

Plainfield Community Consolidated School District



Pom Handbook

*****The last pages (captain contract, medical release, pom handbook acceptance and pom application) are required to be filled out and turned in on the first day of try-outs.*****

PLAINFIELD SCHOOL DISTRICT
POM HANDBOOK

ARTICLE I

Purpose

- Section 1: The Pom Squad shall promote and uphold the spirit of PHS/PSHS/PNHS/PEHS.
- Section 2: Pom Squad Members shall develop a sense of good sportsmanship among the students.
- Section 3: The Pom squad shall develop routines for all home football and boys basketball games.
- Section 4: The Pom squad shall develop routines for competition and compete with UDA and/or TDI.

ARTICLE II

Membership

- Section 1: The junior varsity team is open to students who will be in the 9th, 10th or 11th grade. The varsity team is open to students who will be in the 9th, 10th, 11th, or 12th grades.

ARTICLE III

Try-Outs

- Section 1: Eligibility of Pom candidates.
- A. A 3.0/5.0 (2.0/4.0) Grade Point Average
 - B. Parental permission.
 - C. Faculty Attitude Checks and/or interviews
 - D. Candidates must be in excellent health! Each team member will be required to receive an athletic physical at the start of each school year.
 - E. Pom Squads will not exceed the limit of up to 22 on varsity and 20 on junior varsity.
- Section 2: Judges for try-outs will be determined by the coach.
- Section 3: Basis for selection.
- A. Showmanship
 - B. Performance
 - C. Overall Impression
 - D. Dance ability and technique
 - E. Attitude

ARTICLE IV

Captains

Section 1: Selection & Responsibilities

- A. The captains shall be selected on the basis of their individual statements regarding their interest in being a captain. Coach decides how many captains are necessary for a given year. Coach makes the final decision on the selection of the captains after talking with the candidates and reading their statements.
- B. The captain(s) will sign contracts with the Coach that must be upheld to sustain captain status.
- C. The coach may remove a captain at any time if responsibilities are not being met.

Section 2: Duties

- A. The Captain(s) shall assist the coach in leading the squad at practices.
- B. They will help choreograph routines with the coach, including the competition routine(s).
- C. They are to work closely with the coach in planning activities.
- D. They are to report problems concerning the squad to the Coach.
- E. They are to continually set the best example for the squad.

ARTICLE V

Coaches

- A. The Coach shall have the final decision on all issues involving the squad.
- B. Expenses encountered by the Coach due to pom activities shall be covered by the squad.
- C. The Coach shall set up parent committees to help the squad with fund raising events and competition.
- D. Coach will be official school contact for all Pom Boosters.
- E. Chain of Command: Pom - Coach - A.D. - Principal

ARTICLE VI

Uniforms

Section 1: Skirt, shell and other items are supplied to the squad. Members are responsible for careful maintenance. Any damage or loss shall result in reimbursement to the school. Any alterations on uniforms must be cleared by the coach **beforehand**.

Section 2: Uniforms are worn only in conjunction with school activities.

Section 3: No jewelry (necklace, bracelets, watches, rings or earrings) is allowed while in uniform.

Section 4: The proper uniform for a performance is the entire one designated for that performance. Includes same uniform, shoes, and hairpiece as the rest of the team.

Section 5: Hair must be in a ponytail and/or pulled back for all performances, unless otherwise specified by the coach.

ARTICLE VII

Conduct and Responsibility

- Section 1: All Pom members must cooperate with the captain, coach and fellow squad members.
- Section 2: A Member should not eat, drink, or chew gum while on the floor, on the field or during practice. A member should not sit in the stands with friends or leave the squad while the game is in progress until the end of the game. The member should be in the gym sitting with the team immediately at conclusion of half time.
- Section 3: Members shall conduct themselves properly at all times; they are the official student representatives of the school. This means a good attitude for in and out of school.
- Section 4: Members should be appropriate in terms of personal appearance and personal behavior. Each member must adhere to all school rules and the Wildcat/Cougar/Tiger/Bengal Athletic Code.
- Section 5: Squad members and/or friends must not disturb a practice or performance. No cellular phones are allowed at practice! No interruptions!
- Section 6: Each member will be required to purchase a body suit, briefs, poms, shoes, socks, dance pants, and competition accessories. Additional costs may include, but are not limited to, summer camp, warm-up suit, camp clothes, sweatshirts, and pom bags.
- Section 7: All members will be required to participate in one community service opportunity that will be determined by the coaches.

ARTICLE VIII

Grade Eligibility

- Section 1: Each girl must maintain a 3.0/5.0 (2.0/4.0) Grade Point Average
- Section 2: If a Pom member is failing more than one course or has more than 3 D's, she may be sidelined until she is passing or until grades improve on eligibility report.

ARTICLE IX

Practice Sessions

- Section 1: All practices are required.
- Section 3: Practice sessions will be held a minimum of two times per week for JV and a minimum of 3 times per week for Varsity, unless otherwise specified. Practice days will be determined by the coach. Practices during the competition season will be held daily.

- Section 4: An absence from practice immediately preceding a game will automatically cancel participation by the absent member in the game. However, the member must still attend the event.
- Section 5: **When a practice is missed, material is to be learned before the next practice session.**
- Section 6: An excused absence from practice can be obtained by notifying the coach. It is up to the coach to grant or deny permission to miss practice and should only be considered in serious cases. **(Example: a doctor's appointment or work is NOT a reason for an excused absence.) Remember, it hurts the performance of the entire squad when just ONE person misses practice.**
- Section 7: The squad shall set up summer practice sessions on a regular basis.
- Section 8: All squad members are expected to attend summer camp and any other intensive workshops throughout the year.
- Section 9: One unexcused absence from any Pom activity or any three demerits will result in suspension from a performance.
- Section 10: If an individual does not know the routine an excused absence **may** result in non-performance. This is not a suspension.
- Section 11: The proper uniform for any Pom practice is as follows:
- A. Poms - always
 - B. Jazz/Dance/Gym shoes must be worn at practices (not team performance shoes.)
 - C. Warm-up suits, dance pants or shorts and t-shirts
 - D. No jewelry, gum or food
- If any of these items are not followed, students will receive a demerit.
- Section 12: An accumulation of 4 missed practices/games for any reason will result in a full demerit. Attendance is important!

ARTICLE X

Competition

- Section 1: No competitions will be allowed outside the boundaries of Illinois unless that squad has qualified through competition sponsored by the Illinois High School Association.
- Section 2: From the current team, alternates will be chosen by the coach. They will be chosen on ability, attitude, attendance, and performance of the routine. Alternates will perform in case of injury or illness at a competition.
- Section 3: Alternates may replace any team member at any time as determined by the coach.
- Section 4: Alternates must attend every practice and performance.
- Section 5: Expenses of competition will be covered by the fundraisers and/or participant.

ARTICLE XI

Fundraisers

- Section 1: All fundraisers shall be decided by coach.
- Section 2: All fundraisers will require 100% participation to meet the minimum requirement or the girl will be charged.
- Section 3: All fundraisers must be approved by the Assistant Athletic Director.

ARTICLE XII

Transportation

- Section 1: Transportation is provided by the school and the squad members are required to utilize it. A member going to an event on a school bus or van, but wishing to return home with parent must first get permission from the Athletic Office 24 hours in advance. The bus permission slip requires the parent, the coach, and the athletic director signature (in that order). Bus permission forms are available in the Athletic Office. Alternate transportation will only be considered in emergency/extreme cases.
- Section 2: Transportation expenses will be the responsibility of School District #202 for TDI and UDA competitions during the school year.

ARTICLE XIII

Tardies, Demerits and Suspensions

- Section 1: Infractions of any part of the handbook require consequences to be determined by the coach.
- Section 2: Demerits will be given for the following reasons:
- A. Five minutes late for or leaving early from practice or performance = 1/2 demerit.
 - B. Not equipped properly for practice or performance = 1/2 demerit per item
 - C. Late deposits to coach = 1/2 demerit.
 - D. Witness of blatant disrespect to any person at a Pom activity = 1 demerit
 - E. Unexcused absence (anything that is not defined by excused absence) = 1 full demerit.
 - F. Excused absence from practice or game/ performance (all school related commitments, emergency situations, and 1 no questions asked absence) = 1/4 demerit
- Section 3: Any infraction will result in a consequence:
- Suspension from a performance.
 - All at the discretion of the coach and depending on the situation.
- Section 4: An accumulation of three demerits will result in a suspension from a performance. However, the individual must still attend the performance.

Section 5: Three suspensions will result in removal from the team.

Section 6: If a new problem occurs, the Coach/A.D. will decide appropriate action.

Section 7: All members will have 3 re-merit opportunities per season with a range of value.

ARTICLE XIV

Pom Team membership is a JOB

Membership can be very rewarding, but it requires great dedication. Practice begins in June, lasts throughout the summer and until approximately next March. This season lasts longer than that of any sport. Be prepared to give up time on weekends as well as during the week! Other extracurricular activities and jobs must not interfere with pom practices, performances and competitions. When an activity/job interferes, the member must choose one or the other.

CAPTAIN CONTRACT

ARTICLE IV SECTION 1: A & B, SECTION 2: A - E

Section 1: Selection & Coach

- A. The captains shall be selected on the basis of a statement of your goals to the teams, an interview with the coaches, and consultation with the team.
- B. The captain(s) will sign contracts with the Coach.

Section 2: Duties

- A. To lead the squad at practices.
- B. To help choreograph routines with coach. (Including competition routine(s)).
- C. To work closely with the coach in planning activities.
- D. To report problems concerning the squad to the Coach.
- E. To continually set the best example for the squad.

I, _____, will use my leadership role as Captain to do my best to contribute to the success of the Plainfield Central/Plainfield South/Plainfield East/Plainfield North High School Pom Squad. I understand that this role is a privilege, not a right, and the coach may remove me from this position at any time if just cause is given and shared with me and with my parents.

(Print Name)

(Signature)

(Coaches Signature)

(Date)

NAME _____

MEDICAL RELEASE FORM

CHECK ONE:

- 1. A. Family provided insurance coverage. _____
- B. School insurance coverage (School Time). _____
- C. School insurance coverage (24-hour Coverage). _____

2. SPECIAL SITUATION:

If a parent or guardian is not available, whom should we contact if it becomes necessary:

Name _____ Phone _____

3. MEDICAL SITUATIONS:

Please list below any medical situations about which the coach should be aware:

4. MEDICAL AID PROVISION:

We do hereby give permission for the pom coach to secure whatever emergency medical treatment that my child needs at any time during tryouts, practice, or competitions.

(Date) (Signature of Parent) (Signature of Parent)

(Mother's Work Number) (Father's Work Number)

(Mother's Pager/Cell Number) (Father's Pager/Cell Number)

IMPORTANT: IF THIS FORM IS NOT SUBMITTED BEFORE THE DEADLINE, A STUDENT WILL NOT BE ALLOWED TO PARTICIPATE. PLEASE RETURN THE COMPLETED FORM TO THE POM COACH.

POM HANDBOOK ACCEPTANCE

TO BE SIGNED BY PHS/PSHS/PNHS/PEHS POM TEAM MEMBER:

"I have read and understand my obligations and expectations as a PHS/PSHS/PEHS/PNHS Pom Team member. I will make a total commitment to the program and all activities associated with the team. I understand that I am to abide by all rules set in the handbook as well as in the "Wildcat/Cougar/Tiger/Bengal Athletic Code." I am to display a positive image reflective of the team, school and community. This will occur from the day I am selected through the conclusion of the Winter Sports Awards/Competition season."

(Date)

(Candidate's Signature)

TO BE SIGNED BY PARENT/GUARDIAN:

"I have read and discussed with my daughter the terms, conditions, and program requirements governing the Plainfield/Plainfield South/Plainfield North/Plainfield East High School Pom Team. I understand the commitment and responsibility that my daughter is expected to have. I support the program and will co-operate to the fullest in assisting the Pom program. I will encourage my daughter to abide by the rules and will support the coach in enforcing the rules as set forth in this handbook.

(Date)

(Parent/Guardian Signature)