



Yarrilee State School

Proud to be an Independent Public School

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Cheerleading and POM Enrichment Program Recruitment

5th February 2018

Dear Parents/Caregivers and students,

It is an exciting time as we commence our Enrichment program of Cheerleading at Yarrilee State School. Today your child attended an information and interest session on how to be involved in the Enrichment Program. Cheerleading is a dynamic and physical activity that involves elements of dance motions, jumps, tumbling stunts and pyramids choreographed to music. Cheerleading and Pom is not only physical but also focuses on 'life lessons' of respect, dedication, self-confidence, commitment, sportsmanship and most importantly team work. These all link strongly to the Five Keys of Success that we work with at Yarrilee.

As you may be aware this is an Enrichment program and will involve the process of Audition/Tryouts for the limited positions available in the beginning squad. There will be 22 positions available in the first squad. The squad will consist of students in years 4, 5, and 6 only. We are hoping after the initial phase that we will then offer it to the lower years. As you can appreciate all new programs come with some trials to ensure we are creating the best enrichment opportunities possible for the student's. To begin with the students will start in the Pom Division and the selected students will participate in a 2 day immersion program working with both our coaches and experts to develop choreographed Pom routines. We will then continue to train and perform throughout the year with the possibility to extend our skills towards Level 1 Cheer. This will require a firm commitment from both the student and the parent, attending both inside and perhaps outside school hours training sessions.

There is quite a difference between Cheerleading and Pom. Pom requires some technical dance skills with the inclusion of jumps leaps and kicks whereas, Cheer usually requires tumbling skills, plus stunting. You do jumps in both, but they aren't exactly the same. Both require nice strong, clean motions. A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Skills (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.). Poms must be used 80% of the routine. As we work towards incorporating Level 1 Cheer the focus for us will be Pom. This does not involve any form of ariels, stunts or pyramids. Students will however still be working on beginner Level 1 tumbling skills as well as dance motions, jumps and leaps. This means they will be working towards achieving the skills required for level 1 cheer. An example of the skills required for Level 1 Cheer are 1. Forward Roll 2. Backward Roll 3. Handstand (floor) & against the wall (stomach facing wall) 4. Standing Bridge to 5 sec hold with kick over to lunge 5. Handstand to bridge with stand up 6. Handstand to 1 Leg Bridge (mats) with 1 leg kick over 7. Standing bridge (with 1 leg to mat) 8. Cartwheel (straight line) 9. Round off 10. Power Hurdle & 2 step hurdle into Round off 11. Back handspring drill

You can help your child prepare for auditions by encouraging their self-confidence. The students will be asked to present a routine to a chosen song (they have 4 songs to choose from) either individually or in pairs for a max of one min. They will need to demonstrate basic rhythmic abilities choreographed to music and be able to confidently perform in front of others. A small information flyer on some of the basic Pom moves is also attached for the students to work with. The timeline for the auditions will be from weeks 4-7 with the final squad being decided and announced in week 8. We will audition each year level each week starting with year 4 in week 4, 5 in week 5 and 6 in week 6. From these individual year level auditions we will short list a group of students to complete a second audition in week 7. This allows for students to have two opportunities to present their best audition.

Cheer and Pom are very heavily focussed on the 'performance' aspect so it is important that we are able to see these skills also in the students audition. Once the team is announced the students will begin practise in term 2 with a 2 day workshop. Throughout the year they will then train and perform at various school based activity's but will not be involved in competitions at this point.

Being a part of small select enrichment program requires firm commitment. Students will not be able to be a part of the team if they miss training and performances throughout the year and as a parent we strongly encourage you to have this discussion with your child. If selected the student and parents/caregivers will be required to sign a contract to show they understand this commitment. This contract will also contain rules that both students and parents/caregivers must agree to follow in order to participate. This contract is necessary in order for everyone to participate safely, fairly and to overall have fun whilst participating in an amazing opportunity. Involvement in the enrichment program may also include a variety of costs and although we will endeavour to keep them as low as possible is part of the commitment. The student may also be required to participate in fundraising activities as well in order to keep costs down.

More information will follow as the team is selected. Please keep following the regular updates given via newsletters, Facebook and letters home. If you have any questions or queries please do not hesitate to contact us directly as the front office staff may be unable to answer the questions you may have. We are so excited to be a part of this amazing opportunity and look forward to working with your child in this Enrichment Program.

Kind regards

Tanya Mesken

Renee Horgan

Emily Grimsley

A handwritten signature in black ink, appearing to read 'SMcMorrow', with a long horizontal flourish extending to the right.

Sharon McMorrow
Principal
Yarrilee SS