



MID AMERICAN POMPON RESOURCE GUIDE FOR COACHES

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TIPS, TRICKS, & TIMELINES

High Kick

Aim to have your music cut and finalized by the 1st day of school to give time for creativity. Try to have your routine taught 2-weeks out from competition to give time for drilling, cleaning, and making the little changes needed!

Regionals

Aim to have your Regionals routine completed with at least 1 week set aside to drill and clean. It is a good idea to have the changes you would like to make for your States routine planned out prior to Regionals, especially if these additions include any "tricks" or difficult skills. This will give your team time to master these moves prior to Regionals, so it is not as stressful to add it in afterward!

Transitions

A competitive States or High Kick routine will often include at least 30 transitions. To make sure it does not look chaotic, each should flow nicely to the next. When creating formations, start with kickline and work your way to the beginning and then kickline to the end to ensure a nice flow!

Cleaning

When cleaning a routine, try to break down the movements to their smallest parts. Focus on the routes pommers should take to get from position A to position B - is everyone taking the same path? Are poms flexed, or pointed? Which direction should shoulders, hips, & feet face? The details matter! Repetition will only help if the correct movement is repeated.

Music Mapping

As soon as you have your music finalized, it is a good idea to "map out" your routine from start to finish. Listen to the music and make tallies for each 8 count. Then, listen again and annotate your tallies to indicate where you hear transitions, kickline, specific moves, etc. This structure will help when it comes time to choreograph!

Formations

Straight lines and spacing are vital to a clean routine. Try giving your team spacing based on something tangible (like arm length/elbow length and guiding to the person in the front right corner in each formation) instead of guiding to lines on the floor.

RESOURCES

Music Cutting Services



Team Training Services



Routine Reviews & Feedback



Poms, Shoes, Uniforms, & More!

[CLICK HERE for even more resources!](#)