

Westosha Central Dance Team
2023-2024 Clinic & Tryouts

Thank you for your interest in the Westosha Central Dance Team! Auditions will be conducted in person at Westosha Central High School. If you have questions, prior to the informational meeting, please contact Danielle Chojnacki, chojnackid@westosha.k12.wi.us.

Parent/Dancer Meeting (Mandatory): **Monday, May 15th, 6-7 pm** via Google Meet:
meet.google.com/pze-jppy-omx
Meeting ID: 504 942 002# Phone: (US) +1 601-751-2257

Clinic/Practices: **May 25th & 26th, 4:00-5:00 pm** (practice days)

Tryouts: **June 1st starting at 4:00 pm**

Results: To be emailed on **June 5th**

Before tryouts:

- Please read all information!
- Complete the [online application form](#) **DUE: MONDAY, May 22nd by 5:00pm**
- Contact the coach PRIOR to the first day of the clinic if you have questions/difficulty in meeting the requirements.

Pre-TRYOUT Skills (start working on these skills as soon as possible):

- **Stretch daily** (only takes about 15 minutes), [video of stretches](#).
- **Conditioning (at least 4 times a week)**, [conditioning 1](#), [conditioning 2](#), [conditioning 3](#) (must do each one at least once a week, plus repeat one or do your own 20-30 minute workout)
- **Dance Skills to work on for audition:**
 - **Toe Touches:** The second [video](#) shows some exercises to improve your toe touches.
 - **Leaps (Right and Left leg):** See [video of a leap](#). Maintain posture (don't lean forward), keep head and eyes up, stretch behind knees, point feet, and keep shoulders down. Step right, left, jump onto right, and step left, right, leap onto left.
 - **Calypso/Firebird:** To do a Calypso ([see video](#)), if you are a new dancer and have never done these or have difficulty with the space, work on the Firebird jump but you can do either one.
 - **Pirouettes (turns):** if you have never done this before, work on your placement, and [balancing in passé video](#), then master a single before trying more. See video for a [spotting exercise](#) (this is needed to do a proper pirouette and will help so you do not get dizzy). See [video for pirouette instructions](#) (land jumping feet apart). Keep hips tucked under, belly button pulled in, shoulders down and back, and stretch tall from the

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back of the neck. Be sure weight is evenly distributed on your prep; front foot flat and back heel lifted.

- **Grands/Ala Secondé turns:** if you do not have a solid pirouette, please work on the beginning skills (Prep to the corner swivel), see [video](#).
- **Splits: Right, Left, and Center** – see [Video](#) (right and left) and [video for center splits](#)
- **C-Jump:** See [Video](#) (**DO NOT look down or put hands to the floor**)
- **Kick combination:** See video for improving [Kick height](#), See [Kick technique](#), See [Hinge Kick](#), See [Kick Combination](#) [HYPERLINK "https://drive.google.com/open?id=1rsV3eYgQkUYVNDy3y8uRIxqVPt88T2zS"](https://drive.google.com/open?id=1rsV3eYgQkUYVNDy3y8uRIxqVPt88T2zS) [HYPERLINK "https://drive.google.com/open?id=1rsV3eYgQkUYVNDy3y8uRIxqVPt88T2zS"](https://drive.google.com/open?id=1rsV3eYgQkUYVNDy3y8uRIxqVPt88T2zS) [Video](#). Stretch behind the knees fully and brush through the floor. Be sure to maintain posture (especially your core – no movement of the upper body), control kicks on the way down and be sure feet and ankles come together between every kick.
- **Bonus Skills:** Any 4 additional skills e.g. tumbling, turning disk, advanced turn or anything other skills (no more than 4), you can earn extra points here!

TRYOUTS:

Tryouts will be scored by outside judges and the coaches. Tryouts will consist of an in-person routine and skills routine. You do not need prior dance experience to make the team – hard work and attitude can go a long way!

Dancers will learn and perform 2 short combinations (1) Pom and (2) Kick. Dancers can also perform bonus skills.

- Pom combination will be learned at the clinic **on May 25th**.
- Kick combination will be learned at the clinic **on May 26th**
- Dancers will demonstrate their skills. SEE SKILLS ABOVE FOR ADDITIONAL DETAIL
 - SKILLS: Leaps (right and left), Pirouette turns (single and double), Splits (right, left, and center – hold each for 5 seconds), Toe-touch, Grands/Ala Secondé turns (at least the prep), Calypso or Firebird, C-Jump, Up to 4 bonus skills, and the kick combination).
- Dancers will also be evaluated on their performance (smile, look like you're having fun), attitude and effort.

What to Wear and Tips for Tryouts: Please dress in athletic wear. Items such as leggings and t-shirts are great. Do not wear clothes with holes or rips. No thin strapped tank tops, sports bras/crop tops, or short shorts. Jazz shoes required. Your neatness

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and performance are judged, so pay attention to detail, such as your hair and make-up (optional).

WHAT ARE THE JUDGES LOOKING FOR?

- Appearance- neatly and appropriately dressed (clean and professional).
- Smile and Audience Appeal- Do you appear to be having fun?
- Skills, ability, rhythm, and coachability. You do not need previous dance experience; however, you must be coachable; do you take corrections well, show drive and commitment to improving, do you have rhythm, and continue even if you make a mistake?
- Knowledge of the routines - Are you able to perform it confidently with good knowledge? If you make a mistake, do you keep going?
- Precision and Form - sharp movements, full extensions.
- Jumps - good height, pointed toes, straight legs.
- Turns - solid "landing", pulled up through torso, head spots.

All dancers must re-tryout each year. It is impossible to say how many "spots are open"; selection is based on scores. Complete all forms neatly and turn in on time. Treat this tryout as you would a job interview. **Individual tryouts for each dance will continue throughout the year. No dancers are guaranteed a spot in every routine. Each dancer must continue to develop and demonstrate their commitment to the team and dance.**

Important Dates:

- Parent Meeting: May 15th at 6:00-7:00pm
- Tryout Application Due: May 22nd
- Clinic/Practice: May 25th & 26th at 4:00-5:00 pm
- Tryouts: June 1st at 4:00 pm
- Tryout Results: June 5th
- Summer Practices: Starting June 12th – August 23rd (Captain ran for July)
Mondays & Wednesdays 3:00-5:00 pm (subject to change based on practice availability)

If you have any questions or conflicts, please contact Coach Danielle Chojnacki at chojnackid@westosha.k12.wi.us