



*Lebanon Trail
Emerald Elite
Tryout Packet
2025-2026*

**Please complete the tryout application google form and paperwork by
Friday, February 28th at 4:00 PM.**

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From the Emerald Elite Directors

Dear Parents and EE Hopeful,

Being a member of the Emerald Elite Drill Team at Lebanon Trail High School is an experience unlike any other. This program requires a great deal of hard work and commitment, but its members gain experiences and memories that last a lifetime. As we embark on our ninth year, we hope to continue creating traditions and building the legacy and reputation that defines the Emerald Elite Drill Team.

With that said, it will take dedication from each member of the team in order to continue our success. Unity, cooperation, and dependability are characteristics that great teams value and demonstrate each day, and Emerald Elite is no different. There is not really an “off season” for drill team, so we practice in the mornings year-round in addition to our drill team class period. We will perform at football games, pep rallies, competitions, basketball games, Spring Show, and other special events. Fundraisers and community service projects are also a big part of our year. In order to work as a team, each member is expected to attend and be highly involved in everything we do.

Please read the entirety of this tryout packet, as it includes important information regarding tryouts and involvement in Emerald Elite. Once you have read and understood the information presented in this handout, sign and return pages 11-16 to the dance room (F120) or the Lebanon Trail, Clark, or Fowler front office by **Friday, February 28th no later than 4:00 PM.** Please do not hesitate to contact us with any questions you might have about the tryout process or Emerald Elite in general. We’re looking forward to meeting our 2025-2026 team!

Whitney Cook

Emerald Elite Director
Lebanon Trail High School
cookw@friscoisd.org

Tryout Information

Parent Meeting:

There will be a mandatory parent and EE hopeful meeting on **Thursday, January 30th 2025 at 6:00pm** in the Lecture Hall (A204) at Lebanon Trail. If a parent/guardian is unable to attend this meeting, please email Whitney Cook (cookw@friscoisd.org) with a notification of your absence.

Tryout Application Process

Please complete the following and submit no later than **Friday, February 28th, 2025 at 4:00 p.m.**

1. TRYOUT CHECKLIST:

Access Online Application, Conduct Forms, Physical Form, and all tryout information by clicking [HERE](#) or scanning the QR code:



2. SIGNATURE PAGES (pages 11-16) The following pages must be signed and turned in to Ms. Cook in F120 or the LTHS, CMS, or FMS front office. **Late applications will not be accepted.**

- FISD Parent Permission Form: PAGE 11 of this packet
- FISD Travel Release Form: PAGE 12 of this packet
- FISD Social Media Contract: PAGE 13 of this packet
- FISD Dance Team Acknowledgement Form: PAGE 14 of this packet
- FISD Medical Release Form: PAGE 15 of this packet
- FISD Inherent Risk Form: PAGE 16 of this packet
- FISD Physical Form (access and print from link above)
- Report Card with 1st & 2nd 9-Weeks Grades

Please secure your signature pages (11-16 only), physical form, and report card in a manila envelope labeled:

Emerald Elite Tryout Application - "EE Hopeful's Name"

Attention: Whitney Cook, Emerald Elite Director

Lebanon Trail High School

Tryout Information Continued

Tryout Clinic:

Tryout clinic will take place on **Monday, 3/3, Tuesday, 3/4, and Wednesday, 3/5, from 4:30- 6:30 pm** in the LTHS main gym. During the clinic, dancers will learn a jazz/kick routine, receive their tryout groups and numbers, discuss what is expected at tryouts, and participate in a mock tryout. Attendance is mandatory on all three days. If a hopeful misses a day of clinic, he or she will not be allowed to try out. **If an emergency arises, please be sure to communicate with Ms. Cook and options will be discussed privately.** Dancers should wear school appropriate dance clothing, dance shoes, and hair up. Tryout clinic is closed to spectators and may not be video recorded. A video of the tryout routines will be available on the EE Tryout Google Classroom page after the first day of clinic. No food or drink is allowed in the gym except for water.

Emerald Elite Tryout DAY:

Tryouts for the 2025-2026 Emerald Elite Drill Team will be held on **Thursday, March 6th, 2024 at 5:00 pm** in the LTHS main gym. All hopefuls must be an enrolled 9th-12th grade student at Lebanon Trail High School for the 2025-2026 school year. Candidates should report to the dance room (F120) by 4:30 pm and will be escorted into the gym when it is their turn to try out. Tryouts are closed to spectators. Candidates are expected to stay for the entirety of auditions and callbacks (if needed). Dancers should wear the following:

- Black tank top or short sleeve shirt (tight-fitting and school-appropriate)
- Black leggings (ankle length)
- Skin Toned Pirouette (half) Shoes
- Hair in a slicked back low bun (you may have a part)
- Performance make-up
- No jewelry except stud earrings

Scoring:

Hopefuls will be scored by a panel of judges, and their decision is final. Judges will not refer to hopefuls by name, only numbers will be used. In accordance with Fisd Fine Arts Department policy, LTHS Emerald Elite hopefuls must earn a score of at least 70 points out of 100 in order to make the team. There is no minimum or maximum number of spots available. If a candidate makes a 70 or higher, he or she will be a member of the new team. Viewing score sheets must be done within a two week time frame after spring break.

Announcement of the 2025-2026 Emerald Elite Drill Team:

The new team will be announced via the Emerald Elite website (www.lthsemeraldelite.com) using numbers only. The list of new team members will be posted on Thursday evening, 3/6, after tryouts. If a hopeful is not selected for the team, he or she is highly encouraged to enroll in the Drill Team Training course at Lebanon Trail. Taking this course will help dancers gain the skills necessary to improve technique and prepare for the following year's tryout.

Emerald Elite Line Tryout Rubric

Candidate Number: _____ Judge Number: _____ Judge Initials: _____

Audition Criteria	Comments	Points
Jazz Technique		_____/40
Kick/Splits Technique		_____/35
Showmanship/Precision		_____/15
Overall Performance		_____/10

Total Score: _____

Emerald Elite's Year at a Glance

New Team Practices:

New team practices will start after team tryouts and are mandatory. They will be held after school from 4:30-6:30pm. Some of these practices will be utilized as a fitting for uniforms, practice items, spirit wear, etc.

Summer Dance Classes:

Emerald Elite members are expected to take studio dance classes over the summer. Class schedules and hour expectations will be given before the end of the 2024-2025 school year.

Line Camp:

All Emerald Elite members must attend Crowd Pleasers Line Camp on May 27th-29th at Lebanon Trail High School. This is a time for the team to get to know one another, develop both dance and leadership skills, and learn ALL football routines for the upcoming year.

Work Week:

Summer practices (work week) will start shortly before school begins. These practices are mandatory for all members as we will be working on football routines, stand routines, contest routines, and conditioning for the fall. These practices will be one week before school starts.

Football Season:

Emerald Elite will perform at all football games, home and away, as well as potential playoff games. Football games are mandatory. During this season, members will be learning contest routines, and preparing for holiday events or possible holiday shows.

Winter Season

After football season, we will be preparing for our Winter Showcase, Contest and attending other extra events such as the Frisco Toy Drive, Community Service Events, Winter Pep Rally and other events that we may be invited to.

Contest Season:

Emerald Elite will attend 2 regional competitions in 2026. All members will be required to try out for each contest routine. Practices for contest season will be held before school, after school, and on some Saturdays.

Spring Show:

Our annual Spring Show will be held in the LTHS auditorium. This will be an opportunity for the team to showcase all the work they have done throughout the year.

Extra:

Throughout the year, Emerald Elite is invited to perform or make appearances at events such as; new sponsorships, Frisco Toy Drive, Kilgore College, possible out of town trips, community service etc. These events are usually voluntary but are wonderful experiences. Each member who attends these extra events will receive merits and/or volunteer service hours.

Emerald Elite Fundraisers

Emerald Elite members are expected to participate in several fundraisers throughout the year. See below for a glance at our tentative events for 2025-2026. Funds raised go towards contest fees, costumes, choreography, team-building events and socials, Spring Show, banquet, and more.

Fundraiser:	Approximate Date:	Explanation:
UPTempo Fundraiser	August 2025	EE family and friends can make online tax-deductible donations that go towards our expenses for the year.
EE Junior Clinic	October 2025 and April 2026	Young dancers come to LTHS while their parents enjoy a day to themselves. Attendees get to learn a fun routine and participate in activities led by EE members.
Crowd Pleasers Contest	February 2026	All EE members and their parents come together to host a dance contest at LTHS.
Spring Show Program Ads	February- April 2026	Local businesses, family, and friends can purchase ad space in our Spring Show program promoting their company or sending well wishes to their favorite EE member.
Various Spirit Nights	Year Round	Once a month, a local business will host an “EE Night” where a portion of the proceeds go towards EEBA.

Emerald Elite Estimated Expenses

The following fees are a requirement for members of Emerald Elite. They are estimates but should be a close representation of what is expected. As a returning team member, fees will be lower because several items will remain the same from year to year. Payment plans are available upon request.

Rookie Fees	Returning Member Fees
<p>CC Dance Wear- \$650 (4 practice tops, 1 pair of leggings, 1 pair of practice shorts, team jacket, performance bra, 2 pairs of boots, team earrings, team backpack)</p> <p>Down Patt- \$65 (uniform top, 2 pairs of bloomers)</p> <p>Floyette- \$150 (uniform hat)</p> <p>Sandy's Dancewear- \$43 (performance tights & half shoes)</p> <p>Summer Dance Classes- \$225</p> <p>T-Shirts- \$110 (theme shirt, football sweatshirt, pink out shirt, contest shirt, spring show shirt)</p> <p>Gameday/Contest Meals- \$60</p> <p>Team Tennis Shoes- \$85</p> <p>Crowd Pleasers Line Camp- \$200</p> <p>Booster Club Fees- \$50 (\$25/parent)</p>	<p>CC Dance Wear - \$250 (1 practice top, 1 pair of shorts, team jacket)</p> <p>Summer Dance Classes- \$225</p> <p>T-Shirts- \$110 (theme shirt, football sweatshirt, pink out shirt, contest shirt, spring show shirt)</p> <p>Gameday/Contest Meals- \$60</p> <p>Crowd Pleasers Line Camp- \$200</p> <p>Booster Club Fees- \$50 (\$25/parent)</p> <p>*Plus anything from previous years that needs replacing!</p>

Important Dates Spring-Summer 2025

January 30th 6:00 p.m.	Mandatory Parent / Candidate Tryout Meeting LTHS Lecture Hall A204
February 28th 4:00 pm	Applications due by 4:00 p.m. (Google Form, Report Card, Physical Form & Pages 11-16) F120, LTHS Front Office, Fowler MS Front Office, or Clark MS Front Office
March 3rd- 5th 4:30 p.m.-6:30p.m.	Emerald Elite Tryout Clinic (closed to parents / friends) LTHS Main Gym
March 6th 5:00 p.m.-Finish	Emerald Elite Tryout Day (closed to parents / friends) LTHS Main Gym
March 11th 6:00 p.m.-7:00 p.m.	Mandatory Parent/Elite Member Meeting LTHS Library
March 12th 4:30 p.m.	New Team Fitting LTHS Dance Room F120
April 15th/17th 4:30 p.m.-6:30 p.m.	Rookie Spring Show Rehearsal LTHS Dance Room
April 22nd-24th 5:00 p.m.-8:00 p.m	Spring Show Rehearsal and Dress Rehearsals LTHS Auditorium
April 25th-26th 7:00 p.m.	Spring Show Performance LTHS Auditorium
May 9th Time TBD	Officer and Sergeant Reveal LTHS Gym
May 12th-15, 19th-21st 4:30 p.m-6:30 p.m.	New Team Practice LTHS Dance Room and Gym
May 22nd	New Team Photo Shoot (subject to change)
May 27th - 29nd 8:00 a.m - 4:00 p.m.	Emerald Elite Line Camp LTHS Gym
August 1st 10:00 a.m.-11:00 a.m.	Welcome Back Team Meeting and Gathering LTHS Dance Room
August 4th-8th, 11th-12th 4:00 p.m.- 6:30 p.m.	Work Week/Practice LTHS Dance Room and Field

*****ALL dates are MANDATORY*****

Emerald Elite Parent Permission Agreement Form

Parent/Guardian Contract:

I, the parent/guardian of, _____, grant my permission for him/her to audition for the Emerald Elite Drill Team. I have read and fully understand the Frisco ISD Dance/Drill Team Code of Conduct 2025-2026 and the Emerald Elite Merit and Demerit System. I am fully aware of the discipline, time, and financial expense that would be required of my child as a member of Emerald Elite. If my child is selected to be a member of Emerald Elite, I agree to support all Frisco ISD, Lebanon Trail HS, and Emerald Elite rules, policies, and guidelines as they relate to drill team. I further stipulate that I will assist the Emerald Elite Directors and Lebanon Trail HS in the monitoring and enforcement of the Code of Conduct and Merit/Demerit System. I support my child in this endeavor and understand the implications that will result in the event that the rules and regulations are not followed and no refunds will be given.

Printed Parent Name

Parent Signature

Date

Travel Release Form

As part of its educational program, the Frisco Independent School District (FISD) has organized a variety of educational and learning activities and trips in which your child will have an opportunity to participate. These trips and activities are designed to benefit students by providing unique learning experiences and exposure to new and different people and places in a supervised setting. School personnel will keep you informed of the upcoming activities in which your child will have the opportunity to participate. I, the undersigned, the parent and/or legal guardian of the student identified below, a minor, hereby acknowledge that said minor is presently under my care, custody and control. I hereby give the student identified below my express permission to travel with school personnel on the educational enrichment activities and trips the school has planned and to participate in all scheduled activities involved in the trip or activity. I acknowledge that liability of FISD, the FISD Board of Trustees, and any agents, employees, representatives, insurers, successors and assignees of the entities just named, is narrowly defined and extremely limited by Texas law and local policy.

LEBANON TRAIL EMERALD ELITE STUDENT/PARENT AUTHORIZATION & RELEASE FOR OFF-CAMPUS ACTIVITIES

The Frisco Independent School District (FISD) offers a variety of learning activities at designated off-campus locations in which students will have an opportunity to participate. I hereby give permission for my son/daughter to participate in the various off-campus activities associated with the Frisco Dance/Drill Team program. I understand that FISD may not provide transportation to and from all activities. In the event that FISD does not provide such transportation, I further understand that I must provide transportation for my son/daughter as a condition of his/her participation in that activity. In consideration for allowing my son/daughter to participate in off-campus activities, I knowingly and voluntarily agree to assume full responsibility and assume all risk for any accident, loss, damage and injuries he/she may sustain as a result of or arising out of any aspect of the activity. Furthermore, I, on behalf of myself, my son/daughter named below, our respective family members and our respective heirs, legatees, executors, administrators and assignees, hereby agree to release, acquit, discharge and hold harmless FISD and FISD Board of Trustees and any agents, employees, representatives, insurers, successors and assignees of the entities just named from any and all claims, demands, liabilities, actions or causes of action, of whatever kind or character, whether known or unknown, whether arising out of federal, state or local statute or common law, including claims resulting from negligence, that I or my son/daughter may sustain arising out of any aspect of the off-campus activity, including, but not limited to, driving or riding to or from the off-campus activity.

LEBANON TRAIL EMERALD ELITE PARENT/GUARDIAN-STUDENT TRAVEL RELEASE & AGREEMENT I HAVE REVIEWED AND AGREE TO THE INFORMATION STATED ABOVE. I UNDERSTAND THE CONTENTS AND GIVE MY PERMISSION FOR MY SON/DAUGHTER TO ATTEND DISTRICT AND OUT-OF-DISTRICT TRIPS, SCHOOL SPONSORED, EXTRA-CURRICULAR AND CO-CURRICULAR ACTIVITIES. I UNDERSTAND THAT FRISCO ISD AND LEBANON TRAIL HIGH SCHOOL WILL NOT BE LIABLE FOR INJURIES AND MEDICAL COST FOR STUDENTS. I UNDERSTAND THAT ANY VIOLATION OF SET RULES WILL SUBJECT MY CHILD TO SUSPENSION FROM CLASS, EXPULSION FROM SCHOOL AND DISMISSAL FROM THE DANCE/DRILL TEAM ORGANIZATION. I FURTHER UNDERSTAND THAT ANY STUDENT VIOLATING THE CONDUCT RULES OF FRISCO ISD OR THE DANCE/DRILL TEAM ORGANIZATION WILL BE SENT HOME AT HER EXPENSE.

Printed Parent Name

Parent Signature

Date

Printed Student Name

Student Signature

Date

Social Media Contract

As a Lebanon Trail Emerald Elite Drill Team member, the sponsors, principals, teachers, and community hold you to a high standard of behavior. This high standard of behavior includes the use of social media such as Facebook, Instagram, Twitter, SnapChat, Tik Tok, etc. If you choose to use social media and post inappropriate pictures and/or printed material on your account (including but not limited to the use of cursing, bullying, drugs, alcohol, sexual conduct) you will be subject to consequences up to and including immediate suspension and/or removal from the team. The discipline will be decided by the directors and administrators at the time of the offense.

By signing this document, you agree that you understand the consequences of inappropriate online behavior.

Printed Parent Name

Parent Signature

Date

Printed Student Name

Student Signature

Date



Dance Team Acknowledgment Form

to be turned in prior to tryouts

I PLEDGE TO FOLLOW THE DANCE TEAM CODE OF CONDUCT SET FORTH BY FRISCO INDEPENDENT SCHOOL DISTRICT.

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE CODE OF CONDUCT AND WILL ADHERE.

STUDENT SIGNATURE

DATE

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE CODE OF CONDUCT AND MY CHILD WILL ADHERE.

PARENT SIGNATURE

DATE

FRISCO INDEPENDENT SCHOOL DISTRICT

Dance Team Medical Release Form to be turned in prior to tryouts

DANCE TEAM MEDICAL RELEASE FORM

Student's Name: _____

School: _____ Grade: _____

I certify that _____ is physically capable and able to fulfill requirements needed to be a dance team member. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my daughter in the event of illness or injury during any squad related activity when either parent cannot be reached. If there is any physical or medical reason why she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during Dance Team.

Parent(s) Signature: _____ Date: _____

MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my daughter is on a school sponsored practice, performance, or trip. I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my daughter to receive medical treatment.

Home Phone: _____ Business Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Person to be notified other than parent or guardian in an emergency:

Name: _____ Phone: _____

Family Doctor: _____ Phone: _____

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed?

Insurance Company: _____ Policy # _____

Parent(s) Signature: _____ Date: _____

Medical Information:

Circle One

Heart condition or disease Yes No

Diabetes Yes No

Convulsions disorder Yes No

Circle One

Asthma Yes No

Allergic to medication Yes No

Allergic to insect stings Yes No

State allergies: _____

Date of last tetanus shot: _____

Additional medical information that might be helpful: _____

Any medications currently receiving: _____



FRISCO INDEPENDENT SCHOOL DISTRICT

Inherent Risk Sheet- to be turned in prior to tryouts

INHERENT RISKS OF DANCE TEAM:

Dance Team participation is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Dance Team is an anaerobic/aerobic activity which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your sponsor informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in Dance Team include, but are not limited to, the following: Blisters, muscle strains, ligament sprains, joints and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:

- NEVER stunt or tumble unless a sponsor or sponsor's designee is present
- Always practice in the presence of a qualified teacher
- Always warm-up appropriately before dancing (practice and games) by jogging & stretching
- Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the teacher Always use attentive spotters when stunting
- Always dance in an area free from obstruction
- Always use mats or a grassy area when stunting during practice
- Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather
- Never talk, laugh, mess around when performing a stunt
- Report all injuries to the coach as soon as they occur
- Follow all trainer and doctor recommendations
- Lift weights to increase strength and guard against injuries
- Always wear shoes and clothing appropriate for Dance Team
- Never wear jewelry of any kind or chew gum when dancing (practice and games)
- Always have your hair pulled back from your face and shoulders
- Eat nutritious meals and get plenty of rest
- Always ask for assistance or advice at any time

I have read the preceding warning

I thoroughly appreciate and understand the assumption of risks inherent in Dance Team participation

I acknowledge that I am physically fit and am voluntarily participating in this activity

STUDENT SIGNATURE _____ DATE _____
 PARENT SIGNATURE _____ DATE _____