

# 8<sup>th</sup> Grade Dance Tryouts

## March 5<sup>th</sup>-8th, 2018

### 5:00-6:30, CJHS North Gym

#### Tryouts

Tryouts for 8<sup>th</sup> grade dance for the 2018-2019 school year will be held from 5:00 p.m.-6:30 p.m., March 5<sup>th</sup>-8th, 2018, at the North Gym at Conway Junior High. Tryouts are open to students currently enrolled in the 7<sup>th</sup> grade in Conway Public Schools. Students may begin signing-in at 4:45 on Monday the 5th. Students must be picked up promptly at 6:30 p.m. Monday through Wednesday. Thursday's start and ending times will vary and be announced later. Students may have no more than two absences for the week.

All required paperwork must be completed and turned in at sign-in on Monday, March 5th. Students with incomplete paperwork will not be allowed to participate until completion is verified. All forms needed to participate are located on the Athletics page at the district's website: [www.conwayschools.org](http://www.conwayschools.org). Current athletes may use their current physical, concussion and consent form on file at the athletic office.

Required forms include

- ✓ Information sheet/participation form
- ✓ Current physical
- ✓ Concussion form
- ✓ Consent form

Tryout numbers for those making the team will be recorded on a google phone number on March 10<sup>th</sup>. I will give out the number during tryouts.



#### What should I wear to tryouts?

All students trying out for dance should wear blue athletic shorts (sofie/nike) and a plain white sleeved t-shirt, sports bra (girls), and clean athletic/dance shoes. Tank tops and camis are not sleeved t-shirts. Hair should be pulled back out of one's face. Nails should be clipped short to prevent injuries to oneself and to others. No nail polish or excessive makeup. Do not wear hair bows. Hair should be a natural color. Pink/blue, etc. are not natural colors. Do not wear or bring jewelry to tryouts. Do not get new piercings before tryouts, dance clinic, or dance season. These guidelines provide for all contestants to look similar like a team and not stand out or be recognizably different and also provide safety.

## How much time is required of a dancer?

Dance is a year-long class that meets 6<sup>th</sup> period, Monday-Friday. We dance for blue and white side football and basketball home games both boys' and girls' teams. That involves approximately 40 school nights that you will be required to attend. Parent/guardians must provide transportation to and prompt pick up after games. Coaches are not allowed to transport dancers/students. Dance practice may begin as early as the first week of August. Steak Out is the first Saturday after school begins and attendance is mandatory. Basketball Madness is beginning school-wide scrimmage for basketball teams. Pep assemblies will be held during school hours. Dance clinic for new dance team members are held at the end of July or beginning of August (more info to come). And...possibly more.

## Contestant Expectations for Dance

- ✓ Great attitude
- ✓ Follows and takes direction well
- ✓ Learns quickly
- ✓ Smiles
- ✓ Voice projection not screaming
- ✓ Motions are sharp and accurate
  - Dance skills are smooth/connected/body control
- ✓ Jumps: toe-touch, tilt, etc.

## Costs for Personal Items

Required personal items to be purchased MAY include items such as shoes, uniform, poms, windsuit/jacket, rain jacket, bag, and bows. This will cost approximately \$300. Extra items that some may choose to purchase might include dance socks, jazz shoes, sports bra, and spirit attire. Dance will be fitted for items in the spring after school and items will be paid for by parents TBA.

## Dance is a Sport!

Dance is considered a team school sport and part of the Athletic Department. Team members are expected to be in physical shape for athletic participation. Physical conditioning is part of team sports. When basketball season is over, off-season dance conditioning will be an everyday class expectation.

## Behavior Expectations

Dance represents Conway Junior High and dancers are expected to demonstrate leadership and act as role models for our school. Respect for coaches and teammates is expected at all times whether on or off campus, during school hours or non-school hours.

Texting and social media sites should not be used to gossip or make suggestive, derogatory, or harassing comments about anyone. Harassment or bullying of teammates of other students is strictly forbidden.

Poor attitudes/behavior can result in benching or removal from the team.

## Questions?

For more information regarding dance, please contact Jessica Smolsky, 8<sup>th</sup> grade dance coach at [smolskyj@conwayschools.net](mailto:smolskyj@conwayschools.net).



\*Please fill out the Contestant Information Sheet and Participation Agreement on the next page

Be sure to bring this form along with physical, consent, and concussion forms. All forms must be signed and completed or you will not be able to participate.

### Contestant Information Sheet and Participation Agreement

Name \_\_\_\_\_ Tryout # (TBA) \_\_\_\_\_

Middle School (circle one): Courtway      Stuart      Simon      Doyle

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

Best Phone Number: \_\_\_\_\_

Emergency contact name and number other than above:

\_\_\_\_\_

Are there any current medical conditions that the coaches should know about? For example: allergies, asthma, concussions, breaks/sprains, etc.

\_\_\_\_\_  
\_\_\_\_\_

#### Participation Agreement

Please know that if you make the cheer/dance team, it is not just a commitment during school hours; it also requires time outside of school. These out-of-school times will be mandatory, and no absence except another school activity or unforeseen emergency (such as illness or death in the family) will be excused.

If your child is involved in competitive cheer/dance, volleyball or basketball, he/she will not be excused from any school cheer practice or ballgames due to competitive events. If you feel this commitment will be a problem, please don't take a spot of someone who is willing to be committed to our school cheer/dance team.

The financial responsibility for required items will be approximately \$300.

I understand this commitment.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_