



HELIAS DANCE EXPLOSION



**2020 – 2021
Audition Packet**

Helias Dance Explosion
2020-2021

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 learn two short dance routines from videos:
1. Jazz/Pom/Hip Hop Routine 2. Kick/Pom Routine
- Candidates will audition via video submission.
- Judges are obtained by the coaches and will have prior dance experience.
- Squad selection will be announced by the end of May via email. 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 2019-2020 season may be placed on the 2020-2021 team at the discretion of the coaches.

Judging Score Sheet

Jazz/Pom/Hip Hop 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 Dance

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%)

Auditions

- Audition videos will be sent to all applicants at 8:00 pm on Friday, May 22 via email.
- Audition video submissions are due no later than 8:00 pm on Wednesday, May 27 via email to hcdanceexplosion@gmail.com. Please include the dancer's name and grade level for the upcoming school year in the subject line. Submission should include:
 1. A clear, full body video of the candidate performing the Jazz/Pom/Hip Hop Routine. Prior to beginning the dance, please introduce yourself with your name and grade for the upcoming year. Also, please demonstrate the splits on both legs.
 2. A clear, full body video of the candidate performing the Kick/Pom Routine.
 3. This complete audition packet as an attachment (the last 3 pages starting from the 'application form'). For this time, a typed name will be accepted as a signature and upheld as such.
- The following items need to be physically mailed to the coach with the intention to be received by the submission due date of Wednesday, May 27. The coach's address is 1003 Choctaw Ridge Drive, Holts Summit, MO, 65043.
 1. A current physical form-required for incoming freshmen or any upperclassmen who were not on any Helias sport team the previous school year.
 2. A \$25 check for athletic insurance (made out to Helias)-required for incoming freshmen. Current students are covered by the school's policy.
 3. A \$50 check for camp deposit (made out to Helias).

Note: Camp deposit and insurance fees will be returned to those who are not selected for the squad. Both will be mailed back or shredded the week following auditions at your discretion.
- For the auditions, please wear a solid color top (mid-section should not show when arms are raised) and form fitting pants/shorts. Hair must be tied back and away from the face. No gum or jewelry are allowed.

Dance Team Expectations & Responsibilities

1. MEMBERSHIP—Membership on the Varsity squad will be up to 18 dancers ranging from freshman to seniors.
2. CAMP—Camp is *essential* for individual and team growth and development. At camp, the team learns a majority of the season's material. 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 are currently scheduled from 6:00am – 8:00am on the following dates:

June 15, 17, 19, 22, 24, 26, July 6-10, July 13-15

Due to the current circumstances, the previously registered camp was cancelled for this summer. The coach is working diligently with Varsity to find a suitable replacement option and will provide information to parents/dancers as soon as it becomes available. No dates are scheduled as of this time but is planned to occur during the summer months. It is possible that the team will not compete at camp this year and no summer practices will be needed. If practices are held as planned, the following will apply:

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.

The dance team will host a grade school clinic fundraiser on Saturday, **August 15** from 10 am to 2 pm. Attendance is **mandatory** for all team members. They will be expected to arrive at 9 am. At this time, this clinic is still scheduled to proceed as planned. Any updates will be communicated to parents and dancers as it becomes available.

Following camp, practices will resume the first week of school. Any dancer not in the home routine at camp (should we compete) will not perform at the first football game on September 11th 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. All excused absences are at the discretion of the coaches and **must be approved a minimum of 1 week in advance**. The only exceptions to this are if a dancer is sick from school or late due to receiving academic help after school (must have a signed note). **To have any absence excused, you must submit the excuse in writing (including email)**. Any absence that is not approved or not submitted to the coaches in the appropriate time will be considered an unexcused absence and result in sitting out at the next performance. Summer vacations are encouraged to be taken during the school's dead periods from **June 27-July 5 and August 1-9**.

The team may practice during school breaks throughout the year at the discretion of the coaches depending on the competition and performance schedule. All planned practices and performances over breaks will be communicated a minimum of one month in advance. These are still considered mandatory and the same absence policy applies.

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 3:15pm until 5:00pm every Monday, Wednesday, and Thursday starting **August 24**. 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 morning practice (may also be after school or in the evening) 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 2020-2021 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 typically in January, and the state competition is typically held towards the end of February.

DANCE EXPLOSION ESTIMATED EXPENSES FOR THE 2020-2021 YEAR

New Dance Team Members will be responsible for purchasing:

- Jazz Shoes – both black and tan are required, approximately \$30 each
- Tights – both black and tan are required, prices vary
- Jazz Pants – approximately \$30
- Jazz Shorts – approximately \$15
- Team Jacket – (ordered as a team, approximately \$80)
- Team Bag – (ordered as a team, approximately \$40)

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

- Camp – (registered as a team, price will vary this year)
- Camp Clothes-the team typically orders; we will likely not need this year. Should we need, the cost will be no more than \$100.
- Helias Athletic Fees (raffle ticket sales can cover all/part of this though they may not be done this year)
- 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. All summer activities are tentative and subject to change due to the current circumstances.

- Pre-camp picnic/meeting in the summer
- Drivers to/from camp in the summer (may not be needed)
- All sports meeting August 9
- Grade School Clinic August 15
- Booster BBQ August TBD
- Competitions in January & February

Application Form

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

Incoming freshmen must mail a separate \$25.00 athletic insurance check made out to Helias.

Name:

Dancer's Email:

Primary Phone:

Cell Phone (if different):

Grade for 2020-2021 (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 (please list):

Measurements (inches):

Bust: Waist: Hip: Inseam: Girth: Height:

Pant Size (XS,S,etc): Top Size (XS,S,etc):

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 2019-2020 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 2/1/20 before the 1st 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.”

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
