

GUIDELINES FOR THE LINCOLN HIGH SCHOOL **POMALINKS**

LHS POMALINKS OVERALL VALUES:

- **RESPECT:** All team members are required to be respectful of their school, Lincoln High staff, their teammates and the Sponsor. Any behavior deemed disrespectful will constitute marks, benching or removal from the squad.
- **PREPARE:** All Pomalinks should be prepared for every performance, event or practice. This may require practice on their own time. If a Pomalink is not prepared to perform, they will attend the performance without participation.
- **STUDY:** Any failing grade will result in suspension from performing at any event until such grade is passing. The suspension will continue as long as the F stands. The Pomalink may be removed from certain routines (including competition) based on their grade standings.
- **RESPONSIBLE:** If a Pomalink comes without the required props, practice clothes/shoes or items that are due at that time, they will be given a mark. This includes chewing gum and wearing jewelry. Pomalinks should always have their hair pulled back. This also includes attending all events with a positive attitude and extremely dedicated work ethic.
- **SCHEDULE:** Job obligations or any other personal conflicts will not be considered a valid excuse for missing a practice, performance or other required event. Marks will be given for the absence as well as jeopardizing the opportunity to perform. The only exception is LHS-related activities and sports. However, they may still jeopardize the ability to perform. Conflicts must be submitted within one week of when calendar is released.

MARK STRUCTURE:

Late, under 5 minutes	1 mark
Late, after 5 minutes, no call	2 marks or unexcused absence
Late, 5-15 minutes, with call	1 mark
Leaving Early (depends on time missed)	1-2 marks or unexcused absence
No poms, shoes or practice clothing	1 mark
Wearing jewelry with Pomalink uniform or at practice	1 mark
Forgetting any designated item or paper	1 mark
Chewing gum at any Pomalink event	1 mark
Absent, excused (LHS official activity only)	No marks, may not be able to perform
Absent, unexcused, pre-arrange	3 marks, may not be able to perform
Absent, unexcused	Automatic benching at next performance
Improper performance appearance	1-3 marks, May not perform

Marks may be given for behavior issues, items designated as required or any other times at the discretion of the Sponsor when deemed necessary. Ten marks results in a benching. Three benchings results in ineligibility to letter; four is dismissal from the squad. Not performing due to other circumstance (illness, not properly prepared or school activity) does not count towards these rules.