

Eastside



--EMS Dance Team Tryout Packet--

If you will be attending Eastside Middle School for the 2019-2020 school year then you are eligible to tryout to be a member of our dance team. Enclosed in this packet is the following:

- ✓ An information sheet about the Eastside Dance program.
- ✓ A tryout questionnaire.
- ✓ A physical and participation form.

Bring the following information with you the first day of tryouts:

Tryout Questionnaire Form

KHSAA Physical Form/Participation Form (on our school website)

Copy of your last report card

Tryouts will be based on teacher recommendations, grades, attitude, attendance and dance skills. If you have questions, please contact me by email at syd.thompson97@outlook.com

Interest Form

Eastside Middle School will be conducting tryouts for their
2019-2020 dance squad.

WHEN:

April 23 5-7pm

April 25 5-6pm

With a parent meeting immediately following from 6-7 for those who make it

WHERE:

Eastside Middle School Gym

WHAT TO BRING:

I **MUST** have your participation/physical form on the first day of clinic or you cannot participate. A current physical cannot be dated before April 23, 2018. KHSAA Physical Forms can be found on our school website under "Athletics" or attached at the end of this packet.

WHAT TO WEAR:

During clinic/tryouts you will need to wear appropriate shoes and clothes for jumping, turning, and dancing. Your hair must be up and out of your face. No jewelry or gum.

TRYOUTS:

Your score will be based on your tryout score, teacher recommendations, academics, attitude and attendance. You will be judged in groups of 3-4 people. **There is no years of experience requirement.** Clinic and tryouts are closed and the results are FINAL! Some skills that will be asked at tryouts and during are clinic are as follows:

Flexibility

Right leg, left leg, and middle splits

High kicks

Heel stretch

Technique

Toe Touch and Leap Combination

Single/Double Turn

Coordination, Rhythm, and Showmanship

Presentation, memory and performance

*if you do not have one or all of these skills, do not be discouraged. judging is also based on potential for growth and work ethic

Thank you for your interest in becoming a dancer for the Eastside Middle School Dance Team. We are very excited for the season ahead. This year we will be competing as well as dancing at the girls and boys basketball home games. The girls' basketball season starts in September and boys' basketball season starts in October and they run through December. So, it does get hectic during this time period with games and competition practices. There will be weeks that we practice and/or have games every day. That is why time management will be very important. There will also be a demerit system which will be based on behavior/attitude, practice/game attendance and academics. Being an Eastside Dancer is a HUGE time commitment and it takes many hours of practice to be competitive at the state and national level. Please know this going into it. It will cut into their social time and some family time.

We will be learning one hip hop routine. Based on the skill of the team as a whole, we may also learn a pom routine. We would love to have two routines and that is our goal, but if we do not have the current skill to compete at the middle school level in the other styles we will work heavily on obtaining those skills in hopes to perform a second style in the future. With that being said, we do not require, but HIGHLY recommend that each team member be enrolled in a technique class at a local dance studio. This will help to prepare each participant for the skills that will need to be performed at competition, as well as provide a foundation for all activities we will be doing all year long. If you need a recommendation on where you can take a technique class, I will be happy to guide you in the right direction.

Attendance of Practice, Technique, Fundraisers and other events:

In the interest of the entire team, the attendance policy is as follows:

- "On time" means 5 minutes early, completely ready to go, and warmed up!
- Team members are expected to attend all practices, fundraisers, performances and other team events.
- Unexcused absences: doctors' appointments or anything that can be planned around the team schedule

Prompt Pick-Up and Drop-Off

Coaches understand that some scheduling conflicts will occur with your schedule and your daughter's dance schedule, but please try to be on time for all dance events. Prompt pick-ups are appreciated as the coaches often have other appointments or classes following practice.

Cost is always a big issue in dance. There will be fundraisers to help offset **some** of the cost. The following is a general list of items that our fundraisers are projected to pay for:

- Shoes
- Some Spirit Wear
- Competition fees
- Uniform (if we do a second routine)
- National trip
- Optional to be paid out of pocket:
 - Warm-up suit

**Eastside Dance Team
Tryout Questionnaire Form**

Name:

Grade:

Address:

Parent/Guardian:

Parent phone Phone #:

Parent Email:

Please answer the following questions:

1. **Have you ever been a dancer before? If so, where and for how long?**

2. **Are you currently enrolled in a technique class?**

3. **Have you ever quit a dance squad before? Yes or No**
 - a. **If so, why?**

Emergency contact information: please provide two if possible

Name: _____ Relationship: _____

Phone number: _____

Name: _____ Relationship: _____

Phone number: _____

Allergies/Medical Conditions: please note all conditions that could be of concern for your athlete

Sizing: please specify if youth (Y) or adult (A)

Shoe size: _____ T-shirt/Tank size: _____ legging size: _____

Spandex short size: _____ Sweatshirt: _____ Sports bra: _____