

VARSITY & JV ARROWETTES

(IHSA Competitive Dance Team)

CLINIC AND TRYOUT INFORMATION 2019-2020



An optional pre-tryout technique clinic will be held Monday, April 1st from 4:00-5:30 p.m. in the dance stage. The cost is \$10 per dancer—see additional registration handout or contact Coach Hollie for more information at hcarson909@yahoo.com. Following the clinic, there will be a **mandatory** informational meeting at 5:45pm in the Little Theater that will last approximately 30 minutes. The application, expenses for the squad, and a sample calendar will be distributed at this meeting. Application forms will be available in the NCHS Activities office and on the website.

The application and current physical will be collected by the coaches on April 10th at the beginning of the first clinic. **YOU WILL NOT BE ABLE TO PARTICIPATE IN THE CLINIC UNTIL THE APPLICATION AND PHYSICAL ARE TURNED IN TO THE COACHES** (*as per District 203 policy*). If you are unable to participate in any of the clinics or have additional questions regarding tryouts contact Varsity coach, **Hollie Carson at hcarson909@yahoo.com**.

All clinics, tryouts and parent meeting are held in the dance stage at Naperville Central.

April 1st	Pre-tryout Dance Clinic	4:00 - 5:30 p.m.
April 1st	Informational Parent Meeting	5:45 p.m.
April 8th	Clinic #1 Routine and skills taught	4:00 – 5:45 p.m.
April 9th	Clinic #2 Routine and skills taught	4:00 – 6:00 p.m.
April 12th	Tryouts In assigned groups	4:00 - 10:00 p.m.

THE RESULTS WILL BE POSTED AFTER ALL SCORES HAVE BEEN TABULATED.

Required Skills: toe touch, right & left leaps, capezios/calypsos, center leap, battement sequence, turns*

* JV= double pirouette * Varsity= triple pirouette (minimum)

* Varsity = Turn sequence (will contain turns in second)

Clinic Clothing: Clothing you can move in, jazz shoes (preferred), NO jewelry

Tryout Clothing:

- Hair pulled neatly back into a ponytail or bun
- NO jewelry
- Jazz shoes (preferred)
- Black shorts or pants and a plain black fitted shirt

Tryout material with which the girls will be evaluated shall consist of a team dance routine focusing on **pom, jazz, contemporary, and hip hop skills**, in addition to the above technique.