

HOUSTON HIGH SCHOOL POM TRYOUTS

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Coach: Yorubah Banks: yorubahbanks@gmail.com

Clinic: April 6th : Receive Tryout Content Video. *Content must be learned prior to Clinic Day.*

April 8th 4:30-6 in the HHS Cafeteria

Tryouts: \$25 Tryout fee; April 9th, 4pm in the HHS Cafeteria

Mandatory Pre-Tryout Parent Meeting: April 8th 6pm in the HHS Circulation Library

First Booster Club Meeting: TBA

Uniform Fitting: April 14th Time TBD

Camp: Home Camp June 11-13 or June 14-16

Grade Requirements:

Tryouts: Incoming Freshmen – Passing grades in ALL subjects
10th-12th – Passing grades in all subjects/Minimum of 2.0 GPA
No ISS or OSS

School Year: No D's or F's during any marking period
No N's or U's in conduct
No ISS or OSS

Dance Requirements: 2 solid eight counts of a la second turns, right/left and middle splits, chaine' open, right or left aerial, calypso, headspring standing, kip up, triple and quad pirouette.

****Please bring the following completed and signed documents:**

- A Understanding of Expectations and Alternates Policy Form**
- B Tryout Form and Liability Release**
- C Completed SportsWare Profile**
- D TSSAA Pre-participation Physical Evaluation signed by physician (on or after April 15, 2021)¹ SEE BELOW!**
- E Consent for Athletic Participation & Medical Care**
- F Recent copy of grades from Skyward**
- G Teacher recommendation forms**

You must have your tryout fee and the above forms on the first day of clinic in order to participate.



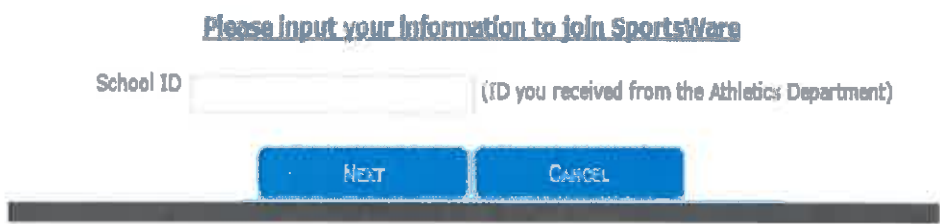
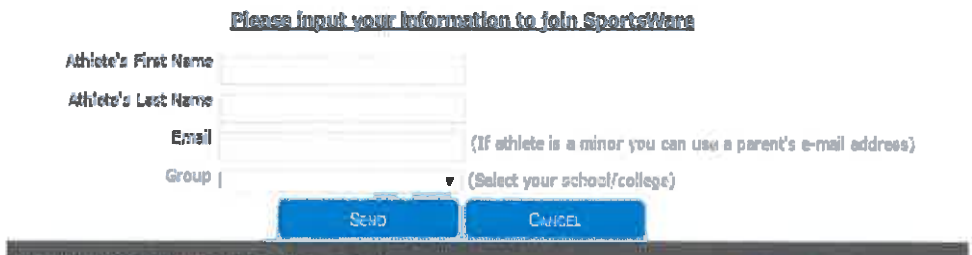
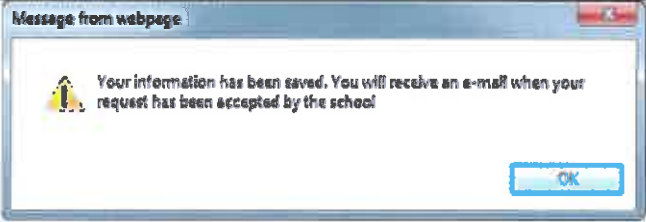

¹ Since tryouts are taking place prior to the date of physicals set by TSSAA, we will need a copy of a physical from the 2020-2021 school year in order for athletes to try out. We will require that updated physicals be done April 15-May 1. Returning HHS and HMS Pom athletes already have a physical on file with the sponsor.

Dear Parents:

Prior to participating on a team from Houston High School, athletes must provide the Athletic Department with current address, emergency contact, insurance, medical alert and health history information. To expedite this process Houston High School uses an online data entry system.


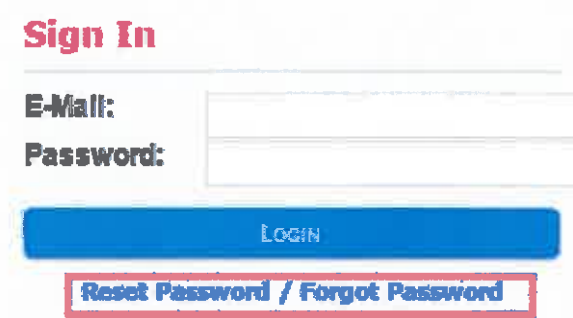

To enter your information, visit www.swol123.net. The first time you visit the website you will need to enter your PERSONAL email address and click Get Password.

Joining SportsWareOnLine

Instruction	Example
<p>Go to www.swol123.net</p>	
<p>Scroll to the middle of the screen and click the Join SportsWare button.</p>	
<p>Enter your School ID</p> <p><i>Houston High School</i></p>	
<p>Enter your First Name, Last Name, Email address and click the Send button.</p>	
<p>Your request to join SportsWare will then be sent to the Athletic Trainer for review.</p>	
<p>Once your request is accepted you will receive an e-mail with the Subject "SportsWare"</p>	

<p><i>request accepted</i>".</p> <p>Open the e-mail and click the www.swol123.net link to continue to SportsWareOnLine.</p>	
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Setting Your Password

Instruction	Example
<p>Go to www.swol123.net</p>	
<p>Enter your Email Address and click the Reset Password button.</p>	
<p>You will receive and e-mail with the Subject <i>"SportsWareOnLine Password Request"</i>.</p> <p>Open the e-mail and click on the link to reset your password. Enter your e-mail address, new password and click the Save button.</p>	

Updating Your Information

Instruction	Example
<p>Go to www.swol123.net</p>	

Enter your Email Address and click the Login button.

Sign In

E-Mail:

parent@swol123.net

Password:

.....

LOGIN

[Reset Password / Forgot Password](#)

Select My Info:
Update your address, emergency contact and insurance information.
school.

My Info

Med History

Forms

Print

Start entering Athlete's information. Complete the Athlete Online Access section by updating it with the Athlete's email address (defaults with Parents initially). Then Update The Parent Online Access section with email and password. Continue to complete the remaining tabs.

Athlete Online Access

Online Access e-Mail parent@swol123.net

Existing Password

New Password

Confirm Password

Password Requirements:
Must be at least 2 characters long.

Parent Online Access

Online Access e-Mail

Existing Password

New Password

Confirm Password

Password Requirements:
Must be at least 2 characters long.

Once done with My Info go to:

Med History:
Complete a Medical History questionnaire.

Forms:
View/complete required paperwork.
Note:
SportsWare will also display "You have ? forms to complete/download".

Print: Print My Info and Medical History data.

My Info

Med History

Forms

Print

Forms

You have **5** form(s) to complete/download.

Thank you for your prompt help. If you have any questions, please contact me for assistance.

Sincerely,
Tripp Turner
tripp@orthoone.org
(901) 216-2246

HOUSTON HIGH SCHOOL POM

Purpose

The Houston High School Pom Squad will promote school spirit by dancing at football games and competing in dance competitions.

Requirements

- Squad members will be enrolled in grades 9-12 at Houston High.
- Sports medical forms filled out by a physician
- Insurance coverage: Dancers and their parents will not bring suit against or hold responsible school administrators, sponsors, coaches or the Germantown Municipal School District Board of Education
- Dance and pom skills as outlined by sponsor
- Pom is a priority over other activities and all competitions, camp, practices, and games are mandatory

Conduct

- Pom squad members wear the HHS uniform, and as such are more prominent and should exhibit exemplary behavior at all times.
- Unsatisfactory conduct/behavior both in and outside of class, grades lower than a C, and disciplinary actions will result in a warning, probation or removal from the squad.

Practices

- Practices begin immediately following tryouts in the spring and will continue through the summer. It is required that if girls are in town during the Summer they must attend practice. Choreography for Nationals will also begin during the month of July. Girls must be in town in order to be considered for the routine. Practices during the summer may take place for those in order to learn game routines and chants. Choreography will take place in the weeks prior to school starting.
- Missing practice or leaving early for any reason other than sickness must be approved by the sponsor (including college visits).
- Be at practice with the needed items ten minutes before practice is to start.
- Girls are to attend one technique class a week. This is set up by the coach and sponsor, but any additional classes are welcomed.

Academics

- Sponsors will check grades throughout the grading period and girls must show their report cards to sponsors at the end of each nine weeks.
- Grades below a C and /or unsatisfactory conduct will result in a warning, probation, sitting out of competitions or being suspended from the squad

Alternates

- The Universal Dance Association (UDA) has no participant limits in the junior varsity division. The participant limit for small varsity is 12 participants, medium varsity limit is 16 participants, and large varsity requires 17 participants with no maximum. The coach and sponsor will decide in which division Houston will compete.
- All members are subject to being an alternate. The girls participating in competition are chosen by, but not limited to skills, improvement, attitude, attendance and grades. Alternates can vary from one competition to the next.

- **Miscellaneous**
- No jewelry, gum or nail polish at any pom events
- Boyfriends may not travel with the squad or squad member to competitions or sit with squad members during a competition or games.
- Bring bag, water bottle, paper and pen to each practice. No soft drinks. Closed practice.
- No member is allowed to work with an all-star squad until after returning from Nationals.

Expenses

We will have monthly payments of approximately \$450 a month. The general range for expenses is \$4,000 to \$5,000 a year. Payments typically begin in April. A schedule of these payments along with a detailed budget will be given at the first parent meeting. Payments are due on the first of each month. Payments are considered late by the 5th and a late fee of \$25 will be charged.

- Uniforms, shoes, accessories, camp, fees for coaching, competition, camp clothes, technique, trip to Nationals and other expenses are paid for by the families of the squad members.
- Failure to stay current with Pom squad expenses will result in temporary suspension of the squad member. Please notify us of extenuating circumstances.

UNDERSTANDING OF EXPECTATIONS

Dancer

I have read and understand all of the Pom squad information. I am aware of my responsibilities to the Pom squad, to my academics, and to my behavior.

Dancer
Signature _____ Date _____

Parent

I have read the Houston High Pom squad information and realize the responsibilities of a Pom squad member and the expected behaviors. I acknowledge that the above information is not all inclusive and individual situations will be addressed by administration. I also understand the importance of staying current with my daughter's pom account.

Parent Signature _____ Date _____

ALTERNATES POLICY

In the past we have had injuries or girls quitting the squad and have not been able to have a complete squad for competition. We have tried several ways to fill those vacancies, but none have been satisfactory. After talking with other coaches and sponsors, we have decided to have alternates on the squad. Please read this with your parent and sign your name.

ALL squad members will dance at football games, pep rallies, etc. and be included in all other activities of the squad. All girls will be required to be at all practices, competitions, and squad events. Inclusion at competitions will be determined by injuries, squad needs, conduct, attendance and attitude.

Dancer Signature _____ Date _____

Parent Signature _____ Date _____

**HOUSTON HIGH SCHOOL 2020-2021 POM SQUAD
TRYOUT FORM**

NAME _____ GRADE _____

Has my permission to try out for the Football/Competition Pom squad at Houston High School.
We understand that we are required to pay all expenses involved with the Pom squad should
our daughter make the squad.

Parent Signature _____ Date _____

LIABILITY RELEASE

I _____ as a parent or legal
guardian of

_____, a minor, do hereby grant

permission to allow Minor to participate in Pom tryouts. I, in my own behalf and on behalf of
Minor, agree to release from liability and to indemnify and hold harmless Houston High School,
and any of its employees representing or related to the school as regards to pom tryouts.

The release is for any and all liability for personal injury and property losses in connection with
any activity related to this event.

Signature of
Parent/Guardian _____ Date _____