

Dear Students and Parents,

We are excited to announce that **tryouts for the Bowling Green Junior Varsity (JV) and Varsity Dance Teams** will be held on **Saturday, February 28th!** These teams represent our school at pep rallies, sporting events, and dance competitions—and we are looking for passionate, dedicated dancers to join us next season.

Eligibility:

- **Junior Varsity (JV):** Open to students in grades 7th-9th grades (6th-8th current year tryout)
- **Varsity:** Open to experienced dancers in grades 10th-12th grades (9th-11th current year tryout)

JUNIOR VARSITY REQUIREMENTS

JV tryouts focus on **developing dancers** who have foundational training and are ready to grow in performance and technique.

Required Skills (with explanations):

- **Double Pirouette:** A controlled turn on one foot with proper spotting and balance.
- **Grand Jeté:** A leap from one foot to the other, demonstrating height and extension.
- **Calypso:** A turning leap where the front leg extends straight and the back leg is in attitude.
- **Firebird** – Similar to a ring jump, but the front leg is extended forward and the back leg is in a high attitude.
- **Hitch Kick** – A scissor-like jump where one leg kicks up and the other quickly follows in succession.

Technique Expectations:

- Straight legs and pointed feet
- Clear body alignment and posture
- Ability to pick up choreography
- Musicality and energy

Dancers who showcase advanced skills and strong technique will have the exciting opportunity to be placed at the front of our routines, where they can truly stand out and inspire the team. Special tricks and featured small group parts are reserved for those who work hard and show dedication—this is your chance to shine and lead by example!

VARSITY REQUIREMENTS

Varsity candidates must demonstrate **advanced technical ability**, strong performance skills, and confidence under pressure.

Required Skills (with explanations):

- **Clean Double and Triple Pirouettes:** Multiple turns with stability, proper spotting, and a strong passé position.
- **A la Seconde Turns into a Double Pirouette:** Controlled turns with the working leg extended side (à la seconde), transitioning into a pirouette.
- **Calypso:** Executed with height, control, and correct arm and leg positioning.
- **Grand Jeté:** A long horizontal leap with a split in mid-air.
- **Coupé Jeté** – A stylized jump that transitions from coupé into a jeté.
- **Tilt Jump:** A jump with the working leg tilted to the side and extended
- **Toe Touch:** A high jump with legs extended in a straddle position and pointed toes.

- **Firebird** – Similar to a ring jump, but the front leg is extended forward and the back leg is in a high attitude.
- **Hitch Kick** – A scissor-like jump where one leg kicks up and the other quickly follows in succession.

Technique Expectations:

- Clean lines and strong core control
- Flexibility and strength in leaps and jumps
Precision in transitions and footwork
- Ability to quickly learn complex choreography
- Confidence and stage presence

More advanced jumps that could be part of small group sections in routines:

1. Second Leap

A powerful straddle leap performed with the torso held upright and chest lifted. The legs open wide in a 180-degree straddle split, showcasing strong height and control.

2. Ring Jump

In this jump, the back leg bends and kicks toward the head while the dancer reaches back with the arms to “catch” the foot, creating a ring shape with the body. It requires flexibility and strength.

3. Tour Jeté (Turning Jeté)

A turning leap where the dancer rotates in the air, switching legs mid-leap. It combines power, height, and precise spotting.

4. Barrel Jump

A more gymnastic jump with the body tilted horizontally, appearing to spin like a barrel in mid-air. Requires strong core and flexibility.

5. Axle Turn

A difficult jump involving a full turn with the working leg passing through passé into a tuck position mid-air, requiring excellent balance and speed.

6. Turning Disc

A dynamic jump where the dancer kicks one leg straight up to the front while rotating their body 360 degrees horizontally in the air. The torso stays relatively upright, and the jump combines height, rotation, and flexibility

Here is also a list of common acro skills that we would like girls to work on but are not required for tryouts. However, they will be included in performances for small group parts or solo moments.

Beginner Acro Skills

- Forward roll
- Backward roll
- Cartwheel
- One-handed cartwheel
- Bridge
- Bridge kickover
- Backbend from standing
- Handstand (against wall or with spot)
- Lunge to handstand

- Headstand
- Chin stand

Intermediate Acro Skills

- Back walkover
- Front walkover
- Valdez
- Dive roll
- Handstand to bridge
- Handstand forward roll
- Chest stand
- Elbow stand
- Aerial drills (prep for aerials)
- Kip up
- Head spring

Advanced Acro Skills

- Front aerial
- Side aerial (no hands cartwheel)
- Back handspring
- Roundoff back handspring
- Back tuck
- Front handspring
- Back layout
- Aerial walkover combinations
- Walkover to aerial or aerial to back handspring transitions

Partner & Group Acro (for team routines)

- Lifts
- Partner cartwheels
- Counterbalance poses

Final Notes:

Both teams require a strong work ethic, positive attitude, and commitment to practices, performances, and team events throughout the season. Whether you're still building your skills or are ready for a competitive challenge, there's a place for you on our dance teams! As we work to build a more competitive and technically advanced team, dancers will be pushed to grow and excel in their individual skill sets. The skills listed for tryouts are not only required for team placement—they are essential for our success on the competition floor. We encourage all dancers to begin preparing now. Many local studios offer private lessons and technique classes that can help strengthen these skills. Additionally, we are happy to offer extra help after school on **Tuesdays until 3:30 PM** for any dancer who would like guidance or support. Let's put in the work together and make the upcoming season our strongest yet!

If you have any questions, please contact Jamie Matise or Maggie Jenkins at jamiematise@bgsbucs.org or maggiejenkins@bgsbucs.org.

We can't wait to see your passion and talent on the floor!