



# HELIAS DANCE EXPLOSION



**2019 – 2020  
Audition Packet**

Helias Dance Explosion  
2019-2020

Dear Dance Team Candidate,

To become a member of the Helias Catholic High School Dance Explosion Team, you must first successfully complete the dance audition. The attached information details the tryout requirements and expectations of a dance team member.

Helias Dance Explosion's fundamental beliefs mirror that of Helias Catholic High School. Scholastic maturity is gained by actively participating in extracurricular activities. We offer you the opportunity to socialize, perform, and grow in faith with other young women that share the same academic and athletic standards as well as Christian values that you have. We will give you companionship while teaching discipline, determination, time-management, and self-motivation. It is our hope that any time spent with Helias Dance Explosion will be an exciting and rewarding experience for you. We hope to become an extended family and will work to make that possible.

Your responsibility is to dedicate yourself to many hours of hard work to improve both yourself and the team. Our "season" begins in July and continues throughout February. There will be many evening events, after school practices, and weekend performances. Consider this commitment carefully. We look forward to a great year of dance!

Best wishes,

Alexis Kendall, Head Coach  
Maggie Fechtel, Assistant Coach

### Audition Information

- The candidates will attend 2 clinics to learn the following:
  1. Short Jazz routine
  2. Short Kick/Pom sequence
- Candidates will audition in pairs (they may select their partner). Each dancer will be assigned a number during the auditions.
- Judges are obtained by the coaches and will have prior dance experience.
- Squad selection will be announced by the 2<sup>nd</sup> evening after tryouts. Up to eighteen dancers will be chosen for the team. Selection is based on the natural break in scores of those that audition.
- Dancers who are injured at the time of auditions but were on the Varsity squad for the 2018-2019 season may be placed on the 2019-2020 team at the discretion of the coaches.

### Judging Score Sheet

#### **Jazz Dance**

Technique	10 pts.	
Precision	10 pts.	
Showmanship	10 pts.	
Style	10 pts.	
Knowledge of routine	<u>10 pts.</u>	
	50 pts.	(50%)

#### **Kick/Pom Sequence**

Form	7 pts.	
Height/Flexibility	8 pts.	
Timing	7 pts.	
Showmanship	<u>8 pts.</u>	
	30 pts.	(30%)

#### **Overall Impression**

Appearance	6 pts.	
Confidence/Poise	7 pts.	
Overall Impression	<u>7 pts.</u>	
	20 pts.	(20%)

## **Clinics & Auditions**

Monday, April 29	6:00-8:30pm	Mandatory Clinic in Fieldhouse
Tuesday, April 30	6:00-8:00pm	Mandatory Clinic in Fieldhouse
Thursday, May 2	6:00-8:00pm	Auditions in Fieldhouse

- Wear comfortable shorts or dance pants, t-shirts (leotards are not necessary), and athletic shoes or jazz shoes. For the audition wear a solid color top; mid-section should not show when arms are raised. Hair must be tied back and away from the face. No gum or jewelry are allowed at clinics or tryouts.

### **Audition Paperwork**

The following must be turned in on April 29:

- Completed application
- Signed parent permission form/medical release
- Signed Catholic Moral Code & Social Media Contract
- \$50 camp deposit (checks can be made out to Helias)
- \$25 athletic insurance\* (on a separate check made out to Helias)
- Current Physical Form\*\*

\*Only incoming freshman are required to submit payment for athletic insurance. Current Helias students are covered by the school's policy.

\*\*Incoming freshman or upper classmen who were not on any Helias sports team this school year are required to submit a current physical.

Camp fees and insurance fees will be returned to those who are not selected for the squad. Both will be mailed back the week following auditions.

## **Dance Team Expectations & Responsibilities**

1. MEMBERSHIP—Membership on the Varsity squad will be up to 18 dancers ranging from freshman to seniors.
2. CAMP—UDA dance camp is scheduled for July 19-22 at the University of Central Missouri in Warrensburg. Camp is *essential* for individual and team growth and development. At camp, the team learns a majority of the season's material. They will also compete for the first time as a team. Attendance at camp is required to join the dance team, with exceptions for extraordinary circumstances at the discretion of the coaches. Summer practices to prepare for camp will be from 6:00am – 8:00am on the following dates:  
July 8-12; July 15-18

If a dancer misses 2 or more of these summer practices, they will be removed from the camp competition routine. They are still expected to attend camp.

Following camp, practices will resume the first week of school. Any dancer not in the home routine at camp will not perform at the first football game on August 30<sup>th</sup> but is still expected to dress out and attend in support of the team.

3. ATTENDANCE—Every practice and performance is mandatory unless excused by the coaches. To have any absence excused, you must submit the excuse in writing (or email) to the coaches before the practice begins. Planned absences must be excused no less than 1 week in advance. As dance team covers both fall and winter seasons, members will be allotted 5 excused absences per season. Disciplinary action will be imposed after 5 excused absences each season (including camp practices) and for every unexcused absence.
4. PRACTICE—After camp, practices will be held 3 times a week to prepare for home football game performances. These practices will typically be from 3:30pm until 5:00pm every Monday, Wednesday, and Friday starting August 19. Additional practice days may be added throughout the football and basketball seasons, including the possibility of attending technique classes and/or weight training classes. In January and February, we typically add another day of after-school OR morning practice to help prepare for the regional and state competitions. Before scheduling any additional

practices, the coaches will notify parents and dancers at least 1 week in advance.

5. PERFORMANCES—There will be approximately 20 performances in the 2019-2020 season. The squad performs at all Helias varsity home football games and varsity girls and boys basketball home games. They also represent Helias at 2 competitions held on Saturdays: regionals are usually around the end of January, and the state competition is typically held towards the end of February.

### **DANCE EXPLOSION ESTIMATED EXPENSES** **FOR THE 2019-2020 YEAR**

New Dance Team Members will be responsible for purchasing:

- Jazz Shoes – both black and tan are required
- Tights – both black and tan are required
- Jazz Pants – (ordered as a team, \$45)
- Team Jacket – (ordered as a team, \$80)

Returning Dance Team Members & New Members will be responsible for:

- Jazz Pants – legging style\*tentative, cost TBD
- Camp – (registered as a team, \$369)
- Camp Clothes – (ordered as a team, around \$110)
- Helias Athletic Fees (raffle ticket sales can cover all/part of this)
- Competition Hotel Rooms

### **PARENT INVOLVEMENT**

We would not be the amazing dance team we have been without such terrific parental support. Parents should plan on being at most of the following events throughout the year. Sign-up sheets and details will be provided as each one approaches.

- 1<sup>st</sup> Team Meeting in May
- Pre-camp picnic/meeting in July
- Drivers to/from camp in July
- Fall sports meeting August 11

- Booster BBQ August 17
- Back to School Dance in August
- Elementary kids clinic September 6
- Competitions in January & February

**Application Form**

All applicants must attach a \$50.00 camp deposit check made out to Helias.

Incoming freshman must attach a separate \$25.00 athletic insurance check made out to Helias.

Name:

Email:

Phone:

Cell Phone:

Grade for 2018-2019 (circle one):      Freshman      Sophomore      Junior      Senior

Address (include zip code):

Mother's name:

Father's name:

Mother's phone:

Father's phone:

Mother's email:

Father's email:

I live with my (circle one):    mother      father      both      other

Measurements: Bust:              Waist:              Hip:              Girth:              \_Height:

Pant Size:      Top Size:

Are you employed?

If yes, can you ensure that work will not interfere with the team?

Do you plan to participate in any clubs, organizations or sports which could interfere with your commitment to this team? Please explain:

Have you ever been suspended from school?

If so, please explain:

How many times were you absent from school this past year?

What is your current cumulative GPA?

As a prospective member of Helias Dance Explosion, I understand the rules and regulations which govern the organization. I will promote the function and reputation of this group. I will organize my time so that grades and other school activities do not fail and conflict. I will attend all practices and all performances. Further, I understand my responsibilities to accept the financial burden of belonging to the dance team. If selected, I will work cooperatively and earnestly with the team. If not selected, I will accept the decision with maturity and realize that I was given equal consideration as other candidates.

Candidate Signature:

Date:

This applicant has discussed Helias Dance Explosion with me, and I have read the audition packet. I understand all responsibilities, financial and otherwise, that are involved during auditions and the dance season. I understand the audition process, judging and all rules that govern the dance team. This applicant has my permission to proceed with this group for the upcoming season.

Parent/Guardian Signature:

Date:

**MEDICAL RELEASE**

Participant Name:

1. Has the student had injuries or medical problems requiring medical attention within the last year?

YES

NO

Details:

2. Does the student have an ongoing, significant illness or physical complaint?

YES

NO

Details:

3. I acknowledge and recognize that hazards are present in athletic/dance team participation and that injury may result. My signature authorizes the school to obtain any emergency medical transportation or care that may become necessary in the course of athletic/dance team activities.

Parent/Guardian Signature:

Date:

4. You must have accident insurance coverage to participate in dance team auditions and activities.

Name of Insurance Company:

Policy #:

5. Incoming freshman participants must submit a check for \$25.00 for athletic insurance even though you have accident insurance coverage above. This should be a separate check as it goes in a separate account if deposited.

6. If the student was not a member of a Helias athletic activity during the 2018-2019 school year, you must submit a current physical exam prior to participation in the audition process. All students selected for the team are required to submit a physical exam dated after 2/1/19 before the 1<sup>st</sup> practice in August.



## Catholic Moral Code & Social Media Contract

The following excerpts are taken directly from the Helias Catholic High School Parent / Student Handbook and/or the Diocesan School Policy Handbook. All parts of both of these handbooks apply to all students; however, we want to be sure dancers and parents fully read and understand the sections below.

### **Catholic Faith and Moral Standard**

“Conduct which is inconsistent with Catholic faith and morals, which is a threat to the health, safety, and welfare of other students and/or which causes scandal, impairs or threatens to impair the reputation of the Church or its schools, is grounds for disciplinary sanctions up to and including immediate dismissal/expulsion.”

### **Student Internet, E-mail and Other Technology**

“...the school and/or diocese can take disciplinary action against any student who, either within or outside school hours and/or on or off school grounds, uses technology to defame, bully, or assault the character or being of the school diocese, any of its employees and/or students. This includes any such negative postings, verbal or pictorial, on such websites as Facebook, YouTube, Snapchat, Twitter, Instagram, and other social networking sites, etc. This includes any activity that would violate DSP 5305, Catholic Faith and Moral Standard.”

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I have read the Helias Catholic High School Parent/Student Handbook including the sections listed above, and I agree to uphold and conform to its policies. I understand that failure to comply with any policies as determined by Helias administrators, faculty or coaches may result in consequences up to and including my being dismissed from the Helias Dance Explosion Team.

Dancer

Date

Parent

Date

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