

# Green Level High School Dance Team Information Packet

2024-2025

## Requirements for GLDT

- Must be at least a rising freshman enrolled at Green Level High School Fall 2024
  - Must complete all documents, google forms, and requirements (including valid physical uploaded to DragonFly Max
  - Must have advanced jazz and contemporary technique and intermediate/advanced pom and kick technique
  - Must maintain a 2.0 GPA if established
  - Participation in full season (season is May-February [summer, football, and basketball season])
  - It is strongly encouraged that dancers are enrolled in dance class at Green Level with Ms. Dula
- This will enhance and maintain their technique throughout the season. **This will be considered when selecting the team.**

## What do I need to know for tryouts?

All dancers will be judged individually on the following skills. YouTube search “Just For Kicks” for help.

- Double Pirouettes (both right and left)
- Leap right and left and middle from right
- Tilt jump right
- Firebird right
- Calypso right
- Turning Disc right
- 8 high kicks with arms in a high V
- 4 A la seconde turns pulling into a double, prepping on “7,8” (These should be solid; 8 is preferred)

## What will tryouts be like?

Tryouts will take place over 5 days: May 20th-24th. These will be in person tryouts. The first three days will be dedicated to teaching and learning the tryout material. The fourth day will be a mock tryout along with individual technique tryouts. The final day will be official tryouts. All dancers need to be available from 3:30- 5:30 pm each day. On the final day the dancers will be released after their individual tryout.

## Essay:

Each dancer will need to write and submit a short essay (1-2 paragraphs) on the following:

**\*Please note that there are different prompts for returning members**

**New members:** “Why do you want to be a member of the Green Level Dance Team”

**Returning members:** “Why should you continue to be a member of the Green Level Dance Team? What assets did you bring to the team last year? And what could you improve on before returning to the team (skills, grades, behavior, social media etc.)?”

## Anything Else?

- Dancers will be expected to wear solid color, fitting, appropriate clothing for tryouts (leggings, workout tops, leotards with tights and shorts etc.) and jazz shoes are highly recommended if dancers have them.
- 3 teacher recommendations from school, dance, a coach, or a boss.
- Submit all paperwork including essay, contract, and information sheet.
- Each student trying out must have an active physical on Wake County paperwork submitted to Green Level via Dragonflymax.com

## Parent/Guardian pricing information

Parents please know that there will be a financial responsibility with being a member of the Green Level Dance Team. I will always do my best to give my GLDT parents the best pricing options that I can find. These are the items to expect:

### New Members:

Uniform, Poms, Warm up Jacket, Rain Jacket, Dance Team Bag, Mini Bag, Body tights (tan), Team Dance Shoes, Bows, 2 Practice Tops, Jazz shoes (tan and black), earrings, and *\*UDA Overnight camp at location TBD.*

### Returning Members:

Poms, Body tights (tan), Team Dance Shoes, Jazz shoes (tan and black), earrings, and *\*UDA Overnight camp at location TBD.*

I have extremely high goals for this dance team. I want the members to be proud of the team they are a part of along with the community. I understand that dance team is a huge financial responsibility and if there are any issues, please come and see me or Colin Fegeley as we will do our best to assist in any way we can. The Green Level Dance Team will be viewed as a professional and talented team, as I want nothing less for your students.

*\*We will be using a fundraiser this season to offset the cost of camp instead of including it in your initial dance team budget.*

## Dance Team Tryout Checklist

- Enrolled at GLHS
- Complete Tryout Google Form
- Updated physical on WCPSS paperwork on file at GLHS
- Write essay
- Have 3 **sealed** teacher recommendations
- Sign the dance team contract and retain a copy.
- Follow @g\_1\_dance
- Attend all 5 days of tryouts
- Turn in all documents on the 1st day of tryouts at check in.



## Green Level High School Dance Team Contract

2024-2025

*The Green Level Dance Team is a competitive athletic sport and will be treated as such. While “having fun” is a great benefit, working hard and understanding that effective and appropriate coaching is required for a competitive dance team. Each team member will be held to the following contract throughout the season.*

*Please read and retain a copy for your records.*

- Dancers will maintain a positive attitude throughout tryouts and the school year. As a member of the dance team you are a representation of the school. This extends to social media (no cursing, alcohol, drugs, or inappropriate behavior) this is not limited to lip syncing or viral dances/trends.
- **Dancers must maintain a 2.0 GPA throughout the year** (freshmen will establish GPA after their first semester). Grades will be checked with each report card and dancers can be temporarily suspended if their grades fall below a C-.
- Dancers should not miss practice unless with prior approval or due to sickness with a doctor’s note. If you miss the practice before a game, the dancer will sit out for the first quarter (football) or first half (basketball). Coaches reserve the right to pull a dancer from a routine. **No more than 3 practices should be missed.**
- Dancers are allowed to miss one home football game and one home basketball game with prior approval. Competitions should not be missed.
- While in uniform/dance team apparel all dancers should act on their best behavior (No PDA, No cursing etc.) This extends to social media and outside of school grounds.
- Dancers must be actively taking dance either at GLHS or at a studio. If this status changes the dancer should notify coaches immediately with a plan of action to maintain their skill set.
- Dancers are expected to wear specified practice wear of which they are informed ahead of time.
- If any dancer violates this contract, they will be given a demerit, if a dancer receives 3 demerits in a semester they will be asked to sit out for a game. If the dancer exceeds 4 demerits there will be grounds for dismissal from the team.

I have read and agree to the above rules and understand the consequences associated with them. I understand that all concerns must be brought to Ms. Dula and discussed. I also understand that Ms. Dula has the right to notify us and edit this document to meet the needs of the team. Circle **(yes)** or **(no)**.

Parent Name:

Student Name:

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Parent Signature:

Date:

Student Signature:

Date:

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## Essay

### New Members:

Please write one to two paragraphs on why you should and want to be a Green Level Dance Team Member. Explain your experience in dance and what you will bring to the team. This may be typed or handwritten and turned in with your teacher recommendations on Day One of tryouts.

### Returning Members:

“Why do you want to continue to be a member of the Green Level Dance Team? What assets did you bring to the team last year? And what could you improve on before returning to the team (skills, grades, behavior, social media etc.)?”

**Green Level Dance Team Teacher Evaluation-**

Dance Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

\*This is a confidential evaluation. Evaluations can be sealed and given to the students.

Thank you!

Please rate the student on a scale from 0-5 (5 being the highest) on the following elements:

1. Attendance/Punctuality

0 1 2 3 4 5

2. Respect of Authority

0 1 2 3 4 5

3. Respect of Peers

0 1 2 3 4 5

4. Effort/ Quality of work

0 1 2 3 4 5

5. Honesty and Integrity

0 1 2 3 4 5

TOTAL POINTS= \_\_\_\_\_

Please provide additional comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Green Level Dance Team Teacher Evaluation**

Dance Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

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Please rate the student on a scale from 0-5 (5 being the highest) on the following elements:

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0 1 2 3 4 5

2. Respect of Authority

0 1 2 3 4 5

3. Respect of Peers

0 1 2 3 4 5

4. Effort/ Quality of work

0 1 2 3 4 5

5. Honesty and Integrity

0 1 2 3 4 5

TOTAL POINTS= \_\_\_\_\_

Please provide additional comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Green Level Dance Team Teacher Evaluation**

Dance Team Candidate \_\_\_\_\_

Subject/Teacher \_\_\_\_\_

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4. Effort/ Quality of work

0 1 2 3 4 5

5. Honesty and Integrity

0 1 2 3 4 5

TOTAL POINTS= \_\_\_\_\_

Please provide additional comments:

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_