

Mid American Pompon

DAY CAMPS



Day Camps

Mid American Pompon offers pompon teams that are not attending an overnight camp, a customized Day Camp. This is a comparable opportunity to allow teams to still have the camp experience without staying overnight. The Camps are led by a trained Mid American Pompon staff member and take place at Mid American Studio or at the team's school. Day Camps are uniquely tailored to each individual team.

Cost

Home Day Camp

- * \$165 per girl + \$50 coach fee
- * Minimum 2 days, 10 hours total

MAPP Studio Day Camp

- * \$135 per girl + \$50 coach fee
- * Minimum 2 days, 8 hours total

**Option to purchase another routine for a flat rate of \$200 without adding an additional day of camp.

Camp Includes

- Instruction of two routines of your choice with individual team help for both
- Instruction of a full big kickline with individual team help
- Team bonding activities with staff sister
- Constructive direction on proper form, jumps, stretching, and kickline techniques
- Routine and kickline evaluation at the end
- Enjoy instruction by highly-skilled Mid American Staff members



Contact Allison O'Brien to schedule a Day Camp for your team!

Allison@pompon.com ~ (248)477-5248 ~ www.pompon.com

Mid American Pompon TEAM SERVICES



Coach to Coach Training

Director of Mid American Pompon, Julie Hobbs-Julian, offers coaches one-on-one training tailored to meet the needs of the coach and their team. Julie has gained her expertise from over 25 years of involvement in pompon as a pom coach, dance teacher, coach trainer, and director of Mid American Pompon. Training may include coaching strategies and tips. Training could also include tips on organization, how to work with parents and administrators, and constructive critiques on past routines.

Cost: \$50 per hour

***Email Julie@pompon.com to schedule a training*



Team Merchandise Sales

Mid American Pompon offers teams a great selection of team merchandise for every need from camp to competition! Merchandise includes poms, cougars, jazz pants, bodysuits, split sole jazz shoes, tights, referrals for uniforms, and much more all at a discounted price. Just call or email us and we can go over all of the different options that you and your team have to choose from!

***Email: teamsales@pompon.com*



Mid American Studio Services

- * **Studio Rental Space** (air conditioned, hardwood floors, mirrors, sound system): \$30-\$40/hour
 - * **Private, Small Group Lessons** (technique, skills, tryout prep): \$20-35/session
 - * **Team Conditioning with Ericka** – Certified Personal Trainer to MAPP Staff: \$75/hour
- **Call Mid American Studio at (248)477-5248 to schedule studio rental and private lessons.*





Mid American Pompon

TEAM SERVICES

Team Training

Teams can take advantage of Mid American Pompon's pom experts by scheduling a team training session. During these sessions, teams will provide constructive critiques and suggestions to help them prepare for camp, the upcoming season, or competition. Trained staff members will help teams clean-up current material, work on skill building and form, increase stamina, and fine-tune pom or dance basics. Sessions can take place at Mid American Studio or at the team's home gym.

Cost:

- * *Julie Hobbs-Julian or Sarah Geroux: \$75 per hour*
- * *Mid American Pompon Staff member: \$50 per hour*

Routine Consulting

Teams can now have a unique opportunity to have their competition routines critiqued by a qualified judge before competition!

Maximize points on your score sheet at upcoming competitions with an expert opinion on:

- * Creating choreography that connects with the music
- * Amplifying visual effects through enhanced formations, spacing, and proper pom form
- * Perfecting synchronization and transition
- * Featuring strengths and masking limitations



To schedule a Team Training or Consultation, please contact Mid American Pompon
Julie@pompon.com ~ (248)477-5248 ~ www.pompon.com