

# Irish POM Tryout Packet 2023-2024

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## POM TRYOUT DATES and TIMES OF EVENTS

- Wednesday, April 12th - Mandatory Parent/Pom Meeting at 6:00pm in the Pom Room (Current 9th-11th Grade)
- Friday, April 28th - Mandatory Tryout Clinic from 5:30pm:-7:30pm in the Aux Gym (Current 9th-11th Grade)
  - Videos will be posted on bmchspom instagram
- Sunday, April 30th - Mandatory Tryouts begin at 2:00pm in the Aux Gym (Current 9th-11th Grade)
- Friday, May 5th - Mandatory Follow-Up Parent/Pom Meeting at 7:30pm in the Pom Room (Current 9th-11th Grade)
- Submit tryout videos after their last day of school. Preferred by at 8pm May 27th (8th graders)
  - Tryout material will be posted on bmchspom instagram by April 28th
- Virtual tryouts will be held May 28th - incoming freshman team announced
- Wednesday, May 31st- Mandatory Follow-UpParent/Pom Meeting at 6:30pm in the Pom Room (8th graders)

## MANDATORY PRE-TRYOUT POM/PARENT MEETING!

**When: Wednesday, April 12th at 6:00pm in the Pom Room (Current 9th-11th Grade)**

(If there is not a parent or legal guardian representing the future pom member, he/she will not be allowed to tryout! The Pom member and the legal guardian MUST attend this parent meeting or the pom member will not be allowed to tryout!)

## Tryout week detailed info!

Each athlete going through the tryout process must attend the entire duration of the clinic and tryouts. An unexcused absence will result in the athlete not being allowed to tryout.

## CLINIC DAY

- ▶ **Friday, April 28th:** Pom Clinic from 5:30pm-7:30pm in the Aux Gym  
(Current 9th-11th Grade)

**\*\*NOTE:** We are only doing 1 clinic day. This will be the only day that you will be learning material for the tryout. You are not allowed to leave during the process. You must stay the entire duration, unless you have a school related event or have prior approval by the coaches.

**The clinic is closed to everyone not trying out.**

**THIS PACKET MUST BE FILLED OUT AND EMAILED THE COACHES BY THE CLINIC ON FRIDAY, April 28th. WE WILL NO LONGER ACCEPT PACKETS AFTER 5:30PM ON FRIDAY, April 28th (Current 9th-11th Grade)**

**NO CLINIC FOR INCOMING FRESHMAN. THIS PACKET MUST BE FILLED OUT AND EMAILED TO THE COACHES WHEN YOU SUBMIT YOUR VIDEOS BY MAY 27th (8th graders)**

## TRYOUTS

- ▶ **Sunday, April 30th:** Tryouts from 2:00pm until finished in the Aux Gym  
(Current 9th-11th Grade)

**\*\*NOTE:** We will give about a 15-20 minute warm-up then begin the Tryout. You are not allowed to leave during the process. You must stay the entire duration, unless you have a school related event or have prior approval by the coaches.

**The tryout is closed to everyone not trying out.**

- ▶ **Sunday, May 28th:** Virtual Tryouts (8th graders)

- Results will be posted online the evening of April 30th or the morning of May 1st (Current 9th-11th Grade) and May 1st (8th graders) on the Bishop McGuinness website [www.bmchs.org](http://www.bmchs.org). Go to Athletics, Sports, then Pom and scroll down.

- Please understand that if your athlete misses any part of the clinic/tryout days he/she will not be able to tryout. The only exception is if he/she has an event/activity that he/she must attend. Please contact the coaches and request approval prior to Tryout week. If your athlete is sick he/she is only allowed to miss ½ of the school day. If this occurs, please bring the coaches an up-to-date doctor's note. Your athlete must attend school all day long, every day of the week, including the day of tryouts. Please DO NOT check your athlete out early so he/she can go home to practice his/her material.

- If you have an issue, and while we would love for all the athletes to make the team, there is a possibility that your athlete may not. Please refrain from contacting all coaches and administration. Us as coaches have a grace period after tryouts before we are allowed to have contact with the pom members or parents. The length of the grace period is 48 hours after the teams have been posted. This has nothing to do with our lack of sympathy or character. We must follow specific guidelines and rules; we do hope that you respect this rule. Thank you!

- All required tryout sheets/information must be complete at the time of submission.
- You must turn your packet into one of the coaches.

- You MUST be registered at Bishop McGuinness for the years of 2022-2023 in order to participate in the Pom Tryout.
- You MUST be passing all classes by FRIDAY before TRYOUT WEEK or you will NOT be allowed to tryout.

## **What you will learn during Clinic and must perform on Tryout Day.**

Skills  
Fight song  
Dance

### Skills that will be involved

Double pirouette (right side)  
Triple pirouette (right side)  
R/L Leap  
Center leap (either side)  
Tilt jump (either side)  
Extensions (either side)  
A la seconde turns ( 2 into a double pirouette)  
Kicks  
\*\*Bonus tricks\*\*

## **What to wear on Tryout Day!!**

- Black leggings (no colors, only black)
- Black tank top ( no large distracting logos or prints)
- Half sole shoes
- NO Jewelry
- Hair in low ponytail

Please wear Black leggings and a Black tank on the day of Tryouts. Please wear your hair back and out of your face. During the clinic you are allowed to wear any type of workout attire that you would like. Just be sure that you are comfortable and able to move freely.

# EXPECTATIONS

## What to expect during the year:

- Be on time to practice, games and all events.
- Adhere to the specified dress code
- You will have a tentative schedule for the year with practice times, events, games, etc.

\*Rough dates\*

April- 2023-2024 tryouts

May/June- off

July-practice/camp

August- prep for the new season

September-December- prep for OSSAA and OSDTA (as well as games)

January-March- spring games/events

April- 2024-2025 tryouts

## Expectations for a Varsity Pom member:

- Be at all assigned games at the scheduled arrival time, completely dressed in uniform (including hair and makeup), with all equipment (poms, warmups).
- Be at ALL Varsity games or matches (home and away).
- Have an appropriate behavior or we will discuss immediate removal
- Be at ALL practices
- Be on time to ALL practices/events with the appropriate attire on, including shoes and hair up!
- Participate in ALL activities such as pep assemblies, half-time shows, volunteer for service hours, fundraisers, etc.

## Expectations of a Competitive Pom member (OSSAA Game Day (regionals and state), OSDTDA

### Jazz/ensemble & Nationals::

-Be at ALL practices (As an Alternate you ARE a team member. You MUST attend practice!)

-Be on time to ALL practices with the appropriate attire on, including shoes and hair up!

-Have an appropriate behavior or we will discuss immediate removal

-Be at any scheduled competitive showings

\*Note: If you choose to quit ANY competitive team, you will also be removed from the Irish Pom Program.

## Estimated Cost List

Note: These costs are an ESTIMATE. Please understand that they may fluctuate.

### UNIFORMS:

#### **Pom Pack:**

Green uniform

White uniform

Black uniform

Mid-Turtleneck

Cold Weather Jacket

Shoes

Est. Price : \$1,200 (required for New Members)

### OTHER COSTS:

Lululemon Shorts: \$44

Lululemon Razorback: \$43 plus monogram \$10

Lululemon Jacket: \$98 plus monogram \$10

Lulu joggers/leggings: \$100 (each)

Beanie: \$25

Backpack: \$50

Camp TDB

Costumes for OSSAA and OSDTDA

**\*\*Any additional cost will be shared at a timely manner\*\***

## Release for Tryouts and Acknowledgement of Expectations

### Release for Tryouts:

I give my permission for my child \_\_\_\_\_ to try out for the Irish Pom Team at BMCHS. (Signature and Date) \_\_\_\_\_

### Acknowledgement of Pom Team Expectations:

I (student) \_\_\_\_\_ have read and understand the rules and expectations of me as an Irish Pom member and will abide by these rules and expectations if chosen as a pom member at BMCHS. (Signature) \_\_\_\_\_

I (parent) \_\_\_\_\_ have read and understand the rules and expectations of my child as an Irish Pom member. I will abide by these rules and expectations if my child is chosen as a pom member at BMCHS. (Signature) \_\_\_\_\_

### Acknowledgement of STATE Team Expectations:

I (student) \_\_\_\_\_ have read and understand the rules and expectations of me as an Irish Pom member and will abide by these rules and expectations if chosen as a pom member at BMCHS. (Signature) \_\_\_\_\_

I (parent) \_\_\_\_\_ have read and understand the rules and expectations of my child as an Irish Pom member. I will abide by these rules and expectations if my child is chosen as a pom member at BMCHS. (Signature) \_\_\_\_\_

I (student) \_\_\_\_\_ have read and understand the expectations of me as a competitive pom member. I fully understand that there are skill requirements for the competitive teams and must maintain these skills in a consistent manner. I also understand that the State Competitive Team could get split up regardless of the placement at the State Championship.  
(Signature) \_\_\_\_\_

I (parent) \_\_\_\_\_ have read and understand the expectations of my child as a competitive pom member. I fully understand that there are skill requirements for the competitive teams and that he/she must maintain these skills in a consistent manner. I also understand that the State Competitive Team could get split up regardless of the placement at the State Championship.  
(Signature) \_\_\_\_\_