

# **Plainfield North Tigerette Pom Try-outs**

## **Frequently Asked Questions**

1. Do I have to attend open gyms?
  - a. Open gyms are NOT required. They are, however, a great opportunity for girls to review technique, condition and get prepared for try-outs.
2. What if I can't attend the informational meeting?
  - a. A parent should go in your place to the meeting if you are involved in a spring sport/activity. Contact Coach Gruhlke (DeLara) for alternatives if no one can attend.
3. Can freshman be on Varsity and can juniors be on Junior Varsity?
  - a. Yes. Freshman through juniors are eligible for both Varsity and JV. Seniors are the only ones not eligible for JV. All girls will be considered for both squads unless otherwise indicated.
4. Can I participate in other sports if I make poms?
  - a. You can NOT participate in another Fall or Winter sport if you are a member of the pom squad. You can participate in a Spring sport though. You can and are encouraged to participate in any clubs or activities. Coach and pom will work out a schedule ahead of time for after school meetings.
5. What dance technique do I need to know?
  - a. Basic technique (JV level): double turn, leap, left and right splits, heal stretch, calypso hold, toe touch, C-jump, high kicks
  - b. Advanced technique (Varsity level): basic technique, foutee turns, triple turns, switch leap and advanced leaps, turning technique (ex. axel, turning toe, turning C), calypso jump, scorpion, high kicks
6. What other elements do I need for try-outs?
  - a. Pom technique: arm placement, sharpness, body control
  - b. Kick technique: height, variety of kicks, correct form
  - c. Hip-Hop technique: body control, isolation moves, worm, stalls, y-stands, head stands, floor tricks
  - d. Performance technique: facials, showmanship, high energy level, memorization ability
7. Is there a financial obligation?
  - a. Yes. Poms can be expensive. A \$90.00 deposit is due immediately following try-outs. A financial obligation list will be provided at the parent meeting. The financial obligation is broken down to two payments in the summer.
8. Do I have to fundraise?
  - a. Yes. There are a number of fundraisers the Tigerettes participate in throughout the year.
9. How do I get more information?
  - a. Check out the website:  
[http://www.psd202.org/pnhs/Altletics/Pom\\_Web\\_Page/main.html](http://www.psd202.org/pnhs/Altletics/Pom_Web_Page/main.html)
  - b. Email Coach Gruhlke (DeLara) at [jdelara@psd202.org](mailto:jdelara@psd202.org)