

The Ultimate Guide to Making Cheer/Dance Gear & Gifts

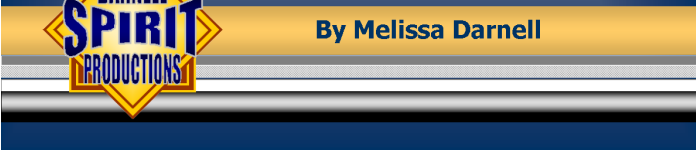
The Ultimate Guide to Making Cheer/Dance Gear & Gifts

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The Ultimate Guide to...

MAKING CHEER/DANCE GEAR & GIFTS



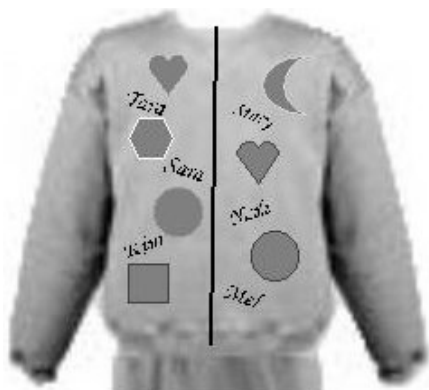
By Melissa Darnell



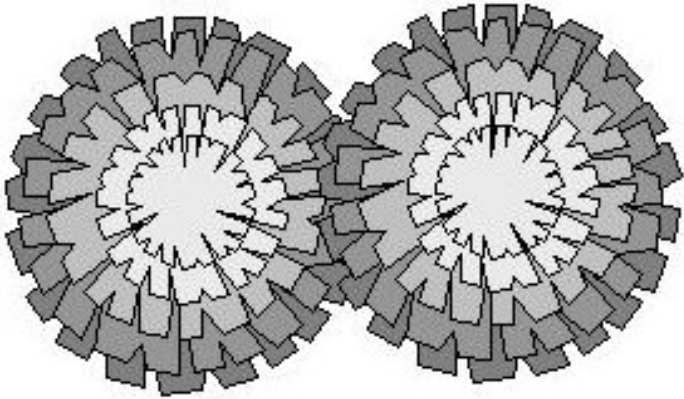


Part 1

Team Gear



Poms



Materials Needed:

- **2 1" diameter dowels, each 6" long**
- **Roll of clear wide packing tape**
- **Plastic party tablecloth material in one of your school's colors, 6' long by 10" wide (available at all party supply stores and most dollar stores)**
- **Scissors**
- **Pencil**

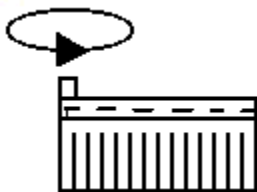
1. First, cut the plastic material so that you have two rectangles, each 3' long and 10" wide. Set one of these rectangles aside. You'll use it later to make the second pom.

2. Measure and mark off each inch along the longest side of the rectangle. Using the scissors, carefully make a vertical cut at each of these one-inch marks, starting from the longest side and stopping two inches from the opposite side of the rectangle. This will

create one-inch wide strands for your pom. (Note: for more narrow strands, simply cut half-inch wide strands instead.)

3. Next, apply a two-inch piece of tape to the top left edge of the plastic. Make sure that the length of tape is only halfway on the plastic, as the unattached half of the tape will be used to attach the rectangle to the handle.

4. To attach the fringed plastic to the handle, measure and mark off one inch from the top end of one of the dowels. Using this mark as a guide, carefully wrap the tape around the dowel, pressing the tape to the dowel as you go. Continue wrapping the plastic around the dowel, trying to keep the plastic straight as you wrap. When you reach the end of the plastic rectangle, use another piece of tape to tape the end corner down.



5. Once you have the entire rectangle of plastic wrapped and taped to the dowel, give your pom a full, fluffy look by peeling each strand down towards the dowel handle (like peeling a banana) and crimp each strand by starting at the bottom of each strand and wadding it up into a ball in your hand. This will create more volume and get rid of the flat “stringy” look. Remember that the more you crease each strand, the fuller your poms will appear.

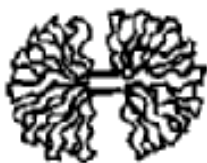


6. To complete your set of poms, repeat this entire process from steps 2 through 6 using the remaining dowel and rectangle of plastic. If needed, lightly sand all uncovered cut edges of the dowels to prevent rough edges from scratching your hands.

Option #1: If you prefer the look of the show pom style (where the handle is in the middle of the pom and the strands are on each end), you can use the same process as described above. Simply cut each 3' by 10" rectangle down the middle lengthwise until you have two rectangles that are 3' by 5". Create the strands as described before in step 2, but end each cut for the strands only one inch from the opposite side this time. Then attach the two rectangles one at a time to either end of the dowel using steps 3 through 5.



Crinkle the strands for more volume, then repeat the entire process for the other pom to create a complete set of show poms.



Option #2: Instead of making both poms in just one of your school's colors, why not make a pom in each of the two school colors? This will provide many more choreography options and effects to choose from when creating bleacher pom routines.

Option #3: You could also make each of your poms multicolored with just a little extra effort. To do this, instead of taping one long rectangle of plastic around the dowel, tape a 1' length of plastic in one color, then switch and tape a 1' length of plastic in another color. Continue alternating colors of plastic until you have wrapped a total of 3' of plastic. This will create mixed multicolored poms featuring up to three different colors per pom!

Option #4: If you would prefer not to take the time to cut each individual strand in the plastic, pre-fringed vinyl is available through party/prom supply catalogs in both metallic and matte finish in a variety of colors. (See the Resources section at the end of this book for suppliers of this great time saving material.) Should you choose to use this material, however, be sure to keep in mind that this material's strands are typically much more narrow, so you'll need to take extra care not to rip the strands when crinkling them to create more volume.

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