

2025-2026 8th Grade Dance Tryout Packet  
Tryouts March 3-6, 2025

PLEASE READ THE ENTIRE PACKET BEFORE DECIDING  
TO TRYOUT FOR 8TH GRADE DANCE!!!

ALL MATERIALS ARE DUE ON FRIDAY, FEBRUARY 28th  
BY 3:00 P.M.

- GOOGLE FORM submitted with your information.
- COMMITMENT PAGE signed by a guardian and turned in or brought in to tryouts.
- CURRENT PHYSICAL SUBMITTED TO DRAGONFLYMAX.

PLEASE EMAIL ANY QUESTIONS TO  
[westm@conwayschools.info](mailto:westm@conwayschools.info) RE: 8th Grade Dance  
Tryouts

Scan to fill out the Google Form:



## Tryouts

8<sup>th</sup> grade dance tryouts for the 2025-26 school year will be held March 3-6, 2025 at the North Gym at Conway Junior High (corner of Mitchell and Duncan).

- March 3 - Check in begins at 5:00. Learn choreography and chants until 6:45pm
- March 4- Clean and practice choreography and chants until 6:45pm
- March 5\*- technique. Dancers will show the judges technique, skills and other tricks 5:15-6:45
- Thursday, March 6 ≈4:30; formal tryout in front of a panel of judges
- March 7 - TBA, needed for inclement weather

Students must be picked up promptly at 6:45 p.m. Monday and Tuesday.

\*Wednesday there is the option to leave early after technique, skills and tricks are shown, if the dancer is ready with the dances. Thursday's ending time will be earlier. Tryouts are open to students currently enrolled in the 7<sup>th</sup> grade in Conway Public Schools. This is a closed tryout.

***Participants should complete the Information sheet/participation form and submit the [Google Form](#) by Friday, February 28 2025 at midnight. Dragonfly documents (current physical form and athletic consent) should also be entered by Friday, February 28, 2025. Current athletes are already entered in Dragonfly and will not need to resubmit information unless their physical has expired. Students with incomplete paperwork will not be allowed to participate until completion is verified.***

Tryout numbers for those making the team will be posted on the [school athletic website](#) after tryouts are completed. Top scores during formal tryout will make the team.

## What should I wear to tryouts?

All students trying out for dance should wear:

- Solid royal blue shorts
- Solid white t-shirt (no designs/not see through), no camis or tank tops
- Solid white socks
- Sports bra
- No colored nail polish, no long fingernails
- No jewelry (no new ear-piercings!)
- Hair back in a ponytail; no bangs in your face; no bows. Hair must be a **natural color** to dance on the dance team.
- Black dance shoes or athletic shoes
- Water Bottles: Each player will need to provide their own water and water bottle. Please fill your water bottle before you arrive. Make sure you have plenty of water.

## How much time is required of a dancer?

Dance is a year-long class meeting 7th period, Monday-Friday. We dance for 8th grade home football and 8th grade home basketball games for both boys and girls teams. That involves approximately 30 school nights of required attendance. Parents/guardians must provide transportation to and prompt pick up after games. Dance practice will begin **mid-April on Sunday afternoons**. Dance camp may begin as early as the last week of July and is **mandatory**. Meet the Cats is typically the first or second Friday night before school begins and **attendance is mandatory**. We will have a parent meeting at the Junior High auditorium about 2 weeks after tryouts. TBA on the date.

## Participant Expectations for Dance Tryouts

- ✓ Great attitude
- ✓ Follows and takes direction well
- ✓ Learns quickly
- ✓ Can collaborate effectively
- ✓ Facial expressions

- ✓ Desire to practice
- ✓ Kicks, toe touches, turns, and leaps

### **Costs for Personal Items**

Required personal items to be purchased will include items such as shoes, poms, sweatshirt/jacket, practice and game day attire, bag, and bows. There will also be a cost for choreography. Approximate cost is \$325.

### **Uniforms**

Dance uniforms are property of the Conway Athletic Department. They will be assigned and returned clean to the coach the week after the last game.

### **Dance is a Sport!**

Dancers are student athletes, and dance is a school team sport which is part of the Athletic Department. Dancers must stay grade eligible—passing at least 4 classes in the first and second semesters. Dancers who are not grade eligible will not be able to perform with the team. 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 team members represent Conway Junior High and are expected to demonstrate leadership and act as role models for our school. **Respect for coaches, teachers, and teammates is expected at all times whether on or off campus, during school hours or non-school hours.**

### **Questions?**

For more information regarding dance, please contact Coach Megan West, 8<sup>th</sup> grade dance coach, at [westm@conwayschools.info](mailto:westm@conwayschools.info).

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 or other students is strictly prohibited. Poor attitudes/behaviors are detrimental to our program. Poor attitudes/behaviors can result in benching or removal from the team at the coaches' discretion.

### **Volleyball and Basketball Conflicts**

Any girl who will be participating in both Volleyball and Dance in 8<sup>th</sup> grade needs to understand that Volleyball games are played on Monday/Thursday and all football games are played on Thursday. There will be days when your volleyball team plays at home, you might have the chance to play the volleyball game and then get to the football game to cheer and perform at half-time. On Thursdays when volleyball games are out of town, you would not have that option.

8<sup>th</sup> grade boys' and girls' basketball games are played at the same time but at different gyms with few exceptions. If you are a basketball player, there will be scheduling conflicts when you won't be able to dance.

All Parents of athletes 7th-12th grades participating in any sport this year, must download the app or go online and fill out participation paperwork at <https://dragonflyathletics.com>.



**ALL ATHLETES MUST REGISTER IN DRAGONFLY AND UPLOAD YOUR PHYSICAL, CONSENT FORMS AND SPORTS MEDICINE FACT SHEET.**

**DIRECTIONS:**

- 1) Download the DragonFly MAX app from the App Store or Google Play. You may also do this on your computer (Visit [dragonflymax.com](https://dragonflymax.com) and click 'Log In/Sign Up' )
- 2) Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.  
*Note: please do not create an account with your child's name or contact information — you will get the chance to add your child soon!*
- 3) Verify your account with the verification ID sent to your email address.
- 4) Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school.
- 5) After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6) Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.

**NOTE:** When selecting your child's sport, please check the "enrolled athlete" box. Do not pick sports at this time. Those will be added when the coach creates their roster.

# 8th Grade Dance Tryouts March 3-6, 2025

## 8th Grade Dance Tryouts 2025-26 Contestant Information Sheet and Participation Agreement

Name: \_\_\_\_\_

Middle School (check the box): 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.

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### NOTICE!!!

#### 8th Grade - Volleyball - Cheer/Dance Conflicts

Any girl who will be participating in both Volleyball and Cheer/Dance in 8th grade needs to understand that Volleyball games are played on Monday/Thursday and all Football games are played on Thursday. There will be days when your volleyball team plays at home - you could/would have the chance to play the volleyball game and then get to the football game to cheer/dance - perform at half-time. On Thursday's when your volleyball games are out of town- you would not have that option and would attend volleyball. There would be no conflict after volleyball season for any cheerleader/dancer - and you could be full participation.

#### 8th Grade - Basketball - Cheer/Dance Conflicts

Any girl who is participating in both Basketball and Cheer/Dance in 8th grade needs to understand that you would play in your basketball game - and cheer/dance only on game days that you did not have a game. (Girls and Boys usually play at the same time in different gyms)

#### 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 ball games due to competitive events.

If you feel this commitment will be a problem, please don't take the spot of someone who is willing to be committed to our school cheer/dance team.

The financial responsibility for required items will be approximately \$325.

I understand this commitment.

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

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

CJHS 8th Grade Cheer Tryouts are February 24-27, 2025. If you do not make the dance team, you do not have the option to try out for cheer this year. If you make the cheer team, you may not try out for the dance team.