



*FINAL - Updated 5/19/20*

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**THOUSAND OAKS HIGH SCHOOL  
VARSITY & TFT DANCE TEAM  
2020 VIRTUAL TRYOUT INFORMATION**

Dear Dance Team Applicant and Parent:

***Due to the current concerns of COVID-19, TOHS Dance will be holding virtual tryouts for the 2020-2021 competition dance teams. We appreciate in advanced your understanding and patience as we navigate this new process.***

TOHS is currently in the process of selecting members for its 2020-2021 dance teams. We will be selecting **two** separate dance teams but will have only **one** application process. The two teams will be the Varsity Dance Team, and the TFT Dance Team.

**VARSITY DANCE TEAM:**

The Varsity Dance Team will select 18 – 25 dancers for the 2020/21 season. The varsity team is required to meet daily during 6<sup>th</sup> period, with after school practices and will train in all styles of dance. Varsity dancers are required to have a yearlong commitment from June 2020 – June 2021. The varsity team will consist of freshmen-senior dancers, returning members must tryout and are **not** guaranteed a spot.

**TFT DANCE TEAM (TECHNIQUE FOR TEAM):**

The TFT Dance Team will select 18 - 25 dancers for the 2020/21 season. The TFT team is required to meet daily during 5<sup>th</sup> period, with after school practices and will train in all styles of dance. TFT dancers are required to have a yearlong commitment from June 2020 – June 2021. The TFT dance team is a training team for the **purpose of auditioning for varsity in the future**. Since this is a training team, **very few spots will be allowed for seniors**. The TFT team will consist mostly of freshmen-junior dancers, returning members must tryout and are **not** guaranteed a spot.

**TIME COMMITMENT: SUMMER**

***\*\*\*Summer commitments are subject to change based on the current COVID-19 situation. Summer commitment updates will be communicated to the new teams when appropriate. Requirements could change to virtual practices, home workouts, etc.***

The Varsity and TFT team commitments will meet weekly in the summer starting June 22<sup>nd</sup>. In addition to weekly practices, the teams will attend various dance camps. There is a **strong expectation** that dancers will attend all summer practices in preparation for fall performances. Dancers will be excused with permission for planned vacations, summer school, etc. These excuses will be clarified at the first team meeting for the dancers who make the team. A final summer schedule will also be provided at the first team meeting.

**VARSITY SUMMER COMMITMENT**

*All camps are strongly encouraged, but optional.* All optional dance costs will be discussed at the first team meeting.

• **VARSITY MINI CAMP #1:**

- **July 6<sup>th</sup> – July 10<sup>th</sup>** at Thousand Oaks High School from 8:00 am - 9:00 pm. Dancers will train, condition, audition for competition routines and learn their first routine for their first performance at USA Elite Camp. Attendance is **strongly recommended**. **Cost is for food only and team bonding gift.**

• **USA ELITE CAMP:**

- **July 30<sup>th</sup> – August 2<sup>nd</sup>** at Cal Lutheran University in Thousand Oaks. Dancers will train, condition, and learn choreography from USA staff members for fall performances. **Estimated cost for camp instruction is \$287.00.** Attendance is **strongly recommended**.

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- **VARSITY TOHS CAMP #2:**
  - *August 3<sup>rd</sup> – August 7<sup>th</sup>* at Thousand Oaks High School from 8:00am - 9:00pm. Dancer will train, condition, audition and learn competition routines and learn most football routines. **Cost is for food only.** Attendance is **strongly recommended.**
- **OFFICERS CAMP:**
  - *Dates TBD* for executive officers only President, Vice president, Captain and Co-Captains. **Cost is TBD.**

**TENTATIVE VARSITY WEEKLY SUMMER PRACTICES 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REQUIRED ATTENDANCE</b>		5:00 – 6:00pm <i>Ballet</i> 6:15-9:00pm <i>Team Practice</i>	4:00-5:00pm <i>Conditioning</i> 5:00-6:00pm <i>Hip Hop</i> 6:00-7:00 <i>Flexibility</i>		9:00-10:30am <i>Ballet</i> 10:30-12:30 <i>Team Practice</i>
<b>OPTIONAL ATTENDANCE</b>	7:00-9:00pm <i>Illusions</i>				

**TFT SUMMER COMMITMENT**

*Camp is strongly encouraged, but optional.* All optional dance costs will be discussed at the first team meeting.

- **TFT MINI CAMP:**
  - *July 22<sup>nd</sup> - July 23<sup>rd</sup>* at Thousand Oaks High School from 9:00 am - 8:00 pm. Dancers will train, condition, audition for competition routines and learn our first routine for our first performance. **Cost is food only.** Attendance is **strongly recommended.**

**TENTATIVE TFT WEEKLY SUMMER PRACTICES 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REQUIRED ATTENDANCE</b>	5:00-7:00pm <i>Team Practice</i>		5:00-6:00pm <i>Flexibility</i> 6:00-7:00 <i>Hip Hop</i>	5:00-6:00 <i>Ballet</i> 6:15-8:00/30 <i>Team Practice</i>	
<b>OPTIONAL ATTENDANCE</b>	7:00-9:00pm <i>Illusions</i>				

**TIME COMMITMENT: SCHOOL YEAR**

Each team member on the Varsity and TFT Dance Teams will receive P.E. or Fine Arts credit during the school year for their class participation; *5<sup>th</sup> period for TFT and 6<sup>th</sup> period for Varsity.* A final practice schedule for the school year will be set no later than August 2020.

**VARSITY DANCE TEAM SCHOOL YEAR COMMITMENTS**

- Meet daily during 6<sup>th</sup> period.
- Weekly after school practices 2-3 times a week.
- Additional weekend practices in October – December (*in order to prepare for competition season*).
- **Varsity Performances** include but are not limited to: School rallies, football halftimes, basketball games, community events, winter concert, and spring concert.

- **Varsity Competition Season:** Varsity will compete at 10 – 14 competitions between the months of January – March. The majority of competitions are Saturdays only, with a few competitions extending through the weekend. An exact competition schedule will be set no later than November 2020.
- Additional technique classes (*illusions, dance studios, etc.*) for all team members are **encouraged but not required**. Note, the more technical a dancer is, will directly affect how many routines they are in.

**TENTAIVE VARSITY SCHOOL PRACTICE SCHEDULE 2020/21:**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6<sup>TH</sup> PERIOD</b>	12:45-4:00 pm <i>Team Practice</i>	12:30-2:00pm <i>Ballet/Team Practice</i>	12:45-2:00pm <i>Team Practice</i>	12:45 -2:00pm <i>Team Practice</i>	12:30-2:00pm <i>Team Practice</i>	Fall– <i>Some additional practices</i>
<b>AFTER SCHOOL</b>		5/6:00 – 9:00pm <i>Team Practice</i>		5/6:00 – 9:00pm <i>Ballet/Team Practice</i>	Fall – <i>Football Performances</i>	<b>Spring–</b> <i>Competition Season</i>
<b>OPTIONAL CLASSES</b>	7:00-9:00pm <i>Illusions</i>					

**TFT DANCE TEAM SCHOOL YEAR COMMITMENTS**

- Meet daily during 5<sup>th</sup> period.
- Weekly after school practices 2 times a week.
- Additional weekend practices in October – December (*in order to prepare for competition season*).
- **TFT Performances** include but are not limited to JV football halftimes, community events, winter concert, and spring concert.
- **TFT Competition Season:** TFT will compete at 3 – 5 competitions between the months of January – March. The majority of competitions are Saturdays only. An exact competition schedule will be set no later than November 2020.
- Additional technique classes (*illusions, dance studios, etc.*) for all team members are encouraged but not required. Note, the more technical a dancer is, will directly affect how many competition dances they are in.

**TENTAIVE TFT SCHOOL PRACTICE SCHEDULE 2020:**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6<sup>TH</sup> PERIOD</b>	11:23-12:20pm <i>Team Practice</i>	11:23-12:20pm <i>Ballet/Team Practice</i>	11:23-12:20pm <i>Team Practice</i>	11:23-12:20pm <i>Team Practice</i>	11:23-12:20pm <i>Team Practice</i>	Fall– <i>Some additional practices</i>
<b>AFTER SCHOOL</b>	4:00 – 6/7:00pm <i>Team Practice</i>		5:00 – 7/8:00pm <i>Ballet/Team Practice</i>		Fall – <i>Football Performances</i>	<b>Spring–</b> <i>Competition Season</i>
<b>OPTIONAL CLASSES</b>	7:00-9:00pm <i>Illusions</i>					

**TEAM TARGET DONATIONS: BRIEF OVERVIEW**

**NOTE:** The monthly target donation is based on overall projected expenses for the program (coaches, choreography, rehearsal hours, etc.) minus any group fundraising or sponsorship efforts. The target donation is then determined based on the **number of team members selected for each team**. No student will be denied full participation on Varsity or TFT dance teams because of a decision not to donate.

**VARSITY TARGET DONATIONS**

- An initial target donation deposit will be collected at the 1<sup>st</sup> team meeting
  - \$500.00 for *new members* and \$200.00 for *returning members*.
- **Team clothing/uniforms:** Any team clothing or uniforms need to be paid in full *upon ordering in June*.
  - The estimated cost is **\$200.00 – \$500.00** based on what is needed for the individual dancer.
- **Monthly Target Donations will be collected between the months of August – May.**
  - Varsity dancers will owe \$350.00 - \$650.00 per month.
    - \$180.00 - \$200.00 for coaches and choreographers. (*\$20 of this money is applied to competition entrance fees*)
    - \$250.00 – \$450.00 for clothing, choreography, costuming, and optional competition dances for which they are selected.
- **A target donation email** will be sent monthly as a record of donations. For accounting purposes, please send the target donations by the 10<sup>th</sup> of each month.
- **Total estimate of yearly target donation:** \$4,000.00 - \$5,000.00 per dancer.

**TFT TARGET DONATIONS**

- An initial target donation deposit will be collected at the 1<sup>st</sup> team meeting
  - \$230.00 for *new members* and \$115.00 for *returning members*.
- **Team clothing/uniforms:** Any team clothing or uniforms need to be paid in full *upon ordering in August*.
  - The estimated cost is **\$100.00 – \$200.00** based on what is needed for the individual dancer.
- **Monthly Target Donations will be collected between the months of August – May.**
  - TFT dancers will owe \$115.00 per month.
    - \$15 of this money is applied to competition entrance fees
- **Collection of monthly target donations** will be at team practices. For accounting purposes, please send the target donations by the first team practice of each month.
- **Total estimate of yearly target donation:** \$1,400.00 - \$1,500.00 per dancer.

**TRYOUT OVERVIEW**

This year tryouts will be held virtually online for both the Varsity and TFT Dance Teams. Dancers who submit a completed application by the deadline will receive detailed instructions via the email(s) provided on the application. Applicants will have one week to learn the material provided and submit a video of themselves dancing by the deadline. ***Dancers will also receive an example video for what their tryout video should look like.***

**A brief overview of what is required in the applicant's tryout video is as follows:**

1. Dancer Introduction & answer to interview question(s) (*why do you want to be on dance team?*)
2. Technical Skills performed individually (*jazz walks, chaines/piques, battements, pirouettes, leaps*)
3. Flexibility and Strength Skills (*splits, push-ups, and plank hold*)
4. Jazz Combination
5. Hip Hop Combination
6. **OPTIONAL** – Any other additional video of the applicant dancing ***within the past year*** (*i.e. solos, group dances, competition videos, recital videos, dance classes, etc.*)

## APPLICANT REQUIREMENTS

### 1. ACADEMIC:

Each applicant is required to have a 2.0 GPA or higher. **Please send a copy** of dancer's fall semester 2019 report card with the application.

### 2. ATTENDANCE:

A list of prospective dance team members will be provided to the office to confirm good attendance. If a student does not have a 90% or higher attendance at school, a written explanation must accompany the application, along with a parent or guardian's signature. Auditioning will be at the discretion of the director if this requirement is not met. The past attendance of current team members will be a consideration at tryouts.

### 3. PARENT SUPPORT:

Each applicant must have a parent or legal guardian's signature signifying their support on your possible selection to a dance team. *The parent signature serves as an acknowledgement of the time commitment and team expectations.*

### 4. CONDUCT:

The applicant's names will be given to administrators to verify satisfactory conduct in the school. If there are concerns about discipline issues, the student will be denied final membership on any team. After tryouts, all team members will be **required** to sign a code of conduct form. This will be part of the athletic paperwork required from the high school athletic department for participation.

### 5. HEALTH – LIFESTYLE – TEAM IMAGE:

A healthy lifestyle for all team members is required and taught. In order to maintain individual fitness and high levels of energy necessary for the team, each member will be expected to maintain healthy habits.

### 6. TEACHER RECOMMENDATIONS:

#### **NEW APPLICANTS (ANY NON-RETURNING DANCE TEAM MEMBER):**

*New applicants for any team must have 2 teacher recommendations.* New applicants may give those recommendations to the teachers of their choice (school teacher, dance instructor, etc.)

#### **RETURNING APPLICANTS (2019/20 TFT AND VARSITY DANCERS):**

*Returning applicants who are re-auditioning, will receive their recommendations from Coach Jordan and Director Murphy. These recommendations will be given to the coaches on your behalf, **you do not need to send them out.***

## SELECTION PROCESS & EXPECTATIONS

The number of team members is not pre-determined, although approximately 18-25 dancers will be chosen for both the Varsity and TFT teams. Size will be determined from the scores and talent ability of those who participation in the tryout.

Varsity Dance Team members will perform at school activities listed previously. Each performance may include **all** members, or a **selected** group based on their skill, preparedness, attendance and commitment. Each performance will be pre-determined by the director, coaches, and choreographers.

For TFT and Varsity Dance Team, competition dances will be selected between July and November by the director, coaches, and choreographers. These competition routines will determine the number of dancers needed and chosen along with skill level, attitude, work ethic, and experience.

For *Varsity Dance Team* members, selection of **soloists** will be done at the end of the summer. No pre-determined number of soloists is set and will be selected by audition. Solo competition spots will be given to the **top skilled**

**soloists** who are selected and determined by the director and coaches. Selection is based on preparedness, work ethic, skill, past history, and commitment to improvement. In addition, there is **no** promise of a solo performance in the Spring Concert. If selected for a solo, choreographers, and costuming must be pre-approved by the director and coaches.

If needed, an applicant **may** have a short informal interview with Director Murphy, and Coach Jordan. We are in search for those dancers who are motivated, hardworking, committed, confident, poised, genuine, friendly, and have positive attitude. We are looking for dancers who have initiative and want to get better. We want those dancers who have a passion and love for dance. We want dancers who never stop wanting to progress even when it gets tough. We will try to ask questions that will help us get to know the applicant for these qualities. The interview will be a consideration in their final score as well as their work ethic if we have had them in class. ***If an interview is needed, Murphy will contact dancers via email or phone to set up an interview time through phone or zoom.***

**The 2020 – 2021 Varsity and TFT dance teams will be selected from a combination of the following things:**

- 1) Judges scores on applicant’s technical skills and execution of combinations
- 2) School attendance
- 3) Teacher recommendations
- 4) Dancer’s GPA / academic performance
- 5) And, if needed, an informal interview

*NOTE: If needed, selection of any additional member during the school year will be at the discretion of the director and coach. They will audition in a similar way to the original team selection.*

**2020 - 2021 VARSITY & TFT APPLICATION CALENDAR**

**UPDATED TRYOUT CALENDAR AS OF MAY 19, 2020**

**APRIL 20<sup>TH</sup>:**

Virtual Tryout information and applications will be available on our website [WWW.TOHS DANCETEAM.COM](http://WWW.TOHS DANCETEAM.COM)  
Please read information thoroughly and begin to prepare your application.  
Director Murphy and Coach Jordan available to any questions regarding the virtual tryout information and application, please email them with any concerns.

**MAY 26<sup>TH</sup>:**

**8:00 pm**

Completed applications due and emailed to [TOHSLANCERDANCERS@GMAIL.COM](mailto:TOHSLANCERDANCERS@GMAIL.COM)  
Applications can be sent in on or before this date, early applications are very helpful. Dancers will receive confirmation that their application was received via email. Please be sure your application is **completed in full** prior to submitting (*see application check off list for assistance*).

**MAY 27<sup>TH</sup>:**

**10:00 am**

Dance Team applicants will be emailed the virtual tryout instructions and materials. An instructional video will be provided as well as an example of what each applicant should submit. Dancers will be able to learn through video the skills needed in applicant’s tryout videos. ***If dancers do not receive an email by 10:00 am, please contact us at TOHSLANCERDANCERS@GMAIL.COM***

**MAY 28<sup>TH</sup>:**

**10:00 am – 11:00 am**

Coach Jordan available via zoom to answer any choreography or skilled questions.  
(A Zoom ID and password will be sent to applicants only with the virtual tryout information sent June 2<sup>nd</sup>.)

**JUNE 2<sup>ND</sup>:**

**8:00 pm**

Applicants virtual tryout videos due. Please label all videos with the applicant's full name and email all videos to [TOHSLANCERDANCERS@GMAIL.COM](mailto:TOHSLANCERDANCERS@GMAIL.COM)

**JUNE 4<sup>TH</sup>:**

**3:00 pm**

*Possible* call backs for Varsity and TFT Teams. If needed, the applicant will be contacted by the email provided on the application.

**JUNE 8<sup>TH</sup>:**

**6:00 pm**

**Tryout results posted!** Dancers who made the Varsity and TFT Dance Teams will be contacted via email. The roster for the 2020-2021 Varsity and TFT Dance Teams will also be posted on our Instagram [TOHS\\_DANCEDEPARTMENT](https://www.instagram.com/TOHS_DANCEDEPARTMENT) and on our website [WWW.TOHSDANCETEAM.COM](http://WWW.TOHSDANCETEAM.COM)

**TBD:**

**New** TFT Team meeting, location *TBD*. This will be for both dancer and parent. Attendance by one or both of parents is strongly encouraged.

**New** Varsity Team meeting, location *TBD*. This will be for both dancer and parent. Attendance by one or both of parents is strongly encouraged.

**DATES TO BE DETERMINED:** *Based on the current situation of COVID-19, the following meetings for both Varsity and TFT Dance Teams will be confirmed at a later date.*

- New team meetings
- New team fittings
- First team practice

**TRYOUT PROCEDERES AND TIMES ARE SUBJECT TO CHANGE  
AT THE DISCRETION OF THE DIRECTOR AND COACH.**

*No student will be denied full participation in Varsity Dance Team of TFT team for a decision not to donate to the program.*

If you have any questions, please contact

**TOHS DANCE DIRECTOR MRS. MURPHY**

[jaleenmurphy@gmail.com](mailto:jaleenmurphy@gmail.com)

(805) 207-1501

**TOHS DANCE COACH JORDAN JONES**

[jmacjones\\_11@msn.com](mailto:jmacjones_11@msn.com)

(805) 405-8017

**ALL TRYOUT VIDEOS SUBMITTED TO THE FOLLOWING EMAIL**

[TOHSLancerDancers@gmail.com](mailto:TOHSLancerDancers@gmail.com)

**Thank-You in advance for your interest!**