

NORMAL WEST DANCE TEAM TRYOUT PACKET

THIS PACKET CONTAINS THE FOLLOWING:

NORMAL WEST DANCE TEAM CONSTITUTION

DANCE TEAM APPLICATION

**ATHLETE EXPECTATIONS AS DEFINED BY UNIT
5/NCWHS**

PARENTAL PERMISSION FORM

5/6 TEACHER or COACH EVALUATION FORMS

DANCE TEAM TRYOUTS ARE:

**August 26 and 27 FROM 4-6 PM IN THE
MULTIPURPOSE ROOM**

**PLEASE READ THROUGH PACKET AND SIGN AND DATE NECESSARY
FORMS TO BE TURNED IN THE FIRST DAY OF CLINICS, August 26.**

**TEACHER EVALUATION FORMS MUST BE PASSED OUT TO
ACCADEMIC TEACHERS IN TIME FOR THEM TO FILL THEM OUT AND
TURNED IN NO LATER THAN AUGUST 26. YOU MAY HAVE SPRING
SEMESTER TEACHERS EMAIL ME THEIR EVALUATION FORMS.
THESE ARE CONFIDENTIAL AND WILL NOT BE VIEWED BY
APPLICANT.**

NORMAL WEST TRYOUT AGENDA

AUGUST 26: You should come to the clinic dressed in gym clothes and tennis shoes or jazz shoes and bring with you your signed parental permission form, Dance team application, and initialed Wildcat Dance team contract. You should go to the Multipurpose room for the clinic. After a brief warm-up you will learn a short routine, between 1 min 30 sec. and 2 min long and go over required skills.

Required skills: double or triple pirouette, splits demonstrating flexibility, fouetté turn sequence, a headspring, Kip up and a calypso. You should still tryout even if you haven't mastered the above skills. YOU WILL NEED TO EMAIL COACH WEAKLY BY AUGUST 16 IN ORDER TO RECEIVE THE CHOREOGRAPHY FOR THE TRYOUT WHICH YOU WILL LEARN VIA VIDEO. YOU WILL ALSO RECEIVE A VIDEO OF THE REQUIRED MOVES.

AUGUST 26: SINCE YOU WILL ALREADY KNOW THE CHOREOGRAPHY AND REQUIRED SKILLS, DEPENDING ON THE NUMBER OF PEOPLE TRYING OUT, YOU MAY REVIEW AND PRACTICE THE ROUTINE/SKILLS AND THEN TRYOUT. IF THERE ARE MORE THAN 5 PEOPLE TRYING OUT, WE COULD CONTINUE WITH THE SECOND DAY. PLAN TO WEAR DANCE RPACTICE WEAR, OR CLOTHES EASY TO MOVE IN AND BRING JAZZ SHOES AND/OR TENNIS SHOES. MAKE SURE YOU HAVE YOUR EMAIL LISTED AS YOU WILL BE EMAILED THE RESULTS OF THE TRYOUT.

AUGUST 27: SECOND TRYOUT DAY IF NEEDED.

COSTS FOR THE TEAM:

TEAM WEAR: \$100

TEAM FEES: \$350

WARM UPS: \$95

There will be a \$200 deposit due upon making the team. There are additional costs for shoes: \$75 hip hop shoes \$36 for jazz

If you have any questions, please feel free to contact me at: weaklys@unit5.org. Coach Weakly

Normal Community West High School's Wildcat Dance Team Contract

Purpose & Mission

It is the purpose of NCWHS Dance Team to promote school spirit, provide entertainment at athletic events, and to represent the school and community at community events and dance team competitions. The mission is to provide dancers with a successful and meaningful educational experience. Team members have personal goals of high academic achievement, increasing their dance ability, learning effective time management, and forming strong friendships. The success of this team is due to a strong commitment from the dancers, parental involvement and experienced coaches. The dancers exhibit good sportsmanship, positive attitudes toward team members, competitors, schoolmates, parents and coaches.

Requirements

Parents Initials	Dancer's Initials	
		A. Commitment to the dance team must be a high priority. Work is not an excuse for missing practices/performances. The coach will provide a monthly calendar. At times additional practices/events will be added.
		B. Team members MUST attend ALL required activities, such as games, practices, performances, & competitions unless the dancer is ill or has a family emergency. Failure to attend a mandatory event will result in a demerit. Two demerits will result in being benched, 3 demerits 2 benchings, 4 demerits possible dismissal. Unless otherwise noted, all events are considered MANDATORY .
		C. For each quarter, members must maintain appropriate grades. During competition season, grades are reported weekly and students must maintain grades to remain eligible .
		D. Members must have a physical prior to the beginning of competition season.
		E. All members must go through the same audition process each spring. In addition to ability, each dance team member's cooperation, effort, attitude, attendance and responsibility will be considered via a teacher evaluation form/returning members previous dance team experience. The squad will be chosen by a panel of judges and coach. The judges' decisions are final.
		F. If a student has an excessive number of absences, they may be placed in an alternate position for dances or may be benched for a performance.

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Conduct

Parents Initials	Dancer's Initials	
		A. By accepting the privilege of being a member of the Dance Team, a member accepts the fact that her actions are more prominent than those of persons not associated with such an activity. This also applies to parents of team members. If a parent exhibits unsportsmanlike conduct, oversteps boundaries set by the coaches, administration, etc., is involved in negative social media about coaches, other teams, administration or teachers, this could result in suspension of your student from the team.
		B. Because of this prominence, and because members represent NCWHS High School, exemplary behavior is mandatory at all times, anywhere in the community of NCWHS and at all functions where dance team members are recognized as representatives of NCWHS. The school policy applies to all dancers throughout the year. There is NO off time.
		C. Smoking or drug usage (including alcohol) is not allowed at any time according to the school policies, either on or off campus. The consequences are explained in the school policy. Involvement with people who are in possession of alcohol or other drugs could result in disciplinary action.
		D. Excessive public displays of affection are never considered appropriate especially in uniform, at games or in school. Team members should dress appropriately at all times. No revealing clothing.
		E. All rules and regulations imposed on any NCWHS student will be imposed on dance team members. Members are responsible for knowing all school rules.
		F. Members must display proper behavior in class, including, no skipping, cheating or tardiness.
		G. Parents will be kept informed of problem situations. Severity of offenses or repeated offenses may dictate harsher action.
		H. The consequences for using any form of social media to speak negatively about a team member, coach, administrator, student or other teams is cause for removal from the team.

Uniforms & Other Expenses

Parent's Dancer's

Parents Initials	Dancer's Initials	
		A. Uniforms will be provided by the NCWHS Dance Team and therefore belong to the team (as do poms, bags, items purchased with fundraising money.) A uniform replacement fee will be charged if the items are not returned at the end of the season along with any other items lost or damaged.
		B. Dance team members must provide other personal items such as shoes, socks, camp wear, etc.
		C. Uniforms are to be kept clean, neat and in good repair at all times. Uniforms may ONLY be used for performances. Uniform/poms/props ruined, lost or stolen will be replaced by that member at her/his own expense.
		D. The NCWHS Dance Team will plan fundraising events to help defray the costs associated with team membership. All dancers and parents are expected to take an active role in these fundraisers. The fundraisers will be a combination of team events and individual events.
		E. Attending summer dance camp is an activity that is highly encouraged as it helps to unite the team and prepare the member for the upcoming year. Fees are the responsibility of the individual.
		F. If a dance team member quits or is removed from the team, she will be expected to return all uniform items within one week.

Learning/Teaching Routine

Parents Initials	Dancer's Initials	
		A. Members are expected to be attentive and cooperative when learning routines. Repeated disruptions, especially during practice, will result in warnings and possible removal from that performance. Continued problems will result in calls to parents, additional game suspension and possible removal from the team.
		B. Constructive criticism/suggestions given in a polite manner are welcome
		C. Everyone must practice the steps learned in practice, on their own, before the next practice in order to be prepared to go on. Steps missed when absent should be learned prior to the next practice. Students may be asked to submit video of specific skills to the coach. This is mandatory unless the student is ill or injured.

Competition

Parent's Dancer's

Parents Initials	Dancer's Initials	
		A. By trying out for the Normal West dance team in the spring, it is expected that the candidate will tryout for the competition team in Oct. A separate tryout will be in October for placement on the competition team and spots.
		B. Choreography camp will be held in the summer to learn competition team dances and attend camp/clinic.
		C. If a team member is unable to perform the skills needed for the competition team, they may be replaced by another team member or be used as an alternate.
		D. It is expected that Normal West Dance team will perform at basketball games as well as compete in competitions.

Parent Involvement

Parents Initials	Dancer's Initials	
		A. The parents play an essential role in the success of the NCWHS Dance Team. We often ask for volunteers to help with various tasks including team dinners, fundraising, banquet, publicity, hospitality, concessions. Parents may be asked to assist with 2 different events and should be a shared responsibility for all parents.
		B. Various parent committees may be formed to help address the needs of the team and team activities.

Practices

Parent's Dancer's

Parents Initials	Dancer's Initials	
		A. All practices are mandatory. If a student is at school, they are also expected to be at practice.
		B. A calendar will be given to parents/students on the team with designated practice days and times.
		C. Additional practices may be scheduled as needed. This will be done with as much notice as possible. Typically, we practice 2x/wk off season but there may be conditioning added to the calendar as well. Once competition season starts, practices will increase to 3-4x per week based on need.
		D. Missing a scheduled practice the day before an event will result in the Individual not performing for that event unless it is for academic reasons.
		E. Missing a part of practice for a test or other approved academic reason will carry no penalty, but the member must get prior approval and make up what is missed. If it is prior to a performance, it is up to the coach if they perform.
		F. Missing part of practice for another school related club or meeting may be allowed IF PRIOR NOTICE IS GIVEN and it is not during competition season. During competition season, time will have to be split between the 2 activities. Team members are responsible for making up any material they have missed by getting together with another team member.
		G. Members must dress for all practices unless otherwise notified. Clothing should be appropriate for the activity. No necklaces, large earrings or clothing that might cause one to slip is allowed. Hair should be secured and off the face. Extremely long hair will have to be secured so that it does not cause safety issues. Dance shoes are required.
		H. Members must not leave practice early unless given prior approval except in the case of family emergencies. Do not schedule work too early or doctor, dentist or orthodontic appointments.
		I. A dancer who misses school due to illness the day of an event may not perform at that event.
		J. Members must email or text the coach whenever absent from practice if ill.

Athlete Expectations as Defined by Unit 5/NCWHS

Athletes are expected to be responsible, dedicated, and team-oriented to their program(s) and to their teammates. They should know what their training rules are and why they are in effect. They should also be aware of the locker room and practice field regulations. They should have full knowledge of game discipline and control. Just as the coach is expected to be loyal to the team, coaches should demand the same loyalty on the part of the individual team members to the team. All these things will contribute to positive team morale.

Athletes in School: In the school, the athlete should dress appropriately. An athlete should also make an effort to do the best possible job in the classroom. The coach should insist that the athlete be polite in all dealings with faculty members. An athlete must be a good on-campus citizen, achieving a good reputation and commanding respect from those with whom he/she comes in contact. Coaches are encouraged to check on the activity of each player. A coach can see how a player's grades are progressing and check the athlete's course of study throughout the year.

Athletes at Contests: Athletes are expected to sit on the team bench—not in the bleachers with spectators or friends. Friends not on the team should not be at practices, nor should they be in the immediate vicinity of the team at a game/meet. Team members are expected to be attentive to the practice or game/meet itself. Socialization comes after the practice or game/meet—not during.

Athletes in the Community: The coach should alert the athlete to his/her responsibility in the community. The athlete represents the school and helps formulate community opinion of the school, as some people know the school only through the athlete. This extends to other communities as well. Coaches should require athletes to dress appropriately when representing Normal Community West High School at home or away contests.

Athletes as Role Models: Though an athlete may not realize it, younger children in the community may look to him or her as a role model or hero. They must be faithful to the image the youngsters see in them. They could negatively affect a young athlete's entire athletic outlook because of a lack of devotion or lack of awareness.

ATHLETE ATTENDANCE

An athlete must be in attendance for the entire school day to practice or participate in a contest. Excessive tardiness to class may result in an athlete being withheld from practices or contests. If the athlete had prior permission from the administration to be absent, the athlete could participate on that day. Examples would include attendance at school sponsored field trips, funerals, doctor/dentist appointments, etc.

ATHLETIC ELIGIBILITY

1. A student must be in attendance for the entire school day in order to participate in a district extracurricular activity (practice or contest). Emergency situations shall be given due consideration by the assistant principal and/or the athletic director.
2. All athletes must have passed twenty-five (25) credit hours (5 classes) of high school work from the previous semester to be eligible for participation. If a student does not pass five academic classes the first semester, that student will be ineligible for the entire second semester.

3. All athletes must be passing twenty-five (25) credit hours (5 classes) of high school work each week to be eligible for participation. Teachers will report the athlete's cumulative grade up to that grading week.
4. Athletic eligibility shall be checked weekly.
5. Coaches will receive an Ineligibility Sheet each Friday. Athletes that are marked ineligible on this list will be ineligible from Monday through Saturday of the next week. They should continue to practice with the team but may not dress for any contests.

In addition to the above, all student athletes are required to present the following to the Athletic Office **before** starting active participation in a sport:

View Concussion video and complete the form, **Current Physical Exam Form** – physicals are good for one calendar year, **Athletic Permit** – must be signed by the parent/guardian and the student. In addition to the above rules and regulations, the Illinois High School Association has specific rules regarding attendance, residence, age, etc. These rules and regulations have been included within this handbook.

Dance Team Application

Name: _____ circle Fr So Jr SR

Address: _____

Phone Number: _____ Cell: _____

Parents Name(s): _____

Parents E-mail: _____ Cell: _____

Your E-mail address: _____ Birthday: _____

Other activities & interests/POTENTIAL CONFLICTS:

Why do you want to become a dance team member and how would you contribute to the team? _____

LIST YOUR DANCE EXPERIENCE/STUDIO WHERE YOU STUDY OR STUDIED, AND YEAR YOU LAST TOOK CLASSES AND WHAT THE CLASSES WERE i.e. jazz, ballet, etc.

CHECKLIST: _____ constitution contract signed _____ parent permission signed

_____ Teacher evaluations (5) distributed

**NORMAL WEST DANCE TEAM
PARENTAL PERMISSION FORM**

Name of Candidate _____

Year in school next year _____ . Physicals need to be on file by Oct. 15, 2021.

I have read the information describing the tryout and squad requirements including the Athletic Expectations as Defined by Unit 5/NCWHS and the Normal West Dance Constitution.

I fully understand the rules which will govern my student if she/he is chosen to represent Normal community West High School as Dance Team member. I understand that this is an extra-curricular activity and that attendance at all practices, games, competitions, and special functions is a requirement.

If my student is chosen, I understand that she/he will have a current physical on file in the athletic director's office by Oct. 15, 2021 which will need to be valid through March 15, 2022.

Finally, I am aware of the financial responsibilities outlined in the tryout packet.

I have read and understand all of the above and do hereby give my student,
_____ permission to try out for the Dance Team at NCWHS. By signing this, I acknowledge that there are no physical restrictions or conditions that would make it unsafe for my student to participate.

PARENT SIGNATURE _____ DATE _____

Phone number _____

Address _____

If I am elected as Dance Team member at NCWHS, I shall fulfill all the requirements to the best of my ability. I have read the Athletic Permit and understand that if I fail to maintain these rules, I will be removed from the team. I further agree to uphold any rules outlined for the West Dance Team.

CANDIDATE'S SIGNATURE _____ DATE _____

2021-22 Dance Team Tryouts
Teacher Evaluation

Dance Team Candidate _____

Current Teacher _____

This is a confidential evaluation to be filled out by current teachers and coaches. If you are a Normal West teacher, please place completed evaluation in the folder in the front office. If you are a teacher at one of the Jr. Highs, please send completed forms through the inter-school mail to Shelly Weakly, Northpoint School. You can also scan the eval form and email it to me at weaklys@unit5.org. I need to have these forms in hand by **April 30** in order for the student to receive points. I value your input and appreciate your taking the time to fill these out. Your input is worth 25% of the student's pom try-out score.

Please rate the student on a scale from 0-4 (4 being the highest) on the following elements:

1. Attendance/Punctuality	0	1	2	3	4
2. Respect of Authority	0	1	2	3	4
3. Respect of Peers	0	1	2	3	4
4. Effort/Quality of Work	0	1	2	3	4
5. Honesty and Integrity	0	1	2	3	4

Total Points= _____

CURRENT GRADE _____

(A B C D F)

COMMENTS:

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Teacher Evaluation

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5. Honesty and Integrity	0	1	2	3	4

Total Points= _____

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(A B C D F)

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Teacher Evaluation

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Please rate the student on a scale from 0-4 (4 being the highest) on the following elements:

1. Attendance/Punctuality	0	1	2	3	4
2. Respect of Authority	0	1	2	3	4
3. Respect of Peers	0	1	2	3	4
4. Effort/Quality of Work	0	1	2	3	4
5. Honesty and Integrity	0	1	2	3	4

Total Points= _____

CURRENT GRADE _____
(A B C D F)

Comments:

2021-22 Dance Team Try-outs
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Total Points= _____

CURRENT GRADE _____
(A B C D F)

Comments:

