

Dear Dance Team Applicants & Parents,

We are so pleased that you have expressed an interest in becoming a member of the Murrieta Valley High School Dance Team. Attached you will find a packet of information for you to read and discuss with your student. Included in the packet are:

- Dance Team Application
- Dancer Information Sheet
- Tentative Calendar of Commitments
- Dance Team Philosophy
- Camp and Uniform Information

The Application and Philosophy must be signed by both parent and student. In addition, please fill out the Dancer Information Sheet. Please return all 3 papers with a copy of the most recent (12 week) progress report attached. Please return the completed items to Mrs. Romero - Hemmerling no later than Tuesday, May 21st. You cannot try-out if these items are not returned.

Dancers must have their physical completed and submitted to Ms. Mason prior to trying out

The packet also contains information regarding uniforms, summer activities, as well as the requirements and time commitment necessary to be involved in the MVHS Dance program.

The formal try-outs will be held on Wednesday, May 22nd in the MV Dance Room/GYM.

Try-outs are closed to all spectators and parents. Try-outs will be evaluated by a team of unbiased dance team professionals.

Please arrive at least 15 minutes before try-outs begin. You will need to stretch and warm-up on your own. The list of those making the respective teams will be posted on Friday afternoon in the window of the gym ticket booth.

Please be prepared for and discuss the psychological repercussions of not being selected, and some of the problems your student might have. Unfortunately, not everyone trying out will make it – No one is guaranteed a spot on any dance team!

Discuss the impact of this leadership position, and the changes it will make in your student's life & your family should your student make a team.

Your student's personal satisfaction and feeling of involvement will bring many rewards as being member of the Nighthawk Dance Team. The Dance Team is considered a leadership position on campus. This involvement, however, also carries with it a great deal of responsibility. Your student will be expected to attend after school practices, games, pep rallies, competitions, evening events, Saturday events, and be an exemplary student in the classroom. Being a member of the Nighthawk Dance Team requires a great deal of time, effort, and sacrifice, but it gives back fun, excitement, self-confidence, and many other positives in a young person's life.

Thank you again for your interest in being a part of the Nighthawk Dance Team.

Sincerely,

Meghan Hemmerling

Nighthawk Dance Team Director

MVHS DANCE TEAM APPLICATION

Please complete and return all forms no later than Tuesday May 21st
A copy of your 12-week progress report must be attached

STUDENT NAME _____ CURRENT GRADE _____

ADDRESS _____ CITY _____ ZIP _____

DANCER'S CELL PHONE _____ PARENT EMAIL _____

SCHOOL YOU CURRENTLY ATTEND _____

All students applying must currently be enrolled with Murrieta Valley Unified School District for the 2019 – 2020 school year. All Inter or Intra – District transfers must be approved before try-outs.

TEAM YOU ARE TRYING OUT FOR

Senior/Class of 2020

Varsity _____ Big Red _____
.....

Junior/Class of 2021

Varsity _____ Big Red _____
.....

Sophomore/Class of 2022

Varsity _____ Big Red _____
.....

Freshman/Class of 2023

Varsity _____ Big Red _____
.....

G.P.A. – You must have a 2.0 G.P.A. to be eligible for try-outs. Please attach a copy of your 12-week progress report to this application.

I/We the parent(s)/guardian of _____ give permission for our child to participate in practices and try-outs for the Murrieta Valley High School Dance Team.

Student Signature

Parent Signature (only one required)

Nighthawk Dance Team Philosophy

Welcome to the Nighthawk Varsity Dance Team. This is to inform you about our policies on the Dance Team and what we feel makes the Dance Team a successful program at MVHS.

There is no substitution for hard work on this team. As a group of individuals, we must be dedicated to the dance program and make a personal commitment to becoming a cohesive unit. These must be our priorities:

Work hard to master the skills and technique that it takes to perform as a team at an elite level

Be dedicated to the goals we set as a team

Be physically and mentally there for ALL practices

Make the commitment to dance as 1 unified body

Create meaningful relationships with your ALL your teammates

Set high standards for ALL performances

Be confident in yourself and your teammates. Every dancer is an important part of our team.

ALWAYS DO WHAT IS RIGHT

Do not sacrifice your character and integrity for anything of anyone. The following actions will not be tolerated and will result in disciplinary action:

Failure to maintain a 2.0 GPA throughout the year

Failure to attend class, practice and performances/competitions

Bullying in the form of social media attacks, face to face interactions and/or to other teammates

The use of alcohol, tobacco and/or marijuana products while at school, on social media and/or in uniform

You must treat others the way you would want to be treated. Words and actions can never be taken back. Work hard to build meaningful relationships with everyone on your team.

Respect your teammates and your coaches. Respect your competition

Always strive to meet the expectations set fourth by your coaches and teammates

Be willing to work with others for the good of the team

Successful programs are not only defined by their wins and losses. There are also defined through the dignity and perseverance shown at practice and performances throughout the entire season.

By signing this document, you are making a commitment to adopt this philosophy and abide by these policies. Understand, coaches have the final say in decisions regarding ALL aspects on what we feel is best for the team and the future of the MVHS Dance Program. If you or your child is not abiding by this philosophy and our policies, disciplinary action will take place in the form of a behavior contract, being benched from performance opportunities or being removed from the team and the class.

Parent Signature _____

Dancer Signature _____

UNIFORM & CAMP INFORMATION

Below is information regarding uniforms and overnight Dance camp. Please note that the Nighthawk Dance Team is a school sponsored team and no student will be denied the opportunity to participate in the MV Dance program based upon the student's purchase of a uniform.

UNIFORMS

Last year, we changed our game day uniform. As a result, the Nighthawk Dance Team program will have a limited number of game dresses available for check out.

Dancer Team members are encouraged to purchase their own uniform however, some senior who are graduating may be willing to sell their dress and jacket at a discounted price. Please contact me if you are interested in this option. **We will have a fitting for Dress, Jersey, and Jacket by Varsity Spirit Fashions MONDAY, JUNE 17th at 10:30am.** Below is an approximate cost for the Dance Team uniforms based on the 2019-2020 cost

Dress	\$ 150.00
Jacket	\$ 130.00
Football Jersey	\$ 90.00
Spirit Wear/Warm-Ups	\$ 120.00
Shoes (team Adidas and tan jazz shoes)	\$ 100.00

Dancers purchasing their own uniform will be required to pay for the uniform in full through the online Varsity Spirit Fashions Payment Portal. To complete the order, payment is made directly to the uniform vendor. Murrieta Valley High School and its employees are not involved in the purchase and do not receive any commission from the sale. No student will be denied the opportunity to participate in the Nighthawk Dance Team program due to the inability to purchase a uniform.

CAMP

The Varsity & Big Red **overnight camp is a voluntary summer activity in which many team members choose to participate.** Camp is an opportunity to learn new material, the latest in dance technique, and is a great team bonding experience. Dance Camp for the Varsity team is where and how we qualify to go to the High School Dance Team National Championships. The camps are not mandatory. Non participation in these summer camps does not affect participation in dancing at games.

***Camp Cost will be approximately \$530 per girl** (price varies on girls per room)
Final payment for Camp will be DUE Monday, June 3rd

**UDA CONVENTION CAMP
JW Marriot Desert Springs Resort
Palm Springs, CA
June 20 - 23**

TIME COMMITMENT

SUMMER

UDA Convention Camp – June 20th to 23rd

Mandatory for All Team Members

Team Bonding/Practice 8:30 to 10:30 /// Uniform Fittings June 17th 10:30 – 11:30

Practice July 22nd to August 2nd prepare for football season and pep rallies /// 8am to 10:30am

FALL

Mandatory for All Team Members

All practices in class and after school – Mon/Wed until 5:00 – Varsity Tues/Thurs – Big Red

All JV Home Football Games – Big Red

All Varsity Home Football Games – Varsity & Big Red

All Pep Rallies

All CIF Games Home Games

There will be Saturday events/competitions

WINTER

Mandatory for All Team Members

All practices in class and after school. Varsity M/W/F until 5pm (Competition Team Only)

All Varsity Basketball Home Games – VARSITY & BIG RED

All CIF Games Home – VARSITY & BIG RED

Saturday/Sunday Competitions (Competition Team Only)

SPRING

Mandatory for All Team Members

Competitions/Dance Production/Pep Rallies/Mr. Nighthawk

Participation on Fall and/or Winter MV Athletic Team is not allowed however, you may choose to participate in a spring sport or activity.

Everyone **MUST** participate in every program, performance, and activity the team is involved in, without exception. Lack of participation in scheduled events may be grounds for dismissal from the MVHS Dance Team. **YOUR FIRST PRIORITY MUST BE THE MVHS DANCE TEAM.** Competing with a studio dance team is acceptable but it **MUST NOT** interfere with MVHS events including; athletic events, practices, or competitions.

You may not miss ANY practice or performance for studio rehearsal/competition

THE MVHS DANCE TEAMS ARE A YEAR LONG COMMITMENT

MVHS DANCE TEAM TRY-OUTS

WANTED: GREAT ATTITUDES * HARD WORKERS * TEAM PLAYERS

WHEN

May 20 – May 22

5/20 Learn Jazz & Pom combo

5/21 Sideline Dance/Review/Turn in paperwork

5/22 Formal Tryout begins at 3:00 for Returners/3:30 New Dancers

5/24 Friday - Teams Posted after school in Gym Ticket Booth

WHERE

MVHS DANCE ROOM

TIME

Upperclassmen & Incoming Freshmen – 3:30 to 6:00

WHAT TO BRING

Completed Try-Out Packet

Athletic Clearance

Current Progress Report

*You must have and maintain a minimum 2.0 GPA

WHAT TO WEAR

Black shorts or black leggings

Black Sport Bra/Tank or black fitted T-Shirt (MV Logo or Plain)

Jazz Shoes/Athletic Style Tennis Shoes

NO Jewelry of any kind/NO gum

Hair and Make Up Game Day ready! (Pony tail or half up/down)

The MV Dance Team Seniors will teach all material required for try-outs. You will not be asked to come with original material.

???*MORE QUESTIONS***???**

Contact the MVHS Dance Team Advisor:

Mrs. Romero - Hemmerling @ MVHS via e-mail: mromero@murrieta.k12.ca.us

DANCER INFO

Return by Tuesday, May 21st

FIRST/LAST NAME: _____

DANCER'S CELL: _____ If you make the team, may we contact you? Y / N

PARENT NAME(S): _____

PARENT EMAIL: _____ If your dancer makes a team, expect info emails

SPIRIT WEAR SIZES

Please Circle the appropriate size for each item

T SHIRT	SMALL	MEDIUM	LARGE	XTRA-LARGE
TANK TOP	SMALL	MEDIUM	LARGE	XTRA-LARGE
SWEATSHIRT	SMALL	MEDIUM	LARGE	XTRA-LARGE
WARM UP JACKET	SMALL	MEDIUM	LARGE	XTRA-LARGE
WARM UP PANTS	SMALL	MEDIUM	LARGE	XTRA-LARGE

NAME you would like on your bag: _____

Do you plan on attending UDA Camp, June 20 - 23?

YES

NO