

Dear Parents,

Your child has shown an interest in becoming a member of the Hamilton High Pom Team for the 2020-2021 school year. The following is a letter that you and your child will need to read before making a decision to participate in this program. If she is elected to be a member of the Pomline, there are specific responsibilities and obligations that your child must assume in order to qualify and remain part of the team.

Team size will vary between 16-24 dancers depending on the natural break in scores. One varsity game team will be selected, and all students selected will be required to participate in games, events, and fundraising activities. This year we may break the varsity game team into two separate competition teams- Varsity Comp and JV Comp. This decision will be to allow our team to be more competitive at UDA nationals while also allowing more girls the opportunity to have the competition experience. Judges and coaches will decide placement on either team, and the decisions are final and will not be discussed. All competition decisions will not occur until fall tryouts. If a dancer decides to quit the team based on competition placement, they will be ineligible to tryout in future seasons.

Electing out of the assigned competition team will not be an option. Participating in games and assemblies is a privilege earned from work put in at competition rehearsals. Coaches may select alternates for each competition team. However, these dancers will be required to attend all competitions (in and out of state), and practice to their fullest extent at every rehearsal.

Hamilton Pomline members are required to:

- Be enrolled in 3rd hour Pomline class at Hamilton.
- Participate in UDA Summer Camp (Awaiting approval, but currently scheduled for July 25-28. Students will miss two school days and be responsible to makeup work).
- Perform at assemblies, home and away football games (including playoffs), basketball games as determined by the coach, and charity concerts or showcases
- Compete in the AIA qualifier and state competition, AZ State Competition, UDA Cactus Cup competition, Spring it On, UDA Desert Southwest, UDA Nationals (Florida) and other independent competitions.
- Attend after-school practice currently scheduled for Tuesdays from 3:40-5:30pm.
- Attend TEAM technique and ballet class in addition to our practice schedule. Classes are currently Tuesdays from 2:40-3:40pm (before practice) and Thursdays from 3:30-5:00pm. These classes will require a small additional fee (to pay instructor). All students **must** attend these classes as a team. Dancers will be expected to take class during the month of April.
- Maintain a positive attitude, strong work ethic, disciplined practice environment, maintain appropriate grades, and continue to improve on a daily basis.
- Attend all choreography rehearsals and any additional practices scheduled by coach.
- Participate in all team fundraising.

Financial Agreement:

Hamilton Pomline will require members to have warm up jacket and bottoms, backpack, poms, bows practice wear and shoes. Total expenses will be determined after tryouts. However, clothing/equipment costs are estimated at \$700/girl for new members (returning members will have a smaller payment due to items obtained in previous seasons). Game uniforms are also purchased by parents (approx. \$200). Boosters plan to pay for competition uniforms, but team members must participate in team fundraising for this to occur.

Pomline will be expected to travel to the UDA Summer Camp July 25-28, 2020 (Approximately \$500, lunch/dinner included). Tax credit donations may be used.

The team will be traveling to the Universal Dance Association's NDTC in Orlando, FL, and the cost should be around \$1500 estimate. Dancers will also be responsible for choreography fees, local competition fees, and travel fees to be determined.

All consideration is given to the cost of each required item, and costs will be kept to a minimum wherever possible. Fees for team clothing and camp will be due by April 6, 2020. Hamilton Pomline has a Booster Club to help pay for expenses not listed above, as well as fund raisers to offset the cost for Nationals and other competitions. By signing the tryout application you agree to the financial requirements of the team.

MANDATORY POMLINE TRYOUT SCHEDULE:

Monday, March 30 – Thursday, April 2nd 4:30-6:00pm

Final Day: Friday, April 3rd 4:30-6:00PM

Tryouts will be held in the dance room. Results will be posted on the website Friday evening.

1. The 2020-2021 tryouts will be open to current 9th-11th grade students enrolled at Hamilton High School.
2. You will be evaluated throughout the entire week. Each person trying out must attend the Monday-Thursday clinics to be eligible for tryouts on Friday. All tryout days will be held at the high school in the dance room and are closed to all spectators. Report ALL injuries to the coach immediately.
3. Students will be able to demonstrate endurance and athleticism by running a timed mile at the Wednesday clinic. Please be prepared to run with running shoes and water.
4. Tryout clothes should consist of ALL BLACK workout clothes (shorts, leggings, tank top, sports bra) and turners. It should be SCHOOL APPROPRIATE. Please NO OVERLY BAGGY CLOTHING. Hair should be neat and pulled away from the face. Appearance counts!
5. Wearing jewelry or chewing gum is not allowed during tryouts or practices.
6. Advanced dance skills are required to make the team. This will be checked throughout the year and if skills are lost, you may lose your spot on the team.

You must be able to demonstrate: Rhythm, sharp and precise movements, flexibility, controlled kicks and turns, solid quad turn, a la seconde turns (forward and with a spot change), leg turns, arials (standing and with a chaine prep), head springs and side leaps, switch leaps, etc.

7. Final Tryout Day: You will be judged 3-4 at a time. You will demonstrate splits, kicks, jumps, turns, arials, head springs, pom combination, fight song, and jazz combination.
8. TRYOUT APPLICATION MUST BE SIGNED & RETURNED TO THE POM COACH ON MONDAY, March 30th. EVERYONE ATTENDING TRYOUTS MUST BE CLEARED THROUGH REGISTER MY ATHLETE. NO EXCUSES! IF NOT CLEARED, YOU WILL NOT BE ELIGIBLE TO PARTICIPATE IN THE TRYOUTS!!
9. Students must also submit a print out of **current grades** and a **headshot** on March 30th, 2020.

I am delighted to have your child join in the experience. I look forward to a great and successful year! If you have any questions concerning this letter or tryouts, please email Coach Megan at meganbesch@gmail.com.

Thank you!

Megan Besch

HHS Pom Coach

POMLINE TRYOUT APPLICATION

Please return this page with your signed constitution, social media contract, print out of CURRENT grades, HEADSHOT and proof of athletic CLEARANCE to Coach Megan on the first day of tryouts.

Prospective Members Name _____

ID Number _____

Current Grade Level _____

Current GPA _____

Parent Name/s: _____

Parent Phone Number: _____

Parent Email: _____

Student Phone Number: _____

Student Email: _____

Student Address: _____

Permission Slip

I understand that my child has expressed interest in becoming a member of the Hamilton Pomline, and I give my child permission to audition for team. I further understand that if selected for the team my child will **not** be allowed to be on Hamilton Cheer, or Hamilton Dance Company. I also understand that after school practices and technique are mandatory, and students will not be excused for studio dance or work.

I understand that team selection and placement is decided by the judges and coaches and that decisions are final. I will not contact coaches regarding these decisions.

Behavior Contract Agreement

I, and my child, have read and agree to abide by the behavioral contract that was sent home with my child listing the requirements for membership on the team.

Financial Agreement

I have read the parent letter including finances, and I agree to the financial requirements of the team.

Print Parent/Guardian Name _____

Parent/Guardian Signature _____

Print Student Name _____

Student Signature _____



Social and Electronic Media Policy for Hamilton High Pomline – 2020/2021

Training and competing with the Hamilton High Pomline is a privilege. Student athletes are held in the highest regard and are observed as role models in the community. It is an expectation of all athletes on the team to be responsible for your actions and your attitude. Your actions, words and thoughts shared with others are a portrayal of yourself and of the entire team.

As an **athlete** on the pomline, I will not use electronic or social media of any kind other than positive comments. This includes messages to other athletes from other schools, teams or my own teammates and classmates. I understand that if I disregard this rule I can and will be dismissed from the team. If I am sending these messages as a joke but a teammate could read or interpret it as a mean or derogatory comment, I will not send it. There should be no comments, symbols or insinuations regarding the use of drugs or alcohol, parties or anything that could mean dismissal from the team. Even if I feel the comment is in jest, it should not be written.

Student signature: _____ Date: _____

As a **parent or guardian**, I will make sure that I am aware of my daughter's electronic correspondence with other members of the team as well as other schools, classmates and friends. If anything is intended to be sent out that is defaming, hurtful or could be misconstrued by the recipient I will not allow my child to send or post.

Parent signature: _____ Date: _____

HHS Pomline Constitution and Bylaws

Preamble

The constitution is written in the spirit of sportsmanship and fair play, qualities that are to be exemplified by all who become members of this organization. It is expected that all members extend to one another courtesy, respect, and sportsmanship. All members of the Pomline must:

1. Meet academic requirements
2. Shall abide by this constitution and the bylaws
3. Shall fulfill all responsibilities and obligations with being a member of the organization.

Name/teams

The Pomline consists of one team that may be broken into two competition teams:

1. Varsity Pom Game Team
 - a. Varsity Competition
 - b. JV Competition

Coaches

There is one Head Coach for the Pomline team, and one assistant coach. Each coach is highly qualified and meets all requirements in the Pomline field. Each coach is a certified coach trained in safety and rules and regulations. Each coach has AACCA, NFHS, CPR and First Aid Certifications.

Purpose of Husky Pomline

The purpose of the organization shall be to promote and generate interest, enthusiasm, support, and pride in HHS and the community. The Pomline promotes school spirit, supports all teams, competes at many levels and shows great sportsmanship on and off the field.

Tryouts

Tryouts will be held in March/April of each school year for the following year's squad. Additional tryouts may be held in July/August for any freshman and students that have moved in from out of district. Candidates that did not make the squad in March/April will not be permitted to try out again in the fall.

Tryout Eligibility

All students, within the HHS attendance boundaries, as well as approved open enrollment students, are eligible to tryout out if they meet the following requirements:

1. Must submit completed application with parent signature for permission to tryout.
2. Must show all required paper work, must be turned into athletic office prior to tryouts. A student athlete will receive a clearance card that must be given to the coach prior to tryouts. If student is not cleared prior to tryouts, they will be required to sit out and not participate.
3. If a pommie was removed from, or quit the team the previous year, they may be ineligible to tryout.

Clothing

Uniforms (shells, skirts) may be purchased by the students or fundraised by the boosters. You are responsible for purchasing cheer/dance shoes, poms, camp/practice clothes, bows, socks, and warm-ups and well as fundraising for new uniforms.

Uniforms

All uniforms are to be washed and kept up by the dancer. Team member **MUST** repair any uniform that is damaged throughout the season. The team member must reimburse any uniform that is lost or damaged. If uniforms are purchased by the booster club, they must be returned to the school at the end of the season.

Uniforms may not be worn at outside events without prior approval of coaches. This includes photo shoots.

Dues

Students must pay the \$125 sports participation fee per season to the bookstore, then show the receipt to the athletic secretary. (Pay to play fee) Parents may use TAX CREDIT for this fee. This fee is paid at the start of the school year

during registration. This fee will cover competition fees, poms or other team expenses.

Meetings

Will be conducted at the start of practice when necessary.

Selection process

1. All candidates must participate in tryouts.
2. All candidates will be judged on attributes, physical coordination, ability to learn, talent and other criteria as determined prior to the workshop, judging, and selection process.
3. Judging will be handled in a professional manner. Coaches will not discuss tryout selection or teams after the list is posted with students and/or parents.
4. All score reviews and selection process is done by the coaches.
5. Along with scores, grades, attitudes, dedication, and commitment from the previous year **WILL** count towards selection for the following year.
6. Participants will be informed if they have made pom on the day of tryouts. However, participants may not know what team they have made until after the needs of the teams are determined by the coaches after fall tryouts.

Alternates

1. Coaches may select alternates for the varsity team.
2. Alternates are required to attend all practices, games, events, and competitions with team members.
3. Alternates are expected to learn all parts in the competition dance, and be ready to step in if a team member is ill, injured or unable to attend an event.
4. Alternates must be dressed in full uniform, hair, and makeup for every competition and event.
5. Alternates will perform at every game on sidelines with the rest of the team. The coach will decide if alternates perform in halftimes, assemblies and other events.
6. Alternates are expected to progress throughout the season so they may earn a spot on the team the following season.
7. If a student is selected as an alternate, they are given one year to earn a spot on the competition team. If coaches/judges do not see this improvement at the following year's tryout, they may be removed from the team.

Attendance

The attendance policy of the CUSD will be enforced.

- a. Unexcused absence 1 practice - benched from 1st quarter of game, or will not participate in activities done at that practice. Absent practice before game, the athlete will be benched entire game.
- b. Unexcused absence 2 practices - benched from game that week.
- c. Unexcused absence 3 practices - dismissal from team.
- d. Unexcused absence from 1 game results in automatic benching from next game/event.
- e. Unexcused absence from 2 games – dismissal from team.

Excused absences include illness, court, hospital, car accident, family emergency, family vacation, out of town, surgery, funeral, injury, Dr. Appointment, death in family. All other absences **including work related absences** are unexcused. Excessive excused absences may also result in the above action.

Please remember all Pomline members are a vital part of a team. We ask that you make every effort to not schedule appointments during practice or scheduled events, as they might be taken out of parts and possibly competition. The dancer or parent/legal guardian must notify the coach via email or phone if going to be absent. Schedules are given in advance. Please make appointments, etc. on those days off.

Tardiness

1. 1st tardy - run before or after practice. Points will also be subtracted from class grade.
2. After 3 tardies, benched from the next game/event will occur. All games and events it is required the athletes be there 45 min - 1 hour before event.
3. If a dancer is late to a game, they will be benched 1 quarter for every 5 minutes late, unless prior approval.

School year commitment

1. Summer practices
2. Mandatory camp requirements
3. All home and away football games
4. All assigned home basketball games (boys and girls- usually 1 per week)
5. All play offs for football and basketball
6. All school spirit related events
7. Competitions
8. Tuesday practices (or additional scheduled practices) during competition season
9. All related fundraiser events
10. Technique classes

Fundraising

Here are some of the things we have fundraised for in the past:

1. Camp
2. Spirit clothes/shoes
3. Warm ups
4. Competition fees
5. Banquet awards/trophies/gifts
6. Nationals
7. Uniforms

Fundraisers benefit the entire team. All students are required to fundraise, and money earned will go in one pot for competition fees, uniforms, travel expenses banquet and other items. Each Pomline member will be required to sell or work each event.

Grades

1. In order to establish a tradition of being a successful athlete we need to stress the importance of student **before** athlete. Member of the program shall maintain a C average. Falling below this average may result in benching.
2. Coaches may require weekly grade checks.
3. An F on a progress or report card will render the student ineligible. The student will be able to do grade checks on Fridays to become eligible. The student must also attend the Athletic Study Hall for 5 consecutive days to become eligible. Student is not eligible until office notifies coaches. If grade is not brought up by the following progress report the student will be dismissed.
4. If eligibility continues to be a concern for a student, they may be released from the team or removed from the team the following season.

Benched member

1. Benching is the non-participation of a Pomline member for a specific time. The coach may bench a member for any of the following reasons:
 - a. Insubordination or disobedience, not following instructions of the coach.
 - b. Poor attitude as defined by the coach. This can be directed at a coach, a team member, or anyone else for that matter. Pommies are always in the public eye, and therefore must maintain a proper level of dignity.
 - c. Missing the last practice before a game (regardless of reason), the athlete will be benched the entire game.
 - d. Excessive absences and/or tardies as determined by coach.
 - e. Students must attend all regular classes the day of performance/game to participate unless approved from principal or AD.
 - f. Not informing the coach at least one week in advance of missing a performance/practice, unless an emergency arises. In order for an absence to be excused a parent/guardian must notify the coach 24 hours in advance or the morning of in case of emergency. Excused absences include illness, court, hospital, car accident, family emergency, family vacation, out of town, surgery, funeral, injury, Dr. Appointment, death in family. All other absences including work related absences are unexcused. Failure to notify coach in advance will result in unexcused absence.
 - g. Not abiding by the rules and regulations in this Constitution and the schools rules.
 - h. Being tardy to a game, benching will take place. For every 5 minutes pommie is late, they will be benched 1 quarter of game.

- i. Student being assigned ISS or Detention by a teacher or administrator.
 - j. Other situations that may arise at the coach's discretion.
2. Benched members must attend all practices/games/events.
 3. Benched members will not wear uniform.
 4. Benched member will sit with coach at all events for entire period of the event.
 5. Benched member must abide by all rules or they will be dismissed from the team.
 6. Disrespecting any coach or any member of the Pomline team will result in an automatic suspension from the next game and possible administrative referral or removal from team.
 7. If a teacher contacts any of the coaches regarding behavior or tardies, the student will be required to run laps or possibly be benched from games.

Practice Expectations

1. Pomline members are expected to be fully dressed out in required practice wear at all practices.
2. Refusal to comply with a coach's request or arguing with a coach will result in running laps and/or benching from a game.
3. Any negative comments to another pommie or coach will result in running laps and/or benching from a game. We are all members of a team and we will respect each other. Repetitive occurrences will result in removal from team.
4. Stretching must be done for at least 10 minutes before each practice begins to limit injuries.
5. All hair must be up, jewelry (including body piercings) must be off and cheer/dance shoes must be on by the time practice begins.
6. Spankies must be worn underneath shorts and skirts at all times.
7. Coaches determine dance formations; positions are non-negotiable.

Dismissed

A Pomline member may be dismissed from the team for the following reasons:

1. Not abiding by the requirements or disciplinary actions as listed in this constitution.
2. Excessive or consecutive failures can result in dismissal from the team.
3. 3 unexcused absences (or excessive excused absences) from practice or games.
4. Pomline members are chosen based on ability. If Pomline member fails to maintain skills (flexibility, technique, turns, etc), member may be removed from team.
5. Profanity in public, public display of affection at inappropriate levels, ditching school, or breaking school rules.
6. Any behavior or activity that is deemed inappropriate or embarrassing to you or to Hamilton High School will result in possible dismissal from the squad and mandatory substance abuse class and/or community service. This includes, but is not limited to drinking, smoking, illegal activity and/or drug use, posting inappropriate pictures on the Internet, hazing, bullying, Out of School suspension and outside of school arrests or trouble with the law. These rules are enforced for the entire school year including breaks, weekends and during summer camp.
7. ***A dismissed member must turn in uniform immediately. Dismissed members cannot letter or receive "End of the Year" awards.
8. If a student is selected as an alternate, they are given one year to earn a spot on the competition team. If coaches/judges do not see this improvement at the following year's tryout, they may be removed from the team.

Communication

Team Communication is done through the **Team App**. This can be downloaded from the app store. All communication regarding practice schedule, upcoming events, fees, etc. will be posted on this app. Please make sure that it is downloaded on your phone and notifications are on. The app also allows to sync the team calendar with your iPhone calendar.

In order to produce confident, responsible dancers and students, I request that parents do not speak for their children, and allow dancers to reach out to me first. Students should be notifying me of problems, concerns or conflicts. If the student and I cannot resolve the situation, the parent is welcome to meet or discuss the issue with the coaches. Please allow the coach 24 business hours to respond to any request.

Hamilton High School has a professional and successful Pomline program. We are very excited for the start of a new year and a new team. We look forward to many opportunities, friendships, and new athletes to train.

This constitution will be abided by and followed. In addition to this constitution, it is also understood that the Pommie will be held to the AIA/CUSD participant code of conduct.

I have read the above Pomline constitution and I am aware of all rules and guidelines for the upcoming season. I understand that I (my child) cannot participate unless this constitution is agreed to and signed.

Parent/Guardian Name

Pommie Name

Parent/Guardian Signature

Pommie Signature

Date _____