

SHAWNEE MISSION EAST
LANCER DANCER

Pre-tryout Information

HEAD COACH

Alexis “Bubba” Close

coachclose@smelancerdancers.com



Alexis "Bubba" Close has been working as a dance coach and choreographer for over 25 years. This will be Alexis's 10th year as Head Coach of the Drill Team at Shawnee Mission East. She also enjoys choreographing the musicals at East. In her spare time, Alexis does photography and loves spending time with her husband Andrew and their two children, Dalton and Delaney.

WHAT'S NEW FOR THE 20-21 SEASON?

- ★ THERE WILL NO LONGER BE A C-TEAM.
- ★ DURING THE SCHOOL YEAR, JV WILL MOVE TO 6TH HOUR AND VARSITY TO 7TH.
- ★ COACH LIZ AND COACH BRITNEY WILL ONLY BE WORKING WITH US AS CONSULTANTS FOR TECHNIQUE, CLEANING, AND CHOREOGRAPHY WHEN THEIR AVAILABILITY ALLOWS.
- ★ VARSITY WILL PRACTICE AFTER SCHOOL ON MONDAYS AND WEDNESDAYS UNTIL 4:00.
- ★ DURING FOOTBALL SEASON, VARSITY WILL USE THEIR THURSDAY 6:00-9:00PM REHEARSALS TO WORK WITH THE MARCHING BAND.



The Teams

→ JV

The junior varsity dance team will consist of freshmen, sophomore, and junior students and will meet as a class (6th hour) for the entire year.

→ Varsity

The varsity dance team will consist of sophomore, junior, and senior students and will meet as a class (7th hour) for the entire year. During football season, the varsity team also performs as part of the SME Marching Band.

See constitution for more specifics on each team

WHY TRY OUT?

DANCE TEAM IS MORE THAN JUST COMPETITIONS AND AWARDS. WITH ALL THE CHANGES GOING ON IN THE WORLD RIGHT NOW, DANCE TEAM CAN PROVIDE CONNECTION, A SENSE OF PURPOSE, AND A MUCH NEEDED ARTISTIC OUTLET.



“Coming into high school with so many kids can be hard, but being on dance team really surrounded me with a group of girls that loved doing what I love! From dance team, I have gained so many loving relationships that I will keep forever, and the hard work and determination not only pay off by receiving awards, but by building your skills with your best friends by your side. I hope you all try out because I looked forward to my dance hour every single day of school because getting to work hard and being able to do what you love at the same time was my favorite part of high school.”

- Sophie L., Varsity Captain, class of 2019

COACHING PHILOSOPHY

DANCE IS A SUBJECTIVE ACTIVITY AND WE CAN'T ALWAYS CONTROL THE OUTCOME OF OUR PERFORMANCES AND COMPETITIONS.

WHAT WE CAN CONTROL IS OUR ATTITUDE AND OUR EFFORT.

AT THE END OF THE DAY, I WANT THE DANCERS TO BE PROUD OF WHAT THEY DO
AND TO HAVE FUN DOING IT.

THE WORK WILL ALWAYS BE WORTH IT IF YOU LOVE WHAT YOU'RE DOING.



“The #1 factor of success is grit, and the ultimate driver of grit is love. If you don't love it, you'll never work to become great at it.”

The Carpenter by John Gordon

2020 TRYOUT INFO



COVID-19 CLINIC/TRYOUT GUIDELINES:

1. Dancers should arrive in their own transportation. No car pooling will be allowed.
2. Dancers may bring bags or backpacks with them but they need to stay with them at all times and be placed 6 feet from anyone else's bags.
3. Dancers will need to provide their own water bottles. Drinking fountains and common water stations are not used. Sharing water bottles will not be allowed. I would recommend bringing multiple water bottles as it will be hot!
4. Dancers must have a face mask with them. If a dancer needs to use the bathroom (if the school is open), they will enter the school building where masks are required. We will not provide masks. However, we will not require dancers to wear masks while active (although you may choose to wear one if you wish).



When:

Tryout Clinic Date: Monday, July 13th 5:30-8:30pm

Tryouts: Wednesday, July 15th 5:30-8:30pm

Where:

Upper turf field at SME (near sophomore/PV pool lot)

What to bring:

Filled water bottle and jazz shoes

What will I perform:

- Mix routine you will learn from the video, which will be posted one week before the clinic.
- Technical skills (list will be provided when video is posted)

What if I want to tryout but can't attend the tryout date?

Contact Coach Close immediately to make arrangements.

coachclose@smelancerdancers.com

When will results be posted?

Tryout results will be posted no sooner than Saturday, July 18th.

TRYOUT FAQs





What will the clinic look like?

The clinic will be divided into 2 time slots to allow for social distancing (5:30-6:45 and 7:00-8:15pm). Students and their bags will be required to remain 6 feet apart at the clinic. Everyone will need to bring a full water bottle, and carpooling is not allowed. Wear comfortable dance clothes, jazz or tennis shoes, and hair up. Coach Close will go over what to expect at the tryout, she will answer questions about the routine, and she will go over the technical skill requirements. The school will not be open at this time, so please use the restroom before you come.

What has changed about tryouts?

- Candidates will be responsible for learning the choreography on their own time before the clinic and tryouts.
- There will not be a flag routine or teacher evaluations this year.
- The technical skills part of the tryout will happen immediately after the performance of the routine. Technical skill requirements will be modified in order to accommodate the environment/surface.
- There will not be judges at the tryout. Coach Close will video each candidate individually and judges will receive those videos and send scores back.
- Tryout results will not be posted until Saturday, July 18th. Time TBA.
- Candidates will not tryout with a partner. Each candidate will perform by herself.

What should I wear/bring to tryouts?

- Please wear all black to tryouts. Options may include black leotard/tank top/t-shirt and booty shorts/athletic shorts. Please do not wear anything super baggy, and please do not wear leggings. You are welcome to wear nude tights if you prefer.
- Jazz shoes
- Hair up in a neat bun. Make up is optional.
- Filled water bottle
- No gum or jewelry allowed.

What will tryouts look like?

- Candidates will perform individually for the coach to video.
- Each candidate will be assigned a tryout number and time slot.
- Parents must drop off candidates and may not remain on school property.
- Tryouts are not open to the public and any spectators will be asked to leave.
- Tryout order/time will be chosen at random. Coach Close will email your tryout time to you on July 14th.
- Each candidate will be allowed 10 minutes in the stretching/warm up area and 5 minutes in the on deck area.
- The tryout itself (routine plus technical skills video portion) will take approximately 5 minutes to complete. Candidates will need to leave immediately following their tryout.

REQUIRED SMSD REMINDERS:

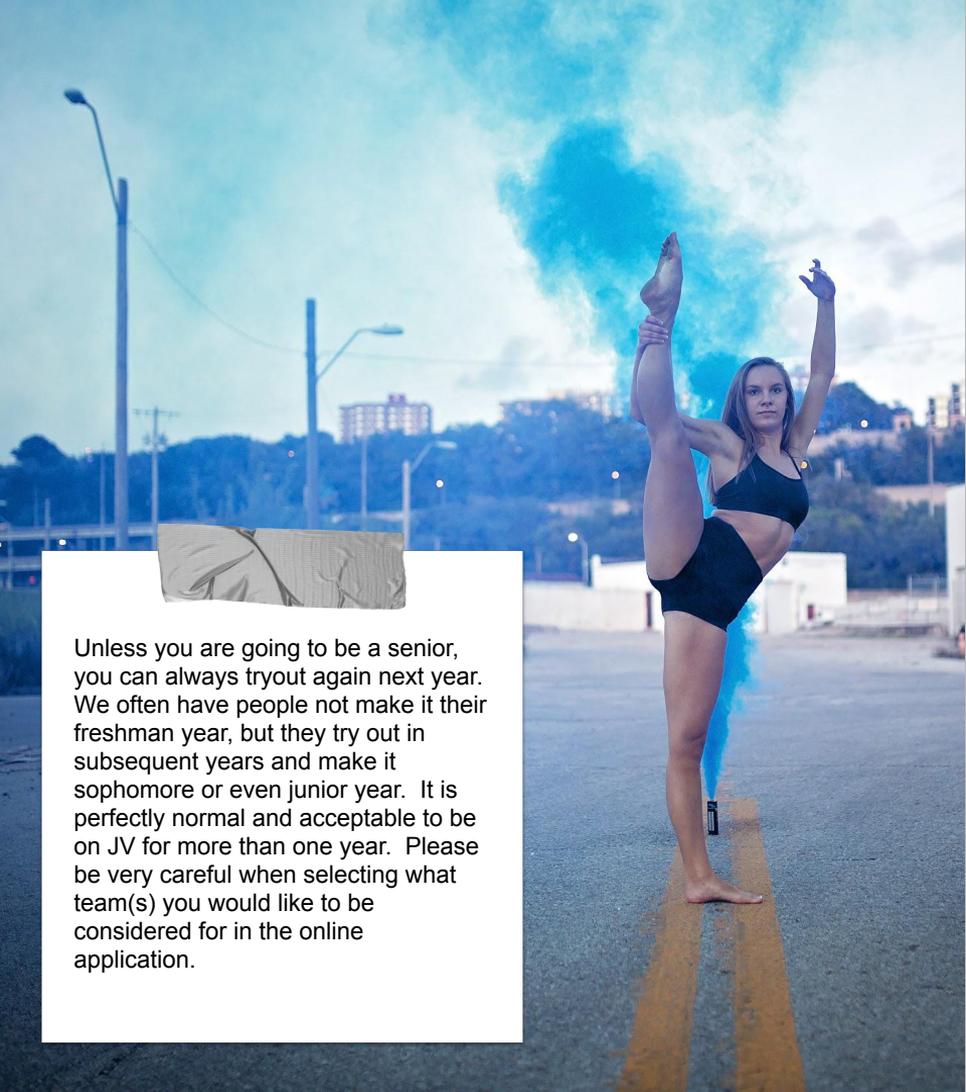
- ★ There will be no hazing or initiation ceremony for new dance team members. Anyone involved in such activities will be removed from the team. No celebratory parties will be held by either students or parents for new dance team members.
- ★ Dance team members are Shawnee Mission East ambassadors and are expected to maintain high standards of behavior. The team constitution will be given to all team members, and students will agree to abide by guidelines given. All student athletes must also sign the district drug and alcohol policy.
- ★ Being selected as a member of SME Dance Team is an honor and privilege that very few students experience. There are many who would like to be selected, who are willing to give the time and effort necessary. If you are not able to meet these requirements, please do not tryout. Responsibility to the team and its members will be of the highest priority.

COVID SAFETY & SMSD 11 POINTS OF BEST PRACTICE:

1. Athletes, coaches arrive and depart events in individual vehicles unless they live together/part of their "bubble". No car pooling will be allowed.
2. Athletes, coaches bring their own water bottles. Drinking fountains and common water stations are not used.
3. Athletes, coaches remain at least 6 feet apart as much as possible.
4. Athletes, coaches do not share equipment as much as possible.
5. Athletes/coaches wash their hands/avoid touching their eyes, nose, mouth with unwashed hands.
6. Athletes/coaches wear a cloth face mask if possible yet is required when entering the building for restroom use.
7. The smallest number of athletes should be brought together for practices/events.
8. Athletes/coaches stay in "bubbles"/work groups as much as possible.
9. Athletes /coaches who are ill should not attend events under any circumstances.
10. Athletes, coaches, and families should be educated as to the importance of adhering to health and safety rules in order to keep each other and their families as safe as possible.
11. Athletes, coaches, and families should speak to their primary healthcare provider if they have questions/concerns about health and safety issues.

ADDITIONAL ENVIRONMENT GUIDELINES:

1. Students and adults are expected to monitor their own health and should not participate in any activity on school property:
 - o If tested positive for COVID-19
 - o If student or coach has been exposed to COVID 19 or under a 14-day quarantine, the student/coach must have medical clearance prior to attending summer conditioning workouts
 - o if experiencing a fever of or greater than 100.4 degrees Fahrenheit within the past 14 Days. Or any of the following symptoms:
 - Cough, Shortness of breath, Sore throat/congestion, Headaches/chills, Muscle/joint pain (not associate with conditioning), Nausea/vomiting, Loss of sense of smell, Diarrhea
 - o after using mass or public transportation, taxis, or ride-share services.
 - o within 14 days of traveling based on current Kansas Department of Health and Environment Guidelines.
2. No "high fives", "fist bumps", etc. allowed
3. Students must stay in the same time group during the outdoor conditioning
4. Students will enter and exit at designated gates/locations
5. Students are not allowed to gather around the facility or parking lot
6. Once workouts are completed, students will vacate the premises immediately
7. Parents are only allowed to drop-off and pick-up their student(s). Non-participants must remain in vehicles
8. No spectators, siblings, or others may be present on site, including parking lots
9. Only one bag, backpack, etc. permitted for each participant. Bags must remain with participants and stay 6 feet from any other bag.
10. Any bags used by coaches for balls etc., are to be sanitized.
11. No towels will be provided
12. No food or food consumption while on school property.
13. Students must stay in the same time group during the outdoor conditioning



Unless you are going to be a senior, you can always tryout again next year. We often have people not make it their freshman year, but they try out in subsequent years and make it sophomore or even junior year. It is perfectly normal and acceptable to be on JV for more than one year. Please be very careful when selecting what team(s) you would like to be considered for in the online application.

Scores/Results:

Scores

Once tryouts are completed, the videos will be sent to the judges to view. The routine and technical skills will make up 75% of the score, while 25% of the score will be given by the coach. Once the scores are figured, they are sorted from highest to lowest. From there, the teams are determined by a "natural break" in the numbers.

Results

The results will be posted on the Lancer Dancer website (www.smelancerdancers.com) no sooner than Friday, July 17th. The coach WILL NOT make any phone calls to those who don't make the cut unless a returning Varsity member does not make the team again.

What if I don't make the team?

YOU (only the student trying out, not the parent) may reach out to the coach **AFTER Monday, July 20th** via email. The email would be to discuss your strengths and weaknesses from tryouts.

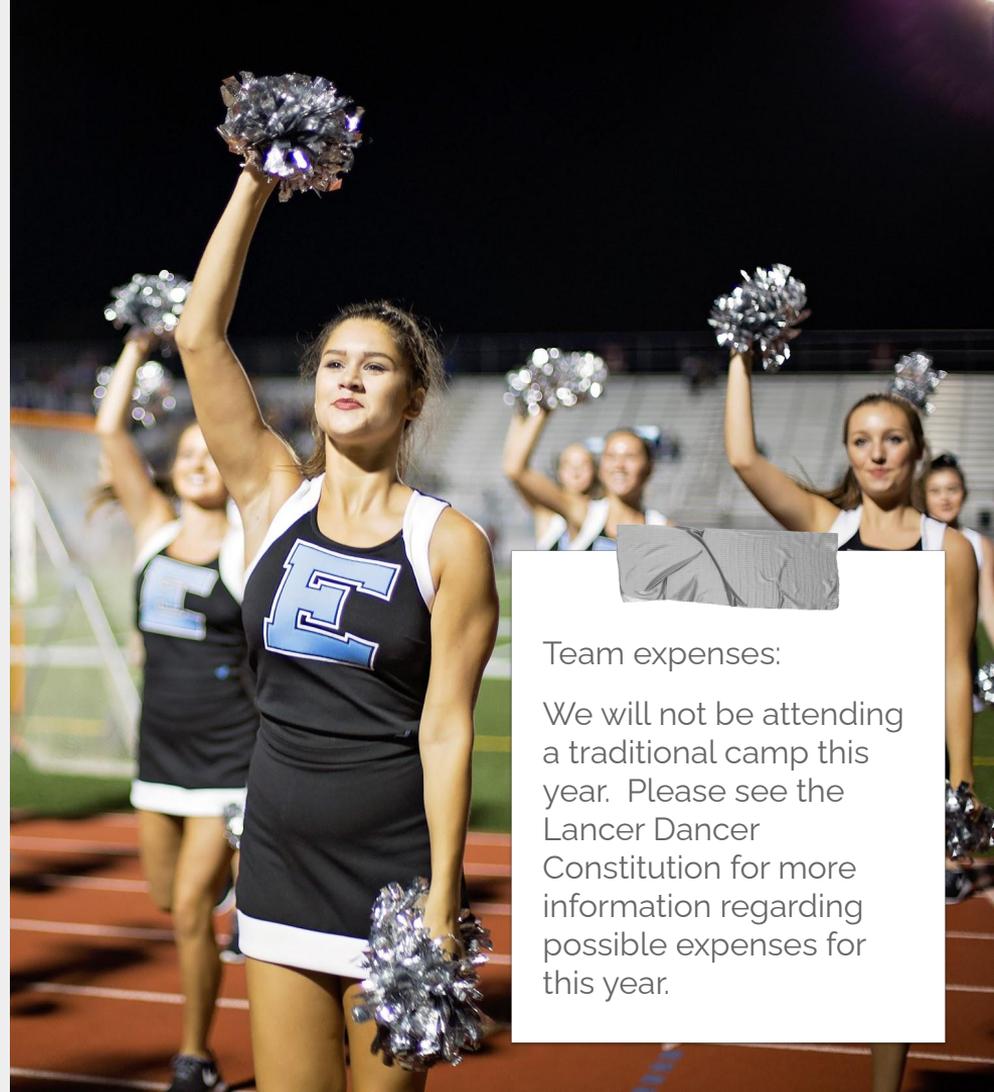
What if I do make the team? What's next?

-All new members will receive a welcome email with information in it the week of July 20th

-Returning members and last year's team members will receive an email with date/time to return uniforms to the dance room the week of July 27th.

-New Varsity team members will have band camp beginning Monday, July 27th

-Don't forget to get your physical! CareNow Urgent Care Clinics are offering a \$20 physical special right now!



Team expenses:

We will not be attending a traditional camp this year. Please see the Lancer Dancer Constitution for more information regarding possible expenses for this year.

WHAT DOES DRILL TEAM DO?



DRILL TEAM ACTIVITIES THROUGHOUT THE YEAR:

JV LANCER DANCERS

Camp Choreography/Rehearsals in May/Early June-cancelled
NDA Camp - TBD (may be virtual)
Pep Assemblies - Sidelines/Fight Song/occasional performances
Pancake Breakfast Fundraiser
Lancer Day Parade - March with the band
Varsity Home Football Games - pre-game/cadences in stands/4th quarter on the track
Drill Team Ball
Local Competitions
Lancer Dancer Clinic
Basketball Game performances - halftime only
Spring Show
Banquet

VARSITY LANCER DANCERS

Camp Choreography/Rehearsals in May/Early June-cancelled
NDA Camp - TBD (may be virtual)
Band/Choreography Camp July 27th-Aug. 7
Freshman First Day Pep Assembly
Pep Assemblies - Sidelines/Fight Song/performance
Pancake Breakfast Fundraiser
Lancer Day Parade - Float
Varsity Home Football Games - pre-game/cadences/halftime performance/4th quarter on the track
District Marching Festival
2 Marching Competitions
Drill Team Ball
Local Competitions
Lancer Dancer Clinic
Basketball Game performances - stay for full game - performance at halftime
Lancer Dancer Senior Night
NDA Nationals in Orlando, FL
Spring Show
Banquet

How to do your best at tryouts:

- Stay well-rested and hydrated
- Send a video of yourself practicing to a friend or your dance teacher for honest critiques
- Stay positive



Why should I stay in classes at my studio?

Stay on top of your schedule at school and your dance studio to avoid conflicts. We will work with you as much as we can, but the sooner we can identify potential conflicts, the better!

- You will lose your edge
- You will be more prone to injury
- Push yourself and keep growing
- You better your team when you better yourself

Lancer Dancer Audition Requirements 2020-2021

Audition Requirements	Skills Required at Auditions*	Helpful video links
Online Application	Strong Pom motions (in routine)	https://youtu.be/0flbTH-4Ckg
Online Tryout Contract	Toe Touch (in routine)	https://youtu.be/V-xd_pBsNWA
Online Written Interview	Calypso (tech skills)	https://youtu.be/wijTr1w2uyc
Read LD Team Constitution	Turning Disk (tech skills)	https://youtu.be/aR5z3uZxvk4
View Pre-Tryout Slide Show	Right saut de chat into center leap (tech skills)	https://youtu.be/gRWVwYrbCpc
Learn Tryout Routine from video	double pirouette R (in routine)	https://youtu.be/DAO3BFkizW4
	triple pirouette R (tech skills)	https://youtu.be/DAO3BFkizW4
	a la seconde turns (R) - 12 Counts, 6 rotations (tech skills)	https://youtu.be/yxjRM9XfIzs
	4 Jumping high kicks (eye height-to the nose) right (2) and left (2)	https://youtu.be/1-wzOXT_orc
	4 Jumping side kicks (2 R and 2 L)	https://youtu.be/KycTyT0F7p8
	4 Jumping fan kicks (2 R and 2 L)	(^general kick technique)
	bonus - aerial cartwheel	https://youtu.be/k4sB4UDEwIQ
	Varsity requirement - headspring	https://campconnection.varsityuniversity.org/video/nda-headspring/

THE *OTHER* SKILLS

Drill team is more
than just tricks!

- Showmanship
 - Movement quality
 - Grace under pressure
 - Dynamic range
 - Coachability
 - Finesse
 - Attack
 - Style
 - Strength of Movement
 - Body control
 - Passion for dance
-

REMEMBER YOUR "WHY?"

To build a strong team, you must see someone else's strength as a complement to your weakness-not a threat to your position or authority.

-Christine Cane

WHETHER YOU MAKE THE TEAM OR NOT, YOU WALKED INTO TRYOUTS AS A DANCER, AND YOU'LL WALK OUT AS A DANCER.
#theworkisworthit



GOOD LUCK!

AND REMEMBER TO HAVE FUN!!