

**REDMOND DANCE TEAM  
2019-2020 TRYOUT PACKET & PROGRAM GUIDE**



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**I. Introduction Letter**

Dear Parents and Prospective Dancers:

Thank you for your interest in the Redmond Dance Team. High school athletics/activities can enhance a student's overall high school experience and foster lifelong friendships with peers. The coaches of this team strive to nurture its members with rigorous expectations; encouraging dancers towards high achievement in academics, dance technique, and social/emotional skills. While this program's foundation is dance, our other goal is to provide an atmosphere for young people to thrive in.

The Redmond Dance Team exists to support RHS school athletics and to accomplish the program's own athletic and competitive goals. This can make a dancer's life very busy. Dancers on the team must coordinate commitments for dance camp, practice, games, and competitions. Individuals trying out should seriously consider their academic responsibilities, other sports or activities, jobs or volunteer work, and family and religious commitments. Even one person missing from a dance activity or practice can jeopardize the team's success for the day. However, while the commitment level is demanding, members feel a sense of pride and unity dancing for their high school and are always amazed to see their skill level improve by the end of their season. This past season the team won 4th place in the pom category during the WIAA Dance/Drill State Championships. This was the first trophy Redmond Dance Team has ever won at the state level and the highest overall score the team has ever achieved!

This will be my 9th season coaching the Redmond Dance Team and I am excited to continue the journey. I have been involved in WA State dance team culture since 1999. I previously coached the dance team at Eastlake High School and judged dance competitions through the Washington State Dance/Drill Judges Association, before accepting a teaching position at RHS in 2014. I also have the privilege to work alongside two wonderful assistant coaches. Doreen Blanding has been coaching young people in sports since 1997 and has been an assistant coach of this team for the past four years. Doreen contributes her experience as a personal trainer to keep our dancers fit, strong and hopefully, injury free. Mary Krosnjar will start her third season as an assistant coach with the team. Mary is a veteran dance team coach, with 13 years of experience at both the collegiate (West Virginia University) and the high school level. Mary also contributes a wealth of dance expertise to our younger dancers, as a talented dancer in her own right. The team will also continue to utilize the outstanding talents of industry leaders for our competition choreography as well as weekly team technique training with local dance instructor, Kim Gockel.

Every year leads to new relationships, stronger performances and greater work in the RHS community. I want this to be a positive experience for dancers and families; one which everyone can look back and remember fondly. Please let me know if you have questions and be sure to watch my virtual presentation of the parent/dancer informational meeting, which can be accessed via the team's website.

Sincerely,

Natalie Carpenter, Head Coach ([ncarpenter@lwsd.org](mailto:ncarpenter@lwsd.org))

**II. Tryout Requirements/Information**

**General Eligibility:**

- ✓ Must be a current Redmond student starting in the Fall of 2020 (Also includes Running start/homeschooled students)
- ✓ Must have a G.P.A. of 2.0 with no F's. Grade check for tryouts is based on 1<sup>st</sup> semester grades from the 2019/2020 school year
- ✓ All forms must be submitted and turned in on time (see chart below)
- ✓ ***Previous dance experience is required***

**Tryout Paperwork & Points:**

Aspects of the tryout process have been assigned a point value to help coaches determine candidates' work ethic, time management and ability to follow directions. Candidates should do their best to meet all the requirements on time. **\*\*\*Please note, items turned in late will be worth 50% of their total value (excludes teacher/community leader evaluations)**

Criteria	Completed Before...	Individual Points	Total Points
3 Virtual Teacher/Community Leader Evaluations	Last day of Tryouts	10 points per eval.	30
Dancer Obtained Athletic Clearance from the RHS Athletic Office	First day of Tryouts	25	25
Dancer provided coaches with a paper copy or emailed screenshot of progress report of <b><u>1<sup>st</sup> semester grades 2019</u></b>	Last day of Tryouts	25	25
Dancer completed Online Student Application	Last day of Tryouts	20	20
<b>GRAND TOTAL POSSIBLE: 100</b>			

**For directions on how to complete the above tasks, visit the [RHS Dance Team's website](#) and look for the document titled "2020-2021 Tryout Checklist for Applicants"**

**\*\*\*Please Bring the Following Items on the First Day of Tryouts\*\*\***

1. Wear appropriate dance/workout attire (NO street clothes/shoes!) and bring a water bottle
2. "Dancer & guardian tryout signature page" (Pg. 8 of this packet; MUST be signed by dancer and parent/guardian)
3. Athletic Clearance is on file in the RHS Athletic Office. Check the athletic page on the RHS website for more directions. Additionally, you may contact Nicole Showalter in the RHS Athletic Office at [nshowalter@lwsd.org](mailto:nshowalter@lwsd.org) or 425.936.1867.

**If coaches do not have a dancer on their Athletic Clearance list when tryouts start, they cannot dance! NO EXCEPTIONS!**

**Tryout Schedule:**

	Day 1	Day 2	Day 3
<b>Specific tryout plans may change due to the evolving nature of the COVID-19 Pandemic</b>	Dancers warm up and learn 1 <sup>st</sup> half of a dance combo in the styles of pom and jazz	Dancers warm up and learn 2 <sup>nd</sup> half of a dance combo in the styles of pom and jazz	Dancers warm up and perform the combo they learned, as well as specific dance skills, to a panel of judges <b>*Coaches DO NOT score dancers</b>

**Technique & Performance Skills:**

The skills listed at right are those coaches' wish their "ideal" dancers to possess. These criteria are a benchmark of what we hope all dancers taken onto the squad will eventually be able to master under coaches' guidance and instruction. Coaches understand dancers may come to tryouts at different levels of dance technique. Coaches are experienced enough to see the potential and coachability of a younger dancer who cannot do all the skills we've listed below, YET. Dancers trying out for the squad should be able to do some to most of the skills listed at right.

2020 Fall Tryout Technique Elements
<ul style="list-style-type: none"> <li>• <b>Turns:</b> R/L Double Pirouette, R/L Triple Pirouette and A La Seconde Turns</li> <li>• <b>Leaps:</b> R/L Grand Jetes, Calypsos, Russians, Toe Touch, Romverse, Turning Disk</li> <li>• <b>Flexibility:</b> R/L Splits, Front High Kicks, R/L Leg Hold/extensions</li> <li>• <b>Tricks (Optional):</b> Head springs, Front walkovers, Ariels, Leg Turn</li> </ul>

***Prospective dancers should review the tryout rubric to understand the specific dance technique and skills they will be asked to demonstrate during tryouts. The tryout rubric is posted on the team's website.***

**Tryout participants will be notified if they made the team in in the following ways:**

- A paper list posted somewhere on RHS Campus (TBD)
- RHS Dance Team's social media pages (Timing TBD)
- Note: only dancers' tryout numbers will be listed to respect privacy
- If a dancer does not make the squad, **they** can arrange a private feedback meeting with coaches via e-mail.

**Miscellaneous Tryout Details:**

- ✓ Team size (number of dancers selected) is determined by the coaches and based on the skill and talent of the athletes trying out.
- ✓ Tryouts are scored by a panel of dance experts (i.e. dance coaches from another team and/or competitive dance judges). Coaches facilitate the process and have the final input in team selection.
- ✓ The final tryout performance will consist of a tryout routine, technique, showmanship, and overall impression (See tryout rubric for more details).
- ✓ All decisions by the judges and coaches are final. **There will be no further consideration of Dance Team candidates after the last day of tryouts.**
- ✓ In case of an extreme circumstance, coaches may accept a video tryout.
- ✓ If you are not selected to the team this year, we encourage you to continue your dance training and re-audition next year.

### **III. Program Philosophy**

Coaches of the Redmond Dance Team promise to stand beside our dancers as trusted role models. We will act and make coaching decisions with the WHOLE TEAM in mind, always. Our behavior, ethics and expectations of our dancers will mirror the Redmond Dance Team's Core Covenants:

***P\_ Passion***

***R\_ Reliability***

***I\_ Integrity***

***D\_ Discipline***

***E\_ Empathy***

### **Important Roles of the Redmond Dance Team**

There are two important roles of the Redmond Dance Team: SPIRIT and COMPETITION. Being a member of the Redmond Dance Team is an honor and performing in school events or competitions is a privilege; dancers will be held accountable to the LWSD Athletic Code and WIAA ethical standards, including grades, drug and alcohol policy, and behavioral expectations. In addition, each member will be held accountable to the dance team's core covenants and coaches' expectations (see the team constitution for more details)

### **IV. Program Structure & Modifications With COVID-19:**

Due to restrictions and safety protocol given the complexity of the COVID-19 Pandemic, the 2020/2021 RHS Dance Team season will be unlike any we've experienced as dancers and coaches. Thus, a lot of what we normally do to prepare for tryouts will be different from years past. We appreciate your patience and flexibility as we continue to hope we can have formal tryouts, perform at school events and eventually have our own competitive season. Below are coaches' timeline to select the team and begin safe, social distanced practices. These dates are VERY TENTATIVE and based on what we know from the Governor of WA, the WIAA (WA Interscholastic Athletics Association), LWSD Administrative decisions and directions from our RHS Athletic Director, Dan Pudwill.

- **When King County is in Phase 3:** LWSD will permit coaches to host tryouts and modified practices
  - The safety provisions around in-person tryouts and future team practices are still pending decisions by the LWSD and the RHS Athletic Director
  - Visit the [King County "Safe Start" website](#) for more details re-opening King County due to COVID
- **When King County is in Stage 4:** Traditional practices can resume (full squad in attendance)
- **When King County is in Stage 4+ (which has yet to be defined by the Department of Health):** team performances, including school and competitions, can begin
- **April 26<sup>th</sup>-End of June:** TENTATIVE dates for Dance/Dill Competitive Season as outlined by the WIAA
  - There are no dates for District or State Championships

### **V. Schedule and Commitment Expectations:**

Attendance and participation at the following events are **mandatory**

- All practices
- All sporting events games/performances
- ***Competition Choreography Clinic (Dependent on COVID and our ability to compete)***
- Community Service and Fundraising Activities
- Team bonding events

**\*RHS Dance Team\*2020-2021\*Tryout Packet\***

As with other teams and organizations, dance team is a BIG commitment! Inability to commit to these activities may result in dismissal from the squad. No member's position is permanent; athletes may be "benched" from performances based on roles needing to be filled, dance technique, attitude, grades, and attendance.

Absences are acceptable for illness or an activity which was prearranged with a coach. Absences are not acceptable for jobs, homework, other school activities, and social occasions. Regularly scheduled doctor's appointments and dental appointments are not excusable (see the team's constitution for more details on coaches' attendance policies)

**VI. Costs:**

***Dance team is expensive***, as it is typically a year-round sport/activity. Due to COVID, the fees below are an ESTIMATE. Coaches and the team's Treasurer are unsure how much the team will be allowed to do this season, and thus can only ESTIMATE the fees based on prior years. Payment plans will be available. If/when we can hold tryouts, more information about fees and payments will be communicated to families/dancers.

Team Uniform				
	Cost	Qty.	Total	Brand
Team jacket	\$ 132.95	1	\$ 132.95	Varsity
High waist shorts (black, gray)	\$ 16.98	2	\$ 34.00	Balera
Black Legging (high waist)	\$ 35.00	1	\$ 35.00	Capezio
Forest Green Legging (high waist)	\$ 76.00	1	\$ 76.00	Varsity
Mustangs Top	\$ 90.00	1	\$ 90.00	Varsity
Mustangs Skirt	\$ 70.00	1	\$ 70.00	Varsity
Mustangs Shorts	\$ 40.00	1	\$ 40.00	Varsity
Make-up t-shirt, event t-shirt	\$ 20.00	2	\$ 40.00	Mad Merch
Team Hoodie	\$ 50.00	1	\$ 50.00	Mad Merch
Team tennis shoes	\$ 100.00	1	\$ 100.00	Nike
Large team duffle bag	\$ 50.00	1	\$ 50.00	Mad Merch
Small drawstring bag	\$ 15.00	1	\$ 15.00	Mad Merch
Bows	\$ 10.00	3	\$ 30.00	Mad Merch
Tights	\$ 11.40	6	\$ 68.00	Capezio
Black Athletic Socks	\$ 5.00	2	\$ 10.00	Nike
Jazz shoes (2 tan, 2 black)	\$ 41.65	4	\$ 167.00	Capezio
Team Bra	\$ 19.95	1	\$ 19.95	Varsity
Team Fleece Gloves (blk)	\$ 5.00	1	\$ 5.00	Mad Merch
Team Fleece Ear/Head band	\$ 14.00	1	\$ 14.00	Mad Merch
		<b>Total</b>	<b>\$1,027.90</b>	
Football/Basketball Spirit Shirts				
	Cost	Qty.	Total	Brand
White out	\$ 25.00	1	\$ 25.00	Mad Merch
Black out	\$ 25.00	1	\$ 25.00	Mad Merch
USA	\$ 25.00	1	\$ 25.00	Mad Merch
Camo	\$ 25.00	1	\$ 25.00	Mad Merch
		<b>Total</b>	<b>\$ 100.00</b>	

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Make-up/Hair Supplies				
	Cost	Qty.	Total	
Lipstick	\$ 20.00	1	\$ 20.00	
Eyeshadow and glitter	\$ 5.00	2	\$ 10.00	
Eyelashes	\$ 15.00	6	\$ 90.00	
Bobby/hair pins	\$ 5.00	2	\$ 10.00	
Hair-ties	\$ 5.00	1	\$ 5.00	
Hairnets	\$ 5.00	2	\$ 10.00	
Hairspray and setting spray	\$ 5.00	1	\$ 5.00	
		<b>Total</b>	<b>\$ 150.00</b>	
Booster Club Fees (approx. half the budgeted cost)				
	Cost	Qty.	Total	
Booster Club Fee	\$ 100.00	1	\$ 100.00	
Technique classes	\$ 50.00	1	\$ 50.00	
Competition registration fees	\$ 50.00	1	\$ 50.00	
Competition costume fee	\$ 100.00	1	\$ 100.00	
Competition choreography/cleaning & music licenses	\$ 100.00	1	\$ 100.00	
		<b>Total</b>	<b>\$ 400.00</b>	
Team Fundraiser per family	\$ 600.00	1	\$ 600.00	
		<b>Grand Total</b>	<b>\$2,277.90</b>	

**VII. Coaches' Expectations/Team Constitution:**

A copy of the Redmond Dance Team's constitution can be found on the team's website at <https://www.redmonddanceteam.com/>. ***Every dancer interested in trying out for the team must review this document and determine if this program is right for them.*** The expectations of coaches are rigorous; this team is a substantial commitment on many levels. Below is a VERY ABBREVIATED outline of behavior expectations coaches have of members:

○ **Academics (Article II, Section 1)**

A candidate must maintain the same academic standing expected of any other RHS athlete to try out for the GREEN and/or GOLD Squads. In addition, **weekly grade checks will be performed by the coaching staff.** Members attending Running Start, or another off campus academic program, must provide coaches with a "screenshot" of the electronic gradebook grades every week. Any member with a failing grade will immediately be put on practice and performance probation until a passing grade is obtained.

○ **Conduct/Appearance (Article IV, Section 2)**

Members will hold themselves to high standards, this means: being on time to class, always exhibiting respect to teachers and other peers and overall excellent RHS citizenship (both in person and ONLINE). Members found to be exhibiting poor conduct in person and/or online, will be disciplined by the coaching staff and/or an RHS Administrator. Consequences will be ascribed on a case by case basis

## **\*RHS Dance Team\*2020-2021\*Tryout Packet\***

with escalating penalties including, but not limited to, being benched from a performance, community service or removal from the squad.

### ○ **Routine selection (Article V, Section 1)**

It is the coaches' discretion to decide who will perform routines (school and competition). This decision will be based on the member's performance of the routine (i.e. Memory/execution, knowing formations, and their ability to adequately perform the routine full-out), attendance of practices, as well as the individual dancer's health.

### ○ **Attendance (Article VIII, Sections 1 and 2)**

- Excuses from practice/performance must be approved beforehand by a coach. Emergencies will be addressed individually.
- Below is the policy set in place per season (summer/fall and winter/spring). Attendance monitoring will start fresh at the beginning of each season:
  - After the first unexcused tardy or absence, the dancer will receive a warning.
  - After 2 unexcused tardies or absences, the dancer will write a reflection on the importance of timely attendance and what they can do to improve upon it in the future. This reflection will be shared with the team verbally and evaluated by the Coach to ensure it is approached with the right level of seriousness.
  - After 3 unexcused tardies or absences, the dancer's parents will be contacted, and the dancer will be on "probation" for one month. This means the member's attendance will be monitored closely and an additional tardy/absence within the month will result in the dancer being held out from the next performance/competition. If the member can maintain perfect attendance during this probation period, they will no longer be on probation. Their next tardy will be treated with a reflection and team apology as described in #2 and then proceed to #3.

### ○ **Strength & Conditioning/Dance Technique (Article VIII, Section 1)**

Each dancer is required to take a weekly technique or ballet class at the studio of their choice beginning in September. A signature from a studio instructor is required after attending class; members will submit dance studio "worksheets" to coaches at the end of each month verifying their attendance. **Dancers who make the GREEN squad and wish to progress and make the GOLD squad in the fall are encouraged to begin taking a weekly technique or ballet class at the studio of their choice as soon as they have made the GREEN squad.**

### ○ **LWSD/WIAA Athletic Code of Conduct (Article XI, Sections 1 and 2)**

- A member can be removed immediately from the squad for exhibiting unsafe behavior and/or disrespect/bullying/aggression toward anyone on the coaching staff, an RHS employee or team member.
- As a student athlete, I will sign and follow the LWSD/WIAA Zero Drug & Alcohol Policy.



***DANCER & GUARDIAN TRYOUT SIGNATURE PAGE***

***PLEASE BRING A PRINTED, SIGNED PAPER COPY OF THIS DOUMENT TO THE FIRST DAY OF TRYOUTS***

**Applicant Name:** \_\_\_\_\_ **Grade (For fall 2020):** \_\_\_\_\_

**Applicant Phone Number:** \_\_\_\_\_

**Parent/Guardian Name(s):** \_\_\_\_\_

I \_\_\_\_\_ (printed applicant name) have read the tryout packet and my parent/guardian(s) and I have reviewed all of the tryout documents posted on the RHS Dance Team’s Website.

I understand if I am chosen to be a member of the RHS Dance Team I will be required to:

- Maintain high academic, moral and ethical standards
- Adhere to the RHS, LWSD and WIAA no drug and alcohol policy
- Make monetary payments for my individual equipment/summer camp attendance
- Commit a substantial amount of time and energy to the team; this also includes volunteer commitments from my parents and/or guardians
- Participate in fundraising events for team equipment
- Recognize I am one dancer; one piece of a greater whole with an obligation to my teammates and coaches to always give my best for the success of the team

By signing below, my parent/guardian(s) and I knowingly accept the responsibilities and commitments required of me if I become a member of the RHS Dance Team. My parents and/or guardian(s) and I also understand the requirements of the tryout process, such as gathering paperwork and following up with evaluators, is my responsibility; not the responsibility of RHS Dance Team Coaches. My parents and/or guardian(s) and I also understand that all tryout decisions are final.

**Dance Team Candidate’s Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_