



SEASON 25-26

**TRY OUT INFO**

# **PERFORMANCE CHEER - POM**

Below you will find the list of skills that will be assessed during the upcoming tryouts. Candidates are encouraged to prepare these skills in advance. In addition, there is an opportunity to demonstrate skills not included on the list, such as higher-level abilities, to showcase your full potential.

We encourage all interested participants to take part in the tryouts, regardless of their current level of skill or experience. We highly value talent and dedication in all forms and look forward to seeing all participants demonstrate their abilities.

The tryouts will take place over two days, followed by a training day. Following the first day, a preliminary selection will be made to determine which candidates will continue to the second day. The second day will consist of further evaluation and will mark the official start of the season for those selected.

The selection procedure will be based on the demonstration of skills, technique, overall performance and coachability during both days of the tryouts. All candidates will be informed by email whether or not they have been selected.

Please note that there is a strict dress code of wearing all black shirt/top on black shorts/bottoms, jazz shoes/jazz toes for the tryouts. Participants are required to wear the designated attire without exceptions to ensure uniformity.

A tryout fee of 15 euros applies to all participants.

### **Skills list tryouts Pom**

	<b>Basic</b>	<b>Advanced</b>
<b>Technique</b>	<ul style="list-style-type: none"><li>• Double pirouettes</li><li>• Basic knowledge of pom technique</li><li>• Precision-based choreography</li><li>• A la seconde turns</li><li>• High level of strength and endurance</li><li>• Proficiency in advanced jumps and leaps like toe-touches, calypsos, and turning discs</li></ul>	<ul style="list-style-type: none"><li>• Triple pirouettes</li><li>• Strong understanding of Pom-specific technique</li><li>• Combined A la seconde turns</li><li>• Side aerals, front aerals, back handsprings, back tucks</li></ul>
<b>Pom Dance Experience</b>	<ul style="list-style-type: none"><li>• Minimum of 3 years performing at competitive dance level (school, club, or national level)</li></ul>	<ul style="list-style-type: none"><li>• Minimum of 3 years performing at competitive Pom level (school, club, or national level)</li></ul>

What	When
Try out	Friday night 5th of September Saturday morning 6th of September 2025
Team Training	Saturday afternoon 6th of September Sunday 7th of September 2025
Team Training	Friday night 12th of September 13th and 14th of September 2025
Team Training	(option 3th at night) 4th and 5th of October 2025
Team Training	(option 15th at night) 16th and 17th of November 2025
Team Training	6th and 7th of December 2025
Team Training	10th and 11th of January 2026
Team Training	24th of January 2026
Mid Season Evaluation	31st of January (by online evaluation)
Team Training	7th of February 2026
Team Training	28th of February & 1st of March 2026
Team training	15th of March 2026
Team Training	21st and 22nd of March 2026

Team Training	4th and 5th of April 2026
Team Training	11th of April
Showcase	12th of April
Arrival Orlando	Saturday 18th of April 2026
Opening Ceremony ICU Worlds	Wednesday 22nd of April 2026
ICU Worlds preliminaries	Thursday 23th of April 2026
ICU Worlds Finals	Friday 24th of April 2026
Leaving the house in Orlando	Sunday 26th of April 2026
Performance/showcase at Nationals (Mandatory)	TBD: 30th or 31st of May 2026