

2020-2021 PULASKI DANCE TEAM TRYOUT INFORMATION

What you should find in your packet:

1. General Information for PHS dance tryouts
2. Pulaski dance team application (Make sure it has a parent/guardian signature)
3. PHS dance team Rules Overview
4. Parent Contract
5. Tryout Information Sheet

*If you need a physical form please ask for them in the AD office. Physicals must be done and in the office before we start practice in June 2020.

All forms are due By Wednesday, April 1st to:

Hanna Hedsand (dance team mailbox at the high school) - or bring them to the tryout.

Mandatory Athletic Code Mtg- Sunday, May 17, 2020 · 6:00 – 8:00pm- [PHS Auditorium](#)

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY

Tryouts are open to any student (grades 8-11) that will be attending Pulaski High School for the 2020-2021 school year.

TRYOUTS

Location- Glenbrook gym for all 3 days!

Tuesday March 31st

3:15-5:30PM

Meet and greet/skills as a group

Thursday April 2nd

3:15-4:15PM

skills and stretching

4:15-5:30PM will begin tryouts

Friday April 3rd

3:15-5:30 PM

complete tryouts

WHAT TO EXPECT: You will be doing across the floor jumps, turns/skills and kicks. You are required to **choreograph your own routine**, 45 seconds long, any style. This routine **MUST** include a double or triple turn, a split leap, a toe touch/flying russia/or turning disc, 2 or more A turns (turns in second), butt kick and a fan kick. You will also be asked to count a song, as well as do basic pom arms to the beat of a song. You will be asked 5 questions in the beginning of the tryout.

- 1) Name/Grade going into?
- 2) How long have you danced for?
- 3) Why do you want to be on the PHS dance team?
- 4) What are you going to bring to this team?
- 5) Are you willing to commit to a varsity level sport?

The skills you are **required** to demonstrate are:

- right and left splits and middle splits
- toe touch
- Ballet arm positions along with feet 1-5th
- right split leap
- double turn/triple turn
- 2 A turns
- capezio
- Being able to count rhythm to any song choice

Extra skills will be asked to be shows such as:

- any tumbling or acro tricks
- more than 2 A turns
- different jumps and or leaps

All of these skills will be reviewed on the first day

Follow our instagram page for how to do these skills.

Potential and progress of skills is looked at as well as perfection. You will not be cut simply because you can't do one skill. Everything at tryouts is worth points and it's the TOTAL points that matter. However, when the scores are close, skills are looked at heavily. Please start stretching and working on those above skills!

TRYOUTS: Tuesday March 31st, Thursday April 2nd and Friday April 3rd

You will be given a tryout order **March 31st** at the meet and greet/skills day. Each dancer will get a 15 minute time slot one on one. All dancers should arrive at Glenbrook by 3:05-3:10pm. The 2020-2021 Pulaski Dance Team will be emailed out an hour-two after tryouts completion.

WHAT TO BRING TO TRYOUT DAY: Please come dressed in any black leotard with black spandex. This request is done for videotaping and uniformity. You may bring headphones with your tryout music for visualizing but you will NOT be allowed to physically practice by yourself or with other dancers while you wait. This is done in fairness for the girls that tryout early. You are of course allowed to stretch and do skills. Your neatness will be judged, so pay attention to detail, such as your hair and make-up.

ATTENDANCE: Please notify a coach ASAP if you have a conflict with either the clinic or auditions. If you are in a spring sport, your first commitment is to that sport. Let us know if you will be absent or arriving late due to

a spring sport commitment. You may get together with other candidates (including returning members) outside of practice time.

WHAT ARE THE JUDGES LOOKING FOR?

The following criteria will be considered during judging:

1. Appearance- neatly and appropriately dressed, including makeup and hair.
2. Smile and Audience Appeal- Do you appear to be having fun?
3. Dance Ability and Rhythm- able to complete steps, in control, on beat.
4. Knowledge of Your Routine- Are you able to perform it confidently with good knowledge?
5. Precision and Form-sharp movements, full extensions.
6. Jumps- good height, **pointed toes, straight legs.**
7. Turns- solid "landing", pulled up through torso area, head spots.

All dancers must re-tryout each year. There have been instances where dancers from the previous year have not made the team, therefore it is impossible to say how many "spots are open." There is no set number of dancers selected to the team; selection is based off of scores. We do not have a set number of "spots" available. Have all forms completed neatly and turned in on time. Treat this tryout as you would a job interview. **Individual tryouts for each dance will continue throughout the year. No dancers are guaranteed a spot in every routine. Each dancer must continue to develop and demonstrate their commitment to the team and dance.**

TEACHER EVALUATIONS: EVALUATION SCORES WILL BE AVERAGED AND ADDED INTO YOUR SCORE FOR TRYOUTS!! All *FOUR* teacher evaluations must be received by **Wednesday, April 1st**. Missing evaluations will be counted as a zero. Please give your evaluations to your teachers along with a blank envelope as soon as possible to allow for ample time for them to be completed. Evaluations should be returned to you in a sealed envelope or dropped off in the Dance Team mailbox at the high school or give to the office at the Middle School who will mail it to the coach. **It is YOUR responsibility that this happens. Please keep in contact with your teachers. Think of these as references!**

8th grade candidates: Evaluations should be given to your science, math, comm. arts, and social studies teachers only.

High school candidates: Evaluations should be given to your science, math, social studies, and English teachers. If you are not currently taking one of these subjects, please give your extra evaluation to a teacher that has had you for a yearlong class, if possible. DO NOT give your evaluation to an independent study or study hall teacher.

DANCE TEAM QUESTIONNAIRE/ INFORMATION SHEET/ TRYOUT AGREEMENT: Please fill out these forms and bring them with you to tryouts. The questionnaire will be evaluated by the coaches and used as part of your tryout score. You only need to fill out the ONE Questionnaire directed for you! You will not be allowed to tryout without your parents' signature on your tryout agreement. All forms must be received by **Wednesday, April 1st**.

ABOUT THE TEAM: The Pulaski Dance Team is a highly visible, highly competitive team. At the core to the success of this team is hard work, dedication, a sense of teamwork, self-improvement, and of course a passion for dance. These are the qualities stressed throughout our season. If you are selected as a member, please be aware that this is a Varsity sport. We will begin summer practice and also hold a mandatory summer camp. After school practice runs Mon-Fri from 3:15-5:30pm and sometimes 6pm during competition season

depending on the day. **Please schedule drivers ed and other outside activities around our practices.** Practice times will most likely be pushed back to 3:45-6:15 next season.. TBD. **This year we will compete in Jazz, Pom, kick and hip hop**

Tentative Calendars- Will be distributed in Mid June.

**Dance Team runs
from June until February of 2021**

COMPETITION DATES:

Will be distributed in Mid June when next year's dates are available .

FINANCIAL OBLIGATION: The largest expense for the girls will be warm ups, duffles and personalized items, team tennis shoes. Also, because of the nature of our costumes, pieces such as tights, warm-ups, shoes, etc. need to be purchased by each girl. A first year Dance Team member can expect to spend about \$800 on all the startup items but with fundraising it will be around a couple hundred dollars The Dance Team has planned fundraisers throughout the year to help significantly offset these costs. **NO GIRL WILL BE TURNED DOWN FOR FINANCIAL REASONS.** A payment plan can be worked out for each member.

We do many fundraisers for individuals accounts for the cost of these items, please do not hesitate to reach out about costs of items. We also fundraise for our uniforms and travel fees!

Contact coach if you have any concerns or questions. If you enjoy working with a team that shares that passion, the Pulaski Dance Team will offer you an experience you will never forget. If you decide to tryout for the Dance Team, GOOD LUCK! We look forward to working with you.

Coach: Hanna Hedsand

email: hjhedsand@pulaskischools.org

phone: 920-857-6188

Overall Expectations for 2020-2021 Pulaski Dancers

As a Pulaski Dancer I understand that I will need to...

- Be on time to **all** practices and performances
- Come to practice with appropriate dress attire.
 - Items needed include... shoes, poms, shorts, and tops, with hair pulled back out of the face.
- Understand that WACPC rules must be followed at practice including jewelry and piercing rules.
 - No jewelry at practices i.e. rings, bracelets, necklaces, piercings, ect will be allowed.
- Make no excuses for leaving practice early for work, appointments, or other commitments including dance, gymnastics, etc.
 - A prior arrangement with the coaches needs to be made for any absence to be approved and approval is at the discretion of the coaches.
 - Prior arrangements mean as soon as the conflict is known. Day of is not considered prior and will automatically be considered unexcused.

- Have absolutely **NO** cell phones use during practices (and performances) including taking phone calls, texting, being on social media.
 - If there is an emergency the coaches can be contacted to relay messages.
- Understand that if a particular technique is not coming to me and I am not asking the coaches for help with it, I will not be able to perform at competitions.
- Be prepared to run or execute other normal condition expectations if needed.
 - Recognizing that sometimes conditioning may be an expectation as it is expected to be done outside of practice during both the in and off season.
- Understand that each practice should be looked at as a tryout or performance.
 - I will be judged accordingly at each practice.
 - My efforts and level of respect will be part of what dictates if I perform at the next event or not. (this respect refers to coaches, others, and myself)
- GRADES
 - Every 4-5 weeks grades will be shown to coach at the end of the week at practice using their Raider iPads to ensure there are no D's or F's included.
 - If a report is not brought I understand that I will not be allowed to perform until one is.
 - If a D or F is present on the progress report I understand that I will not be able to perform until the next progress report, showing better grades, or until the teacher in charge of the class with the low grade emails Coach Hanna to let her know the grade has gone up.

TEACHER EVALUATION

Dance Team Candidate _____

Teacher _____ Subject _____

****The above student will be trying out for the PHS Dance Team. Please take a moment to honestly fill out the evaluation below. Your evaluation will be used as part of the tryout process for this candidate and your comments will be strongly considered. Please return your evaluation to the candidate in a sealed envelope or drop off the evaluation in my mailbox no later than April 1st**

Thank you for your time! –Dance Team Coach

Please rate the student on a scale from 1-5 (1 = poor, 5 = excellent)

Comments:

1. Attitude	1	2	3	4	5
2. Attendance/ Punctuality	1	2	3	4	5
3. Takes Direction	1	2	3	4	5
4. Effort/ Quality of Work	1	2	3	4	5
5. Reliable/ Trustworthy	1	2	3	4	5
6. Respects Others	1	2	3	4	5

TOTAL POINTS _____

Teacher's Signature: _____

Date: _____

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TOTAL POINTS _____

Teacher's Signature: _____

Date: _____

PHS DANCE TEAM PERSONAL QUESTIONNAIRE- FOR ALL NEW MEMBERS

Name: _____

Please respond to the following questions as carefully and thoroughly as possible. Write legibly and neatly. (Attach an extra sheet if necessary.)

1. What do you have to offer the Pulaski Dance Team should you be selected as a member? Please be specific.
2. Describe what you think your responsibilities as a new member will be, from a dance perspective.
3. Describe what you think your role as a new member will be, from a team perspective.
4. Why do you desire to become a member of the Pulaski Dance Team? What do you hope to gain from the experience?
5. Describe your personality...what are your strengths and weaknesses? How will this impact the Team?
6. List any specific dance skills that you feel might set you apart from other applicants. You will be asked to demonstrate these skills at try-outs (l.e. Double/triple pirouettes, fouette turns, axle turn, left or middle splits, etc.)

PHS DANCE TEAM PERSONAL QUESTIONNAIRE- FOR RETURNING SOPHOMORES & JUNIORS

Name: _____

Please respond to the following questions as carefully and thoroughly as possible. Write legibly and neatly. (Attach an extra sheet if necessary.)

1. What did I do to positively contribute to the 2019-2020 Pulaski Dance Team? (not related to your dancing).
2. What did I do to negatively contribute to the 2019-2020 Pulaski Dance Team? (not related to your dancing)
3. What do you, as an underclassman, see as your responsibility in interacting with and responding to the seniors, who will be the leaders of the 2020-2021 team?
4. Where do you feel you are at with your dancing? What are your dance goals for the coming year?
5. Describe your personality...what are your strengths and weaknesses? How will this impact the Team?
6. As a returning member, what do you see as your role on the 2020-2021 team. Individually, where do you fit into the whole?

PHS DANCE TEAM PERSONAL QUESTIONNAIRE- FOR RETURNING SENIORS

Name: _____

Please respond to the following questions as carefully and thoroughly as possible. Write legibly and neatly. (Attach an extra sheet if necessary.)

1. Define "Leadership" in relation to your job as senior leaders. Why should you be followed and how do you plan on making sure that you are? Be specific.
2. Each senior class leaves a legacy. What do you want your legacy to be as the senior class of 2021?
3. What do you see as the most important traditions or values that need to be passed on to the team in order for the Pulaski Dance Team to continue to be successful?
4. How do you think you should interact with and respond to the returning members, specifically the juniors, who are also expected to be leaders?
5. How do you think the returning members, (specifically the juniors) should interact with and respond to you as seniors?
6. If you could choose a specific job or two to help the Coaches with as Senior leaders, what would those jobs be?

CONTACT INFORMATION - PULASKI DANCE TEAM

2020-2021

Please complete- print carefully!

NAME: _____ GRADE ENTERING: _____

ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

E-MAIL: _____ BIRTHDAY: _____

FAMILY CONTACT: _____ RELATIONSHIP: _____

ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____ CELL PHONE: _____

E-MAIL: _____

INTEREST IN VOLUNTEERING? _____

PRIOR DANCE/GYMNASTICS EXPERIENCE? WHAT? WHERE? HOW MANY YEARS?

AWARDS/PERSONAL ACHIEVEMENTS:

DO YOU PLAN ON CONTINUING DURING DANCE SEASON?

IF YES, HOW DO YOU PLAN MANAGE YOUR TIME BETWEEN BOTH?

*I understand that my child is trying out for the Pulaski Dance Team. I also understand there is an informational meeting **TBD**. I will attend this meeting if my child makes the team.*

Parent Signature _____ Date _____

PULASKI DANCE TEAM TRY-OUT AGREEMENT

As a member of the 2020-2021 Pulaski Dance Team, I agree to follow the following team guidelines/rules:

1. **Practice** will start immediately at the set time. Team members should plan to arrive 5-10 minutes prior to the practice start time to prepare for practice, changing into jazz shoes, all black practice clothing, etc... They should not be walking in the door right at the set time.
2. **MANDATORY summer camp (one so far) date TBD**
3. Team members that have **prior conflicts** with practice or game attendance must notify a coach at least 24 hours ahead of time. We expect parents to be the contacts for these conflicts and a written note/email is preferred over a verbal notification. If there is an injury/sickness related absence, we will need a doctor's note from you at the next practice.
4. Team members will **not be allowed to use cell phones or eat** during practice or practice breaks. Please come prepared with a water bottle, appropriate practice clothing and a full stomach prior to practice start.
5. Team members **will not** participate in any social gatherings that involve smoking, drinking or consuming other illegal substances. Any team member caught in a situation like this will be suspended for portion of the season. **DO NOT TRYOUT FOR THE TEAM IF YOU CANNOT FOLLOW THIS EXPECTATION! JUST DON'T DO IT, IT'S NOT WORTH HAVING TO TELL YOUR TEAM YOU LET THEM DOWN.**
6. Team members should come to practice with a **positive attitude and ready to work**. Team members will stay as focused as possible and be respectful by limiting side conversations.
7. Team members should come to game and competition performances **ready with all belongings**. Team members will be given a list of all necessary game and competition belongings and there will be no second chances to retrieve forgotten materials.
8. There will be random grade checks throughout the year to make sure dancers are staying on task with classes. **Please find a balance between academics and extracurricular activities.**
9. Team members are trying out for the love to dance, not because of any expectations of friendships or popularity. I have thought through this decision and I'm making it with full understanding and awareness. I also understand that quitting the team causes EACH member to relearn EACH routine and puts the team months of hard work and dedication behind because of that team member's absence. If I choose to be on the team and decide that dance is not for me, I will continue throughout the end of the dance season and not tryout the following year. Successful teams grow from improving team members.
10. I will do my best to schedule other commitments outside of our mandatory dance team dates. Some are, but not limited to: summer camp, summer technique, Pulaski Polka Days Parade, school year practices, football halftime performances, basketball halftime performances and competitions.

I HAVE READ THE INFORMATION REGARDING TRYOUTS FOR THE PULASKI HIGH SCHOOL DANCE TEAM AND AM WILLING TO PUT FORTH THE TIME AND EFFORT THAT WILL BE REQUIRED IF I AM SELECTED FOR THE TEAM.

Student's Signature

Date: _____

1. As a parent, if my daughter/son is selected, I will commit to helping them be the most successful dancer they can be. I will support the coach in helping them to follow ALL Pulaski Dance Team rules and expectations. I understand the importance of school attendance and will encourage regular attendance throughout the year. I realize that they will be expected to attend ALL practices and performances, and will schedule day-to-day activities/appointments to meet this requirement.
2. As a parent I will agree to assist with fundraising efforts whenever possible. I understand that parental involvement is a huge factor in the success of the Pulaski Dance Program.

I HAVE READ THE TRYOUT INFORMATION AND AM AWARE OF WHAT IS INVOLVED, BOTH IN TIME AND COST, TO BE A MEMBER OF THE PULASKI DANCE TEAM. MY DAUGHTER HAS MY PERMISSION TO TRY OUT FOR THE TEAM.

Parent's Signature

Date: _____