

# Claremore Dance Teams

## 2022-2023 Tryout Information for Varsity Dance Team

The Claremore High School Varsity Dance Team will hold **Tryouts on April 8th with the tryout clinic on April 5-8th 4-6:30 p.m.** The Dance Team offers students a valuable opportunity to support our athletic teams, develop and display their talent, promote school spirit, learn to function as a group, and create lasting friendships.

**MANDATORY VIRTUAL PARENT MEETING Monday, April 4th AT 6:30PM. If you are interested in trying out for the team please send your email to Coach Warden.**

- Jessica Warden: [jwarden@claremore.k12.ok.us](mailto:jwarden@claremore.k12.ok.us)

Expectations for the members of this group are high and the practice and performance schedule can be demanding. Members are expected to make a significant commitment to the team. Rewards are also great: the excitement of performance and competition, recognition by the community and dance organizations, and potential for collegiate scholarships. Participation can be costly, but there will be numerous fundraising opportunities to reduce the individual dancer's expenses.

Tryouts will be closed, meaning no family or friends will be allowed to watch. The number of dancers selected to each team is not predetermined but will be based on the results of the tryout.

This packet contains the forms and materials necessary to familiarize the dancer and parents with our organization and tryout procedures: Please read the documents carefully. In order to try out, the following must be completed and turned in before the tryout clinic begins: Dancers without the necessary paperwork will not be allowed to participate in the tryout clinic.

- Parent/guardian release form and Tryouts Application
- Copy of current Physical

\*Please drop off all forms in the front office of the high school. You may bring completed forms with you to the first day of the clinic as well; They may also be given to Coach Warden in room 915.

**There will be a mandatory parent meeting on April 4th at 6:30pm to discuss the tryouts, team requirements & commitments, and to answer any questions parents or dancers may have. Parents of dancers wishing to try out must attend to ensure understanding of the dance team commitments.**

Thank you for your interest in the Claremore Public Schools Dance Program!

Jessica Warden  
Varsity Dance Coach  
[jwarden@claremore.k12.ok.us](mailto:jwarden@claremore.k12.ok.us)

Courtney Burchett  
Varsity Choreographer  
[courtney.c.jefferson@gmail.com](mailto:courtney.c.jefferson@gmail.com)

# Tryout Process

Participants will learn their tryout routine on the first day of the clinic. The music for the tryout routine can be emailed to the student if they provide an email address on the first day of the clinic or it can be recorded on a cell phone. The outgoing senior class or the varsity coach will create and teach the routine which will consist of pom, jazz, and/or hip-hop styles. Days 2 and 3 of the clinic will be devoted to polishing the routine, teaching a short high-kick sequence for use at tryouts, and practicing required skills.

Attendance at tryouts is mandatory! Participation is a part of the tryout score.

## **Formal Tryout, April 8th (Varsity): Starting at 5:15**

**\* If you make the team we will be going to dinner that night as a team to celebrate.**

- Dancers will perform the tryout routine in a group of two or three.
- Dancers will perform a high kick sequence in a group two or three.
- Dancers will perform the following skills
  - Toe touch
  - Pirouette (single, double, triple)
  - Fouettes (attempt 3 into a double)
  - Right and left splits
  - Heel Stretches
  - Tilt Jump
  - Right, left, 180 leap and center leaps
  - Jump Split
- Dancers will have an opportunity to display additional skills during their tryout
  - Turning Centers
  - Calypso
  - Larger Fouette Combo
  - Acro
  - Or any other skill/flip....

**Clinic Attire:** T-shirt or tank top, shorts, jazz pants, or dance briefs, and athletic or dance shoes. Hair should be pulled back and all hanging jewelry should be removed. No crop tops should be worn during clinic or tryouts. Dancing barefoot or in socks will not be allowed.

**Tryout Attire:** Form-fitting, full length top in any color, black dance leggings, dance or athletic shoes. Hair should be pulled back and no jewelry should be worn. Stud earrings are allowed. Try to look your best!

**NO PREVIOUS DANCE TEAM ATTIRE IS ALLOWED AT CLINIC OR TRYOUTS**

## **Selection Criteria**

- Grades and attendance
- Attitude (cooperation, respect, timeliness, following directions)
- Appearance (grooming, fitness, carriage, posture)
- Showmanship (smile, energy, enthusiasm, overall appeal)
- Execution (skill, technique, or potential)
- Teacher Evaluation

# Estimated Expenses & Time Commitment

## **Varsity Dance Team** (We round up on all prices so the cost will be lower) Also plenty of

### fundraising opportunities

Team Shirts	\$25
Black and Pink (tights, shoes, earrings, jazz pants)	\$200*
Warm Ups	\$150
Adidas Shoes	\$60
Back Pack	\$50
Competition Cost	\$175
Transportation Fee	\$75
Costume Fee	\$150
Nationals Cost	\$500
Uniform Rental Fee	\$25
Rolling Duffel	\$50

\*paid for by team account

**TOTAL - \$ 1400**

\*Returning dancers may not need to purchase

- Mandatory Parent Meeting April 2nd @630PM
- TRYOUTS - April 8th @ 5:15 PM @ Mobra
- Practices will be every Tuesday & Thursday from the dates of tryouts until the first day of June camp.
- April 12th- May 19th (Tuesdays and Thursdays only) 6:30-7:30 AM (during school)
- Summer practices will be Tuesday & Thursdays- 9-10:30 AM (May 24th -June 9th Tuesdays and Thursdays)
- June Camp - June 13th - 17th from 4PM - 10PM
- August Camp - August 1st - 5th from 4PM-10PM
- School Day Practices: Starting in the FALL @ 7:00AM

-If you make the team our first event will be a team dinner following tryouts, so girls can get to know each other.

-If you make the team our first summer camp is June 13-17th with team bonding afterwards.

-August 1st - 5th will be our choreography camp with the team bonding following afterwards.

-Please look above for all practice dates

# Tryout Application

Please fill out this form and return it to the front office of the high school or bring to first day of tryouts **with your release form\*, grade report, all tryout materials .**

Name \_\_\_\_\_

Current Grade (8th-11th) \_\_\_\_\_

Parent's Name \_\_\_\_\_

Parent's Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

Activities/Interests \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you had dance training before? \_\_\_\_\_

If yes, where and what styles?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why do you want to be a member of the Dance Team?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Claremore Dance Teams**

### **2022-2023 Medical Release**

STUDENT NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

PARENT PHONE: \_\_\_\_\_

AUTHORIZATION FOR EMERGENCY TREATMENT: I hereby authorize any emergency physician, surgeon, medical staff, dentist or dental specialist on the medical staff of Claremore Regional Hospital, Claremore Indian Hospital, (U.S. Government) or such other named hospital and their medical staff and emergency physicians, to administer any and all emergency treatment, procedure, or medicines necessary or advisable when school officials accompany (student's name) \_\_\_\_\_ to the emergency room. I further agree to pay such hospital, doctors, medical staff and ambulance service for all services rendered to the above named child.

I request that this authorization remains in full force and effect as long as my child is a student in Rogers County Independent School District No. 1, Rogers County, Oklahoma.

\_\_\_\_\_  
**SIGNATURE OF PARENT/GUARDIAN\***

\_\_\_\_\_  
**DATE**

\*Please circle above whether you are the parent or guardian. NOTE: A step-parent is not sufficient. It must be a biological or adoptive parent. If guardian include the following:  
Court Jurisdiction \_\_\_\_\_ Case# \_\_\_\_\_

**Please provide an emergency contact whom we should call in the event of an illness or emergency when the parents cannot be reached.**

Name	Relationship	Phone
_____	_____	_____

**Please check one of the following:**

\_\_\_\_\_ MY CHILD HAS NO KNOWN MEDICAL CONDITIONS OR ALLERGIES:

\_\_\_\_\_ MY CHILD HAS THE FOLLOWING MEDICAL CONDITIONS (PLEASE CHECK):

\_\_\_ Allergy to medication/food/bees, etc.

\_\_\_ Irritable Bowel Syndrome

\_\_\_ Asthma/lung condition

\_\_\_ Joint/Muscle condition

\_\_\_ Diabetes

\_\_\_ Migraines

\_\_\_ Heart Condition

\_\_\_ Neurological/Seizures

Current Medications \_\_\_\_\_

Please list symptoms of condition: \_\_\_\_\_

# Claremore Dance Teams - Teacher Evaluation #1

Dear Teacher,

The following student is trying out for the CHS Varsity Dance Team. Please return form to the Dance Team mailbox at the high school or junior high on or before Monday, April 2nd. Teachers from any other school please place forms in a signed, sealed envelope and return to the student to deliver to Claremore High School or Junior High.

Thank you for your cooperation,

Coach Warden

**Student Name** \_\_\_\_\_

**Teacher Name** \_\_\_\_\_

**Class** \_\_\_\_\_

**Current Grade** \_\_\_\_\_ **Last Block Grade** \_\_\_\_\_

Please rank the candidate from 1-5 with **5 being the highest**. Please add comments below

Dependability	1	2	3	4	5
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Leadership	1	2	3	4	5
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Attitude	1	2	3	4	5
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Cooperation	1	2	3	4	5
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Academic Effort	1	2	3	4	5
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Respect	1	2	3	4	5
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Comments:

## Claremore Dance Teams - Teacher Evaluation #2

Dear Teacher,

The following student is trying out for the CHS Varsity Dance Team. Please return form to the Dance Team mailbox at the high school or junior high on or before Monday, April 2nd. Teachers from any other school please place forms in a signed, sealed envelope and return to the student to deliver to Claremore High School or Junior High.

Thank you for your cooperation,

Coach Warden

**Student Name** \_\_\_\_\_

**Teacher Name** \_\_\_\_\_

**Class** \_\_\_\_\_

**Current Grade** \_\_\_\_\_ **Last Block Grade** \_\_\_\_\_

Please rank the candidate from 1-5 with **5 being the highest**. Please add comments below.

Dependability	1	2	3	4	5
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Leadership	1	2	3	4	5
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Attitude	1	2	3	4	5
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Cooperation	1	2	3	4	5
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Academic Effort	1	2	3	4	5
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Respect	1	2	3	4	5
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Comments:

# Claremore Dance Teams - Teacher Evaluation #3

Dear Teacher,

The following student is trying out for the CHS Varsity Dance Team. Please return form to the Dance Team mailbox at the high school or junior high on or before Monday, April 2nd. Teachers from any other school please place forms in a signed, sealed envelope and return to the student to deliver to Claremore High School or Junior High.

Thank you for your cooperation,

Coach Warden

**Student Name** \_\_\_\_\_

**Teacher Name** \_\_\_\_\_

**Class** \_\_\_\_\_

**Current Grade** \_\_\_\_\_ **Last Block Grade** \_\_\_\_\_

Please rank the candidate from 1-5 with **5 being the highest**. Please add comments below.

Dependability	1	2	3	4	5
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Leadership	1	2	3	4	5
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Attitude	1	2	3	4	5
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Cooperation	1	2	3	4	5
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Academic Effort	1	2	3	4	5
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Respect	1	2	3	4	5
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Comments:



# Claremore Dance Teams - Teacher Evaluation #4

Dear Teacher,

The following student is trying out for the CHS Varsity Dance Team. Please return form to the Dance Team mailbox at the high school or junior high on or before Monday, April 2nd. Teachers from any other school please place forms in a signed, sealed envelope and return to the student to deliver to Claremore High School or Junior High.

Thank you for your cooperation,

Coach Warden

**Student Name** \_\_\_\_\_

**Teacher Name** \_\_\_\_\_

**Class** \_\_\_\_\_

**Current Grade** \_\_\_\_\_ **Last Block Grade** \_\_\_\_\_

Please rank the candidate from 1-5 with **5 being the highest**. Please add comments below.

Dependability	1	2	3	4	5
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Leadership	1	2	3	4	5
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Attitude	1	2	3	4	5
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Cooperation	1	2	3	4	5
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Academic Effort	1	2	3	4	5
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Respect	1	2	3	4	5
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Comments: