

COON RAPIDS HIGH SCHOOL DANCE TEAM TRY-OUTS

For the Fall Performance Team

Who is eligible to be on the Fall Performance Team?

Any student who will be in 9th-12th grade next year.

Where are Dance Team Try-Outs being held?

Location Football practice field (per MSHSL COVID-19 guidelines) All tryout updates and communications will be done via Facebook and email.

When are Try-Outs?

August 3rd-5th
6:00pm-8:00pm

How many dancers will be accepted for the team?

This number fluctuates based on the amount of interest in the team. Fall Coaches will be judging and scoring throughout the two nights of tryouts. Results will then be posted on the Dance Team website when final decisions are made.

****ALL DANCERS**

MUST ATTEND TRYOUTS TO BE ON THE FALL TEAM**

You will perform the following material, which will be judged:

- Short Combo
- Leaps
- Turns
- Kicks
- Technique
- Splits
- Pom Arms
- Jumps
- Flexibility

Try-out attire:

- Black Tank Top/T-Shirt
- Black Shorts/leggings
- Tennis Shoes
- Hair up and out of the face
- Bring Poms -if you have them
- Wear clothing that covers your butt, stomach (NO CROP TOPS), and your chest (double sports bra if necessary)

Important questions you may have:

What precautions will be taken in regards to current COVID-19 regulations?

- We will be following all MSHSL and district regulations. This includes dividing into pods of up to 25 students, social distancing at all times, coaches wearing face coverings when appropriate, and a required daily health check in for all participants, coaches, and others.

How will tryouts work?

- During Monday & Tuesday of tryouts we will warm up, stretch, go over technique and learn a short combo. We will also go across the floor with skills, teach kick and pom arm basics. On Wednesday night we will review the combo if needed and then ask small groups of 4-5 dancers to perform the combo and other skills for scoring. After you are done being scored, on August 5th you are free to leave.

What if there is bad weather during tryouts?

- In the case of bad weather during one of the tryout days we might have got inside to one of the gyms. We will also follow all the guidelines set forth by Health Officials if we are forced inside the building.

Will dancers be cut?

- Unfortunately, there is a possibility that not all dancers who tryout will make the fall team. Fall coaches will be scoring all dancers throughout the two days and base their decision on many things including but not limited to technique, flexibility, ability to pick up choreography, skill level, and impression. We are taking into account the unusual circumstances of COVID-19 and tryouts being postponed.

When will tryout results be posted?

Results will not be posted until after tryouts have been completed and likely will be posted around 10pm on August 5th. Results will be found on the team website: coonrapidsdanceteam.com

What will the Fall Season look like?

- Well, as you all know COVID-19 restrictions are ever changing. We will have to follow all the rules set forth by Governor Walz, Minnesota State High School League and the school district. We are hopeful that we can have as close to a "normal" season as possible. We will update you as much as possible when we have that information.

Dates and Deadlines:

Mark your calendars!

August 3rd: Page 4 of this Packet Due

-Students will not be allowed to participate in or attend tryout unless this form has been turned in with signatures from both the student and their legal parent/guardian. YOU MUST HAVE THIS PAGE FILLED OUT YOUR FIRST NIGHT OF TRYOUTS.

August 3rd & 4th: Learn Short Combo

-You will need to be in attendance all 3 nights of tryouts. A minute long combo will be taught to dancers which will include skills. Other skills might also be asked to be performed across the floor.

August 5th: Tryout

-Dancers will warm up, stretch, and review short combo as needed. Small groups of 4-5 dancers will perform for the coaches for scoring. Skills might also be asked to be performed as well.

August 5th: Results Posted

-Results will be posted likely before 10pm on the team website:
coonrapidsdanceteam.com

August 6th: Required Virtual Parent Meeting

-If you make the team, it is required that you and at least one parent/guardian attend this meeting via zoom. This meeting is essential, as you will be informed about the upcoming season, lettering policy, and important dates and deadlines. You will be responsible for knowing all of the information obtained at this meeting. If you absolutely cannot attend, email me as soon as possible. If I do not hear from you and you do not attend the meeting you will forfeit your place on the team.

At the parent meeting you will receive the handbook, schedule of the season, learn how to access the Private Dance Team Facebook page, and start ordering apparel.

PLEASE DO YOUR BEST TO ATTEND.

August 17th: Fall Season Starts

General Expectations and Requirements:

Expectations:

As a student athlete, dancers are considered a leader of the student body 24/7. Dancers must always represent their school no matter where they are. Dancers must be respectful to administrators, teachers, coaches and fellow dancers. A dancer must promote school spirit and loyalty as well as encourage all athletic organizations.

Requirements:

- **Academics:** Student Athletes are required to meet the credit levels determined by the Minnesota State High School League and maintain grades of a C or higher in all classes while cheering.
- **Chemical Abuse Policy:** The chemical abuse policy will be followed as stated by Coon Rapids High School and the Minnesota State High School League. Should a dancer disobey this rule, consequences will apply. See the student handbook for further details.
- **Eligibility:** All dancers will need to have a physical on file with the athletic office that is at least three years current before the start of the official season (August). If the physical expires mid-season, you will need to get a new physical before the season starts.
- **Costs:** The costs of being on the fall dance team is a \$220 activity fee per season and approximately \$150-\$300 in apparel costs for new members. Some apparel will be used from year to year to cut down on costs. Sweatshirts, shoes, and tank tops will be used in the winter season as well.
- **Risk:** Dance, as with any sport, has physical risks. Even though coaches work hard to minimize these risks, injuries can happen. These injuries can range from scratches and bruises to severe injuries resulting in paralysis or death.

The enrolled participant does for themselves, heirs, executives, and administrators waive and release any and all rights and claims for damages we may have against the Anoka-Hennepin ISD#11, or other district sites for any and all injuries suffered by me or my child while participating on and/or arising from the use of any facilities of the above-mentioned school district. By the signature below, we also recognize the contagious nature of COVID-19 and voluntarily assume any risk to which we may be exposed to from said enrollment.

Applicant Release:

I have read all of the rules and expectations and understand that there are responsibilities and obligations I must assume in order to qualify and remain an active member of the cheer program.

Upon making a squad, I agree to abide by these expectations outlined in this packet. I **understand and respect that all coaches' decisions are final.**

Signature of Applicant: _____ Date: _____

Parental Release:

I have read the entire packet and fully understand the expectations and requirements which will govern my child should they be chosen to represent CRHS. I further understand that this is an extracurricular activity and that attendance at all practices, games, dance shows and Mini-Cards clinic are required. I give my child permission to try-out for dance team at CRHS and recognize their responsibilities of being elected. I understand that I will be required to cover all costs, whether it is through fundraising or not. I **also understand and respect that all judges' and coaches' decisions are final.**

Signature of Parent/Guardian: _____ Date: _____