

2019 – 2020
LAKOTA EAST HIGH SCHOOL
DANCE TEAM PROGRAM

HOME PRACTICE FACILITY – Star Performance Centre Dance Studio (located across from Lakota East)

TEAM – Varsity

TRYOUT INFORMATION – Team selections are finalized in May prior to each upcoming season. Tryouts are divided into two sections. The first section consists of technique where dancers will be evaluated on the following skills: turn combination, leap combination, flexibility skill, toe touch, and a hip-hop trick. Then, a choreographed routine will be taught. Dancers will be given time to practice the routine and ask questions. Dancers will be evaluated in groups and judged on sharpness, memorization, and facials. Tryout dates will be announced through the Thunderhawk Athletic website and social media accounts.

PRACTICE TIMES – Practice times may vary throughout the season. Additional practices will be added when needed.

- Wednesdays: 3:00 – 4:30 p.m. at Star Performance Centre

PERFORMANCES – The Dance Team performs at a variety of events throughout the school year.

- Pep Rally (Fall and Winter)
- Homecoming Football Game
- Home Boys Basketball Games (Pre-Game and Halftime)
- Community Events
- Competitive Events
 - GMC
 - OASSA

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation. **NO PHYSICAL = NO PARTICIPATION!**

PARENT / STUDENT-ATHLETE MEETING – Meet the Team Night will be held on Wednesday, November 6th at 6:30 p.m. in the Lakota East High School gymnasium. Doors will open at 5:30 p.m. in order to pay participation fees and purchase sports passes. It is **MANDATORY** that at least one parent and the student-athlete are in attendance.

CAMP – Athletes selected for the team have the opportunity to participate in UDA Camp over the summer. Camp dates and fees vary. More information will be given to dancers who are interested.

CLINIC DATES – The Lakota East Dance Team program will host a Fall Dance Clinic on September 6th, 2019. The Winter Clinic will be held on January 10th, 2020. The clinics are open to dancers from Kindergarten to 8th grade. Dancers will learn a routine and perform with the Lakota East Dance Team. Additional information can be found online.

FOR ADDITIONAL INFORMATION – Contact one of the following:

- Head Coach, Amy Goldberg at starperformance@fuse.net
- Assistant Coach, Lindsay Smith at lindsaysmith14@gmail.com