

# Southwestern Oklahoma State University

## Pom Squad

Dear Sponsors and Pom Candidates:

The Southwestern Oklahoma State University Pom Squad is gearing up for tryouts. SWOSU will host a pom clinic and tryout to select members for the 2009 – 2010 school year. **Please encourage any interested pom members to make plans to attend the clinic scheduled for Friday April 3, 2009 in the Rankin Williams Gym. The clinic will be from 7:00 P.M. – 9:00 P.M.**

The following will be requirements for each candidate:

8 counts of kick facing each side & the front

Double turn (may do a triple for extra points)

One axle turn and Z axle turn

One leap

One switch leap (leg of choice)

One toe touch

Splits on both legs

Candidates should prepare a 20 -30 second routine of their own demonstrating their creativity with choreography. **CANDIDATES MUST BRING THEIR OWN MUSIC.** Candidates will also learn a 45 second – 1 minute dance, a chant, and an interview will be conducted.

**The tryouts will be Saturday April 4, 2009 starting at 9:00 A.M. Participation in the clinic is mandatory in order to be eligible to tryout for the squad.**

Candidates need to wear appropriate dance clothing for tryouts. Nothing but their dance shoes should show they were on a prior squad.

Members of the 2009 – 2010 SWOSU Pom Squad will be given \$250.00 per semester fee waiver and will receive a P.E. Credit if they enroll in Cheerleading/Pom. Out of state pom members will not receive the \$250.00 per semester; however, they will not be required to pay out of state tuition. Pom members that reside in the SWOSU dorms will also receive a Room Waiver for a semi-private room each semester. We require all newly selected pom members to sign a contract agreeing to abide by the SWOSU Pom Constitution. It is imperative that the students trying out understand that our squad performs for both football and basketball home games and any other school spirit functions. Competitions are a possibility but not definite.

We would greatly appreciate your help in notifying any interested students of our upcoming clinic and tryouts. Refer to our website at [swosu.edu](http://swosu.edu) for additional tryout and contact information. Thanks for your assistance.

Sincerely,  
Pam Nichols  
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Pom Coach – 580-504-9298  
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