

## Dance Technique

Dear Parents,

We will start the Dance Technique Classes on Monday February 5, 2018. This free class is open to any 7<sup>th</sup>-11<sup>th</sup> grade students interested in trying out for LMS Drill Team, LHS JV Drill, or LHS Panther Pride.

The class will meet from 4:15-5:15 in the LHS cafeteria on the following dates: February 5, 12, 26, and March 5th.

Transportation will be provided from LMS to LHS, but you must have your own ride home from LHS at 5:15.

Please fill out and sign the permission slip for your student to attend these classes. If your student needs transportation to LHS, he/she must be on the list. Please fill out the form completely. This form must be turned in to the 8<sup>th</sup> grade office at Lufkin Middle School or to the Drill Team Room C114 at Lufkin High School by Monday, January 29, 2018 at 4:00.

### Guidelines:

Students will work on dance technique such as turns, leaps, splits, and kicks.

Students that attend the class are not automatically placed on the team.

Students should practice at home what they have learned in the class.

Students will receive feedback on what they need to work on to improve their skills.

### The following are rules of operation for the dance class:

Students must be in the cafeteria when the class begins. This is for their safety because they must stretch properly before working out.

LHS students must change in a restroom and keep their belongings with them at all times. LMS students will need to change **quickly if time permits**.

Students must pull their hair back and must not wear jewelry.

No gum or candy is allowed.

During class time there will be no talking as we are here to work! No cell phones allowed during class.

Three Strike Rule You're Out: the first time is a warning, the second offense will require parent contact and the third offense will result in removal from the class.

We are excited to have this opportunity to work with your student. If you have any questions or concerns, please contact the LHS Drill Team office at 630-4160.

Dance Technique Class Application

Name of Student: \_\_\_\_\_

(Please Print)

Student ID#: \_\_\_\_\_

Present Grade: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

My student, \_\_\_\_\_ ID # \_\_\_\_\_,

has my permission to attend the Lufkin Dance Technique Classes on the designated Monday afternoons from 4:15-5:15pm at Lufkin High School.

Parent Signature: \_\_\_\_\_

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

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\*LMS Students ONLY:

I hereby authorize Lufkin High School to transport my student from Lufkin Middle school to Lufkin High School for the Lufkin Dance Technique Classes beginning Monday, February 5, 2018.

Parent Signature: \_\_\_\_\_

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

Please return this permission slip to the LMS 8<sup>th</sup> grade office or to the Drill Team Room C114 at Lufkin High School by January 29<sup>th</sup> at 4:00pm.