

2023 - 2024

EAGLE VALLEY HIGH SCHOOL DANCE TEAM

INFORMATION PACKET (a/o Feb 2023)

**EAGLE VALLEY HIGH SCHOOL
COLORADO STATE**



2022 SPIRIT CHAMPIONSHIPS

MEET YOUR COACHES

A FEW WORDS FROM COACH CASEY:

Thank you for your interest in joining the Eagle Valley High School Devils Dance Team! Please read through the information packet in its entirety and familiarize yourself with the policies and high expectations of the team. By joining the dance team you are choosing to participate in a sport & compete.

I look forward to meeting each and every one of you and encourage students who feel that they can abide by the following rules and policies to try out for the 2023-2024 EVHS Dance Team.

Please keep in mind the following: All students must re-tryout every year, even if they are a returning member. All current members are not guaranteed a returning position on the team. No one will be able to participate without the appropriate forms.

I look forward to an amazing season! Best of luck to you all! Go Devils!

Casey Thomson

CASEY THOMSON

Head/Varsity Coach

Casey.thomson@eagleschools.net

Casey and her family landed in Eagle, CO when she was three years old. Her first sport was gymnastics. Casey is an alumni of EVHS and was a part of the Devil Dancers 2008-2012. Casey was captain her Senior year and helped lead the team to placing 4th in State.

Casey attended Colorado State University and graduated with a degree in Natural Resource Tourism, minors in Business and Spanish. She has a great passion for traveling and spent 8 months exploring the world with her husband after they got married in 2021. In her free time she can be found skiing, golfing, mountain biking, cooking, or loving on her cat, Kitty.

She is excited for her 2nd year as head coach and looks forward to upping the level & making this a competitive team. Casey is looking forward to helping mentor and motivate the Devil Dancers to their fullest potential!

CHRISTY MENENDEZ

Assistant/JV Coach

Christina.menendez@eagleschools.net

Christy is originally from Omaha, Nebraska. As a child she was a dancer, taking ballet and tap classes. Christy also did gymnastics and was a cheer leader in high school.

Outside of coaching, Christy enjoys to run, ski, hike, golf, and spend time with her dog, Brazen. Christy lives in Glenwood Springs and works her full time job at Valley View Hospital.

It is Christy's 4th year coaching the JV team for Eagle Valley High School. She brings great knowledge to the team after also having taught gymnastics in the past for 5 years. She can't wait to see what the up coming season brings!

IMPORTANT MANDATORY DATES

The dates listed below are as of Feb 2023. Dates (choreography, practices, etc.) will be added as the season progresses, and as always, we ask that you remain flexible and understanding with any modifications and additions.

Mar 27 **Dance Clinic (8th graders Welcome)***

Apr 3 **Dance Clinic (8th graders Welcome)***

Apr 10 **Dance Clinic (8th graders Welcome)***

April 17-19 **Tryouts (See more INFO below)**

TBD **Post-Tryout Parent/Athlete Meeting**

July 24-27 **UDA Camp @ UNC Greeley***

TBD **Official Season Starts (Practices Mandatory)**

TBD **Fall Sport Parent Meeting**

TBD **Learn Competition Dance**

TBD **Competitions Oct/Nov/Dec | Denver**

Dec TBD **CHSAA State Spirit Competition | Denver**

**Not a mandatory event, but highly recommended!*

WEEKLY MANDATORY PRACTICE SCHEDULE

Days and times may be modified depending on gym availability or as the Coach sees fit.

The Coach may add or take away practices at any time during the season.

Monday | TBD

Tuesday | TBD

Wednesday | TBD

Thursday | TBD

Friday | TBD

We will typically have two AM and two PM practices each week w/ possible additional practices added during competition season or as needed.

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FINANCIAL COMMITMENT

The expenses outlined below (subject to change) cover fees associated with competitions, choreography, and uniforms. All prices are approximate and vary year to year.

DUE DATES ARE TBD

\$550 Varsity Fee / \$500 JV Fee For items belonging to the school, purchasing of accessories, additional uniform items, competition music, choreography, etc. **Due Date TBD**

\$461 UDA Camp For camp registration only. **Due Date TBD**

\$TBD District Athletic Fee Fee is subject to change & may be waived/reduced for those in need of assistance per Mr. Laframboise, the EVHS Athletic Director. **Due Date TBD**

\$TBD Personal Items For items kept by individuals and typically used year after year. Items include but not limited to: tan pirouette shoes, black nike sneakers, black jazz pants, black & white leotards, sports bras, tights, etc. A list of items will be distributed at the Pre-season meeting, must be purchased and in hand by **Due Date TBD**.

\$TBD Competition & Travel Expenses

FUNDRAISING

We would LOVE to hear any ideas!

- Sponsorships from local businesses
- Community Summer Events
- Car Wash / Bake Sales
- Jr. Devil Dancer Clinic (Fall & Winter?)
- Fall Frost Calcutta

GENERAL INFORMATION & POLICIES

*The following is general information and is **not all inclusive of the rules & regulations** of the EVHS Dance Team, JV AND Varsity. The EVHS Dance Team reserves the right, without prior notice to change, delete, supplement this information at any time.*

ELIGIBILITY

Grades are very important! All athletes must realize that academics come first. **Athletes must adhere to all ECS & CHSAA regulations regarding academics.** Eligibility reports are run on Fridays, if a dancer is ineligible, they will not dance the following week. If a student is ineligible for the week, they must still attend all events and must adhere to practice/performance rules and expectations, but will be unable to participate until their grades and attendance have improved. If ineligible you will not be allowed to travel w/ the team to any away competition or be pulled out of class/school early. **If a dancer is ineligible for a competition dance they will be an alternate for the remaining competition season.** If eligibility seems to be a reoccurring issue for an athlete appropriate action will be taken and higher standards may be set. **Dancers must be eligible for tryouts!** It is likely that not all dancers will dance in every performance. The coach reserves the right to remove any member from a performance at any time. Reasons for this may include but are not limited to: not executing routine, not bringing necessary performance/uniform items, disrespectful attitude, and non-payment of fees.

COMMITMENT

Being a Dance Team member requires considerable commitment. This commitment is in the form of time, energy and effort. This team is a YEAR LONG commitment. Flexibility to this rule may be considered for special occasions decided by the Head Coach. Athletes may participate in Spring sports but participation in other fall/winter sports will not be allowed. **If an athlete wishes to participate in a school activity OR hold a job during the fall/winter seasons it must be discussed with the Head Coach immediately following tryouts and may or may not be allowed. Remember the coach may add or take away practices at ANY time during the season.**

Dance Team is in NO way an individual activity, but rather a team effort in all respects. **The absence of a team member affects each and every member on the team in terms of formations, counts, and overall performance.** We encourage all athletes to practice giving 110% and putting the team - and their teammates - first. The Team competes at the local, regional, and state levels. All members are expected to participate in these competitions, even as an alternate.

PRACTICE

We will practice Monday through Friday during the school year. Practices may be adjusted throughout the season, as Coaches see fit. Practices may be in the morning, afternoon, evening, or both. **All practices are required for both JV & Varsity teams. Practices will BEGIN at the designated time listed, please show up READY or arrive early if you need extra time.** The Dance Team may perform at and attend several mandatory events each week during peak season; It is imperative that the athletes are able to manage their time well from the start of the season.

Practices are closed to observers. No cell phone use (including performances) unless coach allows.

GAMES

The Dance Team performs at all home varsity football, soccer, and basketball games unless there is scheduling conflict. This will be decided by the coaching staff once team schedules are posted. Additional games may be added as needed to support Eagle Valley High School Athletics. It is understood that our season does not end until the basketball season is over. Your commitment is expected through that time.

GENERAL INFORMATION & POLICIES CONT'D

ATTENDANCE

Attendance is taken at every practice and event. **Advance notice of an absence must be provided in writing to your Coach (Varsity or JV).** Appointments or tutoring should be scheduled around practices and events whenever possible, **communicate with the head coach about any conflict as soon as it arises.** Please utilize off periods to speak with teachers and catch up on work. Do not plan extra vacation days during practice or events. If a dancer misses a practice, **unexcused OR excused**, when learning a new dance they will most likely be pulled from that dance unless *ample* time is available to be determined by the coach. Examples of excused absences are illness, physical injury or death in the family. The coach must be informed of any excused absence no less than 15 minutes before practice starts. **Examples of unexcused absences are doctor appointments, tutoring, other functions, work, test makeup, a birthday celebration, or travel.**

Being late is disrespectful to teammates and Coaches. If a team member is late, appropriate action will be taken. Four tardies count as an absence, and the athlete will be pulled from a performance, to be determined by the Coaches. If an athlete is more than 20 minutes late, it will count as an absence. **A single unexcused absence will result in being pulled from a performance, to be determined by the Coaches.** Multiple unexcused absences may result in suspension from the team.

ATTITUDE & ACTIONS

Dancers are expected to display a general positive attitude regarding the team at all times.

At no time during the student's tenure as a Dance Team member may a student use or be in possession of tobacco, alcohol, marijuana, illegal drugs or any potentially harmful and/or habit forming substance. Members will not engage in improper behavior, poor judgement or misconduct and will treat people with respect. Members will respect all dance team and school faculty and their property. Members will not speak disrespectfully to or about any teammate including their coach. Members will not engage in an unfavorable, questionable or illegal manner through electronic/social media or electronic/social communication devices in such a way as to bring discredit, dishonor or disgrace on the EVHS Dance Team or team members (including yourself), or any other student. Members will sign and adhere to all drug-testing policies as determined by EVHS.

Any student who violates these policies will be subject to School Board Administration disciplinary actions, as well as further Dance Team disciplinary actions. This may include suspension or dismissal from the team, and from school.

If at any time during a student's tenure as a Dance Team member, the Coaches or Athletic Director observe a student not acting in a manner consistent with the held expectations of the Dance Team, it will be dealt with in an appropriate manner, up to and including short term suspension. Extreme or consistent behavioral issues could result in dismissal from the team. Behavioral issues will be dealt with individually by the Coaches and/or Athletic Director/School Board Administration.

With the approval of the Athletic Director, and in manner consistent with the School Board Administration, Coaches may establish more specific rules in regard to the game day, competition, and practice appearance of team members, their behavior, sportsmanship and practices. Policies are subject to revision by the Coaches and the School Board Administration. Parents will be notified of any changes.

GENERAL INFORMATION & POLICIES CONT'D

COMMUNICATION SEQUENCE

Athletes and parents must adhere to following if there is a conflict. After the CHSAA mandated 24 hour waiting period, the athlete should request a meeting with the Coaches. -> If the problem is not solved, the parent may request a parent/coach/athlete meeting. -> If the problem is not solved, the parent may request a parent/coach/athlete/Athletic Director meeting. -> If the problem is not solved, the parent may request a parent/coach/athlete/AD/Principal meeting.

General communication between coaches & athletes should be via the SportsYou app, email, or group texts. Do not text coach outside of normal "business hours" unless it is an emergency. First hand communication between coaches & parents will be via email.

UNIFORMS

Most dance team items are 'borrowed' by members and must be returned at the end of the second season. No dance team uniform piece, with the exceptions of jackets/warm up pants, may be worn by a dancer (or anyone else) at any time unless the rest of the team is in those items. It is the member's responsibility to keep all items clean, spot free and properly mended. If a member is dismissed or quits, all items must be returned to the coach immediately.

PROPER ATTIRE/ARE YOU "READY"?

At practice athletes are expected to wear black shorts or black leggings, appropriate black fitted t-shirt or tank top with sports/athletic undergarments, and black Nike tennis shoes and pirouette shoes if necessary. Proper shoes must be worn at ALL times, to be determined by Coach. Hair should be pulled back. **NO jewelry of any kind, no gum, no nails or nail polish, no visible tattoos.** Athletes must also have certain items to be considered **READY** including but not limited to: practice poms, 1lb weights, water bottle w/ water in it. **Eat before practice & be energized.** No energy drinks.

Inappropriate dress or not being properly prepared will result in disciplinary action.

Event attire will be the uniform that is designated and approved by the Head Coach. Team members must be dressed alike from head to toe and be in complete uniform when arriving at their event. Any team member in the wrong uniform will be considered unprepared and can be asked to sit out or be sent home.

Whenever dressed in uniform, team members must look - and act - presentable. Hair and makeup should be appropriate for the designated event. **You are representing the Team at ALL times.**

LETTERING

Athletes will letter after successfully completing the year as determined by the Coaches. Any violation of the policies and procedures could result in an athlete not receiving a letter. The season must be finished in good standing. The end of the season is the end of the final Basketball Game (including any and all post-season games).

GENERAL

The prospective Team member should thoroughly discuss with their parents/guardians the demands placed on Dance Team members. The final decision regarding trying out should be made with the student's best interest in mind. Few programs at Eagle Valley High School ask the student to make such a commitment for the duration of two athletic seasons. Please note, all fees associated with the dance team are required of all members and will not be refunded in the event of dancers being benched, quitting or being dismissed from the team, being ill or injured, or missing camp, etc.

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TRYOUT INFORMATION

Date: April 17th, 18th, 19th

Time: 6:00-8:00PM

Location: EVHS (Main Gym)

Who: Anyone interested in joining the EVHS Dance Team, no prior dance experience is required

BRING

- Completed Permission Form
- Completed Responsibility Form
- Proof of Completed Physical
- Printed copy of current grades (8th graders)
- Water Bottle
- A Smile & Positive Attitude!

ATTIRE

- Appropriate black & fitted attire
- Closed toed shoes (Bring tennis shoes AND Dance shoes if available)
- Hair/bangs pulled back
- NO Jewelry / NO Gum
- No attire associated w/ EVHS Dance, "Devil Dancers", a dance studio, etc.

AGENDA

Monday, April 17th | Learn pom routine & technique

Tuesday, April 18th | Review routine & technique, Judged: Interviews

Wednesday, April 19th | Judged: pom routine & technique

The teams will be posted on social media & emailed to participants by Thursday, April 20th @ 6PM.

*Please note, that the entire tryout process is CLOSED to observers.

TRYOUT INFORMATION

Varsity Preferred Skills

Flexibility

- R & L splits
- Leg hold side
- High kicks w/ kick line technique

Turns

- Double pirouette R

Jumps

- Toe Touch
- Calypso
- Grand jete (Leap)

Other

- Proper Pom execution
- Memorization
- Performance quality (think energy & facials)

Pom Competition Starter Preferred Skills

In addition to "Varsity Preferred Skills"

Turns

- Solid, consistent R double/triple pirouette
- 2 or more consecutive a la secondes > double > land (1x8)

Jumps

- Turning Disc
- Double Toe Touch
- Side Ariel
- Firebird

Other

- Specialty skill of choice (tumbling, hip hop tricks, flexibility, leap, or turn)
- Advanced & strong pom technique
- Athleticism

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PARENT & STUDENT RESPONSIBILITY FORM

2023-2024 EAGLE VALLEY HIGH SCHOOL DANCE TEAM

Please read through all team member standards listed below. The athlete should initial beside each statement, inside the red box. The parent/guardian should initial when requested and should also carefully read all standards being acknowledged by the athlete initials.

I (We) have read the Athletic Rules and Regulations and acknowledge the requirements for athletic participation and eligibility. We have also read the EVHS Athletic Code of Conduct and will abide by all CHSAA rules and regulations. A physical must be on file with the Athletics Office.

Parent/Guardian Initials

I realize that if I do not abide by the rules and policies set forth by CHSAA, EVHS Athletic Code that I will be suspended/dismissed from the team.

I will be fully dedicated to academics and meet all eligibility standards. The coaching staff will check grades every week. It is the athlete's job to get their grades changed, otherwise the athlete will be ineligible (unable to participate) in any games/performances/competitions the following week Monday - Saturday. However, the athlete must still attend any practices.

I will promote school spirit, display good sportsmanship, good behavior, and represent EVHS honorably to the best of my ability.

I will be responsible and committed to my team, the student body, and school, and I will conduct myself in a way that will reflect pride in my school.

I will be willing to cooperate with the coaches, athletic director, other team members, student, fans, and officials.

I will respect all teammates and coaches, despite any personal differences and conflicts.

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PARENT & STUDENT RESPONSIBILITY FORM

2023-2024 EAGLE VALLEY HIGH SCHOOL DANCE TEAM

I will attend all practices, games, and events, and understand that the Coaches may excuse anticipated missed practices, games, or events. Excused absences include serious illness, and family emergencies.

Unexcused absences/tardies include work, appointments, transportation issues, social events, and any outside sports and activities. In addition to the previously stated tardy and absence policies, absences during the week of a competition or game/performance may result in being pulled from the event(s) that week. Coaches discretion will be used for all of the previously mentioned attendance policies.

I will be responsible for checking the SportsYou Calendar for information/dates/updates.

I will be responsible for advocating for myself. If I have a concern, it is my responsibility to come to my Coaches, not my parents, to meet and discuss. I will wait the mandatory 24 hour period before contacting my Coaches.

If a parent requests a meeting with the Coaches, the athlete will be included in the meeting to discuss any issues that the parent may have. I will wait the mandatory 24 hour period before contacting the Coaches.

I understand that the coaching staff is responsible for making decisions and that parents/athletes should trust that those decisions are made in the best interest of the TEAM. This includes team selection at all levels, formations, alternates, and any choreography related decisions throughout the season. I will honor that all teams will be selected by the coaching staff and all decisions are final.

Financial Obligation: This commitment includes a financial responsibility which includes timely payments of dues, uniforms, camps, choreography, etc. This commitment also includes a time and transportation obligation for both parents and athletes. I (We) understand the time and expenses involved in representing the EVHS Dance Team.

Parent/Guardian Initials

Parent/Guardian Initials

Parent/Guardian Initials

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PARENT & STUDENT RESPONSIBILITY FORM

2023-2024 EAGLE VALLEY HIGH SCHOOL DANCE TEAM

We have read and understand the EVHS Dance Team information packet and policies. We agree to adhere to the time and behavior standards required to participate in the Eagle Valley High School Dance Team. We fully understand the commitments that we, both athletes and parents, are making.

Printed Name of Dance Team Applicant

Signature of Dance Team Applicant & Date

Printed Name of Parent/Guardian

Signature of Parent/Guardian & Date

This form must be signed and returned by April 17th, 2023 in order for the applicant to participate in the Tryout process. Students may not tryout without this signed form.

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PARENT PERMISSION FORM

2023-2024 EAGLE VALLEY HIGH SCHOOL DANCE TEAM

Waiver and Release of Liability

With my signature below, I give my child permission to participate in the 2023 Eagle Valley High School Dance Team tryouts during April 17th, April 18th, and April 19th. I acknowledge there is an inherent risk of serious injury and potential death associated with their participation in this tryout. With full understanding of the potential risks, I fully consent for my child to participate.

I, the parent or legal guardian of the participant of minor age herein, represent that I have the legal capacity and authority to act for and on behalf of said minor. I hereby bind myself; the minor and all other assigns to the terms of this Waiver and Release. I agree to indemnify and hold harmless Eagle County Schools, any other practice facility public or private, Eagle Valley High School, its Directors, and Staff for any claims and liabilities arising out of any incident occurring during participation in this tryout.

I certify that my child has full medical insurance and that they are physically fit to engage in the activities described above.

Printed Name of Dance Team Applicant

Printed Name of Parent/Guardian

Signature of Parent/Guardian & Date

This form must be signed and returned by April 17th, 2023 in order for the applicant to participate in the Tryout process. Students may not tryout without this signed form.