

POMS SQUAD Stunt Prep

This week we are focusing on **Stunt Prep**. All cheerleaders can participate in stunt work. There are different key positions when working on a girls only squads, co-ed or partner working squads. Stunts have flyers, bases, supports and spots. Girls of any size can be a flyer over the years, it is based on technique purely. If you are doing the key technique and using body control and placement you will feel like a feather. The hard work should be on the flyer not the base and supports. We will review different positions and how all team members' work together to do stunts. Beginning phases of stunts are partner work and base pyramids and over the years cheerleaders work up to elevated stunts and flying. This week we are going to do some drills to show how to lock out knees and step up and into positions, discuss the "pocket" position in lunges to create a step, review safety and spotting and names of different base stunts. In addition to this the girls are preparing for their end of session performances. We have 3 cheers we will review, work on the dance and putting the music, cheer and entrance/exit into one. We will do a quick review of kicks and jumps from our last practice. Girls need to practice the works for our "Let's Scream" Cheer so that they are confident in the words since we will be integrating this into our performance.

**Let's Scream, Let's Shout, and
Shake it All Out!**
**Stomp, Stomp, Clap, Clap,
Stomp, Stomp, Clap, Clap**
POMS CHEER, POMS CHEER
Stomp, Stomp, Clap, Clap
POMS CHEER
"rally"

When practicing the girls will walk onto to stage for the first song to Winter Wonderland, followed by our routine to Me Too (edited), then shake and sing to Jingle Bells, perform our POMS Let's Scream Cheer, and then shake and move to final position and exit. Music will be sent out again. Next week girls will receive at their practice sessions, hats, gloves, and leggings for the performance. Please be sure your child has a long sleeve white shirt to wear under their poms shirt. We will be using our poms the whole time on stage. On Dec 7th please meet at Sammamish City Hall, parking is open to City Hall, library, MQP, or Skyline. Please arrive and meet at the Outdoor Plaza Tent by 5:30. We will take stage from 5:50-6pm The girls will receive candy canes after and we can find time for a group photo and we are done. You are welcome to stay and enjoy the schedule of events and performances! The Creekside Choir will be on after 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 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 24th and open to anyone in ISD! Cheers! Registration is open and available for Winter.

POMS CHEER WEEK 6!

GO POMS GO!

Performances are coming up! Happy Holidays!

**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

Thank you for joining POMS!