

POMS-Vocal Strength

Thank you for being a part of POMS CHEER! Today we are focusing on **Vocal Strength** throughout cheers, chants and rallying. All cheer starts with a loud and proud sideline of cheerleaders rallying for their team. This is a skill that cheerleaders are always working to perfect at every stage and age. At home practice working through this process for learning POMS cheers and chants.

1. Pick a Cheer or Chant to practice.
2. Practice speaking the words first to be sure you have the pronunciation of the cheer correct and placement.
3. Next pick up the tone of the voice repeating the cheer with a 'yell' using your abdomen and back of the throat for a strong voice.
4. Find places in the cheer such as end of phrase or line placements to raise your voice up to show excitement or an endpoint.
5. Repeat several times to have the wording and tone correct and then add in the movement.
6. During a rally use an up tone voice with excitement, energy and strong words from the back of the throat for the best crowd reaction and follow along. Focus on avoiding "yeah", and "woohoo" too often and use words like "let's go", "we got this", "come on everyone", "raise the roof", and "go team".

We will work on a new cheer today below and also begin to go over a dance that we will work on each week.

Bring it home, get a Win

Shake it Down, make them Spin

Move it to the Right

Move it to the Left

Go POMS Go! Go POMS Go!

Stay tuned for details on Veteran's Day School Community event Nov.9 at 8:45am. We will be greeting our Veteran's and students for the Veterans Day Assembly at Creekside for those available between 8:45-9:30 and then joining in with their class for the assembly. Girls will arrive at school meeting in the front entrance at 8:45am, we will have a few signs and line up in a V at the front doors and shake poms and greet our wonderful Veterans and students as they arrive! An email will go out and you can confirm if your cheerleader is participating! Mark your calendar for Dec 14th end of season performance at Creekside 6-7pm in the auditorium, details to follow. Reminder to have red or black under shorts for your skirts! Thank you!

*Reminder to pay online for POMS GEAR skirts if you haven't already. Thank you!

**POMS CHEER
WEEK 2!**

**Practice your
POMS every
week!**

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

**Each practice 2-3
girls will earn a
POMS STAR for
team spirit!**

**Please email with
any questions at
any time!**

**team@pomscheer.
com**

POMS CHEER
Thank you for joining POMS!