2024-2025 Roosevelt High School Dance

Tryout Policies, Standards, and Commitment Form

**Dance Packet Instructions:**

Read with parents thoroughly and obtain signatures when/where appropriate. Candidates and Parent(s)/Guardian(s) are responsible for the entire content of this document. Once completed, make sure you have everything signed and submitted. **Points will be given for a completely signed/filled out document. Points will be given for each action item listed**. A signature below means all these terms have been agreed upon.

Part 1: Candidate Checklist

* Dance Team candidates must have at least a 2.0 cumulative GPA, and be passing every class. They must maintain this minimum while a member of the team.
* Dance candidates must be attending Roosevelt High School for the entire 2024-2025 school year, or living in the RHS district and attending private/alternative school that does not have a dance team. If transferring, students must be registered before tryouts.
* Dance candidates must not owe ANY fines at their current school. Dance bills from the 2023-2024 school year are to be paid in full by the end of the 2024-4025 school year.
* **Sign up through Final Forms** (More info here: https://roosevelths.seattleschools.org/student-life/athletics/athletic-registration/)
* **Essay Questions:** Read and respond to all prompts given in this packet. Your answers may be written or typed. (provided on part 6)

**Current GPA: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**About Roosevelt Dance:** Roosevelt Dance is a year-round sport whose goals are to enhance school spirit through performances, and compete at an elite level. Our values include grit, versatility, willingness to try, and accountability. Dancers will gain physical and mental strength and flexibility, creativity, and confidence as members of this team.

**About Coach Jordan:** Coach Jordan has been coaching at Roosevelt for 9 years. She grew up doing competitive studio dance, and then went onto be on the Dance Team at University of Washington, where she was a 4 year member and 3 year captain. While at UW, she was selected to travel to China, Mexico, Canada, and multiple bowl games/tournament games to represent the University. Once she graduated, she received her Masters Degree in Public Administration at UW and coached their dance team for 3 years. She took them to UDA Nationals for the first time in program history, where they placed in the top 10 each year. Aside from coaching, she choreographs, teaches, and consults for dance teams around the country.

Part 2: Practices

Dancers must be in attendance at school to be eligible to participate in practice or performances. If you are at school, you are expected to be at practice that day unless pre-arranged. Please schedule appointments during times that will not conflict with Dance Team. Try to schedule any summer vacations within our break times. Dance is a team sport, and it’s difficult to progress without everyone present. If a dancer misses practice, they need to learn all the material they missed.

**Spring Practices:** I agree to attend RHS Dance practices for the remainder of the school year in June (2-3 times/week, Tues/Fri 4-6, and Thurs 6-8)

**Summer Practices:** I agree to attend RHS Dance practices from July 23rd until school starts. Practices will be held on Tues/Thurs/Fri from 8-11 am, plus scheduled camps and choreography sessions.

**Fall Practices:** I agree to attend RHS Dance team practices for the fall season. (3-4 times/week, Tues/Fri 4-6, and Thurs 6-8). Please note that Saturday morning practices (9-12) will start in October to prep for the competition season.

**Winter Practices**: I agree to attend all RHS Dance team practices for the winter season (3-4 times/week, Tues/Fri 4-6, and Thurs 6-8, and Saturday mornings to prep for competition)

**Assembly Practices:** I agree to attend all RHS Dance team practices for the spring season (0-2 times a week as needed, through spring assembly).

**Breaks:** We will not have any mandatory practices over spring/winter/mid-winter breaks. As mentioned above, we do have practices in the summer, but there is a break until we come back July 23rd.

Part 3: Events

**First 2024-2025 team practice, May 7th, 4-5:30 pm  
  
Uniform fitting and parent meeting, May 17th, 4-6 pm** Once fitted and ordered, all dance families are responsible and liable for the costs incurred. If a dancer needs to re-order a piece, it will be recorded and become the family’s responsibility. We will have a parent/dancer meeting at 5:30 after the fitting to discuss expectations for the year.  
  
**Summer practices begin, July 23rd, 9-3 on the 23rd (usually 8-11 am).** The first practice will be focused on technique, tricks, and learning our camp home routine.

**UDA Camp (at University of Puget Sound), August 2-4th:** Camp attendance is mandatory unless completely unavoidable. This will be one of our biggest team bonding and skill building opportunities of the season.  
  
**Choreography Camp (not overnight), August 12-17th:** This is where we will learn all competition choreography (hiphop, jazz, and pom). If dancers miss competition choreography, they will not initially be set in the routine until they proficiently learn the choreography. This will be held at Roosevelt High School.

**Assemblies:** We perform at the following assemblies: Moving up Assembly (May 31st), Welcome Back Assembly (September), Homecoming Assembly (October), Winter Assembly (December), Spring Assembly (March/April).

**Football/Basketball games:** Dancers will be expected to attend a variety of varsity girls/boys games to perform at halftime. If the game is not at Roosevelt, transportation will typically be provided.

**Regular Season Competitions:** Dancers will be expected to attend all competitions. These competitions fall on roughly 6-7 Saturdays from November-Feb and are all day events. Our competition schedule will be finalized in the fall.

**Post-Season Competitions:** Districts is set for **March 15th** (location TBD), State is set for **March 29th** (Yakima Sun Dome)-- State will hopefully be an overnight trip lasting March 28-30th

**DTU Nationals, Feb 12-17th** Depending on fundraising success, we will be attending DTU Nationals in Orlando, FL again.

*By signing below, I agree to and will attend all practices/events and I understand the practice/event requirements. I also agree and understand that during ALL seasons, performing is a privilege. In preparation for events, we will be conducting material checks to ensure dancers are ready to hit the floor. The coach reserves the right at ANY time to have a team member sit out of an event if they are not ready for performance.*

Dancer-Candidate Signature:



Parent/Guardian Signature:



Part 4: Funding/Fundraisers

Fundraisers are an important way to not only fund your camp fees and gear costs, but also an opportunity to represent RHS as ambassadors in the community, in public, and in our school.

**Expenses:** Dance requires a significant financial commitment. Each dancer will pay roughly $1500, and fundraisers will need to be organized throughout the year. **Need based scholarships are available to cover some/all costs.**

Dancers/Parents are responsible to pay for the following:

* Practice clothes
* Warm ups
* Costumes (potentially rented through RHS)
* Shoes– turners/half-soles, hiphop costume shoes (TBD), and practice shoes (TBD) must be purchased individually
* Competition/transportation fees
* Coaching/choreography fees
* Camp fees

In total, these costs fall around $1500 per dancer; this amount can be paid all at once at the beginning of the season, or throughout the season if payment plan is agreed upon by coach and fiscal staff. A payment to Varsity for practice clothes and uniforms will be due shortly after making the team.. Remember that Dance Team spans the full year, and thus is more expensive than one-season sports.

If you do not stay on the team for the entire year, regardless of reason, you will still be expected to pay your full balance for costumes/choreography/etc., by the end of the school year. Costume/warm-up costs are non-refundable, even if a dancer is not staged in a routine.

Part 5: Expectations and Accountability System

**General Expectations**

* **Extra-Curricular Activities**: Extra-curricular activities cannot conflict with the RHS Dance Team. This is a team that is committed for an entire year, and our season extends to several sports seasons. Other activities like jobs, recreational sports, etc., need to work around the RHS Dance schedule. All practices and events will be planned in advance to allow you time to schedule.
* **Fall/Winter sports**: Dancers may not participate in RHS fall and/or winter sports. Spring sports are permissible with minimal conflict. Please inform coaches of any spring sport conflicts. Note that our State competition is usually in late March, which can conflict with the beginning of spring sports.
* **Leadership/Respect**: Being a part of a team requires respect for school, administration, coaches, family, and friends. With only 1 coach, there are rare occasions where captains will be running a practice if needed. Dancers should not tumble or perform lifts without a coach present.
  + Phones must not be used at any practice or game, even during breaks.
  + Attitudes must be positive and upbeat.
  + Arrive on time and SHOW UP mentally to each practice and game.
  + Dancers will not show up to events/practices under the influence of drugs and/or alcohol
* **General practice/uniform standards**: Hair must be pulled off shoulders and away from face for all practices and events. Artificial nails must follow WIAA rules and be appropriate for events.
* **School/Testing**: While school is our first priority, unofficial school events (IE: study groups, time needed to study) will not be considered excused absences. Since practice schedules are given far in advance, dancers should practice time management and study schedules should be set.
* **Equipment/Uniforms**: As mentioned before, a dancer’s costume and/or dance equipment are your full financial responsibility. You may NOT allow others to wear or use any RHS dance gear.
* **Jewelry**: Dancers may not have on any jewelry at any events.
* **Practices and physical activity**: Dancers will be expected to dance, learn acro, leap, stretch, and condition. This includes lifting weights (and people), going upside down, running, working on splits, and more. All lifts and tumbling will be taught at practices, but the athlete must be willing to try all of these things (with safety procedures and coaches supervision). Conditioning will be done at most practices, and all athletes must be able to participate. Conditioning helps us succeed at our routines and ensure we are being as safe as possible.

**Accountability System:** Listed below are examples of situations and potential consequences for an RHS dancer

| **Conduct** | **Potential consequence** |
| --- | --- |
| Wearing jewelry at competition | Conditioning for full team |
| Chewing gum while at practice/event | Conditioning for full team |
| Incorrect attire for performance | Benched from event |
| Insufficient apparel for practice (no shoes, hair tie, etc.) | Conditioning for full team and potentially benched based on timing/safety |
| Wearing gear in improper places/letting non-dancer wear gear | Benched from next event (more potential consequences depending on circumstances) |
| Texting/talking on phone once activity has started without coaches approval | Conditioning for full team |
| Inappropriate material posted on any internet site/social media | Depends on severity. Potential dismissal from team. |
| Tardiness, or leaving early from  practice or event | 10 burpees or equivalent (more consequences for frequent tardiness) |
| Absence from practice | Possibly benched for part/all of an event (depending on timing) |
| Absence from event | Conditioning, potential benching from upcoming events |
| Unsatisfactory fulfillment of duties (ie: not knowing material, not wearing assigned warm ups to school, etc.) | Warning, full team conditioning, potential benching depending on circumstances |
| Disrespect to teammate, captain, or coach | Depends on situation, potential benching or suspension from team |

Please note that this list is not exhaustive, and it is up to the coaches and athletic director’s discretion if there are any other disciplinary issues. If the athlete endangers their own or another athlete’s well-being by being under the influence, being intentionally reckless during lifts, etc., it will result in immediate removal from the team.

**Definitions/Clarifications**

**Sitting Practice:** If a dancer is too injured to practice, they are still required to attend practice and observe. If a dancer is not in a performance, they are still required to attend practice and observe. Exception: if a dancer is contagious, vomiting, or has a fever.

**Tardy:** If a dancer is late to a practice or event by 2-45 minutes, otherwise considered an absence

**Consequences:** Consequences are not to be considered disciplinary actions. All practices are critical for the success of the RHS dance team in using necessary progressions, strength conditioning, and proper technique. Missing practice presents a possible safety risk to self and teammates and/or requires extra time to reteach material. When a dancer has an absence for any reason, there is a potential consequence due to the amount of material learned at each practice and the nature of our season. In the event the dancer is benched for an event, they are required to be dressed in full warm ups, sit with the coach or team, and cell phones are to be kept in bags. If a dancer misses a practice, they are responsible to learn what they missed.

**Non-Performers**: All dancers will be staged in all routines, with the exception of potentially the competition routines. The following reasons determine whether a dancer will be allowed to perform in any routine:

* Lack of knowledge of a routine
* Lack of ability to perform at required skill level for said routine
* Attitude not promoting teamwork/sportsmanship
* Lack of dedication/commitment being shown toward Dance Team
* Disregard for code of conduct
* Absences/Tardiness prior to performance—absences not permitted the week of competition
* Gossiping, instigating turmoil, etc.
* Injury for which a dancer is unable to perform at their normal level. Injured dancers who are sitting for more than 2 practices will not be allowed to participate until written clearance is obtained from doctor (and/or trainer).

\*\*\*All members are required to attend Dance Team functions whether they are dancing or not! If a dancer works hard, comes to practice, behaves themselves, and achieves the performance level required, they will perform in every routine.

*By signing below, both the parent and dancer understand all the terms stated in the above contract and agree to everything stated above. We are aware of the financial commitment, time commitment, and overall expectations and standard we hold the RHS Dance Team to. We understand that being a member of the RHS Dance Team is a privilege, and if the candidate makes the team, we will work with Coach Jordan to help ensure this team succeeds. I agree to all the terms/conditions of our accountability system. I understand that if I make the team, I will need to work hard at every practice in order to help our team progress. I understand that dance team is a privilege, and I will work to uphold the tradition and legacy of RHS Dance. Additionally, I understand the inherent risk that comes with being on dance team and will report all injuries immediately to Coach Jordan if injury occurs.*

Dancer-Candidate Signature:



Parent/Guardian Signature:



**Roosevelt Dance Team Short Answer Questions**

Please answer the following questions in no longer than 5 sentences each. These questions help us get a feel for your personality/attitude. Submit your answers to these questions with your tryout packet, no later than May 24th. You can attach your answers with a separate sheet of paper– don’t forget to write your name on that sheet too!

## New Candidate Questions ONLY (Returners, see questions below)

1. Why should we consider you for the Roosevelt Dance Team? What could you add to the team?
2. Do you have any previous dance or gymnastics, or other relevant experience? If so, please describe.
3. What are your biggest strengths and weaknesses?
4. What characteristics do you think are important for a dance team member to possess?
5. How do you handle constructive criticism? Talk about a time you dealt with constructive feedback and how you handled it.
6. Are you planning to participate in any other activities throughout the school year? If so, how will you balance those activities with dance team commitments?
7. Anything else you’d like to add? This can be a place you can talk about GPA, or anything else!

## Returning Member Questions ONLY (New members, only answer above questions)

1. What qualities do you think you added to our team last season?
2. What leadership qualities can you bring to this team as a returner?
3. What do you plan to improve upon if you make the team again this season?
4. Why do you like being a part of the dance team? What would you like to see more of this season?
5. How can you be an even better teammate this season?
6. Anything else you’d like to add? This can be a place you can talk about GPA, or anything

else!

**Please return the signed contract along with essay questions by email (**[**jsfrench@seattleschools.org**](mailto:jsfrench@seattleschools.org)**) or in person by May 1st–the third day of tryouts.**

**Go Riders!**