

## **2016-17 Forest Lake Dance Team (FLDT) TRYOUT Information:**

Tryouts for the 2016-17 Winter Competitive Team:

**Eligibility:** Students currently in seventh through eleventh grade eligible to tryout. Please make sure physical is up-to-date.

\* Monday, February 29, 3-5pm at Southwest Junior High School Gym (Shuttle bus will be operating).

\* Tuesday, March 1, 3-5pm at Southwest Junior High School Gym (Shuttle bus will be operating).

\* Wednesday, March 2, 3-5pm at Southwest Junior High School Gym (Shuttle bus will be operating).

**STUDENTS NEED TO BE PICKED UP AT 5PM AT SOUTHWEST JUNIOR HIGH ALL THREE DAYS!**

*Fall Club* is by invitation only and athletes that make the Winter Competitive Team will be notified after tryouts whether they will be invited to participate in Fall Club.

*Winter Competitive Season* is divided into Varsity Jazz, Varsity Kick, Junior Varsity Jazz, and Junior Varsity Kick. In December and January, competitions take place every Saturday except for the Saturdays during winter break. Conference Competitions fall on one Monday a month, along with some home basketball performances (Tuesdays or Fridays).

### **Time Commitment:**

*Fall Club (Participation by invitation only):* practice is 3 days a week after school with 1 day a week of strength conditioning, these 4 days are REQUIRED.

- Attendance at all home football games is REQUIRED
- Attendance at scheduled team events is REQUIRED.

*Competition Dance Season* requires practices from 2:45-5 pm every day after school.

- Attendance at competitions is REQUIRED.
- Attendance at scheduled Forest Lake Basketball Home Games is REQUIRED.
- Attendance at scheduled team events is REQUIRED.

### **Fall - Club/Football Season 9-12 Only (Approximate Cost):**

Fall Club Fee \$90

Jersey \$40

Black Dance Pants \$40

Super Jazz Shoe - black \$35

Costume Deposit \$100 (returned when costume is returned)

Approximate Fall Total: \$305

### **Winter - Competitive Season (Approximate Cost):**

Non-refundable booster club fee \$150 (pays for coaches, costumes & invitational fees)  
High School Athletic Office Fee \$280 (fee is reduced or waived if dancer is on free or reduced lunch)  
Capezio Body Tight -black \$30  
Capezio Body Tight tan \$30  
Super Jazz Shoe - black \$35  
Super Jazz Shoe - tan \$35  
Block split sole dance sneaker (practice) - black \$35  
Black Dance Pants \$40  
Warm Up Jacket & pants \$150  
Pack of 5 t-shirts \$50 (worn at fundraising, team events, practice, etc.)  
FLDT Boosters provide our costumes, but a \$100 costume deposit is required for each costume before they are issued.

Approximate Winter Competitive Total: \$1035

**Optional Costs (Approximate Cost):**

*Competitive Season* - Competition Shirts \$20/each competition

*Summer* - Kamp Kicktastic for rookies \$125

*Summer* - Just for Kixs sleep away camp \$339

Approximate Optional Total: \$484

**Some items can be reused from season to season and DO NOT need to be ordered every year (e.g. tights, shoes, kick pants, warm-up).**

**REQUIRED PARENT/GUARDIAN MEETING** for dancers who earn spots will be determined after tryouts and parents will be emailed. Make sure your email is legible.

*FLDT Booster Club* is very ACTIVE and helps raise money for the team! They will meet monthly this year and encourage all parents to get involved.

Name \_\_\_\_\_ gr  
ade \_\_\_\_\_

**Has my permission to tryout for FLDT. I have read the schedule, approximate costs, practice and performance commitments, and I promise to support my daughter if she is selected to the team.**

\_\_\_\_\_ parent and/or  
guardian signature

\_\_\_\_\_ email  
for parent (e-mail is our primary means of communication)

\_\_\_\_\_ phone for parent