

Lewisburg High School Dance Team  
2021

Thank you for your interest in the Lewisburg High School dance team! Please read over this packet carefully, as it contains important information regarding tryouts and information if you make the team. Parents of the 2021-2022 team members will have a mandatory meeting Monday, March 22 at 5:30pm in room A6 at LHS after the dancers' first practice. This packet will be available on the LHS dance website.

<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>S</b>
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- Monday, March 8-Wednesday, March 10: ALL potential members will report to the LHS gym to learn choreography from 3:00-5:00pm.
- Thursday, March 11: ONLY veteran members, of all graduating classes, will report to the LHS gym at 3:00 to be evaluated. Students may be picked up/go home after their evaluation is complete.
- Friday, March 12: ONLY new members, of all graduating classes, will report to the LHS gym at 3:00 to be evaluated. Students may be picked up/go home after their evaluation is complete.
  - Results for ALL MEMBERS will be emailed directly to the parent & student email provided in your try out packet.

We take pride in the dance program at Lewisburg High School and expect athletes to adhere to the guidelines. Attendance is mandatory at all clinic dates. Please speak with the sponsor if extenuating circumstances prevent you from being present. Tryouts are closed to family and friends for the safety of all concerned. The decisions made by our judges are final.

**General Guidelines:**

- You are expected to represent LHS and our community to the highest degree.
- Promote and uphold school spirit, unity, and pride.
- Be respectful and encouraging to your teammates, sponsor, and coach at all times.
- Set a good example for behavior and sportsmanship, in and out of uniform.
- Always strive to improve and become better.
- Take pride in the accomplishment of being a dancer and promote the development of lifelong values and skills.
- Adhere to the Lewisburg Athletics Contract

The following forms are due back to Miss Antolik (A6 at LHS) by Monday, March 1, 2021. Failure to turn in one or more of these forms will disqualify you from trying out. Absolutely no exceptions can be made.

- Last page of this packet signed
- Physical dated no earlier than 3/12/20
- Physical, Residency, Permission, and Insurance Form
- Application
- 2 teacher recommendations (your teachers will give these to me, not you!)

The following skills are evaluated at try outs.

	VETERANS		NEW MEMBERS	
	Required	Suggested	Required	Suggested
<b>REGULAR / STANDING HEADSPRING</b>	X		X*	
<b>AERIAL</b>		X		X
<b>KIP UP</b>	X		X*	
<b>DOUBLE/TRIPLE TURN</b>	X		X*	
<b>4 A LA SECONDE TURNS</b>	X			X
<b>TOE TOUCH</b>	X		X	
<b>RIGHT, LEFT, MIDDLE SPLITS</b>	X		X	
<b>LEG HOLD</b>	X			X
<b>TILT JUMP</b>	X			X
<b>FRONT/ BACK WALKOVER</b>		X		X
<b>FIREBIRD</b>	X			X
<b>SCALE</b>	X			X
<b>TURNING DISC</b>	X			X
<b>9 MINUTE MILE</b>	X			X
<b>CALYPSO</b>	X			X

\*These skills will be taught and broken down at both the interest clinic on 2/6 and Monday 3/8-Wednesday 3/10. While we do not expect new members to master these skills, we hope to see potential and the drive to work hard to master them.

#### TRY OUTS:

- Mississippi High School Activities Association rules and guidelines for Dance & Cheer apply to all LHS dance team members and must be followed for eligibility to participate involving grades & GPA.
- If a team member is ineligible at the end of the 2020 school year because of academics, he/she will be immediately dismissed from the team with no monetary reimbursements.
- Athletes must have a 70%/C average to participate.

#### CLINIC (March 8-10)

- Please dress appropriately during clinic. (shorts or dancewear, t-shirt, tennis shoes, or appropriate dance shoes, socks, sports bra)
- NO gum, jewelry, blue jeans, flip flops, sandals, jackets/hoodies, hair down, or PHONES.
- Hair should be worn out of your face at all times.

#### TRY OUT DAY (March 11 or 12)

- All participants must wear all black on evaluation day. No writing on your shirts, please. Participants must wear a properly fitting shirt. Participants may NOT wear anything that says Lewisburg Dance.
- All participants must wear socks and tennis shoes or appropriate dance shoes. All participants must wear hair out of their face.
- You must be picked up immediately after your try out is complete. Results will be emailed.

#### 2020-2021 SEASON INFORMATION

##### UNIFORMS/COSTUMES

- The cost of the uniform is the responsibility of the individual dancer. We will fundraise throughout the year to make up for costs of uniforms and other outfits.
- All uniforms, camp clothes, game day outfits, costumes will be chosen & approved by the sponsor.
- **A uniform company will size dancers March 24 at 3:00pm in the cafeteria before practice. This is mandatory for all team members.**
- We cannot return special made items such as uniforms or camp clothes that are monogrammed, opened packaged or briefs, etc. If the dancer orders the wrong size, he/she must buy a new item.

##### CAMP

- Dancers will attend a camp at in early June 2021. Details will be shared when UDA posts them.
- **Camp is mandatory. We will learn new skills, tricks, routines, and build our team community.**
- More information about camp will be given at a later date upon making the team.
- **The following announcements will be made after camp:**
  - Captain and/or co-captains
  - Leadership committees
  - Alternates
  - Social media coordinator
  - Big/little

##### SUMMER PRACTICES

- Each dancer has 3 unexcused absences during the summer. Reasons for absences must be provided in advance to the sponsor. All other missed practices will have consequences.
- We WILL NOT practice as a team in July. Each dancer will be responsible for individual work outs/technique practices throughout the month of July. If a dancer fails to complete these practices he/she is subject to consequences and may be dismissed from the team.

## FOOTBALL, BASKETBALL, AND COMPETITION

- We anticipate to attend the following competitions, possibly more, for the 2021-22 season:
  - Regionals in Collierville, TN: date TBA
  - Regionals in Brandon, MS: date TBA
  - State in Jackson, MS: date TBA
- Be at ALL scheduled practices. If you miss a practice for any reason other than a death in the family, your spot can be filled by an alternate. Some practices **WILL** be on weekends.
  - Before a game day performance and/or pep rally: Dancer must attend and fully participate at the 2 consecutive practices prior to the performance.
  - Competitions: Dancer must attend and fully participate at the 4 consecutive practices prior to the performance.
- The sponsor and coach will make the decision to compete at Nationals based on the team's efforts and skills throughout the spring and summer practices. Please note if we decide to compete at Nationals, costs will go up.
- Dancers will attend all football games that band attends, including away games. If they are unable to attend a game, other than excused by a doctor or a death in the family, there will be consequences when they return to practice. Vacations are not excused absences. Consequences may include, but are not limited to, suspension from performances or practices, dismissal from the team, etc.
- During basketball season, we will perform at as many games as possible. This will be decided when the basketball schedule is final and our competition season is finalized. Please note that practices are subject to change during basketball season.

## SUSPENSION/DISMISSAL FROM SQUAD

- A dancer who resigns from the team for any reason, other than medical, will not be allowed to try out for dance the following year.
- Smoking, drinking, being under the influence, use of drugs, or physical misconduct of any kind will result in dismissal from the team subject to sponsor's discretion.
- Any discipline issues on and off the team setting may result in suspension or dismissal from the team. Please be on your best behavior.
- Irresponsible use of social media will be viewed as a discipline issue.
- Being disrespectful to or bullying coaches, teammates, peers etc. will result in disciplinary action and/or dismissal from the team at the sponsor's discretion.
- The sponsor reserves the right to suspend any dancer from practices, performances, or competitions if their academic effort is not satisfactory. Dancers will be held accountable for being a responsible student.

## ALTERNATES The following was made in accordance with administration.

- The sponsor will decide who will compete at competitions based on the dancer's attendance and performance at practices throughout the season. The decision is left solely to the discretion of the sponsor. Any dancer NOT chosen to compete will be alternates for competitions. All alternates must attend ALL practices and learn the routines. Any alternate who fails to participate and/or quits will not be eligible for tryouts the following year.
  - Any questions or concerns about alternates must be addressed through an email to both [jennifer.antolik@dcsms.org](mailto:jennifer.antolik@dcsms.org) and [rusty.cagle@dcsms.org](mailto:rusty.cagle@dcsms.org)
- Alternates will perform at all football games, sideline performances, basketball performances, pep rallies, etc. just like every other member barring injury or a disciplinary issue.
- All team members, including alternates, will perform at our first Regionals competition barring injury or a disciplinary issue. This will either be in Collierville or Brandon, based on the dates of those events.

## PRACTICES

- Practices are closed to family at friends.
- The sponsor has final decisions regarding consequences for missed practices and performances. Consequences may include, but are not limited to, suspension from performances or practices, dismissal from the team, etc.
- **If a parent needs to discuss anything, he or she must contact the sponsor ([jennifer.antolik@dcsms.org](mailto:jennifer.antolik@dcsms.org)) to set up a meeting with the sponsor, an administrator, and athletic director if necessary. There will be no meetings during practice or after practice.**
- A detailed practice schedule will be given to team members up front.

## PRACTICE/GAMES

- Violations of the following will result in consequences from the sponsor. Repeated violations of the following will result in dismissal from the team. Consequences may include, but are not limited to, suspension from performances or practices, dismissal from the team, etc.
- All practices missed will have consequences unless there is a doctor's note or a death in the family.
- NO jewelry will be worn at games or practices.
- NO cell phones are allowed to be used during games or practices.
- You must wear the assigned practices clothes, uniforms, performance clothes, bows, etc. as instructed by the sponsor.
- NO chewing gum during games, practices, or performances.
- Dancers must have a positive attitude at all practices and performances.
  - Disrespect to the coaches or team will not be tolerated.
  - The sponsor has the right to assign consequences to any dancer whose attitude interrupts the productivity of practices or performances.

## MONTHLY COACHING FEE

Every month we practice, dancers will pay a fixed dollar amount coaching fee to Lewisburg High School in order to pay our coach, Morgan Westbrook. Payments will be required on pre-set dates before the first of the month. It can be paid online or via check or cash given to Miss Antolik. Details will follow as dancers make the team. If the fee is not paid on time, the dancer will be suspended from the next performance and be unable to practice until paid for.

## ESTIMATED COST (This is not fully calculated and is a **rough estimate**)

Uniform: \$100	Competition Uniform: \$200
Shoes & Backpack: \$200	Warm-Up for Games: \$100*
School Day Outfits: \$20	Poms: \$30*
Practice Bras: \$40*	Camp/Practice Clothes: \$100
Camp: \$200	Competition Choreography Fee: \$50
Monthly Coaching Fee: \$80/month (or less)	*new members only

This is an estimate of what you can expect to pay if you make the team. All prices are not final and will be adjusted based on the amount of money the team fundraises.

**A camp deposit of \$100 per dancer is due at the mandatory parent meeting on Monday, March 22 at 5:30pm in room A6 at LHS. A check can be made out to Lewisburg High School.**

LHS Dance Try Out Clinic	March 8-10 3:00-5:00pm	LHS Gym
LHS Dance Evaluation	March 11-12 3:00pm-	LHS Gym
First Practice	March 22 3:00-5:00pm	LHS Gym
Mandatory Parent Meeting	March 22 5:30pm	LHS A6
Uniform Fitting	March 24 3:00pm	LHS Gym

Permission Form for 2021-2022 Lewisburg High School Dance Team Try Outs:

I give my child, \_\_\_\_\_, permission to try out for Lewisburg High School's dance team.

- I understand the dancer must have a current overall average of 70%/C to be eligible to dance for tryouts. If not, the dancer will be dismissed from the team with no monetary reimbursement.
- I understand the dancer's discipline will be reviewed.
- I understand that teacher recommendations will be used as part of the tryout score.
- I understand the dancer must abide by all rules stated in the packet attached.
- I understand the dancer, unless excused by the sponsor or a principal, must attend clinic dates on \_\_\_ to be considered for a dance position.
- I understand attendance at all practices and events in necessary to be a part of this team.
- **I understand that if my dancer makes the team, he or she has the possibility of being an alternate for competition routines.**

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

Date: \_\_\_\_\_

I have read all the rules and agree to adhere by them.

Dancer Printed Name: \_\_\_\_\_

Dancer Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Parent/Guardian Email Address(es):** \_\_\_\_\_

**Student DCS Email Address:** \_\_\_\_\_

**(emails will NOT be sent to personal student email addresses)**