

## 2019-2020 Burbank High School Pom Squad

Directors/Coach: Amanda Sandifer & Mojgahn Emamjomeh  
 amandasandifer@burbankusd.org & mojgahnemamjomeh@burbankusd.org

**\*\*Technique scores from the Unleashed Auditions will be used as the first round of the POM Squad audition process.\*\***

### ***POM Squad Audition Call Backs***

**WHEN:** Thursday, May 16th @ 4pm

**WHERE:** BHS Dance Room

**WHAT TO WEAR:** Black tank top & black bottoms (shorts or leggings). Hair pulled back in a pony or neat bun.

**WHAT TO BRING:** Tennis shoes, proper shoes for skills, positive/spunky attitude (NO gum, food, or cell phones)

**WHAT TO DO AHEAD OF TIME:** Complete the Parent-Student Consent & Release Form (sent through email on Tuesday, May 14th) - no student will be allowed to participate in call backs without this form completed

On the day of call backs, please arrive early & then stretch and warm up on your own. Auditions are closed to all spectators. Each dancer may be asked to perform the following skills on their own or in small groups:

| <i><b>Skill Requirements</b></i>                |                                                                         |                    |                                            |                                                                     |
|-------------------------------------------------|-------------------------------------------------------------------------|--------------------|--------------------------------------------|---------------------------------------------------------------------|
| <b>Flexibility</b>                              | <b>Turns</b>                                                            | <b>Jumps/Leaps</b> | <b>Conditioning</b>                        | <b>Performance<br/>(also viewed during<br/>Unleashed Auditions)</b> |
| Splits (right & left - and preferably center)   | Solid, clean triple pirouette on good side (double on other side), land | Toe touch          | 20 Sit-Ups (all the way up - not crunches) | Stage presence & performance quality                                |
| Leg hold front to tilt (right & left)           | 4 consecutive turns in second, into double pirouette, land              | Calypso            | 10 Push-Ups                                | School spirit & charisma                                            |
| High kicks (battements) in a kick line sequence |                                                                         | C pop jumps        | Hold Plank (1 minute minimum)              | Interest & willingness to improve dance skills                      |
|                                                 | Turning disc                                                            |                    |                                            |                                                                     |

In addition to the Unleashed Dance Team requirements, this group will be responsible for performing at various home (and possibly some away) Varsity football and basketball games, pep rallies, and select school or community events. The squad may also be expected to participate in dance competitions representing Burbank High School. Each athlete must COMMIT themselves to hard work, dedication, and team unity. A more thorough outline of the expectations and policies will be provided to the selected members.

**The list of those selected for the squad will be posted on the home page of our BHS Dance website: [www.burbankhigh.dance](http://www.burbankhigh.dance) by Friday, May 17th.**

## ***Eligibility & Requirements***

---

### **About the Call Backs:**

- Call backs are held for all members of Unleashed (2019-2020 school year)
- Each candidate's dance technique, spirit & skill level, athleticism, cooperation, effort, and attitude are taken into consideration
- Students may be asked questions regarding academic/outside activity involvement, time commitment, dedication, and overall interest in the squad
- **ALL DIRECTORS' DECISIONS ARE FINAL**

### **After You Are Invited on the Squad:**

- Members are required to be a part of the Unleashed Dance Team, stay enroll in the Dance Production class, & uphold the same expectations in regards to grade point average, citizenship, & attendance in all classes throughout the year. Members are expected to abide by the class guidelines outlined in the syllabus & the Unleashed Dance Team Handbook. Excessive absences or tardies will result in probation and/or ineligibility, or a member's dismissal from the team (Pom squad and/or Unleashed).
- Members are required to attend after school practice (in addition to the Unleashed Dance Team class/rehearsals). Only two absences per semester will be allowed to after school practice (separate from allotted Unleashed absences) & members must block out dates at least two week in advance. Members who have more than two absences (regardless of the reason) will be ineligible and may be dismissed from the squad.
- During the school year practices will be conducted Monday, Tuesday, & various Wednesday's (starting during 6th period - members should leave 6th period open). Selected Saturday practices may be necessary depending on the season or upcoming events.
- Members are expected to **attend ALL squad activities and events (including but not limited to summer clinics/camp, practice, games, performances, competitions, and dance events)**. A schedule of these activities and events will be given in advance.
- There will be a mandatory uniform fitting/squad bonding, summer clinic (end of May or beginning of June - date TBA), & Summer Intensive (possible dates are July 19th-21st or July 29th-31st - further details/confirmation once group is selected). Any conflicts with the summer schedule must be discussed PRIOR to call backs!
- Please understand that this squad is an additional time & financial commitment. Members will be expected to purchase ALL items that they will OWN, including but not limited to: uniforms, squad apparel, undergarments, costumes, shoes, etc. Suggested donations and squad fundraising will be used to help offset these costs. All members are expected to participate in the fundraising events.
- Members will provide their own transportation to all "home" events and performances. If not licensed, parents are expected to provide transportation for their child. If District transportation must be taken (bus or rented van), members will be charged.
- A ROUGH estimate of the financial commitment of this squad (in addition to the Unleashed Dance Team commitment): Squad Apparel ~\$250, Uniform ~\$400, Summer Camp (Unleashed) ~\$400, and Suggested Donation ~\$250 (for choreographers, guest artists, transportation fees, competition fees, etc.).