

POMS SQUAD Jumps and Kicks

Today we are focusing on **Jumps and Kicks**. For this session we have learned 3 cheers, POMS CHEER Scream and Shout, Bring It Home and Firecracker! The POMS Squads have learned a routine to Me Too and we will be going to adapt it to Winter Wonderland for our end of session performance and go from single counts to double. In between all cheer and dance moves are some sideline kicks and jumps! This week we will review the variety of jumps from beginner to advanced, review names and leg and arm positions on the floor and practice a few. We will work on our teamwork and sportsmanship by encouraging one another to try our best with new and difficult skills like jumps. We will also review kicks, focusing on technique and leg placement and turnout. Girls can practice these skills at home, kicks and jumps are something that cheerleaders at every age practice continually so this is just the beginning! We are continuing to work on performing for one another and will start to put together a combined routine using our cheers and dance moves. Next week POMS Squads and school are on a break! I will send out a Weekly Focus Lesson sheet next week that the girls can review over break if they would like and continue to practice! Go POMS! Each girl can come up with a pattern of kicks and jumps that they are comfortable with to interject in between cheers, chants and sideline action. For example a cheer finishes and:

Hands in Touchdown, Spirit Fingers!

Front High Kick

Star Jump

Side Right High Kick

Toe Touch

POMS Twirl

We are still working on our stretching and splits! Each practice we stretch and work our way down on the right and left side. Going slow is the key and working daily to stretch out! All POMS cheerleaders have a goal of mastering the splits and it takes time to get there so we will continue to work on it weekly!

We will review the POMS Squads colors for next session. I would like to order and start with a metallic pom for all grade levels that looks more uniformed. If you have any feedback or ideas for next session in the Winter please email in and let me know as planning is happening now! Thank you and Go POMS!

POMS Winter Session will begin week of Jan 23rd – March 20th with K-2 on Wednesdays 1:30-2:45 and 3-5th on Fridays 3:45-5pm w/ community event opportunities. Hope you can join us again! POMS Cheer will also hold a Thursdays 5:30-6:30 session at the Sunny Hills and Challenger locations starting in Winter that is open to all schools as an evening session! Cheers!

POMS CHEER WEEK 4!

GO POMS

**Great job POMS Squads
in the Veterans Day
Welcome!**

Nov 22-23 NO PRACTICE

**Dec 6 NO SCHOOL,
practice will be optional
5:30-6:30 in the cafeteria
open to K-5th grade POMS**

**Dec 7 Practice 3:45-5 for
K-5th grade followed by
Sammamish Very Merry
Tree Lighting 5:30-6pm**

**Dec 14 End of session
performance and
certificates 6-7pm in
cafeteria**

**Remember to label Cheer
Bags!**

**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