance (Genuine / Enthusiastic)	25		

TOTAL: _____/100

