

POMS SQUAD Break Week Practice

This week we are focusing on **Practice, Practice, Practice!** Wow have we had some wild weather in Seattle! Thank you everyone for your patience as practices were cancelled due to school closures and safety. POMS is looking forward to getting back on track with a regular routine after the break. Currently the girls have 3 cheers/chants to be practicing! Please share the words with them so that they can practice and go over the moves. Squads can also work on their toe touch and star jumps, 3x a day keeps the cheer coach away! Last practice we were focusing on balance skills. We utilized practice cones that each girl could stand on, use their core strength, center, find balance and then begin to work on lifting a leg for a Liberty or a Back Bow and Arrow. This type of cone balance is key for when we practice stunt work on each other. During stunts the more balanced and centered the easier the stunt will flow and the flyer will feel like air! Find a step at home, or a tennis ball at home, keep one hand on the wall and begin to work on balance! It is a great exercise while working watching a movie! We will practice our first two cheers we have learned and perform for one another in class, Pump It Up, and Cheering to the Right.

- **Pump, Pump, Pump it Up, Ready!**
- **P-O-M-S POMS CHEER!**

- **Cheering to the right, Cheering the left**
- **Everybody get down and move your feet!**
- **(feet only: stomp stomp clap clap stomp stomp clap clap stomp stomp clap clap) Go Fight, Go Fight Win!**

- **Fire It up! 'clap clap'**
- **Fire It Up! 'clap clap'**
- **(jump out, jump across, spin around, pom twill)
REPEAT**
- **Fire It up! 'clap clap'**
- **Fire It Up! 'clap clap'**
- **(jump out, jump across, spin around, pom twill)
REPEAT**

Cheer Look: Have your cheerleader practice at home for their full cheer look! It should be shirt tucked in, skirt (with shorts or briefs or leggings under), white socks, white shoes or athletic shoes, and hair up in a high pony or high sides up with the bow on top. Always remember the bag and poms to go with!

Thank you: Thank you to those that volunteered at the Cultural Fair Night, the tables were beautiful and rich with information and the girls all did great!

Bring a Friend: Due to weather cancellations this has moved to Feb 25th and 27th, please remind your friends and I have emailed those that registered!

POMS Prep Day: POMS is planning a mom and daughter social to come in and have local salons do your cheer hair with make-up and sparkles to learn how to best do this at home! Stay tuned for details!

Check out: Instagram and Share with Friends! We have space in our preschool class still that is Mondays at the Pine Lake Community Center for ages 3-6!

POMS BREAK WEEK!

GO POMS GO!

Cheerleaders are a strength in teamwork within their squads and leaders within their community!

Feb 27th and 29th Sweet Friends Celebration & Bring a Friend Day!

***Special treats, crafts, partner cheer and games!**

**Feb 18-22 NO SCHOOL
Mid Winter Break!**

**End of session
performance March 22nd**

**Stay tuned for more
community cheer
opportunities**

***Label all cheer gear and
bags!**

**Wear your POMS Shirt and Gear
to school every practice day
and bring your POMS!**

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POMS CHEER

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