

LTHS Poms Team 2026-2027

Varsity Coaches: Brittany Smith, Annie Pinta JV Coaches: Dana Fry, Nikki Dargis

The LTHS Poms program includes dancing at the sidelines and halftime of football and basketball games, as well as competing against other dance teams throughout the state of Illinois in the IHSA competitive dance circuit. We have a varsity level and junior varsity level teams. Both levels require strong abilities in dance technique and performance-jumps, turns, flexibility, ability to learn quickly, physical strength, along with a positive attitude and pride for LT and the poms program.

Expectations and Commitment:

- Both levels practice 3-5 times a week throughout the season. 3:30pm–5:30pm. Additional practices when necessary
- We attend home football games in the fall and basketball games in the winter. Competitions on select weekends November-February.
- Every practice, game, performance, and competition is mandatory to attend unless otherwise stated.
- As a member of the poms teams any unexcused absences or tardiness will not be tolerated. Unexcused is considered not informing your coaches of your absences/tardies. Members of both teams will abide by the LT attendance policy for attending extracurricular activities.
- For anyone that is currently on a studio or club competitive team: You may not be on the competitive teams while practicing/competing with your studio/club team. Competitive season October 26 - February 13th. Team re-evaluations/auditions are done October 26 for the competitive season.
- In addition to our regularly scheduled practices, it is expected that all members are continuing to work on their conditioning, stretching and dance training outside of practice.
- Individuals selected for the team must be able to balance schoolwork, home life, a positive team culture and commitment to this team without issues. Dancers must be in good academic standing throughout the season and will be monitored weekly.
- Team members will uphold the reputation of being spirit leaders throughout the LT community.

Travel: Camp and Competitions throughout the year, team travels together on buses

Fundraising: Vertical Raise/Donation based fundraisers, Peppy Primary/Dance Clinics and additional fundraisers throughout the season.

Poms Team Cost Below is a list of anticipated estimated expenses that you will have throughout the year for the Poms Teams. Individual expenses may vary depending on items that you may already own. At times items may cost more or less than anticipated or we may decide to order something different or new that is not listed.

***All expenses are estimates, additions or deletions to this list may be made.**

UDA Camp	\$500	Jazz Shoes	\$50
Warm-Ups/Practice/Performance Clothing	\$300	Poms	\$40
Gym Shoes	\$100	Backpack	\$50

*****We do not want someone to not try out for Poms based on finances. Fundraising can be done to help offset some team expenses.***

General Dates:

UDA Camp: July 21 – July 24 Northern Illinois University (DeKalb, IL)

- 3.5 days of instruction from UDA instructors including team technique, team routine, individual routines, game day prep, home routine evaluations, and team bonding is an invaluable experience to begin our season.
- Overnight accommodations in NIU dormitories and meals on NIU campus.
- Camp Payment: \$500 covers room/board/instruction/travel

Camp Home Routine – Practice dates/times TBA

- Teams have the opportunity to be evaluated on a “home routine” at camp. Team members who are able to attend summer practices and attend camp will learn the routine to be evaluated. This is usually a routine that is used throughout the rest of the poms season.

Competition Choreography: Summer Dates TBA

- JV and Varsity teams will learn choreography over the summer which will help prepare the team for future competition season. Choreography will be set when the official competition season begins.

Football Season: 8/21-10/30 (dates subject to change)

- 8/21 9/4 9/18 9/26 (Homecoming) 10/2 10/23

Basketball Season: 12/5-2/19 (dates subject to change)

- 12/5 12/12 1/9 1/22 1/29 2/5 2/12 2/13 2/19

Competition Season: 10/26-2/13 (dates subject to change)

- 11/15 11/21 12/6 12/12 12/20 1/02 1/09 1/18 1/23 1/24 1/29 1/30

Peppy Primary, Clinics, Assemblies: TBA

Try-Outs

*Skills: toe touch, calypso, disk, pirouettes right and left, 8 count seconde turns, 8 count of changing spot seconde turns. Pom/lyrical/hiphop combos

*All forms must be turned in (google forms: student application, parent registration, updated physical on file)

<https://www.lths.net/activities/clubs/poms>

Thursday, May 21st at 4pm north campus dance gym

Learn try-out combo, review skills, and instructions for Friday.

Friday, May 22nd at 4pm north campus dance gym

Try-Out material performed in small groups for the judging panel.

Tryout Appearance

-All black, form fitting, full coverage clothing, jazz shoes/half soles.

- Remove all jewelry

- Hair must be pulled back in slicked bun

If you have any questions about the LT Poms teams please feel free to contact:

Brittany Smith (varsity) bsmith@d204.lths.net or Dana Fry (junior varsity) dfry@d204.lths.net