



2019-2020

HERITAGE MIDDLE SCHOOL 5STAR DANCE TEAM

Thank you for your interest in the HMS 5Star dance program! Our purpose is to create a hardworking group of dancers and athletes who are standouts in both their school and community.

Our primary goals for this program is to build a unified team of girls who trust and enjoy their teammates, to increase the technical level and showmanship of our team, find ways for our girls serve as student leaders at Heritage Middle School and help them be well-equipped for Heritage High School.

The 5Stars provide sideline and halftime entertainment at HMS football games, halftime entertainment at HMS basketball games; perform at pep rallies and school events; and perform at community events. We promote and encourage high academic achievement, provide opportunities for increasing dance ability, and assist team members in learning life skills such as effective time management and relationship building. The success of our dance program is due to a very strong commitment from the dancers, coaches, and parents.

Prior to tryouts you need to have completed the following:

- Go to the HMS website and complete the **online** application by **MARCH 29th**.
- READ the entire online HMS 5 Star Dance Team Constitution and 5Star Dance Rules and sign off electronically (at the bottom of your application) that you have read and accept it. You will submit a written signature at the first parent meeting.
- Submit to Renee Conley at HMS the following documents by **APRIL 8TH**:
 - Completed HMS athletic packet - available on HMS Athletic website
 - Current Georgia athletic physical form -also on HMS Athletic website
- On the first day of tryouts please bring a payment of \$10 to **Heritage Middle School Dance** to help compensate judges for tryouts.

***If missing any of the above forms, you cannot tryout...PLAN AHEAD! In addition, if you have any outstanding payments due to a previous 5Star team you will not be eligible to try out.**

2019-2020 IMPORTANT DATES:

INITIAL TRYOUT MEETING	Monday, March 18 at 6:00
DUE DATE FOR ALL PAPERWORK	March 29 online application April 8 submit HMS paperwork to Renee Conley at HMS
TRYOUT WEEK (at HMS):	
CLINIC TO LEARN DANCE	April 8-10 3:45–5:15, Main Gym
TRYOUTS	April 11 4:00–6:15, Aux Gym
	*Tryouts are closed to spectators. No exceptions.
TEAM PARENT MEETING	Thursday, April 25 @ 6:00
TEAM ICE CREAM SOCIAL	Tuesday, May 7 @ 3:45, HMS
BOOSTER MEETINGS	First Two: May 9 & Aug 8, 5:30pm Will occur Thursdays every 2-3 Months, 5:30pm (dates TBA)
SIDELINE BOOT CAMP	May 28- May 30, HMS 9am-12pm
SUMMER DANCE CAMP	June 18 (3 pm)- June 21 (10 am)
SUMMER PRACTICE	June 6-7 9-11am June 27-28 9-11am August 5-9 2-4pm
PRACTICE SCHEDULE	Tuesdays & Thursdays, 3:45-5:30 <i>*Additional practice days may be added as needed*</i>

**MANY additional dates will be added to our team calendar on TeamApp.
Make sure to check the calendar there regularly.**

TRYOUT REQUIREMENTS

The number of dancers to be on the team has not been predetermined and no member of the team has been pre-selected.

The following requirements are necessary to complete the tryout selection process:

- Submit all required information as stated on first page of this packet by stated deadlines.
- Attend tryout week. Current 5-Star Coaches will teach an audition routine and skills at the clinic Monday-Wednesday.
- Perform required technical skills (see score sheet for required skills) and audition routine at Thursday's Tryout.

The 5Star coaches will conduct tryouts. A panel of outside judges will evaluate the dancers the final day of the audition and their input will be highly considered in the final selection of the team. Coaches will base their selection on teacher/coach evaluations, grades, attitude, and judges' scores. **There is no guarantee that prior dance experience at Heritage or with any other program will earn you a position as a 5Star.**

ATTIRE:

- Wear appropriate fitted dance attire and bring tennis and/or jazz shoes.
- No sports bras (worn as dance tops), jewelry, or gum will be allowed.
- Hair should be pulled up and off your face at all times.
- On **Thursday's** audition, wear black leggings or shorts with a solid black tank or t-shirt.

Please pick your dancer up promptly after each session. All dance team candidates are required to stay the entire duration of Thursday's tryout as callbacks may be issued. The coaches' decisions are final, and the scores will NOT be open for inspection. The names of the dancers selected for this season's HMS team will be posted no later than Friday at midnight on the HMS website.

TEAM INFORMATION

The 5Star dance team requires a **tremendous commitment of *time*** from all involved. Practices, camps, choreography sessions, fundraisers and all other team functions are mandatory. Summer is a time during which we learn new choreography, condition, and build our team's strength and relationships. It is imperative that dancers miss as few team events as possible, and camps and choreography sessions cannot be made up. If dancers do not attend these dates, they may not be included in the choreography. During the school year, our team will practice two to three times a week. Some weekends will include team events. All of these dates and times are published on our team calendar and reminders are also given at monthly booster club meetings and sent via e-mail on a regular basis. It is imperative that dancers learn to manage their time wisely so that they can succeed both in school and on our team.

There is also a *financial* commitment involved. During our season, parents must assume all costs for their dancer. Failure to make the required payments could cause the dancer to be benched from performances. If they are not taken care of in a timely manner, it can result in dismissal from the team. Additionally, if for any reason the team is dissolved, or if your child quits or is dismissed from the team, there would be no way to recover the money spent. Mandatory fundraisers (voted on by our HMS 5 Star Booster Club) to help our team raise funds for additional expenses are scheduled throughout the year. **The payment schedule below will be required for all dancers.**

<i>Payment Dates:</i>	<i>Payment Amount:</i>
April 25 (parent meeting)	\$200
May 9 (BC meeting)	\$300
August 8 (BC meeting)	\$200

***Our team will start selling ads for the football program in late April. Start asking businesses now, as above payments can be offset by ad money, after \$100 is collected for the team.**

Payments are used to finance our dance seasons, and they cover the costs of very expensive items such as summer camp, uniforms, choreographers, music mixes, practice apparel, game day apparel, lay coaches and much more. **New Dancers to the team may have to purchase additional items at their own cost if items from previous seasons are being used (warm-ups, bags, etc).**

In addition to the above stated fees, other fees may arise. For example, we purchased team tennis shoes last season and the members of the team were responsible for the cost of the shoes. We provide you with this information up front to allow you to make a very informed decision regarding tryouts. **Please take these financial obligations into consideration before giving your dancer permission to try out for any 5Star team.**

HHS 5Star Dance Team - Sample Teacher/Coach Recommendation

Below is the evaluation that your teachers will be asked to complete for you. Make sure to specify TWO teachers that you would like to complete this evaluation. The coaches will email them the form to complete.

For each factor listed below, place a check in the column that you believe best represents the candidate's ability for that particular trait. We would also appreciate any additional comments you believe would be helpful.

Rating Factors	Excellent 5	Good 4	Average 3	Fair 2	Poor 1
Dependable					
Honest					
Attendance-comes to school/practice regularly					
Punctuality-comes to class/practice on time					
Attitude-is cooperative					
Team Worker					
Helps others when time and circumstances allow, even at the risk of doing more					
Handles Stress Well					
Leadership Skills					
Creativity					
Judgment/Trustworthy - can be trusted to make good decisions					
Listens to and Follows Directions					-
Responds Well to Constructive Criticism					
Poise and Social Skills with Adults					

Additional Comments:

Teacher/Coach Signature _____



Heritage Middle 5Star Dance Team 2019-2020 Tryout Score Sheet

Skills: (50 points)

(possible 5 points each)

- Back walkover
- Headstand
- Head spring
- Kip Up
- High kicks
- Center split
- Switch leap
- Right double pirouette
- Right fouette turns a la seconde
- Calypso

Team Tryout routine: (50 points)

(possible 10 points each)

- Memory and timing (on the beat)
- Projection & confidence
- Facial expression/enthusiasm
- Control of body and movements
- Technical execution

Dance Tryout Score (100 pp)
