

## ROCKVILLE HIGH SCHOOL POM INFORMATION

### POM QUALITIES:

You should be a team player, strong dancer, enjoy learning, be in top physical shape, friendly, agreeable, have good grades, be a positive school role model, patient, fun, outgoing, committed, able to conform to group standards, follow rules, be respectful of others, punctual, never curse or complain, want the best for the squad, enjoy performing and smiling and have **POSITIVE ATTITUDE!!!!**

### TRYOUTS:

The tryout routine will consist of very sharp movements, jazz moves, kicks, marching, funk and the splits. It will be easy enough that all girls can learn the basic movements, but will give you a chance to highlight your special skills.

### PHYSICALS:

Physicals and medical cards will be due on the first day of tryouts. **YOU WILL NOT BE ABLE TO ATTEND THE TRYOUT CLINICS OR TRYOUT WITHOUT THESE FORMS COMPLETED AND HANDED IN!**

### PERMISSION FORMS:

**PERMISSION FORMS ARE ALSO DUE ON THE FIRST DAY OF TRYOUT CLINICS. YOU WILL NOT BE ABLE TO PARTICIPATE WITHOUT FIRST TURNING IN THIS FORM.**

### TRYOUTS:

**CLINICS:** May 29, 2007 5-7 pm and May 30, 2007, 4-6 pm

**TRYOUTS:** May 31, 2007, beginning at 5

**LOCATION:** Rockville High School

Best of Luck,  
Caroline Kelly – Coach  
301-440-9432