

2020 - 2021

OLATHE NORTH EAGLETES DANCE TEAM

TRYOUT PACKET

oneaglettes.
OLATHE NORTH HIGH SCHOOL

Eaglette Candidates,

Welcome to the jam-packed, exciting, and exhausting week that is Dance Team Tryouts! Tryouts will be held March 10 - 13th. There will be an informative meeting for all Eaglette applicants and their parents on Monday, February 3rd. This meeting will be held in the Library of Olathe North at 6:00 pm. The purpose of the meeting is to discuss the time commitment and costs for the team, as well as the tryout week schedule and expectations. It will also address any questions and concerns parents and students may have.

This meeting is mandatory for all applicants AND parents so as to understand what is required of an Eaglette. If you will not be able to attend, please contact Kayla Sinclair at kasinclair@olatheschools.org or (913) 780-7140 prior to the meeting date.

Both Eaglette applicants and parents should read the contents of this packet thoroughly. Being selected as an Eaglette is an honor and a privilege that very few dancers will experience. There are many who would like to be selected, who are willing to give the time and effort necessary. If you are not able to meet these requirements, please do not try out. Responsibility to the squad and its members will be of the highest priority.

Please feel free to contact me if you have any questions. Check out our website for additional information and updates. If you decide to tryout, please complete the attached forms and return them to Olathe North High School as soon as possible.

Good luck and thank you for your interest in becoming a member of the Olathe North Eaglettes.

Sincerely,

Kayla Sinclair, Dance Team Sponsor

Eaglette Dance Team Tryout Information

When: March 10th – 13th

Where: Olathe North High School AUXILIARY Gymnasium

Informational Meeting:

There will be a mandatory meeting for all applicants on **Monday, February 10 at 6:00 pm** in the Olathe North Library. **At least one parent/guardian is required to attend.**

Clinic Times:

Tuesday, March 10th: 4:00 – 6:00 pm

Wednesday, March 11th: 4:00 – 6:00 pm

Thursday, March 12th: 4:00 – ? (Mock Tryouts)

Tryouts: *Friday, March 13th* beginning at 4:00 pm

Announcement of Team:

The new team will be announce **NO EARLIER** than 8:00 pm on Friday, March 13th. It will be posted on the Eaglettes website at www.oneaglettes.com. (You will find the results under tryouts.) If you do not make the team, you (the student trying out, not the parent) may reach out to the coach after Monday, March 23rd to set up an individual meeting. The meeting would be to discuss your strengths and weaknesses from tryouts. The meeting may be in person or conducted through e-mail. Score sheets and videos will not be shown.

Parent/Student Steps to Share Concern:

1. Student sets up individual meeting with coach to discuss strengths and weaknesses from tryouts. The meeting may be in person or conducted through e-mail.
2. Student and parent speak with coach including the right time, place, and manner.
3. Student, parent, and coach seek resolution with Assistant Principal/Activity Director.
4. If needed, the building principal is the next tier of discussion and resolution.
5. If needed, the District Director of Athletics/Activities is the next tier of discussion and resolution.

How to Apply:

- Fill out the "Tryout Application and General Information" form, sign the "Dance Team Contract" and return to Kayla Sinclair at ONHS. Please use black or blue ink pen. These should be returned by Friday, March 6th, 2020.
- You must have a 2.5 cumulative GPA, have passed all classes in the fall of 2019, and currently be passing all classes to be eligible to try out for dance team.
- *Grades will be verified as follows:*
 - Incoming Freshmen: Your 8th grade 1st semester and 3rd quarter grade points will be evaluated.
 - Sophomores, Juniors, & Seniors: Your cumulative GPA will be evaluated.
- **A copy of your 2nd Quarter grade card is due with you application.**
 - Please print this from StudentVue. Go to REPORT CARD and print 2nd quarter. **DO NOT print your CURRENT grades.**
- Hand out teacher recommendations to your seven CURRENT teachers. Be sure to fill in the top section neatly with teacher's name and hour. These recommendations are required but will NOT be scored for tryouts. Recommendations are due by Friday, March 6th, 2020. The teacher should send recommendation to Coach Sinclair and NOT back to the student.
- Recommendation papers can be found under "Teacher Recommendation Forms" in the Tryouts tab of our website.

Tryout Information

All individuals trying out will be required to perform:

- 1 dance combination
 - 1 leap combination
 - 1 turn combination
 - Right and Left leg splits
 - Triple Pirouette (Optional Quadruple)
 - 2nd Turns (Four 2nd turns into a double pirouette)
 - Toe touch
 - Optional tumbling
- All individuals trying out will be required to perform the Olathe North Fight Song (Pom Routine). Individuals will have to learn this routine from a video. The video will be posted on the Eaglette website. It will be password protected. **Once your tryout packet has been turned in, the password will be e-mailed to you.** If you do not have access to e-mail, please note in your application. If you do not have access to a computer to learn the fight song, please note in your application and arrange a time to pick up a DVD. **The Fight Song will NOT be taught at the clinics.** It will be up to each individual to learn.
- Candidates will tryout in groups of 2 or 3. These groups will be a mixture of all grades.
 - Members will be selected by: Clinic points, tryout points, GPA, and teacher recommendations.
 - The final team size is not pre-determined.
 - Clinic Observations: Please visit the "Scoring Rubrics" link under the Tryout tab of our website to view rubrics for example. Subject to change at coaches' discretion.
 - The judges will consist of college dance team members, professional sports team dancers, dance instructors/coaches, choreographers, etc. all having a background in dance.
 - Clinics and tryouts are closed to viewing by parents and friends. There will be no videotaping allowed.

Attire: For clinics, wear a tight fitting top that does not display school emblems or names. Wear leggings, jazz pants, or hot shorts on bottom. Wear shoes in which you can easily dance. Preferably, dance top/leotard/unitard, dance pants/hot shorts, and jazz shoes or half-soles. Gum or jewelry is not allowed during clinics or tryouts. *Shoes must be worn at all times.* **PLEASE WEAR ALL BLACK TO TO MOCK TRYOUTS AND TRYOUTS.**

Hair and Make Up: Your hair should be pulled back in a ponytail - tied securely for all clinics and tryouts. Bobby pins can be used to keep loose hairs away from your face. Do make-up darker than what you would on a typical school day. You want to present yourself as clean and neat as possible.

Judging for tryouts will consist of:

- | | |
|-----------------------------|--|
| 1. Showmanship | 7. Technique Elements (Turn and Leap combination, 2nd turns, toe touch, choice technique elements) |
| 2. Appearance | 8. Right and Left leg splits |
| 3. Jazz routine performance | 9. Overall technique |
| 4. Fight Song performance | 10. Potential |
| 5. Memory | 11. Overall impression |
| 6. Rhythm/Timing | |

Once again, being selected as an Eaglette is an honor and a privilege that very few girls will experience. There are many who would like to be selected, who are willing to give the time and effort necessary. ***If you are not able to meet these requirements, please do not try out.*** Responsibility to the squad and its members will be of the highest priority.

Olathe North Eaglettes 2019 Tryout Schedule

Monday, February 10, 2020

- 6:00 PM: Applicant/Parent meeting
- Location: Olathe North High School Library

Tuesday, March 10, 2020: Clinic #1 (4:00 - 6:00 PM)

- 4:00 - 4:15: Check in and introductions
- 4:15 - 4:30: Group Stretch
- 4:30 - 5:30: Learn Dance routine
- 5:30 - 5:55: Learn turn/leap combinations
- 5:55 - 6:00: Review routine/wrap up

Wednesday, March 11, 2020: Clinic #2 (4:00 - 6:00 PM)

- 4:00 - 4:15: Check in and group stretch
- 4:15 - 4:45: Learn rest of routine (if any)/review routine
- 4:45 - 5:15: Technique Session
- 5:15 - 5:30: Review Routines/Answer questions
- 5:30 - 5:55: Break into small groups and critique

Thursday, March 12, 2020: Clinic #3 (4:00 - ??)

- 4:00 - 4:15: Check in and group stretch
- 4:15 - ??: Mock tryouts in groups of 3

Friday, March 13, 2020: Tryouts (4:00 - ??)

- Tryouts will begin at approximately 4:00 PM
- Announcement of the team will happen no earlier than 8:00 PM

Monday, March 30, 2020

- 6:00 PM: New Team Meeting
- Location: Olathe North High School Library
- This meeting will be for all members and parents of the 2020-2021 Eaglettes Dance Team



Team Breakdown

Varsity

- Grades 9-12
- Meet most mornings between 6:45-7am through first hour
- Weekly Technique Class after school
- Weekly practice after school
- Technical Skills Include: Splits (Right/Left/Center), Triple Pirouette (in passe, coupe, or pencil), Potential for Quad (or more) Pirouette, Turns in Second, Various Leaps (Right/Left/Center/Attitude), Various Jumps (Toe Touch/Tilt/"Tinker Bell"), Various Battements (Tilt/Front/Side/Fan)
- Team will attend Nationals, and members must be willing to pay/fundraise all expenses associated.
- Members will tryout for all Varsity routines, but are eligible for all performances pending grades/behavior/meeting member expectations, etc.
- Performances include, but are not limited to: Varsity Home Routine at Summer Camp, Old Settlers Parade, Pre-Game/Sidelines (Football Season), Field Show (Football Season), 3-4 Competition Routines, Basketball Games, 1-3 Nationals Routines, Spring Show
- Please Note: Routines are not guaranteed for ANY member of the team. There will be alternates chosen for competition and Nationals routines.

Junior Varsity

- Grades 9-12
- Option for dancers who are not yet ready to try out for Varsity, or do not place on the Varsity Team
- Meet most mornings between 6:45-7am through first hour
- Weekly Technique Class after school
- Weekly practice after school
- Technical Skills Include: Splits (Right/Left), Double Pirouette, Potential for Triple Pirouette, Turns in Second, Right and Center Leap, Toe Touch
- Members will tryout for all Junior Varsity routines, but are eligible for all performances pending grades/behavior/meeting member expectations, etc.
- Performances include, but are not limited to: Junior Varsity Home Routine at Summer Camp, Old Settlers Parade, Pregame/Field Show (Football), 3-4 Competition Routines, Basketball Games, Additional Spring Show Acts



Dance Team Tryout Tips

- Keep your grades up – schoolwork comes first and is a good indicator of your work ethic.
- Practice good rapport with your teachers and peers. Dancers are role models in their communities.
- Introduce yourself to the coaches, this will help them get to know you.
- In the months leading up to tryouts, stretch and start training your technical skills. Work with private coaches or senior dancers for helpful critiques.
- When the score sheets become available, be sure to identify your strengths and weaknesses. This will help you practice and prepare for the big day.
- During the clinic: pay attention, have a positive attitude, dance full-out and ask questions.
- Remember the coaches and administrators are always watching.
- Behave appropriately and be courteous to other candidates.
- Stretch after each clinic session and drink plenty of water to avoid sore muscles.
- Practice your tryout material full-out in front of your parents and friends to calm your nerves.
- On tryout day arrive early, eat a good meal, take a deep breath, relax and have fun!
- Keep in mind that being a member of the dance team may come with financial obligation. Seek out the details of what will be required so you can be prepared.
- Make sure you thoroughly stretch before all workouts!
- Listen carefully to what out-going members tell you. They have lots of experience and can help you a great deal.
- Do not carry tryouts into the classroom!
- First impressions count! Neatness and cleanliness are important considerations during tryouts. Clothing should be flattering and clean.
- To prepare for tryouts, choose simple dance attire that will allow you to move easily so attention centers on your skill instead of your clothing. Avoid sloppy T-shirts, halters, tank tops, jeans, or sweat pants.
- Make-up should be attractive. Use good performance quality products.
- Be sure your dance shoes are comfortable and clean
- Don't chew gum! Don't wear any jewelry!
- Pull hair away from your face. Make sure your hair is tied securely. Your hair should look clean
- and neat.
- A pleasant expression and sincere smile on your face will be an asset to your total presentation.
- Stand tall. Good posture will help your confidence and enhance your presence. Practice standing up straight so that you feel natural while standing straight.
- Maintain good eye contact with the judges by focusing your eyes a little above their heads. It will appear as if you are looking at everyone in the audience.
- Concentrate on what you are doing instead of on your nervousness.
- If you make a mistake, don't panic. Simply keep going and be confident. Don't over perform. The judges look for coordination/skill, enthusiasm, confidence, and technical ability.
- Be poised and graceful.
- Stay mentally alert.
- Drink lots of water and eat healthy – your body needs energy.
- Be positive about yourself and your ability. Visualize yourself doing everything perfect.
- Be thoroughly prepared mentally and physically.
- Smile naturally. Be yourself.
- Practice, practice, practice!
- Encourage others!

Olathe North Eaglettes Dance Team Tryout Application Information Sheet

Name: _____

Address: _____

Home Phone: _____ Applicant's Cell Phone: _____

Applicant's email: _____ Applicant's Birthday: _____

Parent(s) Contact Information

Name(s): _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____ Occupation: _____

School Information

School Presently Attending: _____

Current grade in school: _____ Student ID #: _____

Locker # at your school and approximate location from the front of the building:

Are you allergic to any medications? If yes, please list: _____

Are you currently taking any medications? If yes, please list: _____

Are you currently being treated for any injuries? If yes, please list: _____

Please circle ALL that you would like to be considered for: VARSITY JUNIOR VARSITY

Please note that you will ONLY be considered for the teams that you select.

You must have a 2.5 cumulative grade point average and be passing all current classes in order to try out for dance team. A copy of your second quarter grade card must be turned in with your application and a grade check will be required the week of tryouts. All grades and enrollment will be verified with a school official prior to the tryout date.

RETURN THIS COMPLETED APPLICATION TO KAYLA SINCLAIR AT OLATHE NORTH HIGH SCHOOL BY FRIDAY, MARCH 6th, 2020.

Olathe North Eaglettes TRYOUT Contract

Eaglette Candidate and Parents: Please read the following carefully. It is imperative that both dancer and parent understand the commitment, time, rules, and expense that are required to be a successful and contributing member of this team.

I understand that...

- Dance Team is a one year (12 month) commitment. If selected as a member of the Eaglettes, I understand that attendance at ALL practices and performances is mandatory. Every effort should be made to schedule work, appointments, and any other activities around practice and performance times. I will do this without complaint because I am a part of a prestigious organization, and my actions and choices will directly impact the team.
- Dance Team is a financial commitment that could exceed \$1000 for new members (Varsity and Junior Varsity), and if selected, I will uphold my financial responsibilities to the team through fundraising and payments.
- Should the team attend Nationals, I will have an additional \$1100 expense for the trip in February.
- Dance Team is an honor and a privilege that very few get to experience.
- I must attend all clinics and tryout sessions to be considered for a position on the squad.
- If I miss any part of clinic and/or tryouts, I understand I will not receive any points for what is missed.
- Qualified judges will evaluate my tryout performance.
- A current spot on the team does not guarantee automatic renewal. I must tryout each year for the squad, and am subject to being cut from the team if standards and expectations are not met during tryouts.
- I may reach out to Coach Sinclair on Monday, March 23rd if I would like to discuss my tryout performance. Scoresheets and/or videos will not be shown.
- If selected, I will be required to attend summer dance team camp on a date that is TBD (Varsity and JV) and band camp beginning July 27th (Varsity and JV).
- If selected for the team, I will abide by all the rules and regulations set forth by the coach, dance team constitution, and administrators at Olathe North High School. I will be present for all practices, games, or other events (camps, fundraisers, etc.)
- If selected, I understand the high standards of the Eaglette organization. I commit to representing myself, my school, and my team in a manner which is beyond reproach at all times. Social media posts should be school/family appropriate. Drinking, smoking, use illegal substances, inappropriate displays of affection, and profanity in or out of uniform will not be tolerated, and may be grounds for removal from the team. I will not put myself in questionable situations, and will make the decision to remove myself from them if I find myself in one. Any infractions will be assigned consequences according to the Eaglette Constitution, the Student Code of Conduct, and/or the District Substance Abuse Policy.
- My academics are my priority. If selected, I will be expected to focus on doing my best within the classroom. I commit to maintaining my grades (C or above in all classes at all times), and attending school regularly.
- If selected, Dance Team is a class, which meets between 6:45-7:00am through first hour. My grade will be determined by my ability to follow ONHS dance team expectations.
- By the very nature of the activity, there is a risk of physical injury. I will not hold Olathe North High School or any of its personnel responsible in the case of accident or injury at any time.
- If selected, Varsity and JV has a required WEEKLY technique class. There may be a cost of \$15 per month, and I will be expected to attend every week.
- A spot on the team does not guarantee a performance in every routine. There will be tryouts for most routines throughout the year to ensure team members are held accountable for choreography, grades, and team expectations.
- If selected, I promise to abide by all the aforementioned rules/regulations, and to cooperate with and follow instructions given by the coaches, and fulfill my duties as a member throughout the school year.
- My responses in this application will determine the results. I will ONLY be considered for the teams that I select.

Student Signature: _____ Date: _____

- As a parent, if my child is selected, I will commit to helping them be the most successful Eaglette they can be. I will support the coaches by helping my child to follow all Eaglette rules and expectations. I understand the importance of school attendance, and will encourage regular attendance throughout the year. I realize that my child will be expected to attend ALL practices and performances, and will help them schedule their day-to-day activities/appointments to meet this requirement.
- As a parent, I will agree to assist with fundraising efforts (team and individual) whenever possible. I understand that parental involvement is a huge factor in the success of the Eaglette program.
- As a parent, I will agree to meet the required payment schedule for my dancer's dance team expenses through personal payment or fundraising.
- As a parent, I understand that my dancer may reach out to Coach Sinclair on March 23rd if they would like to discuss their tryout results. Scoresheets and/or videos will not be shown.
- I understand the above stated contract and agree to support my dancer's decision to tryout for ONHS Eaglettes.

Parent Signature: _____ Date: _____

Olathe North Eaglettes Dance Team Tryout Application

Response Questions

Please answer the following questions honestly and thoroughly as they apply to you. You may type or hand write your answers on a separate sheet of paper. Handwritten responses must be legible and written in blue or black ink.

1. List all school activities/sports you are currently involved in, and the time commitment they involve.
2. List all activities outside of school you are currently involved in (church, community, etc.), and the time commitment they involve.
3. What is your dance experience/training?
4. Why do you want to be an Eaglette? Please be specific.
5. Please list any date(s) you will be out of town during the summer.
6. Please list any other obligations that may interfere with attending dance camp, band camp, summer practices, and other summer events.

Please answer the following questions ONLY if you have been a past member of the Eaglettes.

7. What are some of the most important values/traditions that should be passed on to the team in order for the Eaglettes to continue to be successful?
8. As a possible returning member, what are your team goals for the next year? These can be dance and non-dance related. (Please list at least 5).
9. What does "O.N.E. Love" mean to you?
10. How will you help and/or support the coaching staff this year?
11. What are some things that you would like to see change?
12. Please share any additional comments or feedback.