

PONDEROSA POMS/DANCE TEAMS

2010-2011 IMPORTANT TRYOUT DATES

INFORMATIONAL MEETING

Friday April 2, 2010

(3:30-4:30pm Room 119; PHS)

This meeting is intended for interested dancers to find out more information about the program and auditions. We will have time for questions/answers, as well as '09-'10 graduating seniors present to talk about their experience.

WORKSHOPS (Optional Not Mandatory)

Fri, April 9 (wear red)

3:30-5:30pm Wrestling Room; PHS

Wed, April 14 (wear yellow)

5:30-7:30pm Wrestling Room; PHS

Wed, April 21 (wear green)

3:30-5:30pm Wrestling Room; PHS

Fri, April 23 (wear pink)

3:30-5:30pm Wrestling Room; PHS

Cost: \$15 each OR \$40 for all 4 sessions (Payment due @ 1st Workshop).

Checks made to: PHS Poms

Workshops are a great opportunity for interested dancers to get a feel for how our program runs as well as dance with current dancers from the '09-'10 teams. This is a great way to help you prepare for audition week.

MANDATORY PARENT MEETING

Wed, April 21, 2010

(Every auditioning dancer and 1 parent MUST attend)

6pm; RM 119 @ PHS

INTERVIEWS

(Every auditioning dancer MUST complete)

- Tues, April 27* *note date change* 5:00pm start time ('09-'10 season dancers)
 - Wed, April 28 Begins following tryout clinic (new dancers)
- (Sign-Up Sheets for interview times will be available at the mtg on 4/21/10 & during tryout clinics)

*Tryout Packets DUE at your interview.

(Application, Contract, Current Physical, Teacher Evaluations, Transcripts)

TRYOUT WEEK!

Mon-Thurs,

April 26-29

3:30-5:30pm Wrestling Room; PHS

Friday

April 30

3:30pm until finished; Wrestling room; PHS

Tryouts are CLOSED to spectators...thank you!

Results will be delivered by letter at Ponderosa High School at 9 a.m. on Saturday, May 1st.

(Questions regarding selection will not be answered until Monday, May 3rd at 6 p.m.)

TRYOUT PACKETS WILL BE AVAILABLE ONLINE BY MARCH 1, 2010

Thank you for your interest in the Nationally ranked, Ponderosa Poms/Dance program! If you have any questions prior to or after the informational meeting, don't hesitate to call us!

All information is available on our website: www.PhsSpirit.com.

GOOD LUCK!

Angela M. Ottmann
Spirit Director / Varsity Poms
303.840.9080

Devany Bourdo
J.V. Poms Coach
720.320.5374

PONDEROSA POMS/DANCE TRYOUT APPLICATION

Name: _____ Grade (09-10) _____

Address: _____

Home Phone: _____ Personal Cell Phone: _____

Personal Email: _____ Birthday: _____

Parent's Name(s): _____

Parent Email: _____

Parent's Cell Phones: _____

Cumulative GPA: _____ Semester GPA: _____

Circle the option that best applies to you: BE HONEST!

#A I would accept a position on either the JV or Varsity Poms/Dance team.

#B I would accept a position only on the Varsity Poms/Dance team.

#C I would accept a position only on the JV Poms/Dance team.

Previous Dance Experience:

Why do you want to be a part of the Ponderosa POMS/Dance Team program?

(Please use additional paper if desired)

PONDEROSA POMS DANCE PROGRAM

TRYOUT REQUIREMENTS

There will be a Varsity Poms/Dance team and a Junior Varsity Poms/Dance team at Ponderosa High School for the 2010/2011 school year. These teams will be responsible for performing at home Varsity and JV football, basketball games and selected home wrestling matches, as well as pep assemblies and selected community events. The teams will also be expected to participate in selected dance competitions representing Ponderosa. The following are the requirements necessary to complete the tryout selection process:

REQUIREMENTS:

Tryout Packet DUE at your interview. (*Application, Contract, Current Physical, Teacher Evals, Transcripts*)

- Attend Tryout Week (4/26 – 4/30)
- Evaluation of Choreography Styles (Taught during Tryout Week)
- Technical Elements: (will be taught/demonstrated during Tryout Week)

<p><u>Varsity:</u></p> <ul style="list-style-type: none"> • Pirouettes: quad/5x on right, Triple on left • Leg pirouettes (1-3) • Switch leap, center leap • Renverse • Tours/Fouettes (with "and counts") • Tilts (tilt kicks, jumps & turns into tilts) • Turning A la Seconde Jump • Jumps: Toe Touch, Calypso, Charge, • Chaine A la Seconde a.k.a. turning disc • Around the world toe touch 	<p><u>J.V.:</u></p> <ul style="list-style-type: none"> • Pirouettes: Triple on right, Double on left • Front & side leg hold • Single leg pirouette • R/L leaps, switch leap, center leap • Tours/Fouettes • Renverse • Splits (right, left, center) • Kicks/Toe Touches • Jumps: Toe Touch, Calypso, Charge, Herkie • Chaine A la Seconde a.k.a. turning disc
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- Mandatory Parent Meeting: Wed, April 21, 2010 - 6:00pm, Rm 119 @ PHS
- Individual Interviews: April 27 or April 28
- Attend Workshops (Optional)

Tryout Pieces as listed above: 50%

Academics/Evaluations: (See Breakdown Attached) 25%

- Appropriate grade requirements
- Evaluations from teachers

Coach's Discretion: 25%

- | | | |
|------------------------|---------------|--------------------|
| • Tryout Participation | • Work ethic | • Attitude/Image |
| • Professionalism | • Team/Spirit | • Across the Floor |

No dancer will be allowed to audition/tryout for the Poms/Dance teams with an INCOMPLETE packet!

JUDGING CRITERIA:

You will be judged by the Ponderosa coaching/choreography staff. The staff will base their selections on ALL of the above. In the dance area, three main criteria will be evaluated: knowledge of routine/steps, execution, and showmanship.

Thank you so much for your interest and good luck!!!!
Angela M. Ottmann / Devany Bourdo

PONDEROSA POMS/DANCE – TRYOUT CONTRACT

The following is a brief guideline describing the duties and expectations required of a PHS POMS/DANCE Team Member. Each team member must COMMIT themselves to hard work, dedication and team unity. **Our main goals are to unite our teams, to be better dancers, serve as ambassadors & student leaders at PHS, maintain high academic standards, and leave the walls of PHS prepared to be responsible and successful citizens as well as classy, humble ladies.** The coaches recognize the purpose of the program as being one of promoting the physical, mental, moral, social, and emotional well being of the students. In return, the dancers are responsible for committing themselves to the program and the school's expectations. We hope that after being a PHS dancer you'll be a happier, healthier, well-rounded person.

PRACTICES

All practices are **MANDATORY!** (Technical and camp rehearsals will begin in **May, 2010**)

Summer Commitments:

- Summer practices will begin in June 2009
- Vacations should be planned after July 2, 2009
- Detailed summer schedules will be passed out at the Uniform/Team Meeting (TBA)
 - **MANDATORY:** **Regis, UDA Camp (June 28 – July 1)**
 - **Captains & Interested Teammates:** **Leadership Camp (Sat, June 5, 2010) Mountain Vista**
 - **Varsity Only:** **Choreography Camp, M-Th August 2 – 5, 2010**

*NOTE: Any conflicts with the summer schedule must be discussed PRIOR to auditions!!! ***Please make a note on your tryout packets****

Season Practice Schedule

- During the school year, practices are typically conducted Mon – Fri. JV typically has one day off. Selected Saturday practices will be necessary for the competition season.
- **Dancers will take a ballet class and commit to 1 studio technique class during the week as a team at a minimum.**
- Varsity and J.V. dancers will work with choreographers and technicians throughout the season. (Sometimes a cost will be associated with this training approx \$5 per dancer.)
- Rehearsal dates and times will be published in our monthly calendars and TWIP ("This Week In Poms" weekly email)
- Dancers missing a practice, or arriving late, jeopardize their spot in the next performance.
- The demerit system will be used for disciplinary guidance.

PERFORMANCES

- Attendance at all games, matches and scheduled events is **MANDATORY!**
- Football season is during the Fall season, Basketball (boys and girls,)and Wrestling are during the Winter season.
- Competition season is during the Winter season and beginning of the Spring season.
- All members are expected to attend games and competitions regardless of performing selections.

UNIFORMS

- Dancers are responsible for purchasing their own uniforms. Team fund raising will cover 50-100% of Varsity competition jazz costumes. This costume will be property of PHS and loaned out to the team members during the course of the year.

Cost: (Costs will be kept as low as possible)

- Major cost estimates are:
 - Summer Camp & Clothes (\$375)
 - Uniforms (\$500) Team Sweats (\$125)
 - Nationals (\$800 approx) (Varsity Only)
- Competition Fees, Activities, Supplies etc will be covered by the program budget.
- A minimum of three major fundraising opportunities will be managed by the Spirit Program to cut down on team expenses. All members are responsible for participating in, but not limited to, the

annual Spirit Golf Tournament, Fall & Winter program sales, and the Mini/Junior Mustangs Cheer/Dance Camp.

TRANSPORTATION

- Dance team members will provide their own transportation to any/all home team events. If not licensed, **parents are expected to provide transportation for their child.** Parent drivers (who have been approved by the Douglas County School District) will provide transportation to away events.
- Parents are expected to participate in carpooling responsibilities for the year.

COMMUNICATION

- Be RESPONSIBLE for all lines of communication. The dancer should communicate with teammates and coaches respectfully and clearly.
- Each dancer will be required to have an **EMAIL** account for correspondence regarding poms.

ACADEMIC ELIGIBILITY

- Must carry seven courses or equivalent
- Members must maintain a **MINIMUM of 2.5 G.P.A.** average
- Must have passed 2.5 units of credit in the Winter/Spring, 2010 to be eligible for the Fall semester
- Transferring students must provide **PROOF** of G.P.A. prior to auditions (with transcript)
- Must continue to pass 2.5 units of credit each semester to participate in Poms activities.
- ALL POMS ARE HIGHLY ENCOURAGED TO BE ENROLLED IN SPORTS TRAINING AND/OR STRENGTH & CONDITIONING IN THE 2010-2011 SCHOOL YEAR.

PROPRIETY & TRUST

- Team members found to be under the influence of alcohol/drugs will face consequences in accordance with the Douglas County Athletic Code. Team members are expected to refrain from the use of illegal drugs, alcohol, smoking etc....
 - Choosing to disregard these expectations out of school will result in disciplinary action.
- Excessive displays of affection to one's boyfriend/girlfriend are not acceptable.
- It is expected that all dancers display appropriate/respectful behavior at school, online, at all Ponderosa events and in the community.
- Team members must stay with the team during all team events/performances. The demerit system will be used for disciplinary guidance.

I understand my responsibilities and expectations should I be selected for the PHS 2010-2011 Poms/Dance Program:

Name: _____ Signature: _____

Date: _____

I understand my child's responsibilities and expectations should he/she be selected for the PHS 2010-2011 Poms/Dance Program. I understand the financial, emotional, and parental support I must commit to my son/daughter should he/she make the team:

Parent Name: _____ Parent Signature: _____

Date: _____

PONDEROSA POMS/DANCE TEACHER RECOMMENDATION

The following student is tryout out for the PHS POMS/DANCE program. Please fill out this form honestly and candidly. This information is kept confidential.

Evaluator: Please return to the student in a sealed envelope

Dancers: Please return (3) evaluator/recommendation forms to with your tryout packet at your interview.

5 = Excellent 4 = Good 3 = Satisfactory 2 = Below Average 1 = Poor 0 = Unsatisfactory

Student: _____

Evaluator: _____

Evaluator Title: _____

Attitude _____

Dedication _____

Responsibility _____

Reputation/Image _____

Maturity _____

Teamwork _____

TOTAL (30 points) _____

Additional Comments:

Thank you in advance for your input.