



# Mid American Pompon High Kick Clinic

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!



**Sunday, August 13, 2017**

**12:00pm–3:00pm at Mid American Studio**

**ITINERARY:**

**\*Proper Kick Form—Learn the correct technique and placement of kicks that MAPP judges look for at competition.**

**\*Kick Drills—Improve flexibility, overall height of kicks, and stamina.**

**\*Themed High Kick Routine—Learn a creative high kick routine based on MAPP High Kick Championship requirements.**

**Individual and/or Team Name** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip:** \_\_\_\_\_

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

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