

2020– 2021  
**LAKOTA EAST HIGH SCHOOL**  
DANCE TEAM PROGRAM

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

**TEAM** – Varsity

**TRYOUT INFORMATION** – 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 announced. You can arrive early 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 will host a winter clinic that will include a performance at the boys basketball team.

**FOR ADDITIONAL INFORMATION** – Contact one of the following:

- Head Coach, Amy Goldberg at [amy@starperformancecentre.com](mailto:amy@starperformancecentre.com)
- Assistant Coach, Lindsay Smith at [lindsaysmith14@gmail.com](mailto:lindsaysmith14@gmail.com)