



# Soul 2 Sole

## Pom Dance Syllabus



### POM DANCE DESCRIPTION

- **Combination of Styles:** Blends cheerleading techniques with elements of jazz, hip-hop, and contemporary dance.
- **High-Energy Movements:** Features sharp, energetic moves such as jumps, kicks, and quick footwork.
- **Team-Based:** Routines are performed by groups, emphasizing synchronization and teamwork.
- **Dynamic Formations:** Involves creating intricate patterns and formations with synchronized movements.
- **Expressive Performance:** Focuses on engaging the audience with enthusiastic expressions and smiles.
- **Visual Appeal:** Pom-poms accentuate movements and add visual flair to the choreography.

### CLASS OBJECTIVES

- **Master Pom-Pom Techniques:** Learn how to use pom-poms effectively, including proper handling, shaking, and incorporating them into choreography.
- **Develop Dance Skills:** Enhance fundamental dance skills such as precision, rhythm, coordination, and flexibility across various styles including jazz, hip-hop, and cheerleading.
- **Build Teamwork and Synchronization:** Foster strong group dynamics through synchronized routines, encouraging cooperation, communication, and collective performance.
- **Improve Performance Quality:** Focus on stage presence, expression, and energy to engage and captivate audiences during performances.

### BENEFITS

- Enhanced physical fitness
- Improved Coordination
- Teamwork skills
- Creativity
- Musicality, rhythm and timing
- Social Interaction
- Stress Relief
- Versatility

### DRESS CODE

- Any color & style leotard
- Jazz Shoes
- shorts/skirts/leggings
- Hair off the face

### COMMUNICATION

- **BAND APP -**
  - Info and files
  - photos & videos



### WHAT OUR YEAR LOOKS LIKE

- Season runs from Sept. through May
- Tuition is processed in 9 monthly installments
- Costume fee: \$50 due Oct 15. remained of balance due Jan. 1
- Membership fee applies to the **WHOLE** family for the **WHOLE** season!
- Every class students will be learning 3 new steps and continuing to review and master previously learned steps.
- Attendance is crucial to success and quality of class
  - Every 4-5 weeks based on the calendar, students will be assessed on the skills/steps that were taught and sent home
- We will perform a short dance in our **WINTER SHOWCASE** that is scheduled in December 2024.
  - Costumes are low key for this performance, and usually items that can be found in a closet or purchased inexpensively
- We will also perform one piece in our **END OF YEAR RECITAL**. The dates are still TBD, but please plan on the 2nd or 3rd week of May.
- In April we will have a costume pick up week, picture week, and a stage rehearsal.
- Dancers & Parents must be respectful to all dancers, teachers, & faculty both inside and outside the studio. This includes in person and social media

### STUDIO CONTACT

soul2soledancestudio@gmail.com 585-653-0039  
admin@soul2soledancestudio.com