

## Letter from the Head Coach

Dear Prospective Dancer:

Joining the Dance Team program at McKendree University means joining a new tradition here on campus. In 2016, McKendree University's school spirit department was able to expand the spirit program and develop the competitive dance team in addition to our amazing game day team. Very few people have the privilege of participating in a brand-new dance program that has had as much success in the first season as McKendree Competitive Dance Team. We are excited to continue the success.

In the spring of 2017, McKendree's Competitive Dance Team attended NDA Varsity Nationals in Daytona, Florida. The team made it through finals on the first attempt as a competitive program. McKendree's Competitive Dance Team is now ranked 7<sup>th</sup> in the nation. This has been a proud moment in history for the campus and school spirit.

Becoming a member of McKendree's Dance Team program also requires a serious sense of responsibility. As a member of the dance team program, you are representing more than just one team. Dance team members will represent school spirit, athletic teams, student affairs and the entire campus at McKendree University. Dancers are one of the most visible ambassadors we have, and the coaches and University expects that you conduct yourself accordingly on and off the playing field.

We are excited for expressing an interest in trying out for the McKendree University's Dance Team program for the 2017-2018 season. It is important for applicants to be aware of the responsibilities of each member to the team and to the University, the purpose of this organization, and the way it functions. Please read this packet in its entirety to avoid any misunderstanding later and to ensure your full enjoyment of the program.

Sincerely,

Sara Miller, Head Coach of Dance Team

## TEAMS

McKendree University has two dance teams, McK Competitive Dance Team and PomCats. Each team has the potential of accepting 10 or more dancers each season. These teams will perform at football games, basketball games and other events. In addition to these events, McK Competitive Team will compete at NDA Nationals. This season the two teams will share practice times twice a week and will have one separate practice for choreography and technique.

**These two teams function as one united program.** The teams share mutual goals and purposes as well as having several combined performance opportunities throughout the year. Therefore, McK Competitive and PomCats tryouts are simultaneously so the applicants can readily try out for both teams at once. Tryouts will give the opportunity to be chosen for one of the two respective teams. All potential and current members must participate in tryouts to be eligible for participation on either team.

Dancers for the 2018-2019 season will have the opportunity to audition for dance team during leadership events in the fall and spring. Please note that new dancers can audition for placement into the dance team program only. Dancers will still need to attend the spring tryout to be placed on competitive or game day teams.

## PURPOSE

The dance team program's purpose is to support McKendree University, the student body, and sporting events. Dancers are expected to maintain high academic standards and must be enrolled as a full-time student. Due to these responsibilities, we are looking for a well-rounded student, who embrace the ability to be coached, as well as find a healthy balance between team, school, family and friends.

## ACADEMICS

Each team member shall maintain a cumulative grade point average of at least 2.0 (an incoming transfer or freshmen must have been admitted to the college in good standing at the time of appointment to the team.) The minimum academic standards stated above shall be maintained throughout the member's term of appointment, and the member shall be enrolled in the college as a full-time student (defines carrying twelve or more credit hours.) Each team member shall sign the required consent form (The Buckley Amendment) to allow authorized representatives of the Student Affairs/Athletic Department to gain the necessary information to determine eligibility for dance team participation. Team members on academic probation shall be required to attend all practices and events in order to keep their scholarship and remain on the team. Dancers will only be excused for academic purposes such as tutoring, classes, etc.

## TEAM RESPONSIBILITIES

Attendance and participation is required at ALL practices, camps, fundraisers, community service functions, and competitions. Dancers are required to follow the rules accordingly and will be held to a demerit system. Demerit system will be reviewed during our team orientation day.

Team Orientation Day

July 19<sup>th</sup> at 9:30 a.m.

**FINANCIAL** - McKendree University covers the cost of competition fees, transportation and travel accommodations throughout the year. The University also provides the teams with uniforms and poms that will be distributed at the beginning of the season and returned once the season is over. Team members are financially responsible for any lost or damaged items. Each team member will also be responsible for purchasing personal team items, such as bags, make-up, tennis shoes, dance shoes, apparel, and some special events/traditions/gifts throughout the year. Dancers can expect to pay \$350.00 for the entire season.

If a dancer, leaves the team prior to the conclusion of the season all money paid into dance team remains with the dance team program. **No refunds will be given.** If a dancer, leaves the team prior to the conclusion of the season and has an outstanding balance with the dance team program the member is still required to pay all fees outstanding fees in full. If the fees are past due by the end of the semester, a bill will be assigned to the student from the business office for payment.

**RECRUITING** - To ensure the success of McKendree's Dance Team programs for the future, team members will be required to help in recruiting efforts. Team members will attend high school competitions, distribute McKendree packets at events, support and promote social media postings or events.

**FUNDRAISING** - Fundraising is part of each individual members' responsibilities and obligations throughout the year. These funds generally cover the cost of costumes, choreography, technique classes and music. Possible fundraisers include ticket sales, dance clinics, dining event nights, etc.

**COMMUNITY SERVICE** - It is important for McKendree's dance teams to reach out and give back to our community. Participating in volunteer work gives one a sense of social responsibility, exposes one to diversity, and it serves as an opportunity to apply academic learning to human needs. Possible community service function includes special performances, donations to local food pantries, charity walks, etc.

## 2017-2018 Dance Team Informational Letter

### SUMMER PRACTICES

McKendree Dance Team program will hold summer practices to prepare for camp and football season. The practices will be held on campus at the MPCC or Eisenmayer Studio.

#### Practice Dates

July 19 -21 – 10am -2 pm

August 10 & 11 – 9-11am & 2-4pm

August 14-18 – 2-4pm

#### Other summer events

July 19<sup>th</sup> - Team orientation day – 9:30

Move In day

Team Dinner & Bonding night

NDA Summer Camp

Cardinals Game

You may miss up to two days of summer practices due to sickness, injury, weddings, funerals, or an unavoidable scheduling conflict that has been approved by the coach in writing prior to the team orientation meeting.

### SUMMER CAMP

All team members are required to attend and participate in summer camp. We will attend NDA camp at Lindenwood University. Date TBA.

### SCHOOL YEAR PRACTICES

Each team will practice together on Tuesday and Thursday. Friday/Saturday practices during football season and some Sunday practices will be held separately. We will go over these items during our first team meeting in July.

## COMPETITIONS

McKendree University Competitive Team will compete in Daytona Florida for NDA nationals. Estimated dates are April 5-9<sup>th</sup> for 2018.

## CLINICS

Each season McKendree will host two college prep clinics. Team members are required to attend clinic dates and help promote event. There is a possibility of adding two leadership dates to our clinic and recruiting dates.

Clinics are open to any McKendree University Student and high school students in 9<sup>th</sup> – 12<sup>th</sup> grade. Parent or guardian for minors attending clinic dates must fill out liability forms.

\*Potential dancers need to attend at least one of the clinic dates to be considered for a spot on the dance team.

## TRYOUTS

Each dancer must complete the following prior to tryout date:

- Apply to McKendree University (see school website for details)
- Complete the dance team application
- Complete liability form
- Turn in photo or headshot □
- Fill out liability form

\*Dancers must attend both days of tryouts to be considered for McKendree University's Dance Team program.

\*Video tryouts require coach's permission and must be submitted one week before the actual tryout at the University.

All students trying out for McKendree University's Dance Team program should maintain a colligate look that may include but is not limited to the following items:

- Hair should be a reasonably natural color
- Hair should be one tone that reaches shoulders
- Dancers should have athletic stamina and be able to withstand several hours of intense physical activity.

\*In some situations, if student has contacted the coach prior to the \* items above a dancer could be considered for team placement.

## SKILLS & REMINDERS

**Tryouts are completely closed to the public. Please DO NOT ask if your friend or parent can watch your tryout.**

Skills:

- Double and Triple Pirouette
- Double and Triple Coupe Turn
- Turns in a la seconde
- Leg Hold and Tilt
- Leg Hold Turn
- Illusion
- Grande Jete Leap (split leap)
- Grande Jete Developpe Leap (saut de chat)
- Leap in Second (middle leap)
- Turning Disk or Flying Squirrel
- Russian Twist
- Toe Touch
- Calypso
- Firebird
- Kip Up
- Headspring

Reminders for what to wear and bring for tryouts:

- Wear jazz shorts or athletic leggings
- Tank tops, fitted t-shirts or sports bras
- Jazz shoes
- Hip hop or athletic shoes
- Hair tied back
- NO jewelry or gum
- Keep your phone out of your hands
- Bring a water bottle
- Bring snacks

Announcement of who made it into the McKendree University's Dance Team program will take place Sunday evening at the conclusion of the dance team tryouts.

Thank you again for your interest in the dance team and we look forward to having you join our family.