

2021-2022 MTHS DANCE TEAM TRYOUT

QUALIFYING VIDEO AUDITION REQUIREMENTS

The first step in auditioning for the MTHS Dance Team is to send in a qualifying video and the dance team application form **NO LATER THAN Friday, May14th 2021. NO EXCEPTIONS!** Please wear a black top and black dance shorts on your video tape. The video must be shared via a file sharing service (i.e. Google Drive or DropBox). Clearly label your video with: full name, address, home and cell phone numbers and email address. Please email the link to Coach Devery McCoy (Can be multiple links- but label all). A confirmation email will be sent when all material has been received by Coach McCoy.

PLEASE INCLUDE THE FOLLOWING ON YOUR VIDEO:

1. A short introduction stating your name and a brief description of why you want to be on the MTHS Dance Team, and what makes you a valuable team member.

2. **Performance skills listed:**

TURNS:

- Right and Left Pirouettes (as many as you can do- Preferably 3+ on the Right)
- At least one 8-count of a la secondés followed by a whip.
(CAN ALSO DO YOUR OWN A LA SECONDES SEQUENCE (changing spots, floats, etc.))

LEAPS:

- Right and Left Sauté De Chat (leap moving thru passé)
- Right and Left Center Leap

FLEXIBILITY:

- Extension Side Leg Hold with Right and Left Leg
- Right and Left and Center Spits

3. **30 Second Jazz Routine**

- can be self choreographed, a portion of a past routine (non dance team) or a dance you self taught yourself from an internet source

4. **Dance Team Application Form**

EMAIL YOUR VIDEO LINK BY FRIDAY, MAY 14TH TO- mccoyd81@yahoo.com

GOOD LUCK with your videos, and I look forward to watching them in the near future. **I understand this is a new format, if you have any problems with sending/producing the videos, questions regarding the videos or the Metamora Dance Team, please Contact me via email.**

The 2021-2022 MTHS Dance Team will be posted at the High School's front doors on Sunday, May 16th.

Devery McCoy
MTHS Dance Team Coach
mccoyd81@yahoo.com

2021-2022 Varsity Dance Team Application Form

Email to Coach Devery McCoy by Friday, May 14th

Name: _____ Address: _____
Phone: _____ Email: _____
Year in School (now): _____
Other School Activities: _____

Parent Release Form

Parent(s) Name: _____
Address: _____
Phone: Home: _____
Cell: _____

Information

At what ages have you studied dance? _____

What styles of dance have you learned? _____

Please List any Tumbling or Special Tricks you can do: _____

Why would you be an asset to the team? _____

Give three words that describe yourself: _____

I have read the rules and understand my obligations should I make the team.

Student Signature _____ **Date** _____

I have read the rules and understand my daughter's obligations should she make the team.

Parent Signature _____ **Date** _____

MTHS Dance Team 2021-2022
Coach—Devery McCoy
Rules and Regulations

Practice Rules

1. **Practice will consist of 1-2 6:00-7:45am practices a week. And on Late Start Wednesdays (2nd and 4th Wednesday of every month) 6am-8:30am. There will also be Sunday evening practices from 4:30-8:30pm for Couples' and JV Routine Rehearsals (Typically January & February). There will not be any after school practices, however Seniors will have 8th hour release. We will begin practice on time, so please be at practice 5mins early to stretch!! Our season will begin in the end of October and run till March- where we end our year at March Madness.**
2. Please try to be at every practice during the season. If you know you will have to be absent for an excused reason, please bring a note from your parents prior to the day you will miss
3. -1st unexcused absence from practice/game is a warning
-2nd unexcused absence will result in sitting out of a game
-3rd unexcused absence will result in a dismissal from the team
4. There is a Dress code- black leggings/black dance shorts with MTHS colored tanks – will discuss at meeting. Proper footwear is necessary, so bring appropriate shoes for each practice. Hair must also be completely tied back – unless told otherwise. Dressed inappropriately or any item forgotten will be tallied and if it becomes a problem, I will talk with you.
5. Improper infectious behavior (pouting, griping, swearing, facial expressions) will result in the member being asked to leave practice and not perform at the next game.
6. You are responsible for enjoying practice! If you have a problem, discuss it with a captain or myself before or after practice, but not during practice.
7. I expect the same respect from all of you as I give you. But, I also expect respect among each member because we are a team, and as a team, we work together as well as dance together.
8. **ALL PRACTICES BECOME MANDATORY** once the season starts in October or your fall sport has ended. During the week of a game, all members are expected to participate in practices or will be asked to sit out of that week's game.
9. If you cannot make a summer practice, it will be your responsibility to learn the material on your own. If the material is not learned by the time we first work on the dance in the fall, you will be asked to sit out for that routine.

Game Rules

1. **PERFORM AT ALL HOME VARSITY BASKETBALL GAMES!**
2. If you do not call or show up for a game, it is an automatic dismissal from the team. (Pre-game Ditties are considered part of the game.)
3. Anyone who misses a game do to vacation or other conflicts is given a warning, second time throughout the season, it is a dismissal from the team. Please try to adjust all trips around the season.
4. Appearance: No Jewelry/ No Glitter/ Nails short and without colored polish (no acrylics)/
Hair will be determined for the type of dance we will be performing

General Rules (followed under the rules of the MTHS Handbook)

1. Smoking, drinking alcoholic beverages, use of or possession of illegal drugs is prohibited. First offense will result in a suspension from the squad for one quarter on the season. Second offense will be a dismissal from the squad. These are the minimum penalties for these offenses depending on the circumstances and consequences. During any suspension the individual must come and participate in all practices.
2. Keep grades above average. Stay eligible! If you are ineligible for **MORE THAN 2 WEEKS IN A ROW** you will be dismissed from the squad. First week is a warning, second week you will be doing school work instead of practice. Missing a game due to ineligibility (2nd week) is considered a warning---second offense is a dismissal from the team.

General Information

DATES TO CHECK AND MARK CALENDAR!

In the past, we learned our season's dance routines over the summer so that our 6ams are less stressful. My hope is to have more information available once our team is decided; however as of now, there are no dates scheduled for Summer rehearsals. Summer Dance Camp has not been confirmed as well.

There is a financial obligation to join this team. Members must buy their own shoes and supplies.

Example of Expected Expenses:

- Dance Shoes--- White Ditty Shoes \$35 / Tan Lyrical Shoes \$37
- Tights--- \$18
- Black Dance Shorts ---\$38
- Adidas Pants— \$47
- 2 Practice Tanks - \$30
- Dance Team Seasonal Jacket--- \$55 / Seasonal T-Shirt--- \$15
(prices all depend on what the season's designs may be)
- Any additional performance attire-- all depends on the type of dance