**2018-2019** **Pom’s Tryouts:**

**Registration link:** [**https://baronathletics.net/2018/07/11/go-to-the-more-tab-for-athlete-registration/**](https://baronathletics.net/2018/07/11/go-to-the-more-tab-for-athlete-registration/)

**ATHELETES MUST BE REGISTERED BEFORE THEY CAN BEGIN THE TRYOUT PROCESS**

Pre-season workouts will be August 8th-10th 4:30 – 6:30 pm

Clinics (specific tryout instruction) will be August 13th – 16th 4:30-6:30 pm

TRYOUTS WILL BE HELD ON AUGUST 17TH 3:00 – 6:00 pm

\*Workouts: Strength, flexibility, and skill development

\*\*Clinics: Specific choreography and tryout preparation (Dress code: white top, black bottoms, dance shoe)

Tryouts: Dancers will perform in front of judges. THIS DAY IS MANDATORY. NO VIDEO TRYOUTS WILL BE ALLOWED. If an athlete is not at tryouts, they will not be eligible for consideration for the team. (Dress code: white top, black bottoms, dance shoe)

\*Students who attend all three days of workouts will have 5 ‘bonus points’ added to their total tryout score

\*\*Although clinics are not mandatory, it will be extremely difficult for athletes who do not attend to be prepared to audition. Attendance at clinics are HIGHLY ENCOURAGED. Judging will not be modified for athletes who were not in attendance.

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 1:30 – 2:00 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.