

**Andover High School Trojanette Dance Team  
Tryout Information 2019-2020**

Dear Parent/Guardian,

Your child is interested in becoming a member of the 2019-2020 Trojanette Dance Team at AHS. If your student is chosen to be part of the team, they will have a variety of obligations and responsibilities to assume. Please read the enclosed information carefully with your child before they attend the tryout clinics.

The Trojanette Dance Team is a program built on a strong foundation of teamwork, sportsmanship and dance performance. If you and your child agree to abide by the rules of the dance team, please sign the attached form and have your child return it to the coach on the first day of clinics, **March 18<sup>th</sup>**. Your child will **NOT** be able to participate in the clinic practices or tryouts if the form is not signed by both parties, and returned on time. **All forms to be returned to Coach Sophi Frangenberg. All other pages of this packet should be kept by the candidate.**

The 2019-2020 Trojanette team will be announced on the Andover High School website following tryouts on Friday. A mandatory new team and parent meeting will be scheduled for Saturday, March 23<sup>rd</sup> at 4:00 pm. All additional information will be provided at the time.

Being a part of the Trojanette Dance Team is both an honor and a privilege. Being part of the team means advocating for our school, and helping to promote and initiate school spirit. Your child will be acting as a role model and representative of the school and community and will be held to high expectations in performance and sportsmanship.

Please feel free to contact me with questions or concerns about tryouts or the upcoming year.

Sincerely,

Sophi Frangenberg  
Trojanette Coach  
sophichristine5678@gmail.com  
316.734.5552

## 2019-2020 Tryout Information & Dates

### Tryout Clinics:

Location: AHS Gym A

Monday, March 18                    3:15-4:15

Tuesday, March 19                  3:15-4:15

Wednesday, March 20              3:15-4:15

### Trojanette Tryouts:

Location: AHS Gym

Friday, March 22                    Begins at 4:00 pm  
    \*time slots will be every 15 minutes\*

- **All Clinics and Tryouts are CLOSED. No visitors will be allowed.**
- After your child has finished their tryout their scores will be kept confidential. **NO** scores will be released to participants or to parents in order to protect each student's privacy, whether they make the team or not. Points are tallied from tryout judges. **All decisions will be final and absolutely NO exceptions will be made. Results will be posted March 22<sup>nd</sup> on the AHS website after tryouts are completed.**
- For the clinic and tryouts, your child will need to bring jazz dance shoes. By KSHSAA rules, shoes must be worn at all times. Comfortable clothing that allows for movement should be worn during the clinics. Your child will also need to have black jazz pants or leggings, and a black tank, close-fitting tee-shirt, or black leotard for tryouts. The shirt should be plain with no design or writing on it.
- Also, per KSHSAA rules, all hair must be pulled back from the face for clinics and tryouts. No large barrettes or hair adornments are allowed while dancing (this includes feathers). Bangs should be out of the face and pinned back.
- Your child may not have on any jewelry during the clinics or tryouts, also per KSHSAA. Please speak with Coach Frangenberg, about wearing religious medals/scapulars, medic alert bracelets, etc.

### **During Tryouts, your child will be learning:**

- 1 routine during the clinic to be performed at the tryout from memory.
- Your child will also be performing certain dance techniques on their own to show specific levels of ability. This will include turns, leaps & jumps, and kicks.

### **Technique to be shown during Tryouts:**

- Double and Triple Pirouette
- Right/Left Front Leaps
- Full Russians (Center Leaps)
- Turning Disc
- Right/Left Splits
- Kick Combination: Mid, High, Turned Out, Tilt

During tryouts, you will perform these elements *before* you perform the routine you learned at the clinic.

**All candidates trying out will receive a fair tryout, and each candidate will go through the same process. Previous members of the Trojanette Dance Team will NOT be given any special privileges. All previous affiliations with the team have hereby ended, and being a previous member of the team will have no effect on your candidacy for the 2019-2020 team. Each student chosen will have earned their position on the 2019-2020 team through a tryout.**

### **Additional Info:**

#### **2019-2020 Summer Camp:**

We will be attending the NDA Elite Summer Camp in Emporia, June 9-June 12 at Emporia State University. Attending camp is mandatory, as are practices leading up to camp. If your child is chosen to be part of the dance team, more information will come regarding meetings and deadlines for camp payments. This price does not include camp clothes. The students who are chosen for the team will begin fundraising immediately following tryouts and any funds they raise will be directly applied to their camp costs. **There is a \$100.00 deposit due from each student by April 14<sup>th</sup>. The remaining camp cost will be due to the AHS office by May 1<sup>st</sup>.**

## **Trojanette Rules & Regulations**

### **Team Purpose:**

The purpose of AHS Trojanette team is to promote school pride, develop teamwork and leadership skills and to demonstrate skill and performance ability through dance. **Trojanettes should possess and demonstrate positive attitudes and leadership skills in both academic and extracurricular activities.**

### **Summer Requirements:**

1. The Trojanette team will be attending an NDA dance camp June 9-12. This means we will begin practicing at the end of the 2019 school year and in the summer. All Trojanettes are

required to go to camp. Any student that misses camp will have a meeting with the coach and athletic director.

2. The practice schedule will be set by the coach. Summer practices are required for every Trojanette.

3. It is the responsibility of a Trojanette to participate in spring/summer fundraisers. This enables the team to pay for camp, uniforms, etc. Students will be notified in advance as to what they will be doing.

### **Year-Long Requirements:**

1. **During the school year practice is tentatively scheduled for the following days. These are subject to change depending on schedules.**

Monday before school from 6:00 am – 7:00 am

Tuesday after school from 3:15 pm – 4:30 pm

Thursday before school from 6:00 am – 7:00 am.

Additional practices may be scheduled as needed. Team members are expected to be at every practice and will only be excused early from practice with approval from the coach.

2. Always wear proper materials to practice.

3. Be on time to every practice. The tardy rules are as follows.

### **Excused Tardies:**

All excused tardies must be approved by the coach. If not approved, they will be deemed unexcused and the rules below will apply. Three tardies will be equal to one absence due to attendance purposes.

### **Unexcused Tardies:**

-There will be a five minute leeway time. After that, the student will be considered tardy.

-If the student is later than 15 minutes, without contacting the coach beforehand the tardy will be considered an unexcused absence, but the student must still complete the practice.

1st tardy – Warning

Every tardy following - One Demerit

### **Attendance Policy:**

1. Practices are vital in assuring successful performances. Therefore, if you are ill or have a family emergency you must call the coach.. In these instances, your absence will be excused. Any other absence, unless approved by the coach, will result in a demerit. In addition, if a student has excessive absences the week of a performance (even though the absences are

excused) they will not perform in the given performance (unless otherwise determined by the coach through a tryout). Please note the coach decides whether an absence is valid, and thus excused. If the coach is not given a legitimate reason as to why you were absent, she does not have to excuse you. Personal business will not be considered a legitimate reason. If long term absence is required due to illness to injury a doctor's note will be required.

### **Demerit Policy:**

1. Demerits will be given at the discretion of the coach. Demerits may be given for tardiness, absences, inappropriate behavior while in uniform, being disrespectful to the coach or other team members, being uncooperative, or not following the rules outlined in this document. After a Trojanette has 3 demerits they will be benched for one performance. After a total of 3 benches or 9 demerits, the Trojanette will be removed from the team.

### **Benches:**

1. If a student has been benched (for any reason) they must still attend practices and the performance. **Failure to attend means they must forfeit performing in the next performance.**
2. A team member may be benched from a performance at any time for having a negative attitude or being disrespectful to the coach, officers or their teammates. They may also be withdrawn from a performance if it appears that the student does not have the routine memorized and/or perfected. In this case they will *not* receive a demerit.

### **Practice:**

1. Always bring practice clothes. Students are expected to wear shoes at all times. This is a KSHAA rule and will be enforced. Failure to bring practice clothes or shoes and bags will result in a warning (1st time) or a demerit (2nd time).
2. Do not wear jewelry to practice. This is also a KSHAA rule.
3. All students must have their hair pulled back.
4. The coach may require team members to wear specific practice clothes on designated days. This will help the uniformity when perfecting routines.
5. Do not chew gum at practice.
6. Do not talk while the coach or officers are talking, teaching, or giving instructions. Practice is more efficient when talking is kept to a minimum.
7. *Teamwork and sportsmanship are a main focus of this team.* Be polite to everyone. Be respectful to everyone. Be cooperative.
8. Cell phones must be on silent at practice and kept away from view.

9. Have Fun! Though the rules may seem strict, our goal is to have an excellent team and enjoy dancing, performing, and being together as a team.

### **Performances:**

1. Arrive to performance dressed appropriately.
2. Do not wear jewelry during a performance.
3. Do not chew gum during a performance.
4. Come prepared. Failure to have any part of the costume, including poms, shoes, etc. will result in a warning or not being able to perform.
5. Be at each performance on time. Always check in at the designated location.
6. The coach will decide what outfits the team will wear for each performance.

### **School Regulations:**

1. Trojanettes will follow the school guidelines regarding tobacco, alcohol, and drugs. Aside from the school rules Trojanette rules are as follows:

1st offense - benched for one week and a performance

2nd offense - removed from the team

2. Trojanettes must maintain passing grades, corresponding with school activity policy.
3. Trojanettes must attend at least four hours of a school day (or the majority of their schedule) to be eligible to perform that evening. After a performance members must attend the next day of school. Failure to do so will result in a conference with the Athletic Director.

### **Miscellaneous:**

1. Trojanettes may not wear their uniforms outside of school/team events.
2. Trojanettes cannot loan their uniforms out. Anything not returned at the end of the season will result in a \$35 fee per item missing.
3. As a Trojanette and representative of the school, each member is asked to maintain a positive demeanor with teachers, administrators, peers, other schools and other teams. **Disrespectful, demeaning or inappropriate actions will not be tolerated.**
4. **Trojanettes are encouraged to bring any issues or concerns they have directly to the coach.** This can be done before or after practices or outside of practice. If a girl feels like her concern is not being addressed, parents are encouraged to contact the coach or athletic director at that point.

5. Being a member of the Trojanette Dance Team will require many purchases that are not covered by the school. Parents should be aware that costs may range from \$500-\$1000 throughout the year, depending on team apparel, competition, travel and special performances. The bulk of these costs happen prior to camp in the summer.

**Please return this page on the first day of tryout clinics.**

**I have read the conditions of this contract and agree to the terms stated within.**

Student \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_

**Trojanette Dance Team  
Tryout Information Sheet  
2019-2020**

Name: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

2019-2020 Grade Level: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

1. Why are you trying out for Trojanettes?

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2. How can a member of the Trojanette Dance Team promote school spirit and best represent our school?

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3. To you, what are 3 characteristics that are the most important to being a member of the Trojanette Dance Team?

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4. Please list any activities or obligations that might interfere with your being a member of the Trojanette Dance Team, should you be chosen. (conflicts with summer camp, practice, games, etc.)

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**Please have this form filled out completely and turned in to the coach by March 18th.**