

## **Pom's Tryouts:**

Clinic will be August 9<sup>th</sup> -15<sup>th</sup>

Tryouts will be August 16<sup>th</sup>

August 9<sup>th</sup>: 6-8:30

August 10<sup>th</sup>: 6-8:30

August 11<sup>th</sup>: 1:30-4:00

August 14<sup>th</sup>: 6-8:30

August 15<sup>th</sup>: 6-8:30

Mandatory technical skills to be judged:

Pirouette – double/triple right and left

Leaps – right and left

Calypso jump – right and left

Side leap – right

Ring Jump/ firebird – right

Kicks - (2 low, 2 medium, 8 high)

Toe Touch/Russian

C-Jump

Optional Skills:

Fouette turns

Switch leaps

Illusions

Kick hold turns

Other optional skills can be evaluated if approved by the coach before the tryout date.

Dance/memorization:

Dancers will learn a 1 – 1:30 minute routine that covers basic technical skills and assess the performer's showmanship, memorization, rhythm, and coordination. The dance will cover the styles of pom, jazz, and hip-hop.

Online Tryouts:

Online tryouts must be submitted to [mary.e.ingram@gmail.com](mailto:mary.e.ingram@gmail.com) by midnight August 15<sup>th</sup> to be considered for possible team selection. The dancer must submit a video of them performing the mandatory technical skills, any optional skills of their choice, and three 5-8 count clips of them performing jazz, pom, and hip-hop routines. The choreography does not have to be original as long as it fits in the required style. Online tryouts must be accompanied by a pre-approved explanation detailing the reason why the athlete was unable to be at tryouts. Any questions about online tryouts should be directed to [mary.e.ingram@gmail.com](mailto:mary.e.ingram@gmail.com). Mandatory technical skills will be posted on the teams Instagram page for reference @bccpoms.