



**2022 - 2023**

## **MSU DENVER CLUB DANCE TEAM**

***Tryout Packet (Hold May 21st and 22nd)***

Thank you for your interest in the MSU Denver Club Dance Team! The mission of this team is to support MSU and the Denver community through participation in athletic events and various school functions. MSU Denver Club Dance Team strives to promote leadership, spirit, tradition, and student involvement and aims to uphold values of teamwork and utmost respect at the regional, state, and national competition level. Please take time to read through the following information carefully.

### **Checklist of paperwork is DUE 5-21-22, (the first day of tryouts).**

Please read and complete the tryout packet carefully and thoroughly as this is factored into your overall score.

- Must be accepted and enrolled in at least 12 credit hours at either **MSU Denver, CCD, or CU Denver**
- Headshot/clear picture of yourself (4x10 is perfect \*\*these will not be returned\*\*)
- Non-refundable \$35 tryout fee (Cash preferred, checks can be made out to MSU Denver)
- Completed Tryout Application located on pages 5-7 (please print out this entire packet, fill out, staple and bring to tryouts)

**PLAN AHEAD!** Show us how responsible you are from the beginning. Missing any of the above could jeopardize your selection for the team. The number of athletes selected for the 2022-2023 season is contingent upon at the discretion of the coach and board. If you have any questions about the expectations for tryouts or the upcoming season, please feel free to contact the board at [msupoms@gmail.com](mailto:msupoms@gmail.com).

**Expectations:**

- As a member of the program, you will be expected to participate in all practices and activities in an effort to support your team and school.
- Display appropriate level of dance skill and technique at practice and reinforce those concepts during games and performances.
- Demonstrate integrity, commitment, discipline and responsibility at all times, as well as serve as exceptional representatives of the university and the dance team on and off the performance floor.
- Maintain high academic standards, achieve excellence in dance ability, display leadership, integrity, and high character on the team and in the community, develop effective time management skills, and value teamwork and cooperation above all else.

**Sportsmanship:**

Dancers, their parents, and fans are expected to always demonstrate good sportsmanship. Our team supports good sportsmanship on behalf of both visiting and home teams. The courtesy of sport is also extended to coaches, judges, parents, and fans from other schools.

**Commitments:**

## Season

- This is a year-round sport beginning in May and concluding the following April.
- We will be dancing at both mens and womens varsity athletic sporting events (Soccer, volleyball, and basketball), as well as club sporting events (Lacrosse games).
- Sporting events that we do not dance at (Hockey, baseball, etc) we will attend and sit in the stands as a team to support and cheer on our team.

## Practices

- As a member of the program, you will be expected to be engaged during choreography. You will also be expected to be respectful to coaches and teammates during teaching and stretching. It is expected to bring running shoes, jazz shoes and appropriate clothing for practice.
- The time commitment includes approximately (2-3) practices per week depending on the time of year. Times will be determined once the team is made
- Summer practices are typically held in the morning from 8-10am (may change due to facility availability) therefore, please plan for afternoon practices.
- Saturdays will be utilized in order to ensure athletes are prepared for all performances (especially during competition season)

## Performances

- The poms perform on the sidelines and during halftime at basketball (Mens/Womens)

- We will only perform halftime dances at soccer, volleyball, basketball, and lacrosse games

#### Competition

- We will hold auditions for the competition team at the beginning of the year.
- It is a privilege to be on the competition team, if attitude does not match our values there will be changes to the team
- We are still creating a name for ourselves within the competition world we need to create a great presence on and off the stage
- These practices will differ depending on the available space and schedule of the dancers and coach

### **Fundraising & Appearances**

**We will be fundraising throughout the entire season, every dancer is expected to attend a certain amount of fundraising opportunities outlined by the board. If the dancer decides not to participate in said fundraising they WILL pay out of pocket the money the team would have gotten. \*\*\*ALSO if there isn't enough fundraising each dancer will be responsible for any out of pocket costs on team purchases (attire, shoes, etc).**

We will be attending the Rockies 50/50 raffle for yet another season! This is a big event for the MSU Denver dancers as it is our biggest money raiser. We are always open to new fundraising opportunities if anyone has suggestions.

Not only do we dance at games we also make public appearances and help the community. We will be making an appearance at the Alzheimer's walk, some UDA competitions, and other events.

**Tryouts will be held on campus May 21st and May 22nd in the P.E. Building's Main Gym & will begin at noon**

**\*\*\*Tryouts are closed to all spectators\*\*\***

This season there will be a game day and competition team.

Specify which team (or both) you're interested in tryout form.

\*Note: this does not guarantee your spot on either team. The coach/board will decide how they see the best fit.

The following aspects will be included in the evaluation process:

- Evaluation and memory of Choreography Styles (all material will be taught the first day of tryouts)
- Technical Elements (examples of skills that may be taught): Turns ex: Pirouettes (Double, Triple and/or Quad), Tours. Leaps/Jumps ex: Leap (right/left/center), Turning Disc, Toe Touch (single/double), Switch Leaps, Tilts/tilt jumps/ turns into a tilt, Calypso, etc>
- Flexibility ex: Splits (right/left/center), Kicks, Aerial
- Hip Hop Elements (Head spring, air poses, back and/or forth walkover, kip up or stall)
- Showmanship & overall Performance

### **Tryout Attire**

- Dress appropriately. Please no jeans or school day attire (appropriately fitted dance attire, no baggy clothing). Show up looking your best!
- Please wear tennis shoes, jazz shoes or dance sneakers. Dance paws are
- No jewelry or gum!
- We will be having interviews during tryouts, please **bring a cover up to put on (jacket) to cover up during these interviews.**

# MSU<sup>SM</sup> DENVER

## 2022-2023 MSU DENVER CLUB DANCE TEAM TRYOUT FORM

### Applicant Information

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Student ID: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Emergency contact phone: \_\_\_\_\_

Have you ever danced for MSU Denver Club Dance Team before? YES\_\_\_\_ NO\_\_\_\_  
If yes, when? \_\_\_\_\_

What are you studying at MSU Denver? \_\_\_\_\_

Incoming year at MSU (Freshman, Sophomore, Junior, Senior) \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**Auditioning for:**    **Game Day Team** \_\_\_\_\_    **Competition Team** \_\_\_\_\_

Game Day: Game Day Team performs at soccer, volleyball, and basketball games.

Competition: Comp Team will be expected to compete at multiple competitions and nationals. It will be the main focus throughout the entirety of the season. You will occasionally make appearances on game days.

**DANCE EXPERIENCE**

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**CONFLICTS**

*List any extra activities that may conflict with dance i.e.: jobs, internships, extra student activities.*

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**Additional Information (Optional)**

*What other activities, besides dance, are you involved in both in and outside of school?*

*What makes you a unique individual and asset to this team? Provide specific examples.*

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## **DISCLAIMER AND SIGNATURE**

By signing this document, I understand that

- Student-athlete must have a 2.0 or higher before the first semester of 2022 at MSU Denver
- The practice schedule for MSU Denver Club Poms will be released after tryouts.

In consideration of being allowed to participate in any way in **MSU Denver Club Dance Team** related events, and activities, the undersigned acknowledges, appreciates, and agrees that:

I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation. if however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless **MSU Denver Club Dance Team**. *I certify that my answers are true and complete to the best of my knowledge.*

The undersigned further acknowledges and certifies that he/she is at least 18 years of age.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND FULLY UNDERSTAND ITS TERMS.**

Participant Name:

\_\_\_\_\_

Participant Signature:

\_\_\_\_\_

DATE SIGNED: \_\_\_\_\_

Signature of Parent/Guardian if participant is under 18 years of age:

\_\_\_\_\_ Date\_\_\_\_\_