

CONGRATULATIONS TO THE 2018- 2019 CASTEEL POMMIES!!

VARSITY

7
12**

JUNIOR VARSITY

1*
2
3
4
5
6*
8
9*
10*
11*

ALL POMMIES BE SURE YOU ARE IN 6TH HOUR DANCE AND BE READY FOR WEIGHT TRAINING ON MONDAY.
ALL BLACK DANCE CLOTHES AND TENNIS SHOES REQUIRED. NO JEWELRY, NAIL POLISH, ETC.
AT 4 PM ON TUESDAY ALL NEW POMMIES WILL BE SIZED FOR PRACTICE CLOTHES. THIS SHOULD TAKE
BETWEEN 10- 20 MIN.

JV PRACTICE THIS WEEK WILL BE TUESDAY AND FRIDAY FROM 2:45 TO 4.

VARSITY PRACTICE WILL BE MONDAY 2:45- 3:30, WEDNESDAY AND THURSDAY FROM 2:45- 4.

*ALTERNATE: ALTERNATES WILL CHEER AT ALL GAMES, ATTEND EVERY PRACTICE, LEARN ALL MATERIAL
AND ATTEND ALL COMPETITIONS IN UNIFORM BUT YOU WILL NOT BE PLACED IN THE COMPETITION
ROUTINE(S).

**TO BE REEVALUATED TO PLACE IN COMPETITION NUMBER AFTER TRANSFER 50/50 RULE

A NOTE FOR ALL: NO ONE IS EVER GUARANTEED PLACEMENT IN A ROUTINE. HARD WORK, CONSISTENCY,
BEHAVIOR AND MORE, CAN, AND WILL AFFECT WHO IS IN ROUTINES AND WHO COMPETES. COACH
ALWAYS HAS THE RIGHT TO MAKE ADJUSTMENTS ONCE COMPETITION CHOREOGRAPHY BEGINS.

BE READY TO WORK THIS SEASON AND CONGRATS!!

MANDATORY (POMMIE AND PARENT/ GUARDIAN) MEETING JULY 31ST @ 5:00 PM IN DANCE ROOM.

GO COLTS!!!