

# **CRETIN DERHAM HALL DANCE TEAM DETAILS!**

## **Spring-Summer 2018**

### **April 4<sup>th</sup>- May 16<sup>th</sup>: Spring Practices (Cost \$50.00)**

Mondays and Wednesdays 4:30-6:00pm in the Fitness Center

- ☐ Dancers of all skill levels
- ☐ Opportunity to start learning how the dance team functions, meet current dance team members
- ☐ Informal practices created to allow for current dance team members to continue dancing in the off-season, but also start creating relationships with potential new members.

### **April 7<sup>th</sup>: New Dancer Clinic (Cost-FREE)**

9:30am-12:00pm

- ☐ If your dancer is not able to attend the spring practices, let them come see what the CDHDT is all about in this one day clinic with Winter, Fall, and Junior Raider Coaches!
- ☐ Teach skills used throughout the CDHDT season
- ☐ Teach a portion of the dance students will be learning throughout summer to perform at one of the Fall Varsity Football Games!

### **May 21<sup>st</sup>-May 23<sup>rd</sup> Winter Season Tryouts**

M/W-5:00pm-7:00pm and Tues. 3:30-5pm

- ☐ See back page for details

### **June 4<sup>th</sup>- July 26<sup>th</sup> (Monday-Thursday): Summer Workshop (Cost- \$150.00)**

M/W-5:00pm-7:00pm and T/TH 4:00pm-6:00pm

- ☐ For dancers of all skill levels
- ☐ Work on technique and skills from basic to advanced in both high kick and jazz
- ☐ Learn different style dances, combinations, turns, leaps, etc.
- ☐ Learn and work on a summer dance, which will double as a fall dance
- ☐ Learn how to properly condition and strength train
- ☐ Meet and get to know former and current dance team members and coaches
- ☐ Enjoy different opportunities throughout the summer for team bonding
- ☐ NEW THIS YEAR: Ballet intensive week! We will take one week of the summer and incorporate ballet each day to help build strength and technique for the remaining seasons!

### **July 15<sup>th</sup>- July 18<sup>th</sup>: Just For Kix Camp Brainerd Camp 2**

<https://classes.justforkix.com> (7th- 12th grade Overnight dance camp in Brainerd, MN)

- ☐ Great team bonding opportunity and getting to know teammates better
- ☐ Opportunity for both new and current dance team members to enhance their dance knowledge by watching and learning from other dancers from around the state
- ☐ Learn different styles of dance from new instructors that can give new light to skills and technique
- ☐ The camp offers individual team consultations that works with the team as a whole on areas they can improve
- ☐ FUN!

If you have any questions on upcoming events please feel free to call the Winter Competition coach Ali Pendergrass 651 329 8779 or email the [cdhdt@c-dh.org](mailto:cdhdt@c-dh.org)

# SPRING HIGH SCHOOL TRYOUTS 2018

## Format

- ☐ Tryout video will be available by May 1<sup>st</sup>

## Monday May 21st 5pm-7pm

- ☐ Expectations/Explanation of Spring Tryout
- ☐ Warmup
- ☐ Review Skills for tryout
- ☐ Review Dance from video

## Tuesday (Captains Practice) May 22nd 3:30pm-5pm

- ☐ Warmup
- ☐ Review Skills for tryout
- ☐ Review Dance from video

## Wednesday (Final Tryout) May 23rd 5pm-7pm

- ☐ Dancers will be given approximate time they will tryout with the skills and dance from Monday.
- ☐ Dancers will receive scores for each skill/dance performed correlating with JV or Varsity
  - ☐ (ie. Score 1-2 = JV, Score 3 = Varsity Alternate, Score 4-5 = Varsity )

**Purpose of Spring Tryout-** To allow coaches to be transparent with dancer/athlete about where they are in their abilities and skill level. To give the athletes defined growth opportunities from one season to the next. To hold the student athletes accountable. Spring tryouts will allow coaches the opportunity to have very specific objectives at each skill level and for each season; Summer, Fall and Winter in order to improve the overall CDH Dance Program.

## Students who should try out

- ☐ Any student athlete that is interested in participating in the 2018-2019 Winter Competition season.
- ☐ Communication of spring tryouts will be made to previous Winter participants, as well as incoming freshman and CDH students with interest in dance.

## Missing Tryout

- ☐ Case by case accommodations will be made to allow for the student athlete to tryout/participate pending communication with a head Winter coach.
- ☐ Certain unforeseen circumstances may be handled differently pending coaching staff discussion and discretion.