

2023–2024
LAKOTA EAST HIGH SCHOOL
DANCE TEAM PROGRAM

HOME PRACTICE FACILITY – Star Performance Centre Dance Studio (located across from Lakota East)

TEAM – Varsity

TRYOUT INFORMATION – Tryouts are divided into two sections. The first section consists of technique where dancers will be evaluated on the following skills: turn combination, leap combination, flexibility skill, toe touch, and a hip-hop trick. Then, a choreographed routine will be taught. Dancers will be given time to practice the routine and ask questions. Dancers will be evaluated in groups and judged on sharpness, memorization, and facials. Tryout dates will be announced through the Thunderhawk Athletic website and social media accounts.

PRACTICE TIMES – Practice times may vary throughout the season. Additional practices will be added when needed.

- Wednesdays: 3:30 – 5:00 p.m. at Star Performance Centre

PERFORMANCES – The Dance Team performs at a variety of events throughout the school year.

- Pep Rally (Fall and Winter)
- Football Game “Pre-Game” performances at all home games
- Home Boys Basketball Games (Pre-Game and Halftime)
- Community Events
- Competitive Events
 - GMC
 - OASSA
 - UDA Nationals

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation. **NO PHYSICAL = NO PARTICIPATION!**

PARENT / STUDENT-ATHLETE MEETING – Meet the Team Night is November 8th.

Doors will open at 5:30 p.m. to pay participation fees and purchase sports passes. The presentation will begin at 6:00 p.m. in the Main Gym. It is **MANDATORY** that at least one parent and the student-athlete be in attendance.

CAMP – Athletes selected for the team will be expected to participate in UDA Camp over the summer. Camp dates and fees vary. More information will be given to dancers who are interested.

CLINIC/CAMP DATES – The Lakota East Dance Team will host a summer camp, fall clinic and winter clinic that athletes are required to work.

FOR ADDITIONAL INFORMATION – Contact one of the following:

- Head Coach, Amy Goldberg at amy@[starperformancecentre.com](mailto:amy@starperformancecentre.com)

- Assistant Coach, Lindsay Smith at lindsaymsmith14@gmail.com