

Lockport Dance Team

Tryouts 2018-2019

Required forms must be filled out before the workshop April 17th, and are available on the LTHS Athletics webpage for dance <http://www.lths.org/Page/1507>. All forms must be completed and submitted online.

All applicants will be judged on several aspects, not just athletic ability. During tryouts, you will explain your interest in the team, perform the routine taught during the clinic and demonstrate the following skills:

Junior Varsity – Single/double pirouette, Leap, C-jump, Toe touch, and Split

Varsity – Triple pirouette, Turns in Second (straight legs), C-jump, Turning C, Turning Disc, Toe touch, Leap, Switch leap, and Split. Flexibility is important at the varsity level.

Both – Athletes will be asked to show **any addition skills/tricks** that you can do at the end of the tryout. Show the judges as much as you can!

The workshop will take place in the Main Gym of Lockport East Campus, and the actual tryout will be held in the dance studio. You will be notified of any changes in the following schedule.

Any questions please email Coach Rolston – jrolston@lths.org or Coach Sanders-
lsanders@lths.org

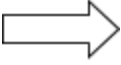
- Tuesday April 17th 3:30-6:00 pm **Workshop Day 1 (East - Main gym)**
- Wednesday April 18th 3:30-4:30pm **Workshop/Tryout (East - Fieldhouse)**
4:30-8:00pm **East- Dance Studio**
- Friday April 20th 7:00-8:00pm **Team/Parent meeting (Room 107)**

Summer Dates

<u>Varsity</u>	<u>IV</u>
July 9th-13th 9:00-12 July 16th-20th 9:00-12 (Mandatory dates Competition Choreography)	July 9th-13th 9:00-12 July 16th-20th 9:00-12 (Mandatory dates Competition Choreography)

Please take the time to read the following information.

You may not tryout unless you do the following:

- COMPLETE the Tryout Registration and Parent Permission Form online at the LTHS Athletics webpage. <http://www.lths.org/Page/1507>
- COMPLETE the Teacher Grade Forms
-  □ A current physical from this school year is required. If you have not had a sports or school physical within the past year, then **you will need to get one by the first day of the workshop on April 26th. YOU CANNOT TRY OUT WITHOUT A COPY OF A CURRENT PHYSICAL.**

Workshop and Tryout Days: Read the following information carefully.
Come dressed and ready to go as if it were a team practice.

On time is seconds away from being late. BE EARLY!

All eligible athletes are to follow the school dress code:

****Please wear all BLACK****

1. Short sleeve shirt covering the midriff (white t-shirt that you can write your number on....use the same shirt)
2. DO NOT wear extremely short shorts (Wear black dance pants/capris/spandex under short shorts)
3. Shoes - Wear dance shoes if you have them. If not, then wear gym shoes.
4. No gum
5. No watches or jewelry anywhere on the body including belly, tongue, wrist, ankle, neck, ear, fingers, etc. The ONLY exception is a medical medallion or religious charm which must be worn taped to the skin with no chain. New body piercings do not take precedence over safety!
6. NO visible tattoos

Dance Team Information

Dear Parent/Student:

The Lockport Dance teams perform at home football and basketball games. The varsity squad performs during varsity games and the junior varsity squad performs during sophomore games. In addition to their commitment to entertaining the Porter sports fans, both teams will be competing through IHSA.

The dance teams have an extremely long season that runs from **July until the last week in February**. Girls may be required to try out again for competition season. Members are not permitted to take part in any other organization/sport that would **eliminate them from any practices or performances**. (Participation in other organizations/sports are encouraged as long as team members are not missing practices/games/ or competitions to take part in those other organizations/sports.) Spring sports usually do not interfere with the season.

In order to be on the dance team, **grades are very important**. Squad members are required to keep a "C" average and are responsible for managing their time so that they will remain eligible to perform. Grades will be checked periodically. Any squad member who receives an "F" will be suspended until the grade is brought up to passing. A "D" will put a member on probation until the grade is brought up to a "C." Consistently poor grades can eventually cause a member to be asked to leave the squad. **School and IHSA rules regarding academic eligibility will be applied and followed.**

Both teams will practice several days per week during the 2018-2019 school year. **Both teams will have Saturday practices often, especially from November to February.** During football season, the teams perform on Fridays for home games. During basketball season, they perform on designated days which are mostly on Fridays but can also include Tuesdays, Thursdays and some Saturdays. The girls will receive schedules in advance; please plan doctor's appointments, dance lessons, etc. around the schedule. Attendance at practice, games, and competitions is mandatory unless excused due to illnesses, specific academic situations, and emergencies.

The team members and parents are also responsible for taking part in fundraising to cover team costs. The money raised will be used for various personal items, squad items, activities and/or costumes. All members are expected to participate in all fundraisers.

If you are in agreement with the goals and expectations and will support your daughter's desire to try out for the LTHS poms team, please sign the permission form and return it by the first workshop day. She will not be able to participate in tryouts without this signed form. Good luck!

Sincerely,

Julie Rolston
Head Coach

Lauren Sanders
Assistant Coach

