2024-2025

Sentinel

Dance Team

Tryout Packet

GENERAL INFORMATION ABOUT TRYOUTS:

Note: All grade levels may try out for Dance Team. (8th-11th)

Packet preferably completed prior to tryout.

When (UPDATED)

Friday June 14th, 3:00-5:00pm and Saturday June 15th, 9:00am-12:00

Where

Sentinel High School

In the Auxiliary Gym

(Use the East Entrance)

Expectations:

-Come on time ready to learn choreography on Friday

-Come Saturday with choreography prepared to perform.

-**Pre participation form and physical should be complete, they can be found on the district website or email Rachel at radanielson@mcpsmt.org**

-Bring completed tryout packet to the tryout if able. (If not, packets will be provided)

What to Wear

 Please wear black shorts or pants and purple or black t-shirt.

 Hair should be styled and out of face.

 You may wear dance shoes or tennis shoes.

Decisions will be made and all candidates will be contacted no later than June 21st.

**Financial Responsibilities of Dance Team Members**

There are some costs involved in being a member of Dance Team. (Some members may already have the listed items from the previous year.)

**Individual costs (all estimates based on 2023 pricing):**

Pom-Poms $10 each ($20 total)

Dance Shoes $30

White Fee $50

Dance Team Jacket $60

Dance Team Uniform $80 (not necessarily every year)

Total: $280.00

These prices are based on the dance team having successful fundraising. Each girl will be responsible for doing her part in each fundraiser. I will work to provide as many fundraising opportunities as possible. Other expenses may occur throughout the year, such as travel fees, hotel stays, etc.

**YEAR-LONG RESPONSIBILITIES**

Dance Team is a long commitment. Many school sports only last for one season, we go all year round. I have tried to list most of the responsibilities of a dancer. Please understand this is not a complete list; it is only meant to give you an idea of the commitment you are about to consider:

SUMMER

-Participate in various fundraisers (If applicable)

-Attend team bonding events

-Attend Team Camp (August, info to follow)

FALL SEASON

-Perform at home football games

-Perform at volleyball games

-Perform in Homecoming parade

-Perform at pep assemblies

-Participate in fundraising activities

-Practice during morning practices

WINTER SEASON

-Perform at most home basketball games

-Perform at pep assemblies (Golden Goat Usually requires extra practices)

-Practice during morning practices

-Practice a few days during winter break

-Attend team bonding holiday party.

-Perform at state basketball tournament

SPRING SEASON

-Participate in tryouts for the next year.

-Perform at all pep assemblies

-Attend farewell banquet.

-Participate in fundraisers

**SENTINEL HIGH SCHOOL DANCE TEAM POLICIES**

Coaches and dancers alike should strive to earn the respect of those in school and our community. Each team member should truly be a spirit leader by making mature and responsible choices that reflect a positive image of themselves and Sentinel High School. Compliance with District Policies, Student Code of Conduct, the NFHS Regulations, and the Sentinel Dance Team Policies is required for participation in this dance program.

**Punctuality**

Dancers are expected to be on time for all practices, meetings, games, events, and fundraisers, etc. A school related tardy will only be excused if pre-arranged with the coach.

Tardy Policy:

1. Five tardies of five minutes or less = 1 unexcused absence
2. Three tardies of more than five minutes = 1 unexcused absence

**ATTENDANCE**

Attendance is an important aspect of the Sentinel Dance Team and should be taken seriously. Not only to show responsibility and dedication, but also as a sign of respect for your fellow teammates. Dancers are expected to give Prior Notification for all absences. *Not attending the last practice before a performance can sacrifice routine placement. If a dancer misses practice during choreography, she is expected to make up the practice and learn the missed choreography. Videos of choreography will be posted on social media*

**CLASSROOM BEHAVIOR**

Any dancer identified by a teacher for negative classroom behavior; including cheating, attitude, lack of participation and skipping is subject to removal from performance/participation in an event, and/or dismissal from the team.

**NO GUM OR CANDY**

No chewing gum or candy at any practice/game/event/performance.

**CELL PHONES**

No cell phones during practice.

**TEAM SPIRIT**

All team members need to treat each team members and coaches with the upmost respect on and off the playing field. Any team member identified to be bullying, hazing, gossiping or using cyber slander and who disrupt the progress of a practice or event will have serious consequences. Consequences may include, are not limited to; being benched or permanently suspended from the Sentinel Dance Team.

**Substance abuse**

ALL DANCERS SUBJECT TO MCPS “CODE OF CONTACT” a copy is available when you register for the team.

**ACADEMIC PROGRESS**

Dancers will follow the MCPS eligibility guidelines. Dancers are required to maintain a “C” average in all classes and no “F” during any grading period. Continued academic difficulty will result in dismissal from the team for the remainder of the year. Grade checks will occur every three months and all dancers are subject to random grade checks.

**UNIFORMS/EQUIPMENT**

Uniforms will be worn properly at all games, performances and events. If any equipment or uniforms are lost or damaged, dancers are responsible for replacing the item at current cost. Uniforms should be washed according to label instructions and should be transported neatly and with care. Team members are also responsible for all temporary alterations. Dance uniforms will only be worn at designated times and places. Shorts/sweats and a t-shirt/tank are required at every practice. No jeans or other clothes that prevent the dancer from being able to fully move should be worn. All attire must follow the school dress code.

**PREPARATION**

Dancers are expected to be prepared for all routines, conditioning, practice, games, events and fundraisers. Material taught at previous practices will not be reviewed and learning the material is the responsibility of the dancer! Dancers must be on the practice floor completely ready to participate precisely when scheduled.

**INJURIES**

Injury may result as a result of participating in dance, which the parents/guardians were made aware of and asked to sign with the completion of this packet prior to tryouts. The coach should be notified immediately of any illness or injuries sustained in or out of dance. Doctor’s notes are requested as determined by the coach. Participation in routines may be done at the coach’s discretion with any injured team member. **Attendance is required at all events** even if the dancer is unable to participate.

Parent Signature Student Signature

Date

Sentinel Dance Team Application/Agreement

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_1. Have you read the Dance Team expectations, and do you agree to abide by

 the rules and regulations?

\_\_\_\_\_2. If currently employed, would you be willing to put Dance Team before job

 obligations?

\_\_\_\_\_3. Will you be able to meet the financial obligations for Dance Team?

\_\_\_\_\_4. Are you willing to help with fund-raising projects, including those that may be held during the summer?

\_\_\_\_\_5. Are you willing to attend summer practices and Dance Team camp?

\_\_\_\_\_6. Did you have two teachers complete the teacher recommendation form?

\_\_\_\_\_7. Are you willing to make a whole-hearted commitment to Dance Team

 for one year?

I have read the Dance Team Tryout Packet information and have discussed it thoroughly with my parent(s)/guardian. I understand fully its content and the commitment I am undertaking. If chosen, I will comply with the rules, and I will cooperate fully with the other members of the team and the coach. I understand that if I fail to meet the requirements and expectations, I may be removed from the squad.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

As this student’s parent or guardian, I have read and approve the terms of this agreement. I allow my daughter to try out for Dance Team, and if chosen I agree to support her participation.

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dance Team Teacher Recommendation**

Please complete this form, sign it and send it by dray to Rachel Kamura (Danielson) at Franklin Elementary by

Tuesday, June 4th. Please do not give this form back to the student to turn in.

 *Please rate the student in each category according to their performance in your class. Feel free to add additional comments. (5 = Best, 1 = Needs Much Improvement)*

\_\_\_ Cooperates and gets along with other students

\_\_\_ Gets class work/homework done on time

\_\_\_ Attendance

\_\_\_ Positive Role Model for other students

\_\_\_ Attitude

Is the student passing your class? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you recommend this student to be a member of the Dance Team? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s Name Instructor’s Signature

*Thank you for taking your time to assist with the selection process.*

**Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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