

Northwood High School



2019 – 2020 Poms Handbook & Tryout Information

Head Coach – Ms. Daniella Hagan (northwoodpoms@gmail.com)

Athletic Director – Mr. Marco Fuggitti (Marco_G_Fuggitti@mcpsmd.org)

LETTER FROM THE COACH

Greetings!

WELCOME to Northwood Pom tryouts! Before you jump into the Northwood Pom program and tryouts make sure you know the expectations & requirements. We welcome everyone to tryout but also warn that we cannot take every dancer that auditions. The Northwood Poms team is an exciting, fast paced program that strives to strengthen character, responsibility and friendship. If you ever have any questions or concerns, you can always speak to the coach after practices. ALL Pom information can be found on www.northwoodpoms.wix.com/poms and within the attached Pom handbook.

Ask yourself the following questions before tryouts...

- Have I read the Pom handbook?
- Have I read the Pom handbook with my parents?
- Have I checked out the team website? <http://northwoodpoms.wixsite.com/poms>
- Am I ready to work hard, sweat and give Poms 100% commitment?
- Am I able to take direction and constructive criticism with a positive attitude?
- Do I have my folder ready for tryouts?
- Have I triple checked to make sure that I have ALL the necessary paperwork for tryouts?
- Do I have a current and completely filled out physical, medical card, parent permission form, and academic pledge sheet?
- Is my name on my folder?
- Have I registered on the MCPS sports portal? (Opens in July)
- Do I understand what financial obligations I may incur for Poms?
- Do I have the necessary attire for tryouts?
- Do I understand all the requirements for the Poms program?

Good Luck!

Sincerely,
Daniella Hagan
Head Varsity Coach
northwoodpoms@gmail.com

MISSION STATEMENT

It is the purpose of the Northwood High School Poms Team to promote exemplary levels of sportsmanship, spirit and pride, while maintaining a positive attitude by representing the values of Northwood to the highest degree.

REQUIRED FORMS & DUE DATES

Aug 14th-- All Forms Due- NHS Gym Stage 12pm
[Don't forget to also register online through mcps sports portal]

***Current Physical *Medical Card *Parent Permission *Academic Pledge**

TRYOUT INFORMATION

Required Forms: Return ALL required forms neatly organized in a folder with your name clearly printed on the front by the specific date above. Disorganized or incomplete folders will not be accepted and you will not be eligible to tryout – **NO EXCEPTIONS**. Pom packets can be downloaded from www.northwoodpoms.wix.com/poms under team forms.

TRYOUT DATES

There will be two rounds of auditions. Athletes will learn marching & pom technique affiliated with our program on day 1. Those who demonstrate mastery of these skills will be invited back for the final audition round on day 2.

Wed. 08/14/19 : Round 1 of Auditions (Marching & Pom Technique)

Thurs. 08/15/19: Round 2 of Auditions (Skills & Jazz Choreography)

TRYOUT DRESS CODE

Black leotard with black shorts or black jazz pants
Jazz sneakers/shoes

Neatness counts as part of your overall score!

TRYOUT LOCATION & RULES

Tryouts will be held inside the Northwood Gym Stage 12:00pm-3:00pm

- Tryouts and practices are closed to family, friends, and the public.
- Participants are required to attend all tryout dates. You are responsible for knowing all of the required material for tryouts.
- All participants are expected to be **ON TIME** and dressed appropriately for tryouts.
- Hair must be pulled back off your face in a tight ponytail or bun.
- Absolutely NO JEWELRY or GUM chewing!!!
- There are NO GUARANTEED SPOTS and there is the possibility that not everyone trying out will make the team.

NOTE: According to MCPS regulations, the coach has final approval of the selection of the squad. The confidential scores of the judges are considered a recommendation only.

****A blank copy of judge's scoresheet & judging criteria are available upon request****

ACADEMICS/ELIGIBILITY

Academics come first! Pom members are expected and encouraged to use proper time management skills to manage their homework and social life. Montgomery County requires all athletes to maintain a 2.0 GPA average at all times, with no more than one E. (Academics are not negotiable; if you fail to maintain the county issued 2.0 GPA you will be dismissed from the squad, in accordance with county policies.

PROGRAM OVERVIEW

The Poms team is a one of the dynamic spirit teams here at Northwood High School. They represent Northwood's competitive dance team and perform at all varsity home games for Football & Basketball. The team also travels to 3-4 competitions within Montgomery County. The poms program is a varsity-only sport and runs for multiple seasons.

SEASONS

Fall - During the fall season the team is required to attend 5 varsity football games at home.

Winter- During the winter season the team is required to attend at least 14 home basketball games for both boys & girls varsity and compete in a minimum of 2 competitions.

[Athletes earn their varsity letter after the completion of both fall & winter season for poms]

PRACTICE SCHEDULE

The team will practice 3-4 days a week during both the fall and winter season inside the Northwood Dance Studio. All practices are mandatory and a note from a parent/guardian will be required if an athlete misses practice. 3 unexcused absences will cause team member to be removed from upcoming game/competition.

Parents and students are asked to familiarize themselves with our team calendar on (northwoodsports.org) to avoid any unnecessary conflicts. *[Please keep in mind as we move into winter season that some Saturday practices may be scheduled so the team can access the gym]* It is imperative that we have all dancers present during practices. If a student is able to sit in on rehearsals that is encouraged over missing practices.

DRESS CODE

Most spirit teams have a dress code and we are no different. Dancers are asked to wear the required uniform to each and every practice complete with jazz shoes. In order to clean routines and look organized we strictly enforce our team dress code.

MANDATORY

Practice Wear- \$107.00

Personalized Track Suit- \$140.00

Dance Pak Shoes - \$99

[Please note items below are recommended but optional]

Personalized Jersey \$94

Tote Team Bag \$85

Pullover & Leggings Set \$137.90

TEAM EXPENSES

Above is a rough estimate of the 2019-2020 team expenses. We encourage students and parents to participate in fundraisers to help reduce financial burdens-*Please note that fundraising money can not be used on personalized items.* No one will be excluded because of financial difficulty. If you need additional financial assistance, PLEASE contact the coach at northwoodpoms@gmail.com.

Northwood High School will provide a uniform to all students for the duration of the season. All team members must return the uniform cleaned in wearable condition.

Optional items such as sweatsuits, sports bras, family spirit wear & more will be offered throughout the season for purchase.

Veteran Poms are only required to purchase Practice Wear & Dance Pak shoes

SAVE THE DATE

**July 9th- Summer Conditioning Clinics Begin- Open to all students
10am Northwood Track**

**August 1 & 2- UDA DANCE CLINIC-8:30-5pm
(\$155 @Northwood HS-Open to all students)**

**August 14th & 15th- Official Team Tryouts
Team Selection posted to northwoodpoms.wix.com/poms-8pm on the 15th
(Please contact coach Friday morning with questions)**

**August 16th- Rookie's Practice
10am NHS Dance Studio**

**August 17th - Team Meeting/First Official Practice
10am NHS Dance Studio**

FUNDRAISERS

Each member of the poms team and their parent/guardian should make efforts to participate in at least 2 fundraisers held by Northwood/team. Fundraisers are a great way to cut down the cost of the program and promote teamwork and team building.

POM MOM & POM DAD

The Northwood poms have a tradition of having one enthusiastic parent as the team pom mom or pom dad. This individual usually makes themselves available for carpools, and acts as the videographer and photographer for the program. This year we are looking for one or more parents/guardians to take on this important role. Our team mom/dad will help to coordinate meet & greets with new and veteran pom families.

ACADEMIC PLEDGE

The Northwood Poms team is committed to maintaining academic excellence. With our commitment to raise the bar for our dancers we are asking that all members of the poms team maintain a 3.25 GPA or higher.

Student Name: _____ Grade: _____

Student Email: _____ Phone: _____

Parent/Guardian Name: _____ Phone: _____

Parent/Guardian Email: _____

My child and I have read the academic/eligibility requirements and hereby pledge to maintain the team required GPA. My child and I further understand that if we do not meet the required GPA standard that he/she may be asked to sit out from games/events until improvement has been made.

Student Signature: _____

Parent/Guardian Signature: _____