

Joliet Central Football Season Steelette Poms Tryouts

WHEN & WHERE:

* Varsity and JV

- Day 1: Monday, May 13, 2019 from 3:30-5:45pm in the Old Cafeteria (Dance Clinic)
- Day 2: Tuesday, May 14, 2019 from 3:30-5:45pm in the Old Cafeteria (Open Dance Clinic)
- Day 3: Thursday, May 16, 2019 from 3:30-5:45pm in the East Gym (Tryout)

IMPORTANT INFORMATION:

*You must be registered on Joliet Central's 8 to 18 website. Directions are attached to this packet.

*Dancers must bring a copy of a **current physical** to the workshop on Monday. Incoming Freshmen do not need to bring a physical at this time. Dancers will not be able to participate or tryout without proof of a current physical with Athletics.

*Dancers must be in good standing in academics (passing a minimum of 5 classes) and discipline (little to no dean contacts).

*Tryouts are closed to the public. **NO VISITORS.**

*Freshmen-Seniors are eligible to make the Varsity team during football season. Dancers may be moved to different teams as the season progresses depending on the need of each team.

*Juniors are eligible to make the JV team during football season. If you are interested, you need to sign and turn in the last page of the tryout packet.

IMPORTANT Information to Know: You will only be given 3 absences during football season. **All practices, games, and team activities are mandatory.**

- Acceptable reason for excused absence will include but not limited to:
 - Death in the immediate family
 - Family emergency
 - Pre-arranged school function
 - Pre-arranged family vacation
 - Illness causing absence from school coded as Excused Absence
 - Illness after school or on non-school day called in by parent or guardian
- Unacceptable reasons/unexcused absence will include but not limited to:
 - Car trouble
 - No transportation
 - Oversleeping
 - Forgot
 - Shopping (for Prom/Quinceanera dress)
 - Dentist/Doctor appointments
 - Work
 - Dance Studio Practice and/or Recital
 - Vacation
 - Concert
 - Babysitting
 - Driver's Education
 - Illness after school coded as Unexcused Absence
 - Illness on non-school day not called in by parent or guardian before practice

The following will be the general practice schedule (subject to change as needed) for the season (June 2019 - October 2019). Season Schedule will be given out once teams are finalized.

Summer Practice Schedule

- Varsity: July 8-11 and July 15-18 from 1:30-4:30pm
- JV: July 15-18 from 1:30-4:30pm and July 22-25 from 8:00am-11:00am

Approximate Weekly Practice Schedule

- Varsity: Monday, Tuesday, Thursday from 3:30-5:45pm
- JV: Monday, Wednesday from 3:30-5:45pm
- Football Games: Wednesday Evenings, Friday Evenings, and Saturday

Approximate Financial Obligation

- Spirit Wear (Backpack, T-Shirt, Tank Top) = \$85.00
- Game Day Poms = \$40.00
- Game Day Shoes (Varsity Only) = \$80.00

******* If you do not try out for football season, then you may not be considered for competitive/basketball season teams. Poms is a year-round sport and requires that everyone is working on skills, especially during football season. We understand that this is a large commitment, so please DO NOT TRYOUT IF YOU WILL NOT BE AVAILABLE FOR ALL OF THE ABOVE DATES. PLEASE DO NOT TRYOUT AND TAKE SOMEONE ELSE' S SPOT IF YOU ARE UNABLE TO COMMIT TO COMING EVERYDAY! *******

REQUIREMENTS FOR TRYOUTS:

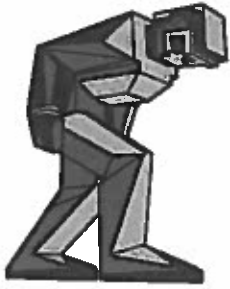
1. Dance(s)
 - a. Varsity: 1 Pom Dance, 1 Lyrical/Jazz Dance
 - b. JV: 1 Pom Dance
2. Technique Skills as listed on the Score Sheet

SET UP OF TRYOUTS:

1. On Day 1, all dancers will learn a dance(s) and technique skills required for the tryout.
2. On Day 2, all dancers will have optional dance time to review the dance(s) and technique skills required for the tryout.
3. On Day 3, all dancers will tryout in groups. The tryout will consist of performing the dance(s) and technique skills. Once you have tried out, you must leave immediately and will be given a slip of paper with information on where to find out if you made the team.

Bring the following THREE pages completed to tryouts. If you are currently enrolled at Joliet Central, you will need to bring a current physical to tryouts. Incoming Freshmen do not need to bring a physical at this time.

If you have questions, please contact Coach Phillips at sphillips@jths.org Room 860, Coach Strahanoski at astrahanoski@jths.org Room 720, or Coach McGowan at jmcgowan@jths.org Room 191.



Joliet Central High School

Steelmen Athletics

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Phone- 815-727-6720
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Dear Steelmen Parents,

Joliet Central High School will be using the same 8to18 online registration process this year for all athletes. Parents/guardians will be able to register your student-athlete for sports by following the instructions on the following page. All steps and required fields must be completed before going on to the next step.

The athletic fee is \$50. You are not charged until after tryouts are complete. Once your son or daughter is assigned to a team roster you will be contacted by the textbook center of a fee to be paid.

Please be aware the registration process is not in full completion until the athletic office has a current physical on file. (Freshmen school physicals are valid for sports. Freshmen should not turn in their original physicals to the Athletic Office. Please turn in a copy to the AD office or coach. Freshmen should also turn in their physical to the main office/nurse's office.)

Please note:

Girls Swimming & Boys/Girls Tennis:

All Joliet Central & Joliet West students interested in Girls Swimming and Boys/Girls Tennis will need to register on the Joliet West 8to18 site.

Boys/Girls Golf & Boys Swimming:

All Joliet Central & Joliet West students interested in Boys/Girls Golf and Boys Swimming will need to register on the Joliet Central 8to18 site.

If you have any questions, please contact your coach first. If you have further questions, please contact the athletic office at (815)727-6720.

To register on Joliet Central's 8to18 website
please use the following instructions:

Go to <http://il.8to18.com/jolietcentral> and select registration tab:

- Click on "Create an Account" and enter your own email and create your own password. (Please be sure to remember this password as you will use this for the years to come for all of your children.)
- Click on "Begin Registration"
- "Select Activity" - competitive dance
 - o Choose the sport your child will be trying for/participating in.
- "Select Participant"
 - o Add a New Participant (or choose your child once created)
 - o All information on this page is for the student, i.e. cell phone, email
- "Roster Details"
 - o You may be asked for shirt size, short size
 - o Height and Weight will be used for rosters
- "Primary Parent/Guardian Information"
 - o Fill out the Parent information on the next page.
- "Physical Form"
 - o If you need a form to take to the doctor you may print it here.
 - o Remember your athlete must have a current physical in order to begin tryouts/practice.
- "Legal Form"
 - o At this time by clicking on the boxes, you are agreeing and consenting to all information provided.
 - o You may click on the form to read or print. Please note that when there is a parent/guardian and student check box- they must both be checked to move forward.
 - o Please DO NOT turn in any forms filled out.
- "Summary"
 - o At this time you can see what you have registered for.
 - o Click on "Finish" to complete your registrations

Name: _____ ID #: _____

Year in School for 2019-2020 School Year (Circle one): FRESHMEN SOPHOMORE JUNIOR SENIOR

Address: _____ City/State/Zip: _____

Phone #: _____

In Case of Emergency: (Name and Phone #): _____

Grade Verification Sheet

Please record the most CURRENT grade and get a teacher signature for each class before Monday, May 13, 2019!

PERIOD/CLASS	GRADE	Teacher INITIALS	COMMENTS/CONCERNS/COMPLIMENTS
PERIOD 1/			
PERIOD 2/			
PERIOD 3/			
PERIOD 4/			
PERIOD 5/			
PERIOD 6/			
PERIOD 7/			
PERIOD 8/			

We (student/parent/guardian) have read the rules for the 2019 Football Season Steelette Poms Tryout.

I (parent/guardian) give my student permission to try out for Steelette Poms.

Parent/Guardian Print Name & Signature: _____

Student Print Name & Signature: _____

JUNIORS

(2019-2020 School Year)

MUST ALSO COMPLETE THE FOLLOWING FORM:

*Please check **ONE** of the following:*

NOTE: Juniors are allowed on the JV team. If you check "Varsity Only" and do not make Varsity, then you will not be on either team. If you check "Either Team", you are eligible to make the JV Team, if you do not make the Varsity team.

____ VARSITY ONLY

____ EITHER TEAM

Joliet Central Poms Score Sheet

DO NOT WRITE BELOW! JUDGES ONLY!

****0 = Skill is not present, 1 = Emerging skill, 2 = Skill present – missed one or more part of execution, 3 = Skill is executed correctly ****

DANCE #1

CHOREOGRAPHY	0	1	2	3
TIMING	0	1	2	3
EMOTION/FACIALS	0	1	2	3

DANCE #2

CHOREOGRAPHY	0	1	2	3
TIMING	0	1	2	3
EMOTION/FACIALS	0	1	2	3

SUBTOTAL: _____

Pom Skills 0 1 2 3

(sharp, correct pom placement, arm angles)

TOE-TOUCH 0 1 2 3

TURN 0 1 2 3

SINGLE DOUBLE TRIPLE

RIGHT LEAP 0 1 2 3

LEFT LEAP 0 1 2 3

CENTER LEAP 0 1 2 3

3 SECONDS INTO A DOUBLE TURN 0 1 2 3

SUBTOTAL: _____

ABILITY TO WORK WITH OTHER DANCERS/COACHES 0 1 2 3

WORK ETHIC AND ATTITUDE 0 1 2 3

SUBTOTAL: _____

GRADES & DISCIPLINE, GENERAL COMMENTS:

