



Milford High School  
*Dance Team Tryouts*  
2010-2011

**INFORMATIONAL MEETING:**

Monday April 26th      2:30-3:00pm      MHS Eagle Room

**CLINICS:**

Monday May 3rd      2:30-4:30pm      MHS Main Gym

Wednesday May 5th      2:30-4:30pm      MHS Main Gym

\*\*\*Dancers must turn in all of the following paperwork by the first day of clinics (May 3rd) in order to participate (#1-3 Available online or in athletic office, #4-6 are the last pages of this packet):

1. MEVSD Emergency Medical Authorization
2. OHSAA Physical form - must be current within a year
3. Random Student Drug Test Packet
4. Student Application (in this packet)
5. Consent and Agreement Form (in this packet)
6. Two Teacher Assessments (in this packet)

**TRYOUT DATE:**

Saturday May 8<sup>th</sup>, 3:00pm in the MHS small gym

**Mandatory Team & Parent Meeting:**

There will be a meeting for those who are chosen for the 2010-2011 team and one parent on Monday May 17th from 7:00-9:00pm in the MHS Eagle Room.

# Milford Dance Team

April 1<sup>st</sup>, 2010

Dear Parent/Guardian,

Your student has expressed an interest in becoming a member of the 2010-2011 Milford High School Dance Team. If chosen, there are certain personal and financial responsibilities which you and your child must assume in order to be part of the team. Enclosed you will find a copy of the dance constitution and discipline code of conduct listing the rules and regulations for MHS Dancers. Also included are the approximate costs for the year. Please read through everything carefully with your student before signing the parental permission form.

Dance team is such a rewarding experience that your student will cherish long after they leave Milford. Not only does dance channel enthusiasm in a constructive and beneficial manner, but it will give her/him a sense of pride and accomplishment in being part of a team. MHS dancers perform at several various school events, all home boys basketball games, as well as compete at regional and national competitions.

It is a special honor to be a Milford High School Dance Team member, and it requires a tremendous amount of time and dedication. You and your student must be willing to make a year-long commitment. Dance Team is very time consuming, and can be expensive. The approximate costs have been listed in this packet and have been rounded up to hopefully provide you with the absolute maximum cost for the year. Fundraising helps with the cost of competition fees, and team uniforms. Fundraisers are mandatory for all team members and are used as team bonding and building activities. Financial concerns can be expressed to the coach and will be dealt with confidentially on an individual basis. Arrangements can be made to help dancers with financial constraints, so please do not let that be a deciding factor in whether or not your student tries out for the team.

Dance Team is a very physical sport. About three days a week your dancer will be exercising and physically active after school. During practices, she/he will receive training in exercising, conditioning, dance technique, and relationship building. All of these elements will hopefully ensure a successful year both in and out of the classroom.

I am looking for responsible, hard working, positive role models with school spirit and enthusiasm, who desire to be a part of a team that treats one another with respect. If your student is interested in being a part of this kind of program, I welcome them to come try out for the Milford High School Dance Team.

Sincerely,

Danielle Deyo  
MHS Dance Team Head Coach  
[DBDeyo@hotmail.com](mailto:DBDeyo@hotmail.com)

# *Clinic and Tryout Information*

## **Clinic Attire:**

Hair pulled up and out of face. Candidates are to wear dance appropriate clothing to clinics. Suggested clothing: sports bra with form fitted t-shirt or thick strapped tank top, exercise/dance pants or capris, dance appropriate shoes for turning and technique  
\*former dance team members are not to wear any MHS Dance Team apparel during the tryout process, clinic points will be deducted in this case

## **Tryout Attire:**

Hair pulled up and off of face, performance make-up. Candidate must wear black top and bottoms, select from the following: fitted shorts (wear tights/leggings), dance capris/dance pants, and fitted tank top or shirt. Wear supportive bra, shoes should be supportive, and can be used for turning and other dance technique

\*the purpose of fitted apparel is so that the judges can see the poise, placement, and moves of the candidate to allow the judges to score the candidates as consistently as possible

## **Tryout Requirements:**

Each candidate must be prepared to perform the following for the judges during the final tryout.

1. Clean pirouettes
  - Demonstrate however many clean turns that can be controlled and completed with a clean landing
  - Examples: Single, Double, Triple, or more
2. A toe touch with any prep of choice
3. Choice Leap/Jump
  - A single example of any leap the dancer feels is best to demonstrates their level of flexibility, power, and experience
  - Examples: Split leap, center leap, switch leap, switch center, turning switch, raindrop, tour jete
4. Trick Combination
  - This must consist of ***at least*** 3 examples of choreographed dance technique (consider turns, leaps, jumps, flexibility tricks, hip hop stalls, tumbling, etc), and must be ***at least*** one eight count in length.
  - Demonstrate your creativity, emphasize *your* best technique, have fun with this!!
5. Dance combination taught at clinics including jazz, pom, and hip-hop styles of dance.

# Clinic and Tryout Information

## Other Information:

- ❖ Candidates will be given random numbers on the first day of clinics that must be worn and clearly visible at all times during both clinics and the final tryout. Potential members will tryout in that order in sets of 2.
- ❖ Candidates must be present for all clinic days/times and the final tryout in order to be eligible to make the team (there will be no late tryouts). *The only possible exception to this would be if a dance candidate is participating in a school-sponsored spring sport (baseball, softball, boys' tennis, track, boys' volleyball) which has a mandatory practice or contest during the clinics and/or the final tryout. Athletes in a school-sponsored spring sport must contact the Dance Team Coach ASAP prior to the first clinic day to discuss possible alternatives, if necessary. See the athletic handbook for additional tryout terms.*
- ❖ No potential candidate may solicit help from a person who is directly involved in teaching the tryout material or preparing the tryout material except during the designated clinic times.
- ❖ All positions are filled by tryout. No position is automatic.
- ❖ No visitors or video taping will be permitted at the clinics or at tryouts.
- ❖ The administration reserves the right to screen candidates using discipline, attendance, and academic records.
- ❖ There will be three to four judges present at tryouts. However, the coach makes the final decision. All decisions are final.
- ❖ Dancers will be evaluated throughout the tryout process. Dancers who show negative attitude, are lazy, or who don't pay attention will lose points. Showing up late and not wearing required practice clothes will also cause points to be deducted. Being absent or not practicing will cause girls to lose all possible points for that day (25 points per day). I want positive, responsible, respectful, hard-working dancers to represent Milford and this will help ensure that.
- ❖ In order to participate in the tryout process, all required forms must be returned on the first day of clinics - **Monday, May 3rd**. The due date for teacher assessments which should be turned in by evaluating teachers is **Friday May 7<sup>th</sup> by the end of the day**. Every girl must have an updated physical within the past year. Girls who have an updated physical form on file in the athletic office (from previous sport participation) must go to the athletic office and request a copy to bring to clinics.
- ❖ Following tryouts, all scores will be tabulated and the coach will identify the 2010-2011 team/s. A JV team addition/split is possible pending audition attendance. This is up to the coaches' discretion, decisions are final. Additional information and updated rules will be available at the parent meeting.

MILFORD HIGH SCHOOL DANCE TEAM TRYOUTS 2010-2011

**Technique (25 points possible)**

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Pirouette	5	4	3	2	1
Toe Touch	5	4	3	2	1
Choice Leap	5	4	3	2	1
Trick Combo	5	4	3	2	1
Poise/Presentation	5	4	3	2	1

**Section Total** \_\_\_\_\_/25 points

**Routine (25 points possible)**

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Memory	5	4	3	2	1
Showmanship	5	4	3	2	1
Pom	5	4	3	2	1
Hip-hop	5	4	3	2	1
Jazz	5	4	3	2	1

**Section Total** \_\_\_\_\_/25 points

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\_\_\_\_\_ /50 points

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**TOTAL JUDGES SCORE (3-4 Judges)** \_\_\_\_\_/150-200 points

**CLINIC EVALUATION SCORE** + \_\_\_\_\_/50 points

**TEACHER ASSESSMENT SCORES** + \_\_\_\_\_/50 points

**Total Score** = \_\_\_\_\_/250-300

# *Milford High School Dance Team*

## *2010-2011 Handbook*

This hand book serves as a guideline for all dancers in the Milford School District, grades 9-12. However, the administrative team and coach reserve the right to make any decision they consider necessary regarding the dance team throughout the season. By no means does this

### **A. Purpose**

1. Each member of The Milford High School Dance Team should promote and uphold school spirit, develop a sense of sportsmanship among students, and improve the relationships between schools during athletic events.

### **B. Duties/Responsibilities**

#### **1. Team Structure**

- a.) Captains and team officer titles may be given. These roles take great responsibility; they should be in attendance at every practice, performance and event. They may lead warm-ups, choreograph routines, clean routines, facilitate communication with coach/team/parents/administrators, organize fundraisers or activities, etc. They must be a role model who consistently exhibits dedication, commitment, creativity, and excellence. Any member interested in an officer position must have been on the team for at least one year, and be a junior or senior.
- b.) A JV addition/split is possible pending audition attendance; candidates will be notified at the final audition. This is up to the coaches' discretion, decisions are final. Additional information and updated rules will be available at the parent meeting.

#### **2. Commitment and Expectations**

- a.) All dancers should avoid activities that conflict with the MHS Dance Team schedule. The MHS Dance Team should be the number one extracurricular priority once you are a member of the team.
- b.) All Milford High School athletic programs adhere to applicable OHSAA regulations regardless of whether the OHSAA officially recognizes the sport. The OHSAA prohibits participation on a non-interscholastic squad at the same time as the school's interscholastic season. Therefore, as in any other sport at Milford High School, you will not be permitted to compete in cheer/dance on any other organization's team (such as an all star squad) during your commitment as a Milford Dance Team member. This commitment begins the first day of school in the fall and continues through the end of the winter sports season until the teams last scheduled performance or competition, whichever is last. **If you participate during this time with a cheer/dance all star squad you will be removed from your Milford squad and dismissed from the program with no refund.** You may take dance classes, individual or group

lessons, provided they do not interfere with any of our scheduled events/activities.

**c.) Communication** between coach, team members, and parents is of the utmost importance. Communication between coach and parents will primarily be through e-mail, and telephone contact when needed. Communication between coach and team will be verbal and written announcements at practice and events. Reminders and last minute information to team will be through text when needed. It is the responsibility of the team members to communicate with their parents any information that is received.

**d.) Attendance** is an extremely important aspect of this team. In order for the team to be most productive, punctuality is essential. If members are not in practice, they will miss learning opportunities and it becomes very difficult to clean routines, figure out formations, etc. All practices and performances in their entirety for the specified times are mandatory with few exceptions. Appointments should be scheduled so that they do not interfere with any dance team event. Seniors should attempt to arrange college visits so that they do not interfere. Job obligations do not constitute an excused absence.

**Dancer is responsible for any missed information or choreography taught at practice. To obtain an excused absence, dancer or parent must notify coach prior to event or it will automatically become unexcused.**

***Excused absences include:***

***-Personal illness documented by a doctor's note***

***-Family illness requiring travel***

***-Death in family***

***-Wedding of family member or an attendant in a wedding***

***-Family vacations that are scheduled in advance prior to the dance schedule being released***

***-Any other issue that may arise that is discussed and approved by coach as soon as possible.***

### **3. Practice**

**a.)** Summer practices, clinics, and camps will be held in preparation for the fall and winter sports seasons. These may include weekly practices, extended choreography/trick clinics, attending an organized resident camp such as UDA Summer Camp, etc.

**b.)** Once school begins in the fall, the dance team will practice three times per week

**c.)** Winter is the official season of Dance Team. During this time, the team will continue to practice three times per week, with additional practices or extended times when needed in preparation for competitions.

### **4. Milford Athletic and Community Events**

**a.)** Boys home basketball games are the main responsibility of the dance team, but this does not limit our involvement, appropriate

behavior, and spirit toward other teams or athletic events for Milford Schools.

- b.)** Other events for Milford Athletics have previously include Fall or Winter Sports Extravaganza, Soccerfest, fall pep assembly, homecoming parade, homecoming pre-game, Volley for the Cure, girls home basketball games. Participation in additional events will vary by year.
- c.)** Dancers may be required to participate in community events and volunteer activities.
- d.)** Rules governing games and practices will follow the student handbook.

## **5. Competition**

- a.)** Dancers will be responsible for competing at regional and national dance competitions.
- b.)** Funds to attend any competition must be raised prior to event.

## **6. Fundraising**

- a.)** Members of the dance team will participate in fundraising activities scheduled throughout the year. These are mandatory for all team members; parent participation may also be required. These will be scheduled and organized by the team and parents with support of the coach.
- b.)** Fundraising will help with the cost of competition fees, uniforms, and other activities.
- c.)** Fundraisers are used as team bonding and building activities

## **7. Uniforms**

- a.)** Tops, bottoms, shoes, and poms are required purchases. Any item paid for by the athletic department or through fundraising efforts will belong to the team and must be returned at the conclusion of each year unless otherwise specified by coach. All other items paid for individually will belong to dancer.
- b.)** A list of apparel items and cost are provided to team and parents following tryouts.
- c.)** Competition apparel will be paid for through fundraising efforts with the exception of competition accessories such as shoes and undergarments that are not redistributable.

## **8. Team Eligibility**

- a.)** Dancers must be enrolled as a student at Milford High School.
- b.)** Dancers must meet grade and attendance requirements set forth by the Milford School District. Dancers must be passing 5 – 1 credit classes (Phys Ed counts as a 1/2 credit class) and maintain a 1.5 GPA per the Milford High School Athletic & OHSAA handbook.
- c.)** All dancers must pay the participation fee, approximately \$175. Checks payable to the Milford Board of Education when required in the fall.

# *MHS Dance Team Code of Conduct*

*Revised 2010-2011*

Listed below are the guidelines that will be used regarding discipline. Please remember that the athletic and school code of conduct will be enforced at all times. This is just a guideline and can be altered by the coach or administration as necessary.

**MHS Dance Team members are highly visible representatives of Milford High School. They are expected to conduct themselves at all times in a manner that will reflect positively upon the school, the dance team, their families, the community, and themselves. Appropriate behavior is expected whether the team member is in or out of uniform.**

**The following policies apply at all times. Consequences for not following any policy may result in running laps or sprints at a designated time, benched pre-game performance, benched half time performance, or benched competition performance. In some cases a warning and/or contact home will precede a consequence. Multiple infractions of any of the above may result in a denial of participation.**

## **Uniform Policies:**

- ❖ No jewelry while in uniform
- ❖ Stud earrings are allowed, nothing that falls below the ear
- ❖ Hair will be pulled up and out of face for all practices
- ❖ Hair styled and proper makeup for performances as decided by coach
- ❖ Be in proper uniform for all performances, always have proper shoes, tights, poms, hair ties/clips, or any other required item
- ❖ Be in predetermined practice apparel, always have gym shoes, jazz shoes, poms, and any other required item
- ❖ Only clear nail polish

## **Behavioral Policies:**

- ❖ Pick up garbage and personal items at any practice/game/event venue
- ❖ Must have Dance Team binder and calendar at every event
- ❖ Do not show inappropriate public display of affection while you are in uniform or representing the Dance Team

- ❖ There will be no obscenities (verbal or gestures) while in uniform, practicing with the team, or at team events
- ❖ Pre-game is a performance, always smile, be professional, no talking/laughing while in formation
- ❖ No talking while coach is addressing team for any reason
- ❖ Show respectful attitude toward the coach, other students, opposing teams, officials, visiting cheerleaders or dance teams. Show the utmost level of courtesy and sportsmanship
- ❖ Any behavior the coach considers inappropriate while in uniform/costume/other dance team apparel will face consequences
- ❖ No alcoholic beverages, tobacco products, drug, illegal substance will be used or in possession at ANY time

### **Attendance Policies:**

- ❖ Members must be at and on time to all dance team events. Each member is allowed **1 unexcused** absence and **4 excused** absences from practice before their participation is limited.

*\*See attendance section in handbook for list of excused absences*

- ❖ Be ready to practice at the time designated, hair pulled up and out of face, in required uniform and shoes, and in warm-up formation. Anyone not in position at start time will run after practice
- ❖ Any member missing a practice the week of a performance will not perform.
- ❖ Emergencies happen, contact coach as soon as possible, participation may still be limited.
- ❖ All games, competitions, and events are mandatory for all members. If there are any previously scheduled conflicts, the coach must be notified immediately when the Dance Team calendar is released. Missing any performance event will not be tolerated.

### **Other Policies:**

- ❖ Paperwork or money must be turned in on time
- ❖ Dancer is not to be assigned to Saturday School

**The following may result in a temporary or permanent denial of participation from the team completely:**

- Multiple times late for performances
- Not showing up to a practice or performance
- Suspension from school/alternate school (in some cases the denial of participation may be longer than the amount of days suspended or in alternate school)
- Second Saturday school
- GPA falls below required 1.50
- Missing more than 15 days of school
- Failing to meet eligibility requirements after 9 weeks
- Expelled from school
- Any action or behavior that the coach and administration feel is worthy of a temporary or permanent denial of participation from the team

# 2010-2011 Estimated Expenses

Any apparel item that is paid for individually will be kept by dancer. Any competition costume or apparel that is paid for by fundraising efforts or athletic department will belong to the dance team unless notified by coach. Dance Team duffle bags and other possible items are provided by the athletic department and will be handed out at the beginning of each season and returned upon the conclusion of the season.

This list of expenses is approximate and is subject to change. Required items to be purchased outside of team will vary by store. Final item costs and payment plan will be discussed at the 2010-2011 Team Meeting on Monday May 17<sup>th</sup>.

**Bold items are costumes and uniforms that only new members will have to purchase and will be used throughout the time a student is a member of the team. Returning members have the option to purchase these items, but not required.**

Other expenses throughout season may consist of team dinners, activities, gifts, undergarments, etc. Competition/Additional Apparel may consist of socks, tights, hip-hop shoes, shorts, hats, hair accessories, etc.

## *Due at Welcome Meeting, Monday May 17th*

Summer Clinics	100.00
Practice Apparel	45.00
<b>Poms</b>	<b>20.00</b>
<b>Jersey</b>	<b>32.00</b>
TOTAL for NEW members	197.00
TOTAL for RETURNING members	145.00

## *Due in July*

Summer Clinics	100.00
<b>Pirouette Shoes</b>	<b>13.00</b>
<b>New Black Pants</b>	<b>30.00</b>
TOTAL for NEW members	143.00
TOTAL for RETURNING members	100.00

## *Due in September*

<b>New Nikes</b>	75.00
<b>Competition Accessories/Additional Apparel</b>	<b>125.00</b>
TOTAL for ALL members	200.00
<i>Participation Fee (Due date TBD)</i>	<i>175.00</i>

*These items are to be purchased individually by each dancer:*

<b>Black shoes (approx cost: discountdance.com w/ shipping)</b>	<b>25.00-30.00</b>
<b>Knee Pads</b>	<b>5.00-15.00</b>

# MHS Dance Team Application

\*\*This information will be used for contact information if you are selected for the team. Please write clearly and include accurate phone numbers and e-mail addresses for team communication.

Name: \_\_\_\_\_ 2010-2011 Grade: FR SO JR SR

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

Home Phone: \_\_\_\_\_ Dancer CellPhone: \_\_\_\_\_

Dancer Email  
Address: \_\_\_\_\_ Birthday: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

\*\*this will be used for the parent emails sent out by coach, and for the parent phone list

Why would you like to be a member of the 2010-2011 MHS Dance Team?

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# *Consent and Agreement Forms*

**PARENT:**

My student has my permission to try out for the 2010-2011 Dance Team. I have read and understand the Tryout Information, Dance Team Hand Book, Code of Conduct, Estimated Expenses, and the Milford Athletic Handbook. I agree to do my best to make sure my child abides by the rules during the tryout process and as long as she/he is a member of the Milford High School Dance Team.

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Parent signature \_\_\_\_\_ Date \_\_\_\_\_

**DANCER:**

I have read and understand the Tryout Information, Dance Team Hand Book, Code of Conduct, Estimated Expenses, and the Milford Athletic Handbook. I agree to abide by all rules during the tryout process and as long as I am a member of the Milford High School Dance Team.

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Dancer signature \_\_\_\_\_ Date \_\_\_\_\_

Milford High School Dance Team - Teacher Assessment

Due: Friday May 7<sup>th</sup>

**Teachers, please return this form to Coach Danielle Deyo in the Dance mailbox in the athletic office.**

Student name: \_\_\_\_\_

Teacher name: \_\_\_\_\_ Date received: \_\_\_\_\_

Subject: \_\_\_\_\_

*Candidates must ask teachers they currently have 4<sup>th</sup> quarter and at least one evaluation must come from a core subject area teacher: Language Arts, Math, Social Studies, or Science.*

Please honestly rate the above student in the following categories. Your evaluation is confidential. These scores will be included in the dance team tryout evaluation held on Saturday May 8<sup>th</sup>, so it is vital they are returned by the end of the day on May 7<sup>th</sup>.

\_\_\_\_\_ Honesty/Integrity (1 -5)

\_\_\_\_\_ Respectful of the school, faculty, and students (1 - 5)

\_\_\_\_\_ Hardworking (1 - 5)

\_\_\_\_\_ Positive Attitude (1-5)

\_\_\_\_\_ Disciplined and responsible (1-5)

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Rubric:**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Very Weak	Needs Improvement	Average	Above Average	Excellent

Milford High School Dance Team - Teacher Assessment

Due: Friday May 7<sup>th</sup>

**Teachers, please return this form to Coach Danielle Deyo in the Dance mailbox in the athletic office.**

Student name: \_\_\_\_\_

Teacher name: \_\_\_\_\_ Date received: \_\_\_\_\_

Subject: \_\_\_\_\_

*Candidates must ask teachers they currently have 4<sup>th</sup> quarter and at least one evaluation must come from a core subject area teacher: Language Arts, Math, Social Studies, or Science.*

Please honestly rate the above student in the following categories. Your evaluation is confidential. These scores will be included in the dance team tryout evaluation held on Saturday May 8th, so it is vital they are returned by the end of the day on Friday May 7th.

\_\_\_\_\_ Honesty/Integrity (1 –5)

\_\_\_\_\_ Respectful of the school, faculty, and students (1 - 5)

\_\_\_\_\_ Hardworking (1 - 5)

\_\_\_\_\_ Positive Attitude (1-5)

\_\_\_\_\_ Disciplined and responsible (1-5)

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Rubric:**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Very Weak	Needs Improvement	Average	Above Average	Excellent