

# Bulldog Pom

## 2021-2022

### Membership Guidelines & General Information



Our purpose as Edmond Memorial Pom is to work together as a team  
to entertain, encourage, and unite our student body  
as we cheer our athletes to victory.

It is our mission to uphold the traditions and values of  
Edmond Memorial High School.

We strive to be leaders in the school and our community  
and to represent Memorial in the brightest light.

We believe in leaving a positive legacy of school pride and teamwork  
to those who come after us.

Go Dogs!

#### Coaches:

Teri Ogle [teri.ogle@edmondschools.net](mailto:teri.ogle@edmondschools.net) Varsity and Freshman Coach  
Dawnetta Russell [dawnetta.russell@edmondschools.net](mailto:dawnetta.russell@edmondschools.net) Assistant Coach

# Edmond Memorial Pom

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*ITEMS BELOW THIS LINE NEED TO BE FILLED OUT, SIGNED, AND TURNED IN BY 3:30 PM ON MARCH 10th*

• Packet Checklist.....	25
• 2021-2022 Tryout Application and \$40 tryout fee.....	26
• 2021-2022 Constitution Agreement.....	27
○ Parent/Guardian Signature.....	27
○ Applicant Signature.....	27
• Parent Permission to Participate & Medical Release Form.....	28
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• EPS Cheer and Pom District Contract Agreement.....	5

Dear Pom Candidate & Parent/Guardian,

Thank you for your interest in trying out for a 2021-2022 Pom Squad at Edmond Memorial High School. We appreciate your enthusiasm and interest in our program and are so excited to see what the new school year holds. Included in this booklet you will find information that will explain the tryout process, membership guidelines, and general information that all members (and parents) will need to be aware of before trying out. We take pride in our program and want the very best for all members of each squad.

The purpose of the pom squads at Edmond Memorial High School is to promote school spirit, support various organized activities and sporting events, entertain at assemblies and sporting events, represent the school, and provide positive leadership in all aspects of school life. These squads will promote and encourage student body involvement and will exemplify loyalty, cooperation, and positive attitudes. This can be a truly rewarding experience for each of you, but it also requires a tremendous time commitment. Pom really is a year round sport!!! A squad member must be willing to practice on his/her own time to perfect skills. Additionally, a squad member must be able to work well with others; as pom is also a team sport! Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of one of the Edmond Memorial High School Pom Squads.

Parents, please also understand that when your child makes a squad there are some responsibilities on your part as well. Not only do the girls have to work together as a team, so do the parents. This is an all around team sport and it takes the trust, commitment, and communication of all members, coaches, parents, and administrators to be successful. Once selected for a squad you will be financially obligated to pay for all expenses that come your way. It's definitely not a cheap sport, but, as parents, you have to make the commitment to either pay for the items or be willing to organize and participate in fundraisers to offset the cost to participate.

Candidates wishing to try out for a position on a pom squad and his/her parent must read through the Edmond Memorial Membership Guidelines attached, as well as the District Contract that all three Edmond High Schools follow prior to trying out. After reading and being in full agreement, both student and parent signatures are required indicating that, if selected, both agree to abide by the rules and regulations governing the extracurricular activities of pom at Edmond Memorial High School.

The items listed in this packet **MUST** be turned into the Welcome Center of Edmond Memorial High School by Wednesday, March 10th at 3:30pm. *There will be NO exceptions on this deadline so please make sure to have all items in on time!*

We are so excited for the year ahead and look forward to meeting you! Thank you so much for considering trying out for Edmond Memorial Pom and GOOD LUCK to each of you!!!!

Sincerely,  
Teri Ogle  
Varsity and Freshman Coach  
[teri.ogle@edmondschools.net](mailto:teri.ogle@edmondschools.net)

Dawnetta Russell  
Assistant Coach  
[dawnetta.russell@edmondschools.net](mailto:dawnetta.russell@edmondschools.net)

# Tryout Guidelines and Dates

## Bulldog Pom Tryout Info:

- Wednesday, March 24th Tryout Videos will be posted
- Tryout Week: Monday, March 29th – Friday, April 2nd 2021 (4:00–6:00 pm)\*\*\*  
Review Clinic/Mock Tryouts/Tryouts BY APPT
- CLINIC INFORMATION:  
Clinic will be held from 4:00–6:00 PM in the gyms and the Dog House. Clinics are closed to the public: only coaches, choreographers, administrators, and current senior pom members may attend and watch. Required attire for the clinic is modest shorts or leggings, t-shirt or tank top, socks and tennis shoes. Please bring jazz shoes as well. Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed.
- REVIEW CLINIC SCHEDULE and PLAN:  
*Monday–Wednesday March 29th–31st \*\*\** – Review tryout dance, tryout cheer, dance element sequence, and fight song in a clinic format. Ask questions, get clarification. Each candidate will be given a date(s) and time(s) to come to the review clinic. This schedule will depend on how many candidates are trying out. More information will be given once we are closer to tryouts. Masks and distancing will be required.  
  
*Thursday, April 1st\*\*\** – Mock tryouts: each participant will go through the tryout process in front of the senior squad members. Select tryout skills, cheer, dance and fightsong will need to be performed full out and run just like they will at tryouts. Each candidate will be given a date(s) and time(s) to come to the mock tryout. This schedule will depend on how many candidates are trying out. More information will be given once we are closer to tryouts. Masks and distancing will be required.
- Friday, April 2nd 2021\*\*\* 4:00 FRESHMAN TRYOUTS/5:00 VARSITY TRYOUTS
  - ❖ Tryouts will begin at 4:00 pm for the FRESHMAN SQUAD, with check-in prior to the tryout time in the EMHS Doghouse. This will be done in small groups to allow for distancing. More information will be given during clinic week.
  - ❖ Tryouts will begin at 5:00 pm for the VARSITY SQUAD, with check-in prior to the tryout time in the EMHS Doghouse. This will be done in small groups to allow for distancing. More information will be given during clinic week.
  - ❖ Tryouts are closed to the public. The Doghouse will be closed to everyone except candidates.

\*\*\*Please remember that any of these times could change based on the number of candidates trying out for each squad. We want to be sure we allow for appropriate distancing and time between groups. Flexibility will be key! We will do our best to accommodate those with conflicting schedules.



## Tryout Guidelines and Dates (Cont.)

- For mock tryouts and tryouts, candidates should wear a black tank top, solid black leggings and jazz shoes. Hair and bangs should be secured out of the face in a neat, tight ponytail. No jewelry (except stud earrings) is to be worn. Gum chewing will not be allowed.
- Tryout results will be posted by TRYOUT NUMBER by 9 pm on our Memorial Spirit website: [memorialspirit.com](http://memorialspirit.com)

### Tryout Guidelines

- All candidates and a parent/guardian must attend one of the mandatory tryout meetings: March 1st or March 3rd in the EMHS Auditorium.
  - The following items must be completed and turned in by 3:30 pm on Wednesday, March 10th, 2021 in order to be eligible to tryout:
    - EPS District Contract Signature Page
    - Edmond Memorial Pom Paperwork Packet
    - Physical and Waiver Packet
    - Tryout Fee of \$40 (checks made to EMHS– memo your student's name on the check)
- NO LATE PACKETS WILL BE ACCEPTED!**
- All candidates must be academically eligible during tryout week. Grades will be checked for eligibility during the week prior to tryouts at the school the candidate currently attends.
  - Certified judges and a member of the Pom Coaching staff will be scoring the participants. All scores will be averaged to give a composite tryout score for each candidate.
  - Pom tryouts will be held in the Pom Room at Edmond Memorial High School.
  - Participants will draw numbers during clinic week. That number does not change during tryouts unless a group or several candidates drop and only at the direction of the coaches.
  - Each participant will try out in numerical order individually first with their dance elements . After each individual candidate has completed their skills, they will then perform the remaining portion of the tryout as a group: cheer, fightsong and dance. Each group will have 2–4 members depending on the number of participants trying out and will be formed in numerical order. After each group has performed, they are required to leave the Pom Room immediately. All candidates will then wait in a designated place socially distanced until the judges have completed all scoring. Judges have the choice to call back individuals or groups they would like to see perform any or all of the tryout skills again.

Please refer to the Edmond Public Schools District Cheer & Pom Contract for additional tryout guidelines and requirements.

# Edmond Memorial Pom Tryout Score Sheet Breakdown

<u>Skills</u> (performed individually)		Points Possible
Kicks	Posture, Execution, Timing, Precision, Placement, Control, Height	10
Leap (Straight or Center)	Posture, Execution, Timing, Precision, Body Placement, Control, Height	10
Turn	Posture, Execution, Timing, Precision, Body Placement, Control, Spotting	10
Turn Sequence	All of the qualifiers above in any desired combination including one or more of the following: double, triple, series of fouettes, or coupe' turns	5
<u>Chant/Fightsong</u> (in pairs or groups of 3-4)		Points Possible
Motions and Memory	Placement, Precision, Execution, Timing, Memory, Recoveries	10
Voice/Spirit/Enthusiasm	Expression, Eye Contact, Spirit, Crowd Appeal, Energy, Enunciation, Projection	10
<u>Dance</u> (in pairs or groups of 2-4)		Points Possible
Motion Technique	Placement, Execution, Fluid Movement, Dance Skills in Context	15
Timing and Rhythm	Movement, Timing, Rhythm, Facial Expression, Projection, Spirit	10
Memorization	Movement Memory and Recoveries	10
<u>OVERALL IMPRESSION</u> (Based on the entire tryout process)		Points Possible
Overall Impression	Confidence, Appearance, Judges' Impression, Entertaining	10
TOTAL POINTS POSSIBLE		100

# Edmond Memorial Pom

## ---STANDARD OF SCORING---

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to do the hardest skill that you can accurately do best.

### KICKS

- \*Bent legs, Flexed toes, Poor technique, Kicks below 90 degrees, Body bent over, Sloppy arm placement, Standing leg bent, Heel comes off the ground
- \*\*Legs straight at times, Toes partially pointed, Kicks at 90 degrees, Standing leg straight, Average arm and body placement
- \*\*\*Legs straight, Pointed toes, Good technique, Kicks above 90 degrees, Standing leg straight, Good arm and body placement
- \*\*\*\*Legs very straight, Pointed toes, Excellent technique, Kicks very high, Excellent standing leg, arm and body placement

### LEAPS

- \*Bent legs, Flexed toes, Poor technique, Legs below 90 degrees, Poor height, Poor arm placement, Poor landing
- \*\*Somewhat straight legs, Pointed toes, Average technique, Legs near 90 degrees, Average height and arm placement, Landing feet slightly apart
- \*\*\*Legs strongly extended, Pointed toes, Good technique, Good height, arm and body placement, Landing clean
- \*\*\*\*Legs extremely extended, Perfectly pointed toes, Perfect or Near Perfect technique, Excellent height and arm placement, body upright, Lands with feet together

### TURNS

- \*Single Turn
- \*\*Double Turn
- \*\*\*Triple Turn
- \*\*\*\*Quad Turn

Candidates should select the turns they can do with the cleanest and best technique and with the most confidence.

\*\*TURN SEQUENCE—Any combination of turns –single, double, triple, series of fouettes/coupes with or without a leap, kick or other skill attached

### MOTION TECHNIQUE

- \*Loose arms, Unsure motion placement, Broken wrists, Poor footwork
- \*\*Somewhat sharp arms, Average motion placement, Decent footwork
- \*\*\*Very sharp arms, Excellent motion placement, Precise footwork

# Edmond Memorial Pom

## ---STANDARD OF SCORING---

(continued)

### VOICE PROJECTION

- \*Not yelling, Poor Inflection, No expression
- \*\*Talking loudly, Some inflection, Inconsistent expression
- \*\*\*Yelling loudly, excellent inflection, Energetic and full of expression

### SPIRIT AND ENTHUSIASM

- \*Few smiles, Lack of enthusiasm, Poor expression, Poor presentation
- \*\*Strong smiles, Good enthusiasm, Good presentation
- \*\*\*Incredible natural smiles, Exceptional enthusiasm, Incredibly entertaining, yet real

### DANCE

- \*Questionable memory, Motions not clean, Lacks confidence and sharpness, uncomfortable,  
No recovery when mistaken
- \*\*Basic memory of dance, Some clean motions but inconsistent, Some differentiation of  
genre, Some recovery when mistaken
- \*\*\*Good memory of dance, Somewhat clean motions, Easy genre changes, Sharp and confident,  
Good recoveries
- \*\*\*\*Excellent memory of dance, Incredibly clean movements, Great execution of each genre,  
Excellent showmanship and confidence, Recovers so well a mistake is not even detected.  
Very entertaining!

# GENERAL INFORMATION

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

## SQUAD MEMBER EXPECTATIONS

The primary objectives of the Edmond Memorial Pom Squads are:

1. To promote school spirit and unity
2. To support and encourage the student body's involvement at sporting events and various school activities.
3. To provide entertainment at assemblies and at halftime of sporting events.
4. To be a competitive team member, while exemplifying respect to all squad members and coaches, and being a teammate by always thinking of your squad before yourself.
5. To increase self-esteem in its members by working as a team.
6. To set an example for the rest of the student body by exemplifying loyalty, cooperation, and positive attitudes.
7. To represent Edmond Memorial by acting as positive role models and demonstrating leadership qualities at all times.

## PARENT EXPECTATIONS

Parents need to understand the following prior to your child trying out for an Edmond Memorial Pom Squad:

1. In order for our squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
2. Parents are responsible for all financial obligations for camps, clinics, and other expenses involved in this activity during the school year. These expenses can be offset by fundraisers, but it will be the responsibility of the parents to organize and run the fundraisers, not the coaches. Coaches will help with the fundraisers as time and other duties permit. Fundraisers **MUST** be approved by the administration. Parents should present fundraisers to the coach who will take appropriate steps for approval.
3. Parents need to be aware of the time commitment involved in pom and need to support their child in these activities to see that he/she fulfills all responsibilities.
4. Understand by the very nature of the activity, pom-sideline cheering and dancing- carries a risk of physical injury. No matter how careful the participant and coaches are or what dance surface is used, the risk cannot be completely eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. As a parent, you understand these risks and will not hold Edmond Memorial High School or any of its personnel responsible in the case of an accident or injury at any time. You also understand that Edmond Memorial will do everything possible to prevent these risks.
5. Parents and squad members need to trust and support the decisions made by the coaches and administrators and know that they will always strive to do what is best for the team.

# GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

## PARENT EXPECTATIONS (CONT.)

6. Please keep in mind that coaches have other responsibilities and commitments outside of pom. It is asked that parents and squad members respect their personal and professional time. Any questions or problems concerning the squad should be directed to the coaches during school hours unless it is an emergency. The coach will return phone calls, texts and/or e-mails at their earliest convenience. Issues should not be addressed during practices, games, or other school events. The coaches need to fully supervise their squads while at these events.
7. There is a proper chain of communication to follow if you need to discuss any issues you may have—starting with the coach, then assistant principal, principal, and finally school board. In fairness to all parties involved, please follow this chain of communication.
8. Understand that any violations to the District of Edmond Memorial Contract may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad.

## COACH EXPECTATIONS

1. The coaches will work with the squads in the best interest of the team. All coaches want the best for the program and each individual squad member.
2. Coaches make all final decisions. Discipline, as well as demerits/merits, grades, choreographers, practice times, events, etc. are the responsibility of the coaches.
3. Members experiencing problems should talk with the coaches and work with them in finding suitable solutions at the appropriate time.
4. Members should treat the coaches with respect. The coaches are giving up valuable personal and professional time for the squad.
5. Teaching duties of the coach take precedence over pom responsibilities.

## PRACTICE RULES

1. Attendance is required at all scheduled practices.
2. Practices are considered before school, after school, and during your designated class period for pom. Practice will not be planned around those who have jobs, outside activities, or appointments (i.e. dance, competitive team activities, doctor's appointments, etc.). Members will be expected to schedule around pom. School pom should take priority over competitive dance. Efforts will be made to work with squad members involved in competitive dance on a case by case basis.
3. Required attire for pom should be worn at all times (modest shorts or leggings, t-shirt, socks, and tennis shoes or jazz shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing is not allowed. All members should be dressed out daily unless otherwise specified by the coach. Practice clothes should be in each squad member's locker at all times.

# GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

## PRACTICE RULES (Cont)

4. Be kind. There is no room for personal conflicts. Do not bring them to practice.
5. Stretching and warming up are not optional. You must participate in order to cheer, dance and perform.
6. In order to receive all points for practice, you must participate in all facets of practice (i.e. stretching, dancing, practicing cheers, making signs, hanging signs, cleaning up, listening, cooperating, etc.). Individuals are expected to maintain the skills that were performed at tryouts throughout the season.
7. No phones are allowed to be out in the pom room during practices.

***\*\*PLEASE NOTE: When even one squad member is gone, it can make it very difficult to set formations and conduct practice. Letting a coach know prior to the practice or class time helps them know what skills or dances can realistically be worked on with members missing during that session.\*\****

8. If you are going to miss a practice, arrive late to a practice, or leave early from a practice, you must inform the coaches prior to class time. In addition, a parent/guardian phone call or email will need to be received by the coach.
9. If you are sick or leave early before your designated hour for pom, you AND a parent/guardian must notify the coach of the absence prior to the beginning of class time.
10. In order to leave class, you must be checked out by a parent/guardian and receive a pass from the front office in order to be dismissed.
11. Please refer to Policy #4215 in the Student/Parent Handbook--
  - a. On the tenth (10th) absence a student will receive a "no credit" on his/her transcript for the semester.
  - b. An absence is defined as missing more than fifteen (15) minutes of any part of class time.
  - c. Three (3) tardies equals one (1) absence.
12. When a squad member is absent from practice, it is his/her responsibility to learn what was missed prior to the next practice.

## GAMEDAY CONDUCT

1. How the squad is perceived by students, parents, and patrons is largely decided at the games. Therefore, while performing at games, squad members are to stay in formation at all times and pay attention to the direction of the squad captains and the coach.
2. Gum chewing, slouchy appearance, wearing jewelry or incorrect uniform pieces, inappropriate dancing, gestures, or language will not be allowed and may result in an immediate benching.

## GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

3. If a squad member is out of uniform or in a wrong uniform, they will not be allowed to cheer or perform. They will then sit with the coach for the duration of the game or event.
4. An injured or ineligible squad member will be required to attend her scheduled events/games in uniform and must sit with the coach.

### GAME DAY CONDUCT FOR TRAVELING DURING AWAY GAMES

1. For ALL away games, members MUST ride the school bus or SUV, and MUST stay for the entire game.
2. Members will ride the bus back to the school following the event unless they are checked out after the game or event by a parent/guardian. Squad members will ONLY be released at the conclusion of an away game or event to a PARENT or GUARDIAN.

### UNIFORMS

1. School-issued uniforms are SCHOOL PROPERTY, but will be the responsibility of the squad member to see that they are properly cared for during the season. Any damage to uniforms will result in the responsible member paying for a replacement. School-issued uniforms include shell tops, warm ups, skirts, for girls and comparable items for boys. Additional accessory items may be purchased and worn ONLY with the coach's approval. Alterations to uniforms without the coach's permission are considered damage and will result in replacement at member's expense (no material is to be cut when doing alterations). Cost for alterations will be at each squad member's expense.
2. All uniforms must be returned at the end of the year undamaged or a hold will be placed on semester grades. Rules for student holds in the handbook will apply. Damaged or lost items will be paid by the individual member.

### GAME, EVENT, OR PRACTICE MISSES

1. All forms must be filled out and submitted 24 hours prior to the practice or event.
2. Although participation on competitive dance teams is beneficial for maintaining and developing new skills, squad members must give their school squad the highest priority. Competitive dance obligations are not counted as excused absences.
3. Practice Miss-
  - a. If a squad member needs to miss practice, arrive late, or leave early for any reason (doctor's appointment, school activity, vacation, etc.) the coach must be notified at least 24 hours prior to the practice. The coach will determine whether an absence is excused or unexcused. If the coach is not notified 24 hours prior to the practice, then it will automatically be considered unexcused.



## GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

### 4. Game/Event Miss Form–

- a. If a squad member needs to miss a game/event, a game/event SKIP form must be filled out by a parent and submitted to the coach 24 hours prior to the game/event. If a game/event SKIP form is not submitted 24 hours prior to the event, then it will automatically be considered unexcused. Each squad member has ONE FREE SKIP per semester. The maximum number of SKIPS for a squad that may be used for a single game/event will depend upon the event and squad. Game/event SKIP forms are accepted on a first come first serve basis. Skip Pass forms can be filled out on the website ([memorialspirit.com](http://memorialspirit.com)) and will then be automatically sent to the coach.
- b. If a squad member needs to miss a game/event due to another school obligation (track, vocal concert, DECA State, etc.), the miss is EXCUSED, but the coach must still be notified as soon as possible and must know at least 24 hours prior to the event.

### 5. Varsity Only–

- a. For all split-squad events, no game skips will be accepted. If a squad member needs to miss a split event, they are required to trade an event with another squad member who is not scheduled to go to that event in order to ensure a minimum number of squad members at the event. The names of the girls trading must be submitted to the coach 24 hours prior to the event for it to be accepted.

## ACTIONS AND CONSEQUENCES

1. At school events, including pom class, practices, and cheer related school activities, all school policies will be followed regarding student behavior and attendance.
2. Any violation to the *Edmond Public Schools District Cheer & Pom Contract* or the *Edmond Memorial Cheer Membership Guidelines & General Information Packet* may be handled accordingly:
  - a. Benching or suspension for a period of time to be determined by the coach.
  - b. Loss of points on the academic grade for the physical education credit squad members receive for being on a pom squad.
  - c. Demerits: A squad member who accumulates twelve (12) demerits will be suspended from the squad for the remainder of the year. Please note that the members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits.
3. Refer to page 15–19 for specific grading policies and merit/demerit information.

## GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\* .**

### COMPETITION SQUAD

1. This squad will represent Edmond Memorial High School at all competitions or exhibitions (ie Pom State) Selection of the competitive team will ultimately be at the discretion of the coach(s) and any hired lei coaches.. Factors that will determine selection include, but are not limited to: athletic ability/skill set, participation/attendance at practices, attitude and work ethic, fulfillment of a specific role or position based on routine choreography, etc.
2. The number of members that make the competition squad will be solely based on how many participants the coaches feel are qualified and meet the requirements and expectations for the competitive pom squad.
3. Individuals are expected to maintain the skills that were performed at tryouts throughout the competitive season. A decrease in skill level (not due to injury) will put an individual's placement in a routine in jeopardy.
4. Those members who make the competitive squad will need to be available to practice during the week and on some weekends. The practice schedule will be set utilizing input from all members but the needs of the group as a whole will take precedence over competitive classes or competitions. All squad members will be required to attend practices. Attendance is vital for the competitiveness of the squad. Excessive absences can be grounds for benching, replacement, or suspension at the coach's discretion. Practices could be after school, in the evenings, and on the weekends, so be prepared to commit a considerable amount of time to this squad.
5. Competitive pom squad members will receive an additional 6 merits at the beginning of the competition season to compensate for the additional required practices. \*This does NOT count towards the 8 merits they can earn throughout the school year.\*
6. All squad members chosen for the competition squad are financially obligated to pay for all fees for the competitive season (i.e. competition fees, coaching fees, choreography fees, coach's registration fees, costume needs etc.).
7. If a member chooses to quit the competitive squad at any point after the squad is formed, he/she will be required to pay their financial obligations in full regardless of their decision to leave the squad.

# GENERAL INFORMATION (CONT.)

**\*\*In addition to the Edmond Public Schools Cheer & Pom District Contract\*\***

## STAYING CONNECTED THROUGH TECHNOLOGY

Technology has become a necessity in today's society and to help stay connected with our athletes and parent/guardians, we will be incorporating it through different mediums in our program. Below is a list of forms of communication we will use throughout the school year. Each athlete and parent/guardian will need to take the following steps in order to receive important information about Edmond Memorial Pom. It is the participant's and parent/guardian's responsibility to stay informed about what is going on in the Pom program. Please make sure to use all avenues available to always have the up to date news! It is our hope that these resources will help strengthen the program.

### 1. EMAIL-

Please check your email daily! We send the majority of our information to parents/guardians through email. It is the parent/guardian's responsibility to check email frequently.

### 2. CALENDAR-

Monthly calendars will be emailed out, posted in the pom room, sent via GroupMe, posted on the Pom/Cheer website and a hard copy will be distributed to athletes. Please reference this calendar for dates and events.

### 3. GROUPME/TEXTS-

GroupMe is a text application that will allow anyone with a phone to send messages to a group. We will use this for most of the communication with the squads throughout the year. This is an app that will allow everyone in the group to text each other... not just the coach. *This will only be used to communicate important information to the athletes regarding pom issues. This is not a place to complain, ask personal questions, or promote events not related to EMHS pom.* Squad members are responsible for checking group messages daily and for responding to show they have received the information. These groups will be set up after tryouts. Individual text communication is also used by the coach to be sure all information is received by the squad.

### 4. CHEER/POM WEBSITE-

The Spirit Squads at Edmond Memorial High School have a website full of helpful information (calendars, uniform schedules, chant lines, SKIP PASS forms etc.). Refer to this website when you have a question! The website address is: [memorialspirit.com](http://memorialspirit.com)

# DEMERIT & MERIT SYSTEM

Merits and Demerits may be issued by any coach or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on an athlete's grade and/or benching or suspension given by the coach.

- ❖ *Page 11, Actions & Consequences, #2, Letter C States: A squad member who accumulates twelve (12) demerits will result in suspension from the squad for the remainder of the year. Please note that members facing suspension from the squad have had adequate opportunities to earn merits that would offset demerits.*
- ❖ *Page 12, Competition Squad, #8 States: Competitive squad members will receive an additional six (6) merits at the beginning of the competition season to compensate for the additional required practices. \*This does not count towards their eight (8) merits they can earn throughout the school year.*

## DEMERITS

Listed below are reasons demerits may be issued. They include, but are not limited to, the following items:

### BEING TARDY OR LEAVING EARLY (2 Demerits)

- Arriving late to practice, game, event, bus, etc.
- Leaving early from practice, game, event, etc.
- Being late to formation at quarters or after halftime of games.
- Late getting picked up from practice, game event, etc. (15 min.).
- Late being dressed out for class.
- Late turning in paperwork or payments.
- The coach will determine whether a tardy is excused or unexcused.
- In cases of arriving late or leaving early to a practice, the coach must be notified or it will automatically be considered unexcused and receive a demerit.

### ABSENCE AT A GAME OR EVENT (4 Demerits)

- Any game or event that a member misses without using a free pass will result in 4 demerits and a zero for that event.  
\*Illness does not count as a miss but a parent or guardian must communicate with the coach about the illness prior to the game or event.  
\*Tournaments: 4 demerits per game.\*

- If a squad member is using their "free skip pass" for the semester, a *Game/Event SKIP Form* must be filled out and submitted to the coach 24 prior to the game/event for it to be excused. Each squad member will only receive 1 free skip pass per semester.

### ABSENCE AT PRACTICE (3 Demerits)

Practices are considered your school hour, before school or after school.

- The coach will determine whether an absence is excused or unexcused.
- If the coach is not informed about the absence, then it will automatically be considered unexcused.

### DRESS CODE (1 Demerit)

- Dress code should be followed at all times.  
This includes, but is not limited to:
  - Not wearing the correct coach specified uniform (at school or at an event), not wearing required shoes, not dressing out when required to (this includes wearing appropriate shoes for practice), not wearing a ponytail or the correct bow or spangs, not dressing up on themed dress up days, etc.

# DEMERIT & MERIT SYSTEM (CONT.)

Merits and Demerits may be issued by any coach or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on an athlete's grade and/or benching or suspension given by the coach.

## SKILLS AND PERFORMANCES

### (1 Demerit)

- Failure to perform required skills (i.e. kicks, turns, etc.)

## REQUIRED ITEMS

### (1 Demerit)

- Failure to bring required items to practice, meetings, games, competitions, or any other event (i.e. poms, bags, money due, warm ups, progress reports, practice clothes, shoes, etc.)
- Leaving required items at practice, meetings, games, competitions, or any other event.

## JEWELRY

### (1 Demerit)

- Wearing jewelry of any type is not allowed during practice or when in uniform: at school, games, or events. Exceptions: stud earrings may be worn while in uniform. Watches may be worn during the school day while in uniform.

## GUM

### (1 Demerit)

- Chewing gum is not allowed at practice, games, or any other activity where gum chewing is deemed inappropriate by the coach.

## NATIONAL ANTHEM

### (1 Demerit)

- The following directions should be followed during the National Anthem. This includes, but is not limited to:
  - Give full attention (i.e. not talking, not looking around, etc.)
  - Stand in correct stance with eyes on the flag to show respect the entire time.

- Should be standing as a team.

## SOCIAL NETWORKING/CELL PHONES (2 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Snapchat, Facebook, and Instagram are viewed by parents, young children, and oftentimes other squad members and students from across the country. It is important that you represent yourself as a positive leader on such sites. The following should not be used or seen on social networking accounts (the list include, but is not limited to):
  - Use of inappropriate content, profanity, alcohol, tobacco, public display of affection, inappropriate clothing, or negative comments towards Edmond Memorial, the cheer & pom program, other teammates, coaches, or the administration. This includes reposting (retweeting, regramming etc) any inappropriate content (as listed above)
- Cell phones will be turned OFF or on silent during practices, games, or other events.
  - Cell phone activity, including text-messaging, will not occur during practices, games, or other events.
  - Cell phones should be put away in a bag or purse for the duration of the practice, game or event.

# DEMERIT & MERIT SYSTEM (CONT.)

Merits and Demerits may be issued by any coach, or administrator to any squad member. Any infraction to the rules may result in demerits, as well as loss of points on an athlete's grade and/or benching or suspension given by the coach.

## BEHAVIOR

### (1 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- Defiance of authority, talking back to the coach, inappropriate language or gestures, public display of affection, arguing or fighting with coaches or another squad member, talking excessively during practice or an event, not yelling at games, not smiling, not putting forth effort, not standing properly, paying attention to individuals in the crowd instead of giving full attention to Pom activity, and any other conduct or behavior that does not promote school spirit, does not represent the school admirably, and does not exemplify loyalty, cooperation, and a positive attitude.

## VIOLATION OF SCHOOL POLICIES AND PROCEDURES

### (2 or MORE Demerits)

Possibly including DISMISSAL from the squad.

- Violation of classroom standards and school policies regarding behavior and attendance at school events, class, (including pom class), practices, and pom related school activities will receive a minimum of 2 demerits per infraction.
- AISP—A first offense will receive 5 demerits and benching from the squad for a time period to be determined by the coach.
- If AISP is received *more than one time*, the member will be dismissed from the squad.
- Suspension from school for ANY reason WILL be cause for dismissal from the squad.

## MERITS

- Merits will be given for the Fall Semester GPA as follows:
  - 3.5 and above= 2 merits
  - 3.0–3.4= 1 merit
- Squad members can receive a maximum of eight (8) merits per year (not semester). Squad members will be given opportunities to earn these merits throughout the year. The second semester's opportunity must be afforded prior to the next year's tryouts. The coach will determine opportunities to earn merits and the merit value of each opportunity. Merit opportunities must be school or community service related and approved by your coach.

# EDMOND MEMORIAL POM GRADING POLICY

## GRADE BREAKDOWN

The pom grading policy will reflect your level of participation during the semester. Any infraction to the rules may result in loss of points on your grade, as well as a demerit(s) and/or benching/suspension given by the coach.

## DAILY GRADE-40%

- ❑ Points are based on being on time, dressing out (see below), participation during class time, attitude, cooperation, work ethic, etc. Absences that are unexcused will result in a loss of points for that practice day or event. In order for an absence to be excused, you must be checked out through the front office, and you must notify your coach prior to the absence. Required attire for pom class should be worn at all times (modest shorts or leggings, t-shirt, socks, and cheer shoes). Hair and bangs must be secured away from the face and no jewelry is to be worn. Gum chewing will not be allowed. All members should be dressed out daily unless specified otherwise by the coach.
- ❑ Any other obligations that might come up during the year and specified by the coach may be counted for a grade.

## GAME/EVENT GRADE-40%

- ❑ Every game or event will be worth between 50-150 points. For an unexcused absence, you will receive a zero (0%). An absence is considered excused if either a game "free skip pass" has been accepted by the coach and turned in 24 hours in advance or if a parent/guardian has called the coach at least one hour prior to leaving for the event in cases of illness.
- ❑ Any tardies to practice, games, or events or leaving early from practice, games, or events, may result in a deduction of up to 15 points for the first 15 minutes. At 15 minutes, you will receive a 75%; at 30 minutes, you will receive a 50%; more than 30 minutes will result in a 0% for that practice, game, or event. Since a squad member is not allowed to drive to any away event, if you miss the bus, you will receive an automatic zero and/or benching for a period of time to be set by the coach.

## SPECIAL PROJECTS/TESTS-20%

Presentations will be made over football, basketball, and wrestling. Squad members will be tested over the presentations. The tests will consist of rules and information important to understanding the sport. Tests are designed to aid in the understanding of the sport/game the squads cheer for each season.

Special Projects could be but are not limited to: service projects, sign making or other forms of encouragement for EMHS Sports teams, dressing up for theme days, planning squad events, etc.

## EDMOND MEMORIAL POM GRADING POLICY (CONT.)

- ❑ Any uniform violations may result in deduction of up to 20 points from your event grade. Participants must wear all coach-specified uniform pieces. Points could be deducted for, but are not limited to, wrong uniform, wrong shoes, hair not up, wearing jewelry, or coming without poms to games, as well as not following appearance code according to the pom/cheer information packets both during the school day and at games/events. If you do not bring all required items, not only will you lose up to 20 points from your grade, but you may be benched for the game and must sit with the coach.
- ❑ Any inappropriate behavior may result in a deduction of up to 20 points from your event grade. Points could be deducted for, but not limited to, chewing gum during games, talking during games, being out of formation, public displays of affection, etc.

### SCHOOL DRESS UP THEMED DAYS

- ❑ You will be required to dress up during weeks that we have school wide dress up days at EMHS to help promote school spirit.
- ❑ These dress up days include Howdy Week, Homecoming Week, Swine Week, and any other days/weeks designated by the coach.



# REQUIRED DATES FOR ALL 21/22 SQUAD MEMBERS

Below are mandatory dates for each member who makes a squad. If a squad member is not at the events or practices listed below, it may put their spot on a squad in jeopardy. Please mark your calendars now so that you know all required dates. Some dates may change due to Covid restrictions. You will be notified of changes/updates to the schedule ASAP. Check email, website, GroupMe, and Pom calendar for updates. Amended dates will be sent out as soon as possible. Flexibility will continue to be vital!

DATE	TIME	EVENT	LOCATION
Wednesday, March 10th	3:30 pm	ALL POM Applications Due	EMHS Welcome Center
Wednesday, March 24th Monday, March 29th -Thursday, April 1st	4:00-6:00 pm	Tryout Videos uploaded TRYOUT REVIEW CLINIC/MOCK TRYOUTS	EMHS Doghouse/gyms
Friday, April 2nd	3:30-6:30 pm	POM TRYOUTS	EMHS Doghouse
Monday, April 11th	3:00-5:00 pm	Freshman Squad Uniform Fittings	EMHS Doghouse
Tuesday, April 13th-All Member Fittings *New Varsity Members w/a 7th hour will come asap*	Varsity 2:30 Freshmen 3:45	Essential Item Fitting/Ordering Poms, Spanks, Shoes, warm ups Potential uniform replacements (Invoices will be sent home)	EMHS Doghouse Pom Room
Thursday, April 15th	3:00-4:30 pm	Varsity Picture Uniform Fitting	EMHS Doghouse Pom Room
Monday, April 19th	4:00-5:00 pm	Freshman Squad Uniform Final Fittings --IF NEEDED--	EMHS Doghouse Pom Room
Monday, April 19th	6:00-7:30 pm	Varsity Squad Parent Meeting	EMHS Doghouse Classroom
Monday, April 26th	6:00-7:30 pm	Freshman Squad Parent Meeting	EMHS Doghouse Classroom
Monday-Thursday 4/26-4/29 M-Th Monday-Friday 5/3-5/7 M-F *New Members w/a 7th hour will come asap*	2:30-4:45 pm	New Varsity Squad Practices/ Uniform Fittings *REQUIRED for all new members*	TBA-Doghouse is closed
Monday-Wednesday 5/17-5/19 M-W	3:15-4:45 pm	New Freshman Squad Practices *REQUIRED for all 12 new members*	TBA-Doghouse is closed
Thursday, April 29th Friday, April 30th	4:30-7:00 pm 4:00-6:30 pm	Freshman Squad Portraits Varsity Squad Portraits	Locations TBA/stadium Location TBA
Monday, May 10th Thursday, May 13th	6:00-8:00 pm TBD	Varsity Squad Portraits Senior Squad Portraits	Stadium Location TBA
Tuesday, May 11th	3:30-5:00 pm	Final Varsity Uniform Fitting (if needed)	TBA-Doghouse Closed
Wed June 2nd -Fri June 4th *Demerits begin NOW*	9:00-4:00	CHOREOGRAPHY CAMP	Doghouse
Monday, June 7th-Wednesday, June 9th	8:30-2:30	Bulldog Pom Summer Camp (Girls K-4th grade)	Doghouse
July Dates TBA (Tentative)	TBA	Possible STATE CHOREO TBA Freshmen: Possible Sideline Practices TBA	Doghouse
Monday August 2nd-Friday August 6th	9:00-4:00	CHOREO CAMP/Bulldog Bash Prep Week	Doghouse
Saturday, August 14th (?)	5:00-9:00 pm	Bulldog Bash	EMHS

# WHAT TO EXPECT THROUGHOUT THE YEAR

## (TENTATIVE MONTHLY TIMELINE)

*APRIL*	<ul style="list-style-type: none"> <li>• Tryouts</li> <li>• Order backpacks</li> <li>• Uniform distribution</li> <li>• Possible Squad chant practice</li> <li>• Ordering of essential items (poms, shoes, warm ups, spunks) <i>money for items is due</i></li> <li>• First parent meeting</li> <li>• Order camp clothing</li> </ul>	*OCTOBER*	<ul style="list-style-type: none"> <li>• Possible HOMECOMING</li> <li>• State Practices Continue</li> <li>• Possible Bulldog Spirit Clinic</li> </ul>
*MAY*	<ul style="list-style-type: none"> <li>• Physicals available</li> <li>• All Squad practices</li> <li>• Varsity Parent fundraisers-Sonic, etc</li> <li>• Squad /individual photo shoots</li> <li>• Money for camp clothing due</li> <li>• Choreo Camp fee due</li> <li>• Captains/Squad Leaders elected</li> </ul>	*NOVEMBER*	<ul style="list-style-type: none"> <li>• Football playoffs</li> <li>• Basketball 101 Class</li> <li>• Wrestling 101 Class</li> <li>• Make signs for winter sports</li> <li>• State Practices Continue</li> <li>• Thanksgiving philanthropy</li> </ul>
*JUNE*	<ul style="list-style-type: none"> <li>• Possible Freshman Squad practices</li> <li>• Car wash/other fundraisers</li> <li>• Philanthropies begin</li> <li>• 1st CHOREO CAMP</li> </ul>	*DECEMBER*	<ul style="list-style-type: none"> <li>• Basketball &amp; wrestling begin</li> <li>• Holiday party</li> <li>• Holiday philanthropy</li> <li>• POM STATE</li> </ul>
*JULY*	<ul style="list-style-type: none"> <li>• Possible Fresh Squad practices</li> <li>• Squad photos &amp; spirit squares submitted for football program</li> <li>• Physicals due</li> <li>• Fall Fundraisers begin</li> </ul>	*JANUARY*	<ul style="list-style-type: none"> <li>• Possible Bulldog Winter Spirit Clinic</li> <li>• Continue bball &amp; wrestling events</li> <li>• Start planning for Senior Night Dance (Varsity)</li> <li>• Start planning for banquet</li> <li>• Prep for Pom Clinic (for 6th-11 grades)</li> </ul>
*AUGUST*	<ul style="list-style-type: none"> <li>• 2nd CHOREO CAMP &amp; fee due</li> <li>• Squad practices</li> <li>• Winter gear order/paymts due</li> <li>• SIGN PAINTING CAMP (before school begins)</li> <li>• Varsity Parents Sell Spirit shirt at schedule pickup day</li> <li>• Football 101 Class</li> <li>• Perform at Bulldog Bash</li> <li>• Perform at Fantastic Freshman Night (Varsity)</li> <li>• Football games begin</li> <li>• State Squad Begins Practice</li> </ul>	*FEBRUARY*	<ul style="list-style-type: none"> <li>• Possible Bulldog Winter Spirit Clinic</li> <li>• MANDATORY TRYOUT MEETINGS</li> <li>• Cheer/Pom Senior Night Recognition</li> <li>• BBall Playoffs</li> </ul>
*SEPTEMBER*	<ul style="list-style-type: none"> <li>• Potted MUM Fundraiser</li> <li>• Possible HOMECOMING?</li> <li>• Attend &amp; support Cheer at Regionals &amp; State</li> <li>• Submit Senior Pom page from parents to the yearbook</li> <li>• Possible Fall Spirit Clinic</li> <li>• Make signs for fall sports</li> </ul>	*MARCH*	<ul style="list-style-type: none"> <li>• BBall Playoffs</li> <li>• Tryout Packets Due</li> <li>• Swine Week Spirit Clinic</li> <li>• Swine Week</li> <li>• End of Season EMHS Pom Banquet</li> </ul>

# ESTIMATED COST TO PARTICIPATE

(The following is an ESTIMATE of expenses based on previous school years.)

Each squad member will be responsible for ALL costs associated with being a member of a pom squad at Edmond Memorial High School. Being a squad member can be expensive, so we want everyone to be fully aware of all expenses that are associated with pom. We try to spread the initial costs of many items over the first few months after making a squad, but there may be months that there are more financial requirements than others. We try to give squad members and their families a schedule of anticipated payments well in advance so that you can plan ahead. We never want the cost to affect if a participant decides not to try out, but we do want each potential member along with parents and guardians to be aware of the costs involved. If you need financial help, the parent groups may offset cost by organizing fundraisers, if the squad deems it necessary. The coach must approve all fundraisers. Only those members who participate in the fundraisers will benefit from the profits made. If further financial assistance is needed, please speak to a coach or administrator to see what other options are available.

## ITEMS PROVIDED BY THE SCHOOL DISTRICT

- The school provides all uniforms and two sets of warm-ups for each squad.  
Any alterations to these items are at the squad member's expense  
(NO MATERIAL IS TO BE CUT WHEN DOING ALTERATIONS).

## REQUIRED ITEMS NOT PROVIDED BY THE SCHOOL DISTRICT

Item	Approx. Cost	Squad
❖ POM Shoes	\$100	ALL MEMBERS
❖ Jazz Shoes	\$35-\$50	ALL MEMBERS
❖ Silver Poms	\$45	ALL MEMBERS
❖ Maroon Poms	\$45	VARSITY ONLY
❖ Maroon Spanks	\$25	ALL MEMBERS
❖ Silver Spanks	\$25	VARSITY ONLY
❖ Backpack	\$90	ALL MEMBERS
❖ Bows	\$40	ALL MEMBERS
❖ Choreo Camps	\$200	ALL MEMBERS
❖ Camp Clothing	\$150	ALL MEMBERS
❖ Spirit Supplies	\$40	ALL MEMBERS
❖ Ear Warmers/Gloves	\$25	ALL MEMBERS
❖ Warm Ups/Game Day Wear	\$250	ALL MEMBERS
(includes extra jackets, leggings etc)		

\*\*\*\*\* COSTS COULD BE DEFERRED WITH FUNDRAISERS\*\*\*\*\*

# ESTIMATED COST TO PARTICIPATE ON The EMHS COMPETITIVE (STATE) POM SQUAD

(The following is an ESTIMATE of expenses based on previous school years.)

## REQUIRED ITEMS NOT PROVIDED BY THE SCHOOL DISTRICT

Item	Cost	Squad
❖ State Choreography/Coaching	\$150	STATE SQUAD MEMBERS
❖ State Costume/poms	\$100	STATE SQUAD MEMBERS
❖ Hair accessories, make up etc	\$30	STATE SQUAD MEMBERS

## ALL PARENTS

Please know that as soon as your child makes a spirit squad, several payments will be due within the first 2-3 weeks after tryouts. If you know that financially you will need assistance in helping pay for some of these costs stated above, please start organizing and running fundraisers with your squad as soon as tryouts are over. Since money is due so soon after tryouts, fundraisers should be planned and ready to go the week after tryouts if needed. The earlier the better!

## EDMOND MEMORIAL POM

TRYOUT APPLICATION AND ADDITIONAL  
ITEMS LISTED ARE DUE TO  
THE WELCOME CENTER OF EDMOND  
MEMORIAL HIGH SCHOOL BY

3:30 PM ON WEDNESDAY, MARCH 10th, 2021!

NO EXCEPTIONS WILL BE MADE.

NO PACKETS WILL BE ACCEPTED  
AFTER 3:30!

PLEASE BE SURE TO SIGN EVERY SHEET  
REQUIRING A SIGNATURE!



# EDMOND MEMORIAL POM 2021-2022 PACKET CHECKLIST

PARTICIPANT'S NAME: \_\_\_\_\_

CURRENT GRADE (PLEASE CIRCLE):    8th                      9th                      10th                      11th

THE PARTICIPANT & PARENT/GUARDIAN SHOULD KEEP AND READ THE FOLLOWING ITEMS:

- Page 1-4 of the Edmond Public Schools District Cheer & Pom Contact
- Page 1-20 of the Edmond Memorial Pom Membership Guidelines & Information Packet

**THE PARTICIPANT & PARENT/GUARDIAN MUST  
FILL OUT, SIGN AND TURN IN THE FOLLOWING ITEMS  
BY 3:30 ON TUESDAY, MARCH 21<sup>ST</sup>, 2020  
TO THE EMHS WELCOME CENTER  
IN ORDER TO BE ELIGIBLE TO TRYOUT.**

**(Please MARK OFF that you have each item completely filled out):**

- ☐ Page 25-28 of the Edmond Memorial Pom Membership Guidelines & Information Packet
- ☐ Page 5 of the Edmond Public Schools Cheer & Pom District Contract
- ☐ \$40 Tryout Fee: in a sealed envelope with candidate's name on the outside of the envelope.

PLEASE PLACE THE PACKET IN THE FOLLOWING ORDER:

- \$40 Tryout fee in an envelope stapled to the top left corner of the front of the tryout packet
- Pages 25, 26, 27, and 28 EMHS Contract pages (COMPLETED and SIGNED)
- Page 5 District Contract page (COMPLETED and SIGNED)
- Physical (*FRONT* and *BACK COMPLETED* and *SIGNED*--IF turning it in with your application)

ALL PARTICIPANTS MUST HAVE A CURRENT PHYSICAL ON FILE WITH EDMOND MEMORIAL POM BY THE FIRST DAY OF CLINIC IN ORDER TO PARTICIPATE (MONDAY, MARCH 29<sup>TH</sup>).

- A current physical (dated 5/1/20 or after) MUST be received by the start of tryout clinic week. It is recommended that your physical be turned in with your tryout application if possible. If that is not possible, please email the completed two page physical form to Teri Ogle ([teri.ogle@edmondschools.net](mailto:teri.ogle@edmondschools.net)) as soon as you can. It MUST BE RECEIVED before your daughter will be allowed to participate.

# EDMOND MEMORIAL POM 2021-2022 TRYOUT APPLICATION

Name: \_\_\_\_\_

Name(s) of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Athlete's Cell Ph. #: \_\_\_\_\_

Athlete's Email: \_\_\_\_\_

Mom's Cell Ph. #: \_\_\_\_\_

Mom's Email: \_\_\_\_\_

Dad's Cell Ph. #: \_\_\_\_\_

Dad's Email: \_\_\_\_\_

School Currently Attending: \_\_\_\_\_ Current Grade: \_\_\_\_\_

## SQUAD TRYING OUT FOR (PLEASE CHECK ONE):

- ☐ Varsity Pom (incoming sophomores, juniors, and seniors)
- ☐ Freshman Pom (incoming freshmen)

## PHYSICAL (PLEASE CHECK ONE):

Physicals must be dated after May 1, 2020 to be eligible.

- ☐ Physical is already on file with Edmond Memorial Pom (Current 2020-2021 Squad Member)
- ☐ Physical is already on file at Edmond Memorial with a sport other than Pom.  
(Sport you participated in: \_\_\_\_\_)
- ☐ Physical is on file at my middle school for the 2020-2021 school year, and I will be getting a copy of it to turn in PRIOR to the first day of clinic
- ☐ I do not have a physical for this year and will be getting one and submitting it PRIOR to the first day of clinic
- ☐ Physical is enclosed

## ADDITIONAL INFORMATION

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EDMOND MEMORIAL POM 2021-2022

## CONSTITUTION AGREEMENT

### PARENT/GUARDIAN:

I hereby authorize my child, \_\_\_\_\_, to tryout for Pom at Edmond Memorial High School. If my child is chosen for the a squad, I understand he/she is obligated to serve in that capacity for the entire school year, unless he/she leaves school or does not continue to meet the requirements of the position. I have read the contract and am aware of the rules and guidelines stated in the Edmond Memorial Cheer Membership Guidelines and General Information Packet & Edmond Public Schools District Contract that must be followed throughout the year and understand that violation of any of these rules may lead to loss of points, demerits, and/or temporary or permanent suspension from the squad. I understand that all forms attached must be completed by March 10th, 2021 and turned in by 3:30 PM, or my child will not be allowed to try out. I also realize that if my child is academically ineligible for the week of tryouts, they will not be allowed to try out. I have discussed the contract with my child, and we agree to abide by these regulations if chosen for a squad.

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
Parent/Guardian's Signature Date

### APPLICANT:

I have read the entire *Edmond Memorial Pom Membership Guidelines and General Information Packet & Edmond Public Schools District Contract* and understand all rules and regulations set forth in them. I understand that if selected for an Edmond Memorial Pom Squad, I will be expected to abide by these rules, as well as any other rules designated by the coach or administrators. I understand that membership on a pom squad is both an honor and extremely hard work, and I will make every effort to be a successful member of the team by supporting my coach, my fellow squad members, and the program throughout the year. I further understand that Edmond Memorial Pom Squad Members are held to high standards, and if I am selected I will respect and honor the privilege given to me to represent Edmond Memorial in the best manner possible. I understand that all forms attached must be completed by March 10th 2021 and turned in by 3:30 PM, or I will not be allowed to try out. I also realize that if I am academically ineligible for the week of tryouts, I will not be allowed to try out. I have read all forms and discussed them with my parents, and we agree to abide by these regulations if I am chosen for a squad.

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
Applicant's Signature Date



# EDMOND MEMORIAL POM

## Parent Permission to Participate

The parent/guardian signing below hereby grants permission for the student to participate in the School Activity. Both parent/guardian and Student have read this agreement, voluntarily sign below, and agree to be bound by the terms and conditions of this agreement.

-----  
Student's Signature

-----  
Parent/Legal Guardian's Signature  
(For students under 18 years old)

-----  
(Print Student's Name)

Dated: -----

### Important Contact Information

Parent Name (Print): -----

Phone Number (Cell) ----- Work Phone: -----

In the event of illness or accident, if we should need to contact someone other than listed above, please contact:

Name: ----- Phone: -----

### Consent to Medical Care

If your child sustains a non life-threatening injury, Oklahoma law requires that a hospital have parental consent before beginning treatment. This form allows you to give the necessary permission, even if your child is under the care of another adult. With your consent, this form can be presented at any medical office, clinic, or hospital in Oklahoma for emergency medical care.

In the event of illness or injury, Student and parent/guardian hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician as deemed necessary for the safety and welfare of Student. It is understood that the resulting expenses will be the responsibility of the student participant and/or parent or guardian.

-----  
(Parent or guardian signature regarding Consent to Medical Care only)

# EMHS Pom Principles

Teamwork

Positivity

Outward Focus

Determination

School Spirit

Dedication

Bulldog Pride

Friendliness

Exemplary Character