



Unity Christian High School Dance Team

2019-2020 Tryout Packet

This packet will help you understand what commitments you will be making if you are chosen for the UCHS Dance Team.

Sign up for Tryouts [HERE](#)

TRYOUT DAY: Saturday, May 11, 9:00am-12:30pm

Location: Unity Christian High School Gym

Applications need to be returned no later than May 11. Print out the form, fill it out, and bring to Try-Outs.

What to Wear:

- Plain fitted *white* T-shirt or Athletic Tank Top (NO spaghetti straps or tummies showing)
- *Black* capris, jazz pants or shorts
- Jazz shoes or clean gym shoes
- NO jeans, slip on shoes or untied shoes or boots, jewelry or gum

Tryout Process:

9:00am-11:00am: Warmups & Learning the Routine

We'll start with a group warm up, followed by learning a short routine that will combine several styles of dance, possibly including Pom, Hip-Hop, Kick, and/or Jazz.

11:00am-12:30pm: Judges Arrive

We will perform the routine as a large group, and then break down into groups of 2-3 students. The small groups will show the judges the routine as well as some special skills. Those special skills may include:

- Kicks
- Splits (Center, Left, and Right)
- Turns (Pirouettes)
- Toe Touches & Leaps.

New Dance Team Posting: Coach Robin will plan to email the Team List by Monday, May 13.

Please let Coach know immediately if you are unable to make it to tryouts with a valid excuse. If you are not able to make it to Tryouts, you will have to submit a video tryout prior to May 11 – please email for more information with the requirements (robinmsuing@gmail.com).

****Even if you will not physically be at tryouts, still sign up at the link above so we know you would like to try out for the team.**

Expectations:

- The Dance Team is a commitment that we ask of both time and effort, both on and off-season.
- The Dance Team will perform at Football games, Basketball games, State Competition, and other events that may arise during the year. Game and competition performances are mandatory, but there will also be optional performance opportunities.
- Your involvement in other sports or activities may be taken into consideration when announcing the Dance Team and/or your placement in routines.
- Summer practices are mandatory for all dancers who make the team, as we will be learning a large amount of material during these practices.
- We will ask that each team member participate in a personal physical fitness and conditioning regimen over the summer and off season. We will be having a team accountability system to be in the best shape possible as a team.
- Please read the ENTIRE packet before deciding to try out.

Captain Expectations

If you would like to be one of our student Captains, please fill out the captain application section on the Tryout Form (for 2019/20 Sophomores-Seniors only).

- Captains help enforce the dance team rules and expectations. Captains are not chosen based off seniority or dance ability alone, but off attitude, leadership skills, reliability, and willingness to go above and beyond to better the team.
- Captains represent the team and are extensions of the coach, both in and out of practice.
- Captains have more responsibility, they have special tasks as captains such as:
 - Choreography for Light Routine(s), Kids Camp Routines, fundraising organization, breakfast scheduling, team building activities organization.
- Captains also need to be approachable. If someone has something they'd like to talk about but don't want to go directly to the coach, the captains are next in line.

- Captains lead by example. Being infectiously excited about the prospects of what their team can accomplish in and of itself will inspire an interest in our dancers for the team/the performance.

Selection of the Captains for the year will be based on several criteria which may include: interview with the coach, judge scoring from tryouts, references from select teachers or employers (if applicable).

2019-2020 Dance Team Expenses

We ask that each team member contribute **\$50** at the beginning of the year towards the Dance Team Fund. This goes towards various expenses we will have throughout the year such as State Competition, Transportation, Hotels, Team Issued Costumes, etc.

These are some of the other expenses that each student will be expected to cover. We will be able to hold a few fundraisers if there are additional items/activities we want to add.

Expenses:

Summer Camp at Dordt	\$50 (Approximate: Depending on the number enrolled)
Black and Tan Jazz Shoes	\$50 (\$25 each)
Tan Tights	\$6
Hip-Hop Shoes (Nike Style)	\$50-\$80
Summer Fitness Classes	\$35 (optional)
Team Jacket (optional)	TBA
New Team Apparel (optional)	TBA

Fundraising:

- The Kids Camp is always a FUN day and a great FUND day for the dance team!
- Concession Stand: If we run the concession stand a couple times in the fall, this will be a great way to raise some money for the team.

2019-2020 Schedule

Events with a * are mandatory, the others are optional. However, optional events are strongly encouraged as these will strengthen you as a dancer and improve our overall team quality.

Summer

- ***June (TBA): One 3 Hour Practice to learn a routine**
- **June 14: Leaps, Jumps, & Turns Camp at Dordt College.** [Click Here to Learn More and Sign Up.](#)
- ***July 8-10: Dordt Dance Team Camp**
- ***2-3 Other Team Practices Before School Starts**
- ***Summer Fitness, Conditioning, and Technique**

Fall

- **End of August (TBA):** All-Iowa Honor Dance Team Auditions
- ***August 22 (Thursday):** Morning Practices Start 6:15a-7:30a, Monday, Tuesday, Thursday
- ***August 30:** Football vs. Gehlen 7:00pm
- ***September 6:** Football vs. Hinton 7:00pm
- ***September 20:** Football vs. Hartley/Melvin/Sanborn 7:00pm
- ***October 11:** Football vs. Emmetsburg 7:00pm
- ***October 25:** Football vs. Sibley/Ocheyden 7:00pm
- **November 1-2:** State Solo Competition
- ***December 5 & 6:** State Dance Team Competition
- ***December 10:** Basketball Game (Tuesday)
- ***December 20:** Basketball Game(Friday) (KIDS CAMP?)

Spring

- ***January 10:** Basketball Game (Friday)
- ***January 14:** Basketball Game (Tuesday)
- ***January 17:** Basketball Game (Friday)
- ***January 23:** Basketball Game (Thursday)
- ***January 24:** Basketball Game (Friday) HOMECOMING
- ***January 30:** Basketball Game (Thursday)
- **End of January:** OC Evening of Dance
- ***February 6:** Basketball Game (Thursday)
- ***February 7:** Basketball Game (Friday)

TBA: Dance Team Showcase Nights by Invitation. I'm also not sure if the athletic schedule is set in stone, I took these dates off the Unity website.



Unity Christian High School Dance Team

Tryout Application

Student Information

Full Name: _____ Birthdate: _____
Last First M.I.

Home Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Student Cell Phone: _____ Student Email: _____

Grade for 2018-19: _____

Parent/Guardian Information

Names of Parents/Guardians: _____

Cell Phone/s: _____

Email/s: _____

My child, _____ has my permission to participate in the Unity Christian Dance Team tryouts, and subsequently the Unity Christian Dance Team Program if she makes the team. I understand that my child must have a current physical on file in order to participate before school begins. I have read all the materials sent home by the coach and understand that all required forms must be signed and turned in on or before the tryout date before my child can participate in the tryout process. I understand the time and financial commitments that my child, and possibly myself, will need to put into the Unity Christian Dance Team program. I understand that my child MUST be present for all practices, games, and competitions if she makes a team.

Parent/Guardian Name (Please Print)

Dancer's Name (Please Print)

Parent/Guardian Signature

Dancer's Signature

____/____/____ Date

____/____/____ Date

Experience

Do you have any dance Experience? _____

If Yes, please list the type of experience, and the styles you learned (dance team [hip hop, pom, novelty], dance classes [ballet, tap, jazz])

Other Activities or Employment

Please list your Employer (if you have one) and a typical work schedule, and any other activities you plan to be involved with during the Dance Team season. **Also list any summer vacations or conflicts.**

Captain Application

Only fill out this section if you would like to be considered to be a Captain for the 2019-2020 year (incoming Freshmen not eligible).

Please fill out the reason you feel you will be a good captain for the dance team and how you will better team morale, as well as any new ideas you would like to implement as a captain. Also, please provide 2 names that the coach can contact for character references (no family, use teachers or employers).

Reference #1 and Contact Email:

Reference #2 and Contact Email:

UCHS Dance Team Student Agreement

Name _____

Check the box if your answer is yes to the following questions. If you are not able to check one of the boxes, please discuss with the coach at Tryouts.

- Have you read the Dance Team expectations, and do you agree to abide by the rules and regulations?
- If currently employed, would you be willing/able to put Dance Team before job obligations?
- Would you be able to meet the financial obligations for Dance Team?
- Are you willing to help with fund-raising projects, including those that may be held during the summer?
- Are you willing to attend summer practices?
- Are you available to attend the Dordt College Dance Team Camp July 8-10 (we will be learning whole routines at camp)?

I have read the Dance Team Tryout Packet information and have discussed it thoroughly with my parent(s)/guardian. I understand fully its content and the commitment I am undertaking. If chosen, I will comply with the rules, and I will cooperate fully with the other members of the team and the advisor. I understand that if I fail to meet the requirements and expectations, I may be removed from certain performances, or the squad entirely.

Dancer Signature _____ Date _____