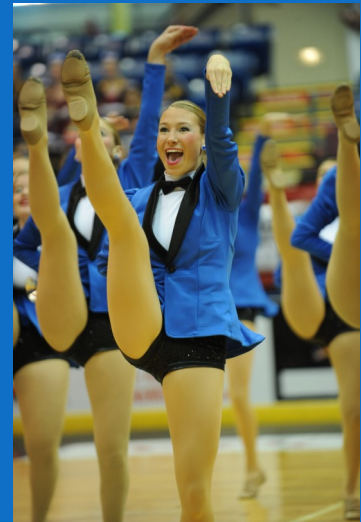




Mid American Pompon High Kick Clinic 2019

Mid American Pompon is offering pom teams and individual pommers a unique, one-day experience focused solely on the improvement of kicks and kickline choreography. The High Kick Clinic, lead by MAPP Staff, will include the instruction of proper kick form, effective kick drills, and a themed high kick routine.

Attend MAPP High Kick Clinic to give your team a competitive edge throughout your High Kick season!



Saturday, August 3, 2019

12:00pm—3:00pm at

Mid American Studio

Saturday, August 10, 2019

12:00pm-3:00pm at

Heritage High School

Individual and/or Team Name _____ **Phone #** _____

Coach: _____ **Email:** _____

Address _____ **City** _____ **Zip:** _____

Location _____ **Intermediate** _____ **Advanced** _____

Number of Participants _____ **x \$25 each = \$** _____

Check _____ **Visa/MC#** _____ **Exp:** _____ / **3 Digits on back** _____



Mid American Pompon High Kick Clinic 2019

SCHEDULE OF EVENTS

- 11:40-12:00** *Check In*
- 12:00-12:20** *Warm Up*
- 12:20-1:25** *Proper kick form
& kick drills*
- 1:25-2:40** *Instruction of Routine*
- 2:40-3:00** *Review & Group Help*



Mid American Pompon High Kick Clinic 2019

Studio A

Intermediate—JV Level

Studio B

Intermediate—MS Level

Studio G

Advanced Level