

## *2012 Dyrden Dance Team Informational Letter*

Dear Parents, Guardians, and Students:

Are you interested in joining a fun group of students that love all things dance? This team is unlike any other team at Floyd Dryden; its unique members get to wear spectacular costumes, help choreograph dances, and then perform them at school, sporting, and community where the audience is screaming just for you.

Whether you're a novice or a pro, this team offers the opportunity to learn new dance styles and showcase them. You'll get to experience everything from lyrical, hip-hop, jazz, funky jazz, character, military, pom, ballet and more. Your head coach Ashlynn See, and your dedicated assistant head coach, Erica Scales, is ready to get you on board to support your school through dance.

While participation on Dyrden Dance Team is one of the most exciting experiences you can have at school, it requires a serious commitment and each member must be physically and mentally able to perform the duties that go along with being a dancer. Membership commitment is January 3, 2012 to February 18<sup>th</sup>, 2012 and will require early morning hours from 7-8am participating in practice (possibly including after- school, holidays, and weekends), sporting events, and school events.

Because of the tremendous responsibility placed on the members of this group, this packet includes general program details, requirements, and obligations. Once the team has been selected, additional detailed information packets will be given to you and your parents or guardians at the new members meeting if you make the team.

I have attached a rough calendar for students and parents to take a look at practice schedule, performance schedule, and also fundraising events. Final calendars will be passed out on Wednesday January 4, 2012 at practice. Also within the packet is the Squad Leader Packet, squad leaders tryouts will be on January 13, 2012 (details are within squad leader packet). Squad Leaders are open to anyone and everyone including sixth graders, we encourage everyone to try-out to have a chance to become a squad leader.

Please take some time to go through this packet and decide if you're ready to be a part of an amazing program that rewards dedicated and talented students. If you have any questions or concerns about Dryden Dance Team or anything in this packet, please feel free to contact Ashlynn See or Erica. We look forward to working with you to make the 2012 Dryden Dance Team fantastic for all of us!

Sincerely,

Ashlynn See –Head Coach

[Ashlynn.see@gmail.com](mailto:Ashlynn.see@gmail.com)

(559) 707-5942

Erica – Assistant Coach

[Erica\\_scales@jsd.k12.ak.us](mailto:Erica_scales@jsd.k12.ak.us)

(206) 542-2512

# Dryden Dance Team Practice

The following forms must be completely filled out, signed, stapled together, and **turned in** at the start of the Practice on **TUESDAY, January 3, 2012:**

## 1. 2012 Dryden Dance Team Application

**FRIDAY, January 6, 2012:**

1. **Student Physical Form:** Floyd Dryden is offering student physicals in the nurses office on Thursday January 5, 2012; **STUDENTS MUST** have a physical completed to be apart of the Dryden dance team.

### Practice Apparel

1. Appropriate athletic clothing and shoes (no jeans or bare/sock only feet)
2. Dance shoes are preferred, but secure tennis shoes will work
3. Dryden colors (Red, White, & grey) are preferred
4. P.E. uniforms are acceptable
5. Clothing worn on practice must be free of any organization he or she belongs to.
6. Loose hair must be pulled back and secured safely away from the face
7. No jewelry, except for simple studs in the ears, may be worn
8. No revealing tops or bottoms are allowed
9. No bare midriffs or saggy shorts/pants are allowed

### Practice Rules and Regulations

1. Arrive early if possible; all students must be checked in at practice daily.
2. Practice starts at 7:00 am (SHARP!!) unless otherwise noted
3. Practice ends at 8:00 am
4. No friends or parents/guardians are allowed near the practice area; unless first approved by either coach.
5. Practice meets in the cafeteria. unless otherwise noted
6. No gum or food is allowed during practice hour
7. Students are encouraged to bring water
8. No cell phones or other electronic devices are allowed
9. Students should demonstrate good sportsmanship by being attentive, helpful, respectful, and enthusiastic at all times
10. Students may not arrive to practice late or leave early; unless discussed and approved by either coach.
11. Students must dress appropriately for the practice.

## *2012 Dryden Dance Team Application*

Dancer's name:

\_\_\_\_\_

Grade level: \_\_\_\_\_

Dancer's home phone number: \_\_\_\_\_

By signing below, I verify that I have read and fully understand all information presented in the Dryden Dance Team Informational Packet. I will abide by all practice rules and regulations. I understand, I will abide by all team rules and regulations.

Dancer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

By signing below, I verify that I have read and fully understand all information presented in the Dryden Dance Team Informational Packet. I will abide by all clinic and judging day rules and regulations. I understand that if my child participates for the Dryden Dance Team, we will abide by all team rules and regulations. I give my child permission to participate in the Dryden Dance Team, I verify that my child is in good health and this team membership will not pose any medical/physical threat to him or her.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

### **Emergency Contact Information**

Person to notify in case of an emergency:

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

Relationship: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

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

Relationship: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

# 2012 Floyd Dryden Dance Team Squad Leader Tryouts!!

Important Note: The Floyd Dryden Dance Team welcomes every student to the team! You do not need any dance experience and you will not be required to try-out. This letter is intended for those girls or guys who want to help lead our team into a very successful year. We are counting on a big turnout for the team. In order to establish a fun and successful team, we need to a good group of squad leaders! We've designed this tryout so we can get good, trained, and dedicated squad leaders to help the team out. So if you want to join the dance team, please do!!! If you think you will be a good, positive role model for our team, and have the ability to make-up dance routines, then continue reading on and prepare for the Squad Leader Tryouts!!

The Dance Season starts on Tuesday, January 3 at 7:00am in the gym!

Hello Squad Leader Candidates!

We are all very excited to begin our third season of the Floyd Dryden Dance Team! Molly Box and Coach, Kari Reyes have been busy planning and coordinating our dance season! Performances are being scheduled, fundraisers are being planned, and it is time to find outstanding role models to help lead our team. This is where you come in.

The Captain, 1<sup>st</sup> Lieutenant, and Squad Leaders will be chosen very carefully this year. All members of our leadership team need to possess a variety of dance and leadership qualities. You will each get a chance to show us these qualities during the try-outs on Friday, January 13th in the commons from 3:00 — 5:00 PM.

## The Interview

Squad leaders will be chosen upon two requirements. The first and most important is our interview process. After submitting a questionnaire (due Wednesday, Jan. 11) each candidate will have a short interview with the coaches. This interview will help us determine your leadership capability, as well as your professionalism. (Helpful hints: Show up on time, dress nice, answer with confidence, show good eye contact, and no cell phones!) This will take approximately 5-10min.

## Grade Check

You will also be required to turn in a grade check with your teachers' signatures and a principal's signature. Everyone will be allowed to try-out regardless of your current grades. We just want you to start thinking about some of the dance team requirements and the responsibility of helping lead a team while still maintaining a C average or better.

## The Dance Routine and Skill Checklist

The second requirement will consist of creating and performing a 45 second to 1-minute solo dance routine. As a squad leader you will be asked to help develop many 8-counts for our dance routines, so this task should be very fun for you! (If you find it too difficult then maybe a squad leader isn't for you and by joining the team, you will have more fun without so much responsibility.) You will be required to make up your own dance routine for tryouts. There is a list of skills on the following page that you will be scored on.

Remember, this is supposed to be fun. Don't get too stressed out about the routine or interview. Try your best with all the dance skills. About 75% relies on your interview and only about 25% relies on your dancing routine. Our goal is to find a strong, positive, mature and fun group of leaders.

Good luck in preparing for try-outs!! I look forward to seeing you all very soon!

*Coach Ashlynn*

*If you have any questions, you can email them to me at the following address:*

[Ashlynn.see@gmail.com](mailto:Ashlynn.see@gmail.com) or give me a call at 559-707-5942

*Coach Erica*

[Erica\\_scales@jds.k12.ak.us](mailto:Erica_scales@jds.k12.ak.us) give me a call at 206-542-2512

**Deadline: Return to Coach Ashlynn by January 13, 3:00pm**  
**Floyd Dryden Dance Team *Squad Leadership* Questions**  
**To be filled out by the individual student!**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_  
Mailing \_\_\_\_\_  
Address: \_\_\_\_\_

*Please put some thought and take your time when answering these questions. This questionnaire/interview is the main deciding factor when choosing our leadership team. All answers will remain confidential.*

1. What makes you a good leader? \_\_\_\_\_  
\_\_\_\_\_

2. Please describe any past dance experience: \_\_\_\_\_  
\_\_\_\_\_

3. Gossiping will not be tolerated!! A Squad Leader needs to be open and friendly to every single girl on the team. If a team member comes to you and begins gossiping about another girl on the team, how would you handle this situation? \_\_\_\_\_  
\_\_\_\_\_

4. If there is a conflict between two girls on the team, how would you deal with it? \_\_\_\_\_  
\_\_\_\_\_

5. If you could nominate a team captain, who would it be and why? \_\_\_\_\_  
\_\_\_\_\_

6. If you could pick 3 other squad leaders, who would they be and why? \_\_\_\_\_  
\_\_\_\_\_

7. Aside from regular practice, squad leaders will be having additional practices (at JRC or Pavitt's) and will also meet to help with music selection, outfits, and to help plan team gatherings. Squad leaders' attendance will also be required at all fund raising events. This will be a BIG time commitment for you and your parents. Are you willing to give the team your extra time?  
Please Initial: \_\_\_\_\_ Parent Initials: \_\_\_\_\_

8. Please list any obligations you may have during our season. (Band, other sports team, clubs, jobs, etc.): \_\_\_\_\_  
\_\_\_\_\_

9. Now's your chance in words to write **two paragraphs** telling why you would be an excellent role model/squad leader for this team: You may use the back of this sheet or attach your own paper.

Squad Leader Candidate Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **We will be looking at the following categories during your dance routine:**

**Creativeness:** Do you have a theme? How will your routine stick out from all the others? Using props (chair, block, hat, wand, jump rope are some examples) is always a good and creative idea.

**Showmanship:** Smile, Smile, Smile!!! Keep your chin up and play with the audience. **You must add at least 2 facial expressions in your routine.** (Making a silly or serious face, fish face, "Oh" face, "Wow" face, etc). How comfortable do you look? Make it look like you are having tons of fun! !!!

**Dance skills:** Splits, toe touches, kicks, leaps, turns, and any gymnastics skills are all good things to add to your routine. You don't have to add all of them, but it would be a good idea to add in at least 2-3 of them.

**Rhythm:** Make sure you stay on beat. If you forget a section, make it up and don't let us know. Keep on dancing and smiling. It's okay to forget material, and everyone makes mistakes! A good dancer knows how to make a good recovery by improvising new material and continuing to smile.

**Attire:** Do you look good? Is your clothing appropriate? Does it match your theme and/or dance routine? Does it add or take away from your routine? You can never go wrong with black pants and a nice, movable top. Please do not wear baggy clothes. Do not go out and buy anything new. What you have will work fine!

**Music selection:** Music needs to hold a good, steady beat. Stay within the 45 seconds to 1-minute time requirement. No CURSE words. Inappropriate music will not be tolerated.

### **Skills Check-Off**

After your dance routine, we will have you demonstrate the following basic dance skills: Remember to try your best. You are not required to know all these skills.

- **Right Split**
- **Left Split**
- **Center Split**
- **Toe Touch (from both a standing position and starting in a tuck position from the floor)**
- **Turns (Double Turns)**
- **Kicks**
- **And any other skill you are able to do. (Split leaps, gymnastics, back walkovers, etc.)**

As a small group of 3 or 4, depending on how many try out for squad leader, you will be following the commands of: Attention, left face, right face, about face, left oblique, right oblique, hand salute, Dryden Drill and Floor Stomp. These are very important skills to have mastered. The new girls on the team will need a flawless group of leaders for these basic commands.

### **Time commitment: \*\*\*\*\***

It is important to know that as a squad leader there is an additional time commitment. We will begin practicing earlier than the rest of the team, we will be meeting on evenings and weekends and during winter break. If you have specific questions about the amount of time or extra practices required for the squad leaders, please email me. After we choose our squad leaders, we can work around individual schedules or family trips.

# DRYDEN DANCE

## January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>1st Day</i> Practice 7:00 am- 8:00 am	4 Practice 7:00 am- 8:00 am	5 Practice 7:00 am- 8:00 am	6 Practice 7:00 am- 8:00 am  <i>WEEKENDER 1st Performance 3pm-5pm</i>	7
8	9 Practice 7:00 am- 8:00 am	10 Practice 7:00 am- 8:00 am	11 Practice 7:00 am- 8:00 am	12 Practice 7:00 am- 8:00 am	13 Practice 7:00 am- 8:00 am  <i>SQUAD LEADER TRY-OUTS</i>	14  <i>BAKE SALE Second Saturday 10am-4pm AIRPORT SHOPPING MALL</i>
15	16 <i>NO SCHOOL</i> Practice 10:00 am- 3:00 pm	17 Practice 7:00 am- 8:00 am	18 Practice 7:00 am- 8:00 am	19 <i>NO PRACTICE</i>	20 Practice 7:00 am- 8:00 am  <i>Possible Concession Sand</i>	21
22	23 Practice 7:00 am- 8:00 am	24 Practice 7:00 am- 8:00 am	25 Practice 7:00 am- 8:00 am	26 Practice 7:00 am- 8:00 am	27 Practice 7:00 am- 8:00 am  <i>Possible Concession Sand</i>	28  <i>FUND- RAISER</i>
29	30 Practice 7:00 am- 8:00 am	31 Practice 7:00 am- 8:00 am				

**PERFORMANCE**

# DRYDEN DANCE

## February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Practice</i> 7:00 am- 8:00 am	2 <i>Practice</i> 7:00 am- 8:00 am	3 <i>Practice</i> 7:00 am- 8:00 am	4 <i>PERFORMANCE</i>
5	6 <i>Practice</i> 7:00 am- 8:00 am	7 <i>Practice</i> 7:00 am- 8:00 am	8 <i>Practice</i> 7:00 am- 8:00 am	9 <i>Practice</i> 7:00 am- 8:00 am	10 <i>Practice</i> 7:00 am- 8:00 am	11
12	13 <i>Practice</i> 7:00 am- 8:00 am	14 <i>Practice</i> 7:00 am- 8:00 am	15 <i>Practice</i> 7:00 am- 8:00 am	16 <i>Practice</i> 7:00 am- 8:00 am	17 <i>Practice</i> 7:00 am- 8:00 am  <i>Possible Performance</i>	18 <i>END OF YEAR PERFORMANCE</i>
19	20	21	22	23	24 <i>END OF SEASON PARTY</i>	25
26	27	28	29			



**PROGRAM  
FORM #1430E**

**Middle School Extracurricular Participation Agreement**

As a student of the Juneau School District, I understand that participation, including travel, in extracurricular activities is a privilege extended only to those of us willing to commit and adhere to the following requirements:

- 1) I will comply with school rules and board policies, specifically including Board Policy 1430, Student Activities, Board Policy 5530, Drug Abuse, and the administrative regulations accompanying those policies (see discussion in Student Handbook). In particular, I understand that I may not use, possess, or be under the influence of tobacco, alcohol, or non-prescription controlled substances or possess drug paraphernalia at any time, including evenings, weekends and holidays during the entire season of the sport or period of the activity. I also agree to disassociate myself from situations where alcohol or non-prescription controlled substances are being used illegally. I understand that I am subject to school disciplinary action when my conduct violates district policies, regulations or school rules, and that I am subject to removal from my team/activity and exclusion from activities for failure to comply with these requirements regardless of whether the conduct subjects me to school disciplinary action.
- 2) I pledge that I will not participate, either actively or passively, in the hazing, bullying or harassment of another student. I understand that I am subject to school disciplinary action and to removal from my team/activity and exclusion from activities for engaging in hazing, bullying or harassment.
- 3) I accept the responsibility for providing all required information and meeting all deadlines prior to participation in and/or travel for any extracurricular activity, including, but not limited to, obtaining physical examinations, paying participation fees, and submitting grade checks every two weeks, without expecting special consideration.

I have read the entire current Student Handbook.

I understand that I am required to comply with the policies, regulations and school rules of the Juneau School District while participating in and traveling in connection with extracurricular activities and that I am subject to school discipline for violations of those requirements while participating in activities to the same extent that I would be if the violation occurred during school. I also understand that I will be excluded from activities during periods of suspension and expulsion from school and that my exclusion from activities may last longer than any associated period of suspension or expulsion from school.

Participant Name (printed) \_\_\_\_\_ Grade \_\_\_\_\_ ID# \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

**CONSENT FOR PARTICIPATION AND RELEASE OF LIABILITY**

[Parent/ guardian consent] I consent to my child's participation in the following Juneau School District approved extracurricular activity as a representative of his/her school including travel with the group as a member on its out-of-town trips:

\_\_\_\_\_

[Parent/ guardian or eligible student consent/ waiver] I consent to the release of medical information regarding myself/ my child to coaches and other school officials as needed to determine my/ my child's fitness to participate in sports and strenuous physical activities. I understand that the Juneau School District does not provide medical insurance for students participating in extracurricular activities. I understand that the provision of insurance coverage for me/ my child is my responsibility.

I hereby waive on behalf of myself and my child any claim against the Juneau School District or its officers, employees or agents for injuries or damages sustained in connection with my/ my child's participation in the extracurricular activity listed above, other than injuries or damages caused by the gross negligence or intentional misconduct of the Juneau School District or one of its officers, employees or agents.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date



**PROGRAM  
FORM #1340H**

### CONSENT FOR EMERGENCY MEDICAL TREATMENT

I am the parent/guardian of \_\_\_\_\_. In consideration of my child's opportunity to participate in extracurricular activities, I hereby give my consent to emergency medical treatment, hospitalization or other medical treatment as may be necessary for the welfare of my child, by a qualified medical professional and/or hospital in the event of injury or illness during all periods of time in which my child is participating in an extracurricular activity and I am unavailable to consult regarding the proposed treatment. I further hereby waive on behalf of myself and my child any liability of the Juneau School District or ASAA or their officers, agents or employees, arising out of such medical treatment.

Known allergies or medical conditions of student:  
\_\_\_\_\_  
\_\_\_\_\_

Coverage for medical treatment is provided as follows:  Native Services  Military  Private Insurance Carrier  None. I will assume financial responsibility for medical treatment.

Insurance Company Name \_\_\_\_\_ Group Policy Number \_\_\_\_\_

Subscriber Name: \_\_\_\_\_ Identification Number: \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Name (printed)

\_\_\_\_\_  
Home Address

Father's Phone-Work \_\_\_\_\_ Home \_\_\_\_\_ Cell \_\_\_\_\_

Mother's Phone-Work \_\_\_\_\_ Home \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_