

POMS SQUAD Performing

This week we are focusing on **Performing**. The girls have all learned several cheers, a dance routine and ways to enter and exit a performing arena or stage. We will be working on putting all of this together combined with rally moves, cheer words and of course showmanship! First we start with the POMS look! Cheer is just like all sports where uniform and unity is important! Girls need to be sure to have their POMS Gear on with shirt tucked in, an hair back in high pony or half up. Take pride to be sure everything is on correctly and in the appropriate position! When taking a field/stage/arena be sure to walk with head up and hands on hips or behind back and smiles on! Do the chin move, move your chin right to left smiling to check out the area while walking into position! Take place and check lines left to right and front to back, straight and tidy in the key! Listen for cues for cheers to begin (Ready OK) or for the count down to a music piece. Smile the whole way through and interject with rally words when there is time. At the end be sure to rally with a favorite jump, kick and spin and look for cue to walk off the performing space as a team. If there is room always tumbling or kicks are a great way to exit. Throughout the entire time, have fun! For our Christmas Tree Lighting Performance the order of the performance is:

- **Walk on by group**
- **Shake with hands at sides until all cheerleaders are on to Winter Wonderland**
- **Music Begins for Me Too, dance!**
- **Jingle Bells song begins and sing along while shaking poms**
- **Let's Scream Cheer Performed**
- **Twirl POMS while moving to a exit position or final pose/stunt**
- **End!**

Attire:

Please wear POMS GEAR, shirts, white long sleeve shirt underneath, skirts, red tights, white gloves, hair in cheer bow sides up or pony, santa hats over top, pom poms.

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 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 in room 188 followed by meeting at 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