

# POMS-Movement

Thank you for registering with POMS CHEER! Today we focused on Movement of standard cheer angles, arms and hand placement. All cheer develops from the basics of these moves and precision! From the beginner to the advanced competitive collegiate cheer squads they all use these fundamentals! Movement like High V, Low V, Touchdown, Goal Posts, and hands like Closed Fist, Palm, Spirit Hands and more for upper movement and we will move into lower movement for Side Lunges, Front Lunges, Side L's and the variety of kicks. Out of all movement the most popular universal cheer move is the Hands of Hips! This is a resting position, a showmanship piece, a sign of team respect and ready position! In class when we say POMS, girls will say CHEER and take their Hands on Hips position! POMS will adapt to each girls skill level and provide more challenge for those that need it! Today we learned our POMS CHEER and some additional chants/cheers.

***Let's Scream and Shout and SHAKE it all out!***

***Stomp, Stomp, Clap, Clap***

***POMS CHEER, POMS CHEER!***

***Stomp, Stomp, Clap, Clap***

***POMS CHEER***



**Welcome to POMS  
CHEER!**

**POMS Squads  
First Day!**

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

**Each practice 2  
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!**

[www.pomscheer.com](http://www.pomscheer.com)

