

POMS-SHOWMANSHIP AND SPIRIT

Today we are focusing on **Showmanship and Spirit**. We have learned 2 cheers and are working on a dance. This week we will add to our dance routine and experiment with applying the same routine to different songs so that the girls can learn to adapt to beat and counting in a variety of music. We will be adapting our Me Too dance to Winter Wonderland, Trolls soundtrack and Mariah Carey All I Want for Christmas. We will learn a new cheer to add to our list! During all of the cheers and dances it is important to always have showmanship and spirit! We will work on smiling, keeping head high, chin taps, eye contact and confidence. This is important in practice and in performances. During POMS this week the cheerleaders will take turns performing for each other, learning to start off field or stage and rally out to place while maintaining showmanship and spirit. We will have a dedicated week coming up for jumps/kicks, tumbling and stunt work. To prepare for that this week we will review some important stretches to get comfortable and more flexible as well as some team and group activities that can be applied to stunt build up. This week our cheer is:

Firecracker Boom Boom

Firecracker Boom Boom

Let's Win the Game

Firecracker Boom Boom

Firecracker Boom Boom

Let's Win the Game!

For preparation to jumps/kicks and stunt and tumbling we are reviewing stretching each day. All of the girls are working towards splits and working to have their front leg straight out and their back leg bent to the side and working to push their belly button down to their knee. This stretch will also help to get them more comfortable with a variety of jumps we learn.

Reminders: This week is our Veterans Assembly Welcome Nov 9th 8:45-9:30am! Going with our theme of showmanship and performance, girls will be in full POMS Gear, shirts, skirts, bow, white socks, shoes (white if possible), and poms. We will work on having smiles on our face and rallying for our Veterans as they arrive!

December 7th 5:30-6pm we have been invited to perform at the City of Sammamish Tree Lighting event. Girls will wear full POMS Gear and I will be looking for a holiday hat or accessory to add. We will have a 10 minute stage time from 5:50-6pm and this is a great chance for families to come and watch!

December 14th 6-7pm End of Session Performance in Multi-Purpose Room (3-5th grade girls are welcome to stay after until parents arrive at 6pm.

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. Cheers!

POMS CHEER WEEK 3!

Dates to remember:

**Nov 9 Veterans Welcome
8:45-9:30am**

Dec 7 Sammamish Very Merry Tree Lighting 5:30-6pm

Dec 14 End of session performance and certificates

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!

www.pomscheer.com