

# POMS SQUAD Practice Skills

This week we are focusing on **Practice Skills**. Every sport involves practice and dedication! Cheer is the ultimate sport and your POMS Cheerleaders have been working hard! This week POMS Cheerleaders are encouraged to practice all of the materials we have worked on so far! They currently have 3 cheers to practice, Let's Scream Let's Shout, Bring it Home and Firecracker Boom Boom! Cheer at any age and stage involves practice. It is encouraged to take time each day to go through the words and movement three times each for every cheer or dance routine. This practice will help to ensure that you have "down" for performances and practices. Have fun, wear POMS Gear, grab your poms and get ready to shake it up with your routines! A few Practice Tips for our POMS Cheer Squads leading up towards our upcoming performances:

***Keep head up, chin up!***

***Use your voice Loud and Proud from your belly!***

***Know the words first then add moves!***

***During rally times shake poms and keep moving!***

***Work on dance moves and remember our 8 count beats!***

***You can do everything you try! Just keep working on it!***

***Smile Always!***

We worked last week on jumps and kicks! Each girl was encouraged to come up with one kick/jump that they want to get better at! It can be anything from a Star, Toe Touch, Pike, High Kick, or even the ultimate Double Nine! Next practice we will go around and talk about our picks, why and how we are growing at them! Also we continue to work on splits which is a continual goal! I showed the girls that I can do the splits still after all this time and it is from daily stretching out and working on that position. Each of our POMS cheerleaders can practice sitting in the stretching out V or going into the splits until they need to stop with arms out on each side to get there. It takes time and trial and they can all do it!

As the Christmas Tree Lighting nears the girls will wear white long sleeve shirts under their POMS top, shirt, skirt, I will have knee highs or tights, gloves and santa hats for the girls and will send out more info on this next week. Thank you and Go POMS!

**POMS Winter Session will begin week of Jan 23<sup>rd</sup> – March 20<sup>th</sup> with K-2 on Wednesdays 1:30-2:45 and 3-5<sup>th</sup> on Fridays 3:45-5pm w/ community events. Sign up is available! POMS Cheer will also hold a Thursdays 5:30-6:30 session at the Sunny Hills and Challenger locations starting January 24<sup>th</sup> and open to anyone in ISD! Cheers!**

## POMS CHEER WEEK 5!

**GO POMS GO!**

**Happy Thanksgiving  
Everyone!**

**Nov 22-23 NO PRACTICE**

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

**Dec 7 Practice 3:45-5 for  
K-5<sup>th</sup> 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!**

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

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

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

**[team@pomscheer.com](mailto:team@pomscheer.com)**

**POMS CHEER**

**Thank you for joining POMS!**