

POMS SQUAD-In Sync

This week we are focusing on **In Sync movement and flow**. We will organize lines and do exercises walking out on and off of a performance stage so that the squads can find placement quickly. We will work on making sure we look all ways and that front, back and side angles are all in sync and lined up with one another. It is important for every routine and cheer to stay in place and aware so that it looks best from the audience view. Even in the NFL it never ends and the cheerleaders are constantly practicing this simple fundamental of lines, line, lines and staying together!

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. This week we will learn Fire It Up, a simple stomping cheer to pump up the crowd. We will also begin our dance moves to a new song and get about 5 eight counts in to begin practicing. We are using Vanessa Hudgens Disney Rock Let's Dance. We will learn counting out the beginning beat, how to find placement for the dance when running onto the stage or field and how to get into ready position quickly. The squads will have fun rocking to this beat!

- **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!

Reminders: If you are volunteering at the Cultural Fair as a cheer helper, full outfit can be worn, report to cafeteria stage and then you will be a helper throughout the night! Pick up is by 7:30pm.

February 13th and 15th for Creekside is the Valentines Bring a Friend day. If you have someone coming they do need to email to confirm or sign up online. The class is an insured class for participants so any guest that day will need to pay a small fee of \$10 that will include coverage in the class, a POMS shirt and the class with routines, treats, and crafts for the day! Pick up will be the same up top at the end of practices. Thank you, it should be a lot of fun!

Looking ahead, there is no practice during the week of Mid-Winter Break so keep practicing your POMS! This summer there will be some camp opportunities for 9-12 or 1-4 day camps, stay tuned for dates and locations.

Cheers!

POMS CHEER WEEK 3!

GO POMS GO!

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

Feb 7th Cultural Fair Night 5:15-7:30 for volunteers (full outfit)

Feb 13th and 15th Valentines Day Bring a Friend Day! *Special treats, crafts, partner cheer and games!

Feb 20th and 22nd 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 to school every practice day and bring your GEAR

team@pomscheer.com

POMS CHEER

www.pomscheer.com