



## 2024 MT Cheer and Dance Team Tryout Information



Dear Cheerleader/Dance Team Applicant,

Thank you for your interest in becoming a member of the Mission Trail Dance and/or Cheer Family! Please review this packet thoroughly before signing the Tryout Contract. The intention of the contract is to ensure that all applicants and their families are aware of the involvement that is expected upon being selected for either team. Important things to note:

- Purpose, Time Commitment, Estimated Costs and Team Structure
- Eligibility Requirements
- Important Dates

### Clinics & Tryouts:

Dance Clinics/Tryouts Feb. 26<sup>th</sup>-29<sup>th</sup> 3:20-5:00pm

Cheer Clinics/Tryouts March 5<sup>th</sup>-8<sup>th</sup> 5:30-7:00pm-Friday tryouts start at 3:30pm

Coaches are looking forward to getting to know each of you. The tryout process is intended to be a positive learning experience for all who are involved!

The signed contracts are due to Coach Crocker by **Wednesday February 15<sup>th</sup>** at 3:30pm. Cheer signed contracts are due to Coach Rundberg by **Monday February 26<sup>th</sup>** at 3:30pm. Late contracts will result in a 2-point deduction per day late from the final tryout score, **DON'T BE LATE!!**

If you have any questions please contact:

Cheer- Tracy Rundberg [trundberg@olatheschools.org](mailto:trundberg@olatheschools.org)

Dance- Liz Crocker [ecrockermt@olatheschools.org](mailto:ecrockermt@olatheschools.org)

***\*\*Please note that Drill Team tryouts are before Cheer Team tryouts. If you try out for Dance, and make the team, you CANNOT try out for the Cheer Team. \*\****

## Team Member Expectations

- **Grades:** To try out for either squad your daughter must have at least a 2.0 1<sup>st</sup> semester GPA and be passing 5 out of 7 classes. Also, must maintain a 70% or better during school year. If she does not meet the grade requirements she cannot tryout. Clinic participation is mandatory for girls wishing to tryout. (Exceptions may be made on an individual basis, with coach discretion.)
- **Clinics:** In order to tryout, clinic participation is mandatory. Exceptions may be made on an individual basis at the coach's discretion.
- **Attire:** For Cheer clinics girls will wear tennis shoes, shorts, and a t-shirt. For tryouts they must wear tennis shoes, a pair of plain black shorts, and a plain white t-shirt. No Exceptions. Cheer may also wear a bow in their hair – but it's not required. Dance clinics girls can wear tennis shoes or dance shoes, leggings or shorts, and a tank or t-shirt. For tryouts they will wear tennis or dance shoes, black shorts, and a white tank or t-shirt. Hair will need to be pulled back for both team tryouts.
- **Transportation:** Parents will be responsible for transportation to and from practices during the summer and also during the school year once games have begun.
- **Financial:** There are various expenses that occur throughout the year. The costs are included in the Cheerleading and Dance Team pages that follow. We participate in fundraising activities that help offset the cost. Please contact Coach if there are any concerns about financial obligations. Any candidate trying out may not have a remaining balance from previous cheer team/season, this will result in candidate being ineligible for tryouts. **Don't let the financial cost keep you from trying out, options are available for families that need assistance, contact the coach prior to tryouts.**
- **Time Commitment:** Cheerleading and Dance Teams have the longest athletic season, you must be prepared to factor in your academic responsibilities and outside activities. During the school year there may be up to three events per week that attendance by cheerleaders is required and part of the class grade. Dance team will be required to attend games once a week. We also have several mandatory outside practices in the Spring and Summer months. Please consider this when making the commitment to the MT team.
- Cheerleaders and Dance members have the opportunity to participate in sports and activities during their seasons. The sponsor and coach will work together to enable the success of participating in both events. It is strongly advised to consider the time commitment it will take to undergo such a responsibility before a decision is made to participate in two activities at the same time.
- **Attendance at games and practices are required as part of the cheerleading and dance team class.** During the school year, attendance in class is extremely important. The team needs to practice together. Please do not miss class unless absolutely necessary. Missing classes due to doctor/dentist/hair appointments, etc.

will not be excused. Any absences will result in a loss of points, make-ups point options will be available.

- Most events occur throughout the school week, but be advised that there are some required Saturday events; such as but not limited to: the Old Settler's Day Parade, community Clinics, and Competitions and Showcases, and team tournaments.  
**These are required events.**
- **Selection:** The selection process will include 3 days of clinics and 1 day of tryouts. During clinics, the candidates will learn a series of technique moves and a dance routine for Dance team and cheer will learn chant, dance, cheer, and a jumps sequence. On the day of tryouts, the candidates will be asked to show what they have learned. They will receive scores in all areas from a panel of outside judges. These scores are how the team is chosen. The judge's form is provided in this packet.

Candidates will be selected based on their scores in the following areas:

Dance and Cheer Performance/Technique=80%

Teacher/Coaches Recommendations=10%

Clinic Score=10%

## CHEERLEADING TRYOUTS - JUDGING FORM

1-POOR 2-BELOW AVG. 3-AVERAGE 4-ABOVE AVG. 5-EXCELLENT

<b>CANDIDATE #</b>			
<b>ENTRANCE/INTRO</b> First impression, spirit, smile, voice control, confidence, execution			
<b>JUMPS</b> Skill, height, variety, pointed toes, landing			
<b>CHANT (Individual)</b> Spirit, leadership, smiles, confidence, voice, motions, ending			
<b>TUMBLING*</b> Level and variety of tumbling pass, execution			
<b>CHEER (Group)</b> Knowledge of cheer, motions, sharpness, timing, voice control, enthusiasm, confidence			
<b>DANCE (Group)</b> Knowledge of dance, timing, motion placement, working as a unit, confidence			
<b>SPIRIT PROJECTION/VOICE</b> Loud, clear voice, sparkle, enthusiasm			
<b>MOTIONS</b> Controlled, sharp, precise, proper fists and blades, straight wrists			
<b>EXECUTION</b> Spirit, leadership, smiles, confidence, voice, motion placement, sharpness			
<b>POISE AND APPEARANCE</b> Smile, posture, neatness, grooming and <b>confidence</b>			

\*Tumbling: to get 5, pass must include multiple back handsprings and/or tuck or greater

**JUDGING FORM DANCE TRYOUTS****1-Little or no knowledge 2-Some knowledge 3-Needs work 4-Has potential 5-Very good****DANCE TEAM TRYOUTS - JUDGING FORM**

<b>CANDIDATE #</b>			
<b>APPEARANCE/POISE</b> Well groomed, no gum, hair pulled back, good posture?			
<b>SPLITS (RIGHT OR LEFT)</b> Straight legs, back upright, toes pointed, all the way on the floor.			
<b>LEAPS</b> Toes pointed, front & back legs straight, height, arms steady			
<b>TURN (SINGLE OR DOUBLE)</b> On releve, head spot, knee in posse', foot and ankle pointed, arms steady			
<b>ARM MOTIONS</b> Straight, sharp, precise motions			
<b>HIGH KICKS</b> Toes pointed, good posture, legs straight, arm control			
<b>SHOWMANSHIP/PERSONALITY</b> Shows confidence, performs with enthusiasm and energy!			
<b>MEMORY</b> Does she know the routine and combination			
<b>RHYTHM/TIMING</b> Good coordination? Keeping time with the music?			
<b>OVERALL IMPRESSION</b> Does she have potential to be a dancer?			

## MANDATORY EVENTS AND COST FOR TEAMS

<b>CHEER</b>	<b>DANCE</b>
<p><b>*PARENT MEETING/Uniform fittings-</b> April 15<sup>th</sup> @ 5:30PM (Mandatory for Cheerleader and Parent) <b><u>\$300.00 camp fee due</u></b></p> <p><b>*SPIRITWORKS CHEER CAMP-</b> June 2nd- 5<sup>th</sup> @ MNU (mandatory)</p> <p><b>*MT CHEER COMMUNITY CAMP-</b> June 17-19<sup>th</sup> (Optional)</p> <p><b>*MAY PRACTICE</b> – May 14<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup> 3:30-5:00pm May 23<sup>rd</sup> 12:00- 2:00pm</p> <p><b>*OLD SETTLER’S PARADE</b> -first or second Saturday in September</p> <p><b>* CHEERFEST SHOWCASE-</b> December</p> <p><b>*TRYOUTS-</b> (8<sup>th</sup> graders) 1 week in Feb./March</p> <p><b>*SPRING SHOW</b> Late April/Early May (Thursday or Friday Night)</p> <p><b>*COMPETITION-</b>February TBA</p>	<p><b><u>Mandatory Parent Meeting:</u></b> Wednesday March 20th at 5:30</p> <p><b>Camp:</b> June 3 (officers only) &amp; June 4-6 (entire team)</p> <p><b>Old Settlers Parade:</b> first or second Saturday in September</p> <p><b>Holiday Party:</b> Saturday or Sunday in December</p> <p><b>Competitions:</b> 2 Saturdays in January/February</p> <p><b>Tryouts:</b> Late February/Early March</p> <p><b>Spring Show:</b> Late April/Early May (Thursday or Friday Night)</p>
<p><b><u>APPROXIMATE TOTAL COST</u></b> <b>\$800.00</b></p> <p>Don’t let the financial cost keep you from trying out, options are available for families that need assistance, contact the coach prior to tryouts.</p>	<p><b><u>APPROXIMATE TOTAL COST</u></b> <b>\$600.00</b></p> <p>Don’t let the financial cost keep you from trying out, options are available for families that need assistance, contact the coach prior to tryouts.</p>

# 2024 Cheerleading/Dance Team Tryout Permission Slip

**\*\*PLEASE SIGN AND RETURN ONLY THIS PAGE – STUDENT AND PARENT\*\***

Student is trying out for which group(s), please circle ONE.  
(If you're unsure, circle "both"!)

**Dance Team                  Both                  Cheerleading**

Student's grade level **NEXT** year, please circle one: **7   8**

**Student's Name:** \_\_\_\_\_

**My Applicant and I have read the information regarding tryouts for the Mission Trail Cheerleading and Dance Team Squads. We have discussed this information and understand the responsibilities and requirements of each group. I realize that if I try out for the Dance team and make the squad, I cannot, under any circumstance, try out for the Cheer team until the following year.**

**Student's Signature:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent email:** \_\_\_\_\_

**This sheet is due to Coach Crocker by Feb. 15<sup>th</sup>  
Due to Coach Rundberg by Feb. 26<sup>th</sup>**