



REDMOND DANCE TEAM

2022-2023 TRYOUT PACKET & PROGRAM GUIDE

Table of Contents

I.	Introduction Letter.....	2
II.	Tryout Requirements/Information	3
III.	Program Philosophy	5
IV.	Program Structure	5
V.	Schedule and Time Commitment	5-6
VI.	Costs	6-7
VII.	Coaches' Expectations/Team Constitution	7-8
VIII.	Student Application	9

I. Introduction Letter

Dear Parents and Prospective Dancers:

Thank you for your interest in the Redmond Dance Team. High school athletics and 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, fundraisers, 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.** 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 will be my 11th season coaching the Redmond Dance Team and I am excited to continue the journey. Last season the dancers and coaches were excited to attend the State Championships in person, and I was honored to receive the WA State Dance Drill Coaches Association 4A Coach of the Year Award, for the 2021-2022 season. I have been involved in the WA State dance team community since 1999, when I joined dance team my sophomore year of high school. Previously to coaching at Redmond, I coached the dance team at Eastlake High School and judged dance competitions through the Washington State Dance/Drill Judges Association. I accepted a teaching position at RHS in 2014 and have taught 9th grade World History, International Relations, Philosophy and WA State History.

I also have the privilege to work alongside three wonderful assistant coaches. Doreen Blanding has been coaching young people in sports since 1997 and has been an assistant coach of this team since 2016. Doreen started her assistant coach journey as a dedicated dance team parent; her daughter participated on the squad all four years of high school. Doreen contributes her experience as a personal trainer to keep our dancers fit, strong and injury free. Kim Gockel, a local dance studio legend, beloved by many dancers of all ages, will be shifting her role as team consultant and has accepted an assistant coaching position with the team. Kim has been working with the squad as a dance technique consultant for over 4 years. Kim uses her immense expertise in ballet, jazz and contemporary dance styles to train and improve our dancer's technique. Makenzie Snow will continue her role as a Junior Assistant Coach. Makenzie was a member of the squad all four years of high school and held leadership positions her junior and senior years. Currently, Makenzie is studying Exercise Science, majoring in physiology at Central Washington University. Makenzie's future Bachelor of Science degree and current internship with the dance team will afford her the expertise to pursue a potential career working with athletes. The team will also continue to utilize the outstanding talents of industry leaders for our competition choreography.

Every year leads to new relationships, stronger performances and greater work in the Redmond 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 (Tuesday May 17th), which can be accessed via the team's website.**

Natalie Carpenter, Head Coach

ncarpenter@lwsd.org

www.redmonddanceteam.com

II. Tryout Requirements/Information

General Eligibility:

- ✓ Must be a current Redmond student starting in the Fall of 2022 (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 1st semester grades from the 2021/2022 school year
- ✓ All forms must be submitted and turned in on time (see chart below)
- ✓ ***Previous dance experience is strongly recommended***

Tryout Paperwork & Points:

Tryout Application Requirements 100 "Paperwork Points"

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 <u>2nd semester grades 2022</u>	Last day of Tryouts	25	25
Dancer completed Online Student Application	Last day of Tryouts	20	20
GRAND TOTAL POSSIBLE: 100			

For directions on how to complete the above tasks, visit the [RHS Dance Team's website](#) and look for the document titled "2022 Tryout Checklist for Applicants"

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)***

*****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 or 425.936.1867.

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

RHS Dance Team*2022-2023*Tryout Packet

Tentative Tryout Schedule & Activities			
Date	Tuesday May 24 th 5:30-7:30pm	Wednesday May 25 th 5:30-7:30pm	Thursday May 26 th 5:30-7:30pm
Activities	<ul style="list-style-type: none"> ✓ Warm up ✓ Dancers learn choreography to the RHS fight song in the style of pom 	<ul style="list-style-type: none"> ✓ Warm up ✓ Dancers learn a short dance combo in the style of hip-hop 	<ul style="list-style-type: none"> ✓ Warm up ✓ Dancers perform the two routines they learned to a panel of outside judges ✓ Dancers will be asked to execute 1-3 technical dance skills (see box below)

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.

Tryout Technique Elements

- **Turns:** R/L Double Pirouette, R/L Triple Pirouette and A La Seconde Turns
- **Leaps:** R/L Grand Jetes, Calypsos, Russians, Toe Touch, Romverse, Turning Disk
- **Flexibility:** R/L Splits, Front High Kicks, R/L Leg Hold/extensions
- **Tricks (Optional):** Head springs, Front walkovers, Ariels, Leg Turn

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:

- RHS Dance Team's social media pages, Thursday May 26th
- Note: only dancers' tryout numbers will be listed to respect privacy
- If a dancer does not make the squad, **coaches respectfully request THE DANCER** arrange a private feedback meeting with coaches via e-mail. ncarpenter@lwsd.org

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:

GREEN Squad (Spring Tryouts)

- Considered "**gameday**" performance team
- Members attend practices, fundraise, perform at community events, perform during half-time and assemblies during the **SUMMER preceding the school year and FALL athletic season only.**
- All dancers will be trained in the hope they acquire new skills to make the Gold Squad

GOLD Squad (Fall Tryouts)

- Considered "**competition**" performance team
- Members attend practices, fundraise, perform at community events perform during half-times, and assemblies for the **WINTER and part of the SPRING athletic seasons.**
- Being a dancer on the Green Squad does NOT guarantee a position on the Gold Squad
- Dancers will be selected as "principal" or "alternate" dancers

V. Schedule and Commitment Expectations:

Attendance and participation at the following events are **mandatory** or **highly encouraged** where indicated

○ Summer Dance Camps:

- **Tribe 99 Dance Camp at Eastlake, June 25th and 26th**
- **Elite Performance Dance Camp, overnight at Bellevue Hilton, July 18th – 21st**
- **Last two weeks of August 2022 at RHS, Monday-Friday, mornings only**

- All practices
- All sporting events games/performances
- Community Service and Fundraising Activities
- Team bonding events

- **Competition Choreography Clinic (for Gold Squad dancers pending tryouts; occurs in October)**

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 for several reasons. First, if a dancer participates in both the Green and Gold Squad, this is essentially a year-round sport. Secondly, dance team uniforms and equipment are like cheer uniforms or studio dance costumes; they are unique, intricate, tailor-made, and costly garments. Third, dance team fees are typically most expensive for new members due to the initial uniform purchase. Coaches offset the cost of uniforms by only purchasing new styles every 2-3 years. This enables returning dancers to keep and reuse their uniforms from year to year.

Most of the uniform/equipment for Green Squad can also be re-used if a dancer makes the Gold Squad. However, some fees are unique to Gold Squad, because the role of this squad is competition. For example, coaches are planning to compete the team at the USA Dance National Championships spring of 2023, and the fees associated with a trip to nationals will cost more than \$2,500 per dancer. **The team does many fundraising activities together, to offset the amount families are left covering;** however, if a Gold Squad dancer does not properly fundraise, and still wishes to compete and/or attend nationals, they must produce the remaining amount on their own.

Coaches are transparent and honest about the fees. Coaches and the Booster Club Board members work hard to keep costs as low as possible and facilitate opportunities for dancers to fundraise. **It is the responsibility of each dancer and their family to review the fees associated with each squad (listed on page 7).**

Payment plans and dance scholarships are always available

A family or guardian simply needs to reach out to Coach Natalie and express a need; she will connect families and the Dance Team's Booster Club Treasurer.

*RHS Dance Team*2022-2023*Tryout Packet*

RHS DANCE TEAM				
Green Squad 2022				
Team Uniform / Green Squad				
ITEM	COST	QTY	VENDOR	Notes
Team Jacket	\$ 135.00	1	Varsity	New Members
Mustang Dress	\$ 180.00	1	Varsity	All Dancers
Mustangs Skirt	\$ 70.00	1	Varsity	New Members
Mustangs shorts	\$ 40.00	1	Varsity	New Members
Mustang Top	\$ 90.00	1	Varsity	New Members
Black Legging (high waist)	\$ 55.00	1	Varsity	All Dancers
High waist Shorts (black)	\$ 40.00	2	Dance Wear Center	All Dancers
Track Shorts	\$ 28.00	1	Mad Merch Made	All Dancers
Tights	\$ 24.00	2	Dance Wear Center	All Dancers
Jazz shoes (1 tan, 1 blk)	\$ 84.00	2	Dance Wear Center	Returners if needed
Team Tennis shoes	\$ 100.00	1	Nike	All Dancers
Athletic socks (2)	\$ 10.00	2	Nike	Returners if needed
Event T-shirt	\$ 25.00	1	Mad Merch Made	All Dancers
Team Hoodie	\$ 50.00	1	Mad Merch Made	All Dancers
Team Duffle Bag	\$ 50.00	1	Mad Merch Made	All Dancers
Small Drawstring Bag	\$ 15.00	1	Mad Merch Made	All Dancers
Hair Bows	\$ 20.00	2	Mad Merch Made	All Dancers
Fleece Gloves (blk)	\$ 5.00	1	Mad Merch Made	Returners if needed
Fleece Headband	\$ 14.00	1	Mad Merch Made	Returners if needed
TOTAL	\$ 1,035.00			
Game Day & Camp Tshirts				
Black	\$ 22.00	1	Mad Merch Made	All Dancers
White	\$ 22.00	1	Mad Merch Made	All Dancers
Tank	\$ 18.00	1	Mad Merch Made	All Dancers
Tank	\$ 18.00	1	Mad Merch Made	All Dancers
TOTAL	\$ 80.00			
Summer Camps				
Tribe 99 Camp	\$ 250.00	1	at Eastlake High School	10 hours of dance instruction. HIGHLY recommend dancers attend
Elite Camp	\$ 550.00	1	Elite Dance Camps/Belleuve Hyatt	Includes Hotel 3 nights, food at hotel, and camp fee, HIGHLY recommend dancers attend
Total	\$ 800.00			
Booster Club Fees (eligible for company matching)				
Booster Membership Fee	\$ 50.00	1		
Technique Classes	\$ 75.00	1		
Makeup/hair fee	\$ 15.00	1		
Total	\$ 140.00			
Grand Total	\$ 2,055.00			

RHS DANCE TEAM			
GOLD SQUAD TEAM FEES			
Booster Club Fees (eligible for company matching)			
	Actual Cost (15 dancers)	Amount Paid (per dancer)	Amount to Fundraise (per dancer)
Tights - 8 pair	\$ 160.00	\$ 160.00	
Jazz shoes (1 tan, 1 black if needed)	\$ 84.00	\$ 84.00	
Makeup t-shirt (vneck)	\$ 25.00	\$ 25.00	
Booster Membership Fee	\$ 250.00	\$ 50.00	\$ 200.00
Technique Classes	\$ 225.00	\$ 15.00	
Competition Registration Fee	\$ 500.00	\$ 35.00	
Competition Costume Fee	\$ 4,500.00	\$ 150.00	\$ 150.00
Competition Choreography/Cleaning, music licensing Fee	\$ 350.00		\$ 23.00
Team Meals and Snacks	\$ 100.00	\$ 60.00	\$ 40.00
State Spirit	\$ 300.00		\$ 50.00
End of Season Banquet	\$ 1,200.00		\$ 50.00
Hair & Makeup Supplies			
Lipstick	\$ 10.00	\$ 5.00	\$ 5.00
Eyeshadow/Glitter	\$ 10.00	\$ 5.00	\$ 5.00
Eyelashes	\$ 90.00		\$ 90.00
Hair pins, nets, ties	\$ 15.00	\$ 5.00	\$ 10.00
Hair/setting spray	\$ 10.00	\$ 5.00	\$ 5.00
Total	\$ 7,829.00	\$ 599.00	\$ 628.00
NATIONALS *estimate*		Booster Club Pay	
Hotel	\$ 12,000.00		\$ 800.00
Airfare - boosters paying/fundraising	\$ 5,250.00	\$ 250.00	\$ 100.00
Food	\$ 4,500.00		\$ 300.00
Disneyland Tickets - 2 day park hopper, boosters paying/fundraising	\$ 2,500.00	\$ 100.00	\$ 50.00
Transportation	\$ 1,500.00		\$ 75.00
Competition Fees	\$ 3,600.00		\$ 250.00
Total Nationals ONLY	\$ 29,350.00	\$ 350.00	\$ 1,575.00
	Actual Cost (15 dancers)	Amount Paid (per dancer)	Amount to Fundraise (per dancer)
Grand Total (including nationals)	\$ 37,179.00	\$ 599.00	\$ 2,203.00
Est. total out of pocket with no fundraising (amount paid + amount to fundraise)			\$ 2,802.00

VII. Coaches' Expectations & Redmond Dance 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, **bi-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. 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 a RHS Administrator. Consequences will be ascribed on a case by case basis 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. Dancers must PRACTICE to PERFORM. Sitting out during practice and/or missing practice, may result in a dancer being removed from a routine.

○ **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:
 1. After the first unexcused tardy or absence, the dancer will receive a warning.
 2. 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.
 3. 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.



NON-SCHOOL PARTICIPATION

Students may play on non-school teams while also participating in school programs, but a school cannot give special privileges to that student on a regular basis. Some examples include arriving late or leaving early to a practice or game, special workouts, or reduced practice times.

Regular is defined as being more than once.

If a coach allows special treatment more than once, the school must report a WIAA handbook violation and the school will determine the penalty to assess to the student.

Outside Activities & Dance Team

Coaches recommend dancers completely commit themselves to this team, especially if a dancer makes the competitive Gold Squad

Dancers who plan outside activities and miss team practices/events, can be removed from performances; especially the week of a competition

○ **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 2022):** _____

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: _____