



Mid American Pompon

TEAM TRAINING 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 be provided 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 school.

**Julie Hobbs-Julian, Courtney Green or Jillian Troher: \$75 per hour.*

**Mid American Pompon Staff members: \$50 per hour.*

www.pompon.com



Routine Consulting

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

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

- *creating choreography that connects with the music
- *amplifying visual effects through enhanced formations, spacing, and proper pom form
- *perfecting synchronization and transitions
- *featuring team strengths and masking limitations

Mid American Studio Services

****Private, Small Group Lessons**(technique, skills, tryout prep): \$20-\$35/session

***Team Conditioning with Ericka**—Certified Personal Trainer to MAPP Staff: \$75/hour

***To schedule a Team Training or Routine Consulting, please contact Mid American Pompon Director, Julie, at julie@pompon.com.**

Mid American Pompon



TEAM & STUDIO 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 the 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 on organization, how to work with parents and administrators, and constructive critiques on past routines.

Cost: \$50 per hour.

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Cost: \$75 per hour. Travel fees may apply.

Team Merchandise Sales

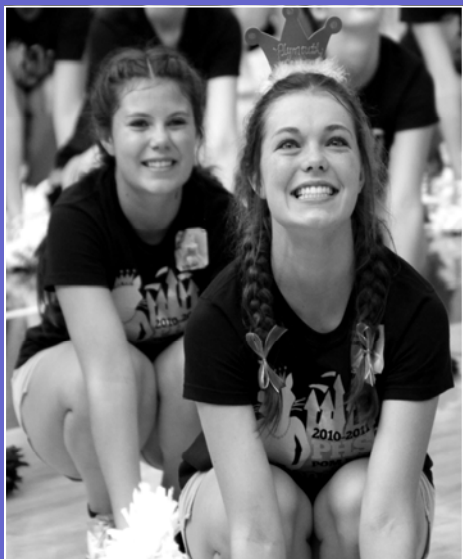
Mid American Pompon offers teams a great selection of team merchandise for every need from camp to competition! Merchandise includes poms, cougars, jazz pants, bodysuits, split sole jazz shoes, tights, referrals for uniforms, and much more all at a discounted price.

Mid American Studio Services

* **Studio Rental Space**(air conditioned, hardwood floors, mirrors): \$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



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*Contact Julie to schedule a Team Training/Conditioning or Coach to Coach Training at julie@pompon.com

*Contact Carol to place a team sales order or for more information at carol@pompon.com

*Call Mid American Studio at 248-477-5248 to schedule Studio Rentals and Private Lessons.