



☆ Evergreen High School Poms Tryout Packet ☆

Hello Potential Poms and Families,

We are so glad that you have interest in the Evergreen Poms program! Please use this packet as a guide for what to expect in our program. Rules and expectations are specifically outlined in our team code of conduct.

The purpose of the Evergreen Poms Team is to cultivate hardworking and dedicated dance team members with exceptional character and leadership skills. To be a member you must show respect to yourself, your teammates and coach(es), your school and community, and the sport of Poms and the Poms program.

Tryouts will be May 2nd, 3rd & 4th. Athletes will be evaluated on dance technique, skill level, athleticism, performance, effort, and attitude. Membership on the team will be made by the Evergreen Coaching Staff and other selected dance professionals.

The Poms season runs the full year, from one tryout to the next. Team Members are expected to attend all practices, events, and competitions. The team will be responsible for performing at selected home games, selected community events, pep assemblies, and selected dance competitions. Team members are responsible for following the guidelines set in our team code of conduct. Performing at competitions is not a guarantee for team members. Team members will not perform at competition until the coaching staff determines they are ready to do so. All team members will perform at games and events, unless guidelines set in the team code of conduct are broken.

Parents, the expense can be quite high for a student to be a Poms team member. Our program will strive to make decisions that are as cost effective as possible. However, do realize that the ultimate financial responsibility does lie with each member of the squad and their parents. Please note, we do not want finances to be the reason an athlete is unable to be a member of the team. Some payment plans and scholarships are available through our Angel Fund. Please read the Evergreen Poms Team code of conduct so that you and your athlete will be aware of the rules and policies concerning the Poms Team.

Sincerely,

Coach Jordan Hoecherl

Hoecherl.Jordan@gmail.com

☆ 2024-2025 EHS Pom Team Policies ☆

All policies are explicitly outlined in our team Code of Conduct. Here is an overview.

Team Members:

**Summary: Be Respectful. Work Hard. Be Kind. Have Spirit.
Ensure your actions help to make your team stronger.**

Members of the EHS Poms Team must follow all rules outlined in the Evergreen High School Handbook, available to all students.

- Do not cause harm to yourself, others, or the community
- Prioritize academics and the values of Evergreen High School
- Grade checks are done weekly. If athletes have an F in one or more classes they will be benched from performances and competition for that week.
- Do not engage in illegal activity.

Academics

- School always comes first
- Team Members must maintain passing grades.
- Four consecutive weeks of F grades = meeting with coaches and parents to determine academic success plan and consider suspension

Practice

- All Team Members are expected to be at every practice.
- Missing practice for an unexcused reason will result in a check in
 - First miss = Extra conditioning
 - Second miss = Loss of performance privilege and conditioning
 - Third miss = Loss of performance privilege and conditioning and meeting with coaches to determine if this commitment is right for you
- Excused Reasons
 - Illness that prevents student from attending school
 - Family emergency or death in the family
 - School related or academic events with proper notice given to the coach. Example: National Honor Society, SAT/ACT Testing, etc.
- Unexcused Reasons
 - Hair appt, family vacation, ortho appt, physical therapy, regular doctors appt, participation in other sports teams

Performances: Competitions and Games

- All athletes will perform at games
 - Exceptions: An above policy has been violated or the coaching staff determines an athlete is not ready to perform
 - EX: Missing multiple practices for illness may result in being removed from a performance routine.
- The athletes who compete will be selected by the coaching staff for each competition.
 - This is based on what is best for the team and team members.

- Team Membership does not guarantee being in dances for competition. Do not assume that you will dance in competitions.
- All Team Members must attend all Competitions and Games
- Missing a competition for an unexcused reason will result in a check in

Community

- Athletes are representatives of the Team at all times. They are expected to conduct themselves with respect and grace at all times. What you do matters.
- Community Service
 - Team Members are asked to participate in two community service events

Social Media

- Team Members will conduct themselves with class on social media.
- Do not post anything that is inappropriate, illegal, or offensive.

Fundraising

- Team Members are required to participate in fundraising events.

Family and Parents

- Promote positivity and respect
- Please ask your child questions about the team first, promote independence
- Be supportive of your athlete, but please don't fix issues for them. We will work together to solve problems
- Coach will communicate information to the athletes, it is the athlete's responsibility to inform parents, not the Booster.

☆ Tryout Details ☆

Tryouts are closed to all spectators. Thank you!

Requirements

You must have an up to date [physical](#) to try out.

- Learn both dances in the videos prior to May 2nd
 - Girls will learn 2 across the floor pieces , 1 cheer, 1 short kickline and 1 dance on 5/2 and 5/3. The above items will be judged on May 4th.
 - Will NOT need to learn anything before tryouts.
 - Submit Paperwork via email to Coach Jordan prior to tryouts
 - Up to date [Sports Physical](#)
 - Tryout Application (below)
 - Tryout Agreement (below)
 - Release to Participate (below)
 - Disclose any medical conditions to Coach Jordan.
 - Due to the level of athleticism required at tryouts, any medical conditions (i.e. injuries, asthma, diabetes, etc.) must be disclosed to the Coach at the beginning of the tryouts. The coaching staff will do everything possible to accommodate needs.
 - Ensure you will comply with the [Evergreen High Student Handbook](#) (website)
 - Ensure you will comply with the EHS Pom Team code of conduct (sent in email)
 - Understand financial expectations
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Schedule

Informational Meeting:

- ★ In-person at the EHS Library, April 25 @7pm
- ★ Every interested athlete and at least one guardian is **HIGHLY recommended** to attend.

Tryout Dates:

- ★ Tryout Clinic (OPTIONAL): April 18 & 25, 4:30-6:30 pm at Evergreen High School.
- ★ Tryouts: at Evergreen High School
 - May 2nd from 4:30 to 6:30 pm
 - May 3rd from 4:30 to 6:30 pm
 - May 4th from 9:00am to End of Process (usually around 11:00)

- ★ Athletes will be notified of their team membership status by phone, on May 4th by 2pm. Once all Team Members have been notified, the team roster will be posted on the team website and team social media accounts.
- ★ Possible uniform try-on/sizing (May 7, 8 or 9) - coordinate with Varsity or uniform rep - will communicate this date when we have it.

New Team Bonding

- ★ Team Members will be invited to celebrate making the team by helping to paint the Poms room and make locker tags - date TBD, early May after tryouts
- ★ Team Members will be sent the details of this event from the Seniors.

Practice and Booster Meeting

- ★ Practice will begin May 6-8 th & May 13th - 15th 4:30-6:30 pm
- ★ Family and Team Member Meeting: May 13th at EHS library at 6:30 pm
- ★ Finals week May 22-24th, NO PRACTICE
- ★ Team photos - will communicate date after confirming with photographer
- ★ Optional practices May 28-29 4:15-6:30 pm
- ★ All Team Practices: June 3-5, June 10-12, & June 17-18 from 4:15–6:30
- ★ Rodeo parade float build June 14 - Jordan's house
- ★ Rodeo parade June 15
- ★ CSU NDA Camp June 19-22, need drivers to drive to CSU, parents pick up on 22nd
- ★ Everyone needs to sign this waiver <https://link.varsity.com/435ww3hz>
- ★ July - OFF, girls will send in workout and routine videos 2x per week
- ★ August - choreo 7/31-8/2 9a-4p
- ★ School starts 8/14
- ★ Practice August 5-8 from 4:15-6:30
- ★ Practice August 14-15 from 4:15–6:30
- ★ Regular practices start week of August 19, M-Thur 4:15-6:30pm
- ★ Tumbling classes at Wulf Thursdays 7:45-8:45 am **confirming with Leeanne**

Attire & Rules

As a tool to see how potential team members dance together, the Evergreen High School Poms coaching staff is requiring a dress code which must be followed in order to try out.

What to Wear:

- Black leggings/shorts that cover backside and a black fitted shirt
- Appropriate shoes (jazz/athletic)
 - ** Athletes can not practice barefoot or in socks
- Hair pulled back in ponytail or neat bun
- Remove any visible jewelry
 - Very small facial and ear piercings are allowed
 - Jewelry for religious purposes is allowed, please let Coach Jordan know

What to Bring:

- Jazz shoes or half-soles and athletic sneakers (ballet shoes are OK if jazz shoes are not owned)
- Water bottle
- Inhaler, epipen, or other needed medication
- Paperwork under “requirements”
- Confidence and a great attitude!

Rules:

- Shoes must be worn at all times.
- No gum or eating while dancing.
- Cell phones will not be used. Keep them out of sight unless approved by Coach.
- Turn off notifications for smart watches.
- Since all Poms from the previous season are required to re-audition, no clothing of any form relating to the EHS Poms Team may be worn.

☆ Tryout Evaluation Content ☆

We will evaluate all potential team members through 3 processes

Dance/Skill Showcase

Grade Release from 2023-2024 School Year

Interview with Coaching Staff

In these three process we will be used to evaluate individuals in the following skill areas:

1. Dance Technique

NOTE: **You ARE NOT required to have all of these skills to try out.** We will ask dancers to try to perform each of these to the best of their ability.

Basic Dance Technique (6 skills, with various skill levels explained)	Special Skills (Only perform if you are able)
<ul style="list-style-type: none">● Pirouettes<ul style="list-style-type: none">○ 2-4 on the Right○ 1-4 on the Left● A La Seconde (AKA Tours)<ul style="list-style-type: none">○ 2-6 on the Right● Toe-Touch<ul style="list-style-type: none">○ 1, 2, or 3 consecutive jumps● High Kicks<ul style="list-style-type: none">○ 8 in a kick line sequence (4 each side)● Leg Extension<ul style="list-style-type: none">○ Your Choice: right or left● Head spring and kip-up	<ul style="list-style-type: none">● Advanced level of “Basic Technique”<ul style="list-style-type: none">○ 3 Consecutive Toe-Touches○ 5 pirouettes○ Switch Leaps○ Fire Bird○ Turning C Jump○ Turning disc● Changing Spot A La Seconde● Illusions● Aerial Cartwheels● Other Tumbling skills

2. Athleticism

This includes: stamina, strength, and the ability to pick up new skills.

3. Dance Performance

This includes: stage presence, spirit, memorization, sharpness, and strength in dance.

4. Effort

This includes effort in school and in practice settings. We will consider an individual's willingness to work hard, try new skills, a clear interest and ability to improve, a willingness to ask for help and clarification when needed (both in our practices, school, and the community).

5. Attitude

This includes: treatment of other individuals trying out and coaching staff, response to corrections and constructive criticism, attitude towards school and extracurricular involvement, and responses in the interview process.

☆ 2024-2025 Team Information ☆

Tentative Practice Schedule

Here is an outline of our practice schedule for the 2024-2025 school year. Practices are subject to change if necessary.

School Year Practice Schedule

Monday - 4:15 - 6:30 pm @ EHS

Tuesday - 4:15 - 6:30 pm @ EHS

Wednesday - 4:15 - 6:30 pm @ EHS

Thursday - 7:45-8:45 am @Wulf, for tumbling & 4:15 - 6:30 pm @ EHS

Friday - Practices will be added if necessary

Saturday - 8:00 - 12:00 pm in the 2-3 weeks prior to competition

Dates are available on the Team Google Calendar which will be shared with you upon making the team.

Summer Practice Schedule

May:

May 6-8th: 4:15-6:30 pm

May 13-15: 4:15-6:30 pm

May 20 week: FINALS, no practice

May 28 - 29: 4:15-6:30 pm, Optional Practice: Working on Rodeo Routine, Technique, etc

June:

June 3-5: Practice 4:15-6:30pm

June 4: Tentative. Tumbling*

June 10-12: Practice 4:15-6:30pm

June 13: Tentative. Tumbling*

June 14: Friday float building

June 15: Rodeo Parade in Downtown Evergreen

June 17-18: Practice/ Prepare for Camp 4:15-6:30pm

June 19-22: NDA Summer Camp at CSU

July:

No practices will be held. Team members will be responsible for practicing their routines and skills. They must know all the routines in August and be prepared for Choreography on July 31.

2 Video Submissions will be required per week: 1 video doing a designated team workout, 1 video performing any/all dances and cheers learned up until that point.

August:

July 31- Aug 2: **Choreography Week** - 9a-4p

August 5-8: 4:15-6:30pm

August 12 & 13: No Practice - get ready for school to start

August 14 & 15 - 4:15-6:30pm

August 19th: Begin school year practice schedule

August 21st: In person meeting for boosters and members

Important Dates

Parents to attend bolded items

May 13- New Team Pom & Parent meeting 6:30pm @ EHS Library

June 19 - 22 Camp @ CSU Ft. Collins

- **June 22 - Parent Showcase & pickup athlete - usually around noon**

June 15 - Rodeo Parade @ Downtown Evergreen

July 31 / August 1-2 - TBD State Choreo

August 13 - Freshman First Day

August 14 - First Day of School

August 15 - 30 - TBD Gameday Choreo

September 25/26 - Competition Team - tryouts

October 17 & 18 - Fall Break, No practice

November 5 - Rock the Mat Showcase or <https://www.danceteamunion.com/> - probably the same weekend

**** Trying to look into another dance competition instead of this because this was very cheer based '23**

November TBD - League Competition

November TBD - Regionals

November 25-29 - Thanksgiving Break, No practice

December 6-7 Road to State (weekend before State)

December 12-14- State Competition per CHSAA '24-'25 Calendar

December 23 - January 3 - Winter Break, No practice

January 6 - Return to school year practice

- May extend practices to 7:30 due to limited time before nationals

January 20 - MLK Day, No practice

February 14 - 19 - Presidents' Day weekend, Nationals @ Hilton Orlando, FL

Competitions

Many competition dates have not yet been released, but we aim to compete at least 4 times during the competition season: Jeffco League, NDA Regionals, CHSAA State, and NDA Nationals. Dates of competition will be announced to families as soon as possible. All team members are expected to attend competitions regardless of if they are performing. Parents/Guardians are highly encouraged to attend.

☆ 2024-2025 Financial Expectations ☆

Finances are managed by the EHS Booster club, not the coaching staff. Please direct any questions you have to the Booster Club Treasurer. We work hard to fundraise through the season to help alleviate the cost of participation as much as possible. Please understand that each family is **ultimately responsible** for all of the fees associated with their child's participation on the EHS Poms Team.

- a. Fees will be paid directly to the EHS Poms Booster Club

FUNDRAISERS

- a. We aim to alleviate as many costs as possible through our fundraisers.
- b. In order to do this we need the support of not only the Team Member but also the parents to make fundraising a success.
- c. Please be advised that fundraising is **not a guarantee**. We work to fundraise as much as possible but you may still have a balance at the end.

REFUNDS

In the event of a dancer leaving the team, deposits/money put toward the team is non-refundable. You are also responsible for all remaining practice attire fees, uniform fees, choreography & music fees in full. In the event your dancer is still on the team but not able to actively participate, all dues/fees are still required in full for the remainder of the season.

PAYMENT PLANS

Payment plans are available for the choreography and clothing fee that is due after being accepted onto the team.

- a. Option to pay in a lump sum, or in 2 month or 3 month installments.
- b. More details to follow.

ANGEL FUND

The EHS Poms Team aspires to make participation in the program a possibility for as many people as possible. Those that need extra financial assistance may apply to take part in the Angel Fund which can help to cover some of the expenses that come with being on the team. The amount of financial assistance provided will depend on the number of Team Members participating in the Angel Fund Program.

- a. All applicants and participants will be kept confidential. Booster Club Treasurer and Booster Club President will be the only individuals made aware of a Team Member's application/participation in the program.
- b. After making the team, Please let Christi Steinberg know if this is a program you need to participate in.

EHS Poms Financial Expectations 2024-2025

**Please note that the following is a guideline.
Unexpected expenses may arise and are the
responsibility of the parent.**

Annual Booster Club Dues: \$3,000 (\$250 x 12 months)

All team members start paying in June

- Small Competitions
- Leagues
- Regionals
- State
- Travel to Nationals
- Additional Events
- Technique & Tumbling Class
- Miscellaneous

Fees due after acceptance to the team: approx. \$2,332

NDA Summer Camp Fee – \$517 - this can be paid directly to Varsity
Athletic Fee – \$185 - payable to school through Infinite Campus

Uniform Fee (uniforms, poms, bow, jazz shoes) - \$650

Practice Attire (practice jazz shoes, shorts, practice shirts, sport bras, sneakers, team makeup & hair supplies) – \$350

Choreography & music – \$630 (this amount is an estimate only)

Items to be purchased by dancers: approx. \$50 - \$350

Other items as defined by coaches

Letterman jacket (optional) approx. \$350

Additional Expenses:

Spending money for your dancer at Nationals – approx. \$200

Fundraising (sponsorships, car wash, jr. pom clinic, GoFundMe campaign, etc.)

Accounts for approx. 30% of our budget. Supplements the big ticket items such as:

- Plane tickets
- Accommodations
- Transportation
- Registration for Nationals
- Luggage, backpacks, name tags
- Misc. items for competitions

APPROX TOTAL PER DANCER FOR YEAR

Annual Donations	\$3,000
NDA Summer Camp	\$517
Athletic Fee	\$185
Choreography	\$630**
Uniform	\$650**
Practice apparel	\$350**
Misc expenses	\$50
Additional Expenses	\$200
Letterman Jacket (optional)	\$350
Total ESTIMATE	\$5,932

**Payment plans are available for these costs.

ADDITIONAL FAMILY EXPENSES

- Competition and performance entry fees – approx. \$20 per person
- Sports events entry fees – approx. \$5 per person
- Nationals travel – 5 days in Orlando
- End of Season Banquet – approx. \$40 per person
- Parent spirit wear (optional)
- Food donations (bake sales, girls dinners, etc)

EVERGREEN HIGH SCHOOL POMS TRYOUT APPLICATION

Name: _____

Address: _____

Birthday: _____ Current Grade: 8 9 10 11

Home Phone: _____ Athlete's Cell Phone: _____

Athlete's Email: _____

Parent/Guardian Name(s): _____

Parent/Guardian Email: _____

Parent/Guardian Phones: _____

Cumulative GPA: _____ Last Semester GPA: _____

Previous Dance Experience:

Why do you want to be a part of the Evergreen High School Poms Program?

What qualities do you feel you would bring to the program?

Explain any present or past injuries and how this might affect your ability to participate.

EHS POM TRYOUT AGREEMENT

In signing this agreement, I understand the contents of this packet including the following regarding Evergreen High School Pom Tryouts: Teams are selected solely by the coaching staff. If a dancer does not make the Pom team at EHS, they may not have possessed the skills needed to participate this season. Possessing the skills to make a team does not guarantee a spot on said team. My grades, attitude, effort, and Coach evaluations are also factors in team placement in the EHS Poms program.

I agree that if I make the team I will do the following:

- Comply with Jeffco Schools Athletic Handbook (on website)
- Comply with the Evergreen High Student Handbook (on website)
- Comply with the EHS Pom Team Code of Conduct (on website)
- Adhere to financial expectations
- Adhere to commitment and practice expectations

I am in accordance with all Jeffco requirements, including the Jeffco Athletic Participation Requirements. I understand that attendance at the tryout clinics is crucial in enabling myself a fair opportunity to try out for the Poms Team at Evergreen High School. I will be respectful to the coaching staff and other potential team members at all times during the tryout process. I understand the cell phone policy at tryouts is to help me focus and to minimize interruptions during the try out process. If need be, parents/guardians will contact the coach to inform of any emergency or situation that may arise. I understand my responsibilities and expectations should I be selected for the Evergreen High School 2024 - 2025 Pom Program:

Athlete's Name:

Signature: _____ Date: _____

I agree and understand the above statement as it pertains to my child and myself. I understand my child's responsibilities and expectations should they be selected for the Evergreen High School Pom Program. I understand the financial, emotional, & parent/guardian support I must commit to my child, should they make the team:

Parent/Legal Guardian Name: _____

Signature: _____ Date: _____

**EVERGREEN HIGH SCHOOL POM PROGRAM
RELEASE TO PARTICIPATE**

Even though a proper progression of training will be utilized and the safety of all participants is the highest priority, there still exists a potential for injury. Students with a history of health related concerns must supply pertinent information to coaching staff prior to participation and should not engage in any activity that is contraindicated for their condition. By signing this document: You acknowledge the potential for injury inherent in engaging in strenuous activities. You attest that your child is in good physical condition and can fully participate in all activities associated with team tryouts, and agree to disclose any existing health related concerns to the coaching staff. You assume all responsibility and/or liability during the tryout clinic. The undersigned will be contacted in case of emergency. In the event of a medical emergency, the undersigned hereby appoints the Evergreen High School and/or its agents to act as guardian in my stead for purposes of authorizing medical treatment or attention without liability to Evergreen High School and/or its agents, and releases Evergreen High School from any and all liability, suits, courses of action claims, or other responsibility for injuries or illness incurred while at or resulting from the program. Special instruction for medical situations, etc. should be included.

I have read and fully understand the above statement:

Athlete's Name:

Parent's Signature: _____ Date: _____

Print Name: _____

Previous injuries or potential areas of health related concern: