



# MOORPARK HIGH SCHOOL DANCE TEAM 2025-2026 TRYOUT INFORMATION



Dear Dance Team Applicant and Parent:

The MHS Dance Team will select approximately 30 - 40 dancers for the 2025-2026 season. Team members are required to have a yearlong commitment from July 2025 – June 2026. The team will consist of freshman-senior dancers. Returning members must try out and are *not* guaranteed a spot.

### **SCHOOL PERFORMANCES:**

The team will have the following performance opportunities: football and basketball halftimes, winter and spring dance showcases, Dancing with the Stars, and rallies.

### **DANCE TEAM COMPETITION:**

The team will be attending **1 high school dance team competition**. We are excited to start something new this year to represent Moorpark High School among several other dance teams across Southern California. We will be entering the competition as a team; all team members will perform in at least one routine.

## TRYOUT PROCESS

### **LOCATION: MHS DANCE ROOM (D2)**

#### **QUALIFICATIONS:**

1. At least 2 years of dance training
2. Incoming freshman to senior
3. At least 2.0 GPA
4. Approved school attendance by current school
5. Completed tryout application

### **PART 1 PRELIMINARIES**

When: Thursday, February 13<sup>th</sup>

3:45-4:30pm **Incoming Juniors and Seniors**

4:30-5:15pm **Incoming Freshmen and Sophomores**

Tryout components: Across the floor technique and an across the floor combination

- Bring half soles for pirouettes – at least a double pirouette on right and left to make it past Prelims

***\*Prelim Results will be posted Friday, February 14<sup>th</sup> at 3:30pm on D2 doors and our website: moorparkhsdance.com***

### **PART 2 CLINICS – ONLY FOR THOSE WHO MADE IT PAST PRELIMS**

When: Tuesday, February 18<sup>th</sup> – Friday, February 21<sup>st</sup> from 4:00-5:00pm

**Tuesday:** learn jazz/pom routine (one routine with both jazz and pom components)

**Wednesday:** finish jazz/pom routine

**Thursday:** learn hip hop routine

**Friday:** finish hip hop routine

**What to bring:** half soles, sneakers, and poms (extra poms in the dance room to share)

**What to wear:** school appropriate dance attire – no club or studio attire or jewelry

### **PART 3 JUDGES TRYOUTS**

When: Saturday, February 22<sup>nd</sup> from 9-2:00pm

- Each dancer will be given a 15-minute time slot in groups of 3-4.
- Dancers will perform technique, as well as the jazz/pom and hip hop routines.
- Dancers must remain at the tryouts until excused by the coach - selected groups will be asked by judges to show either routine again

## TRYOUT COMPONENTS

### Technique

1. Splits
2. Grand battements
3. Pirouettes (clean double or triple)
4. Grands (right side only) \*optional
5. Leaps
  - Saut de chats (front leaps)
  - Middle leap
  - Leap of Choice: *Calypso, Firebird, Switch Leap, etc.*

### Special Tricks \*optional

*Toe Touch, Turning discs, Aerials, Back handsprings, Headsprings, etc.*

### Routines

1. Jazz/Pom routine: execution, technique, musicality, showmanship, improvisation
2. Hip Hop routine: execution, movement quality, musicality, showmanship, improvisation

2x8counts of improv for both routines

## **PART 4 STUDENT-DANCER TEACHER FORM**

This form will be passed out on the first day of Clinics. Part of your total tryout score will be feedback from your current teachers (2024-25 school year). You will give them this form to be filled out by Friday, February 21<sup>st</sup> and turned into to Coach Lee in person or by email [ljjarjour@mrpk.org](mailto:ljjarjour@mrpk.org). To participate in the audition, you must turn in this form before your time slot begins. If any of your teachers are absent, please go to your assistant principal to help complete the form.

**They will score you 1-5 on each of the following: (5- excellent, 1- poor)**

1. Effort/Work Ethic
2. Respect for teacher and classmates
3. Participation/Engagement
4. Behavior
5. Attendance

***\*Team Results will be posted Friday, March 14<sup>th</sup> at 3:30pm on D2 doors and our website: [moorparkhsdance.com](http://moorparkhsdance.com)***

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

## SELECTION EXPECTATIONS

**ACADEMIC:** Each applicant is required to have a 2.0 GPA or higher.

**ATTENDANCE:** A list of prospective dance team members will be provided to the office to confirm good school attendance. If a student does not have a 90% or higher attendance at school, please attach a written explanation of any attendance problems so we understand if this requirement is NOT met. This explanation must include a parent or guardian's signature. Auditioning will be at the discretion of the coach if this requirement is not met. The past attendance of current team members will be a consideration at tryouts.

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

**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, attendance contract, and all social networking guidelines will also be enforced. This will be given out at the first team meeting in June.

**HEALTH – LIFESTYLE – TEAM IMAGE:** A healthy lifestyle for all team members is required and taught. To maintain individual fitness and high levels of energy necessary for the team, each member will be expected to maintain healthy habits. There will also be rules and expectations for **practice dance attire** to build team image and appropriate representation of Moorpark High School.

**STUDIO & DANCE TEAM:** MHS Dance supports students who want to compete in studio and dance team competitions and will do our best to make the schedules work together. It will be up to the dancer and their parents to decide if they will be able to make both dance team and studio manageable. The level of commitment to the dance team will be taken into consideration during the dance team audition process, as well as when the dancer auditions for small group competition pieces. Our goal is to make the schedules work for both so all dancers will have the opportunity to perform and compete with the team; however, there is an expectation that the dancer will commit to all practices and summer camp. The coach will not make any exceptions for missing after school practices. It is up to **the dancer** to communicate with the coach regarding scheduling conflicts (*at least 1-month in advance*).

**INTERVIEW:** If needed, an applicant *may* have a short informal interview with Head Coach Lee and Asst. Coach Emily. We are in search of those dancers who are motivated, hardworking, committed, genuine, with a positive attitude. We are looking for dancers who have initiative and want to improve. 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.

## AFTER SELECTION EXPECTATIONS

**PERFORMANCES:** Each dance team 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 coaches, and choreographers. Competition small group dances will be selected between July and September by the coaches and choreographers. Team members will be given the opportunity to be selected for competition solo spots. No pre-determined number of soloists is set and will be selected and determined by the coaches through an audition process. All routines and their forms throughout the year will be determined based on skill level, attitude, work ethic, and attendance. We will honor seniority for any **senior-focused school event**.

**TEAM OFFICERS:** Dance Team Officers will be selected in June 2025 (more information to come on positions offered). Potential officer candidates will be interviewed and selected by the coaches. *This is a year-long evaluation, where any officer who does not adequately complete their job expectations will be removed from office.*

### IMPORTANT DATES:

1) **Wednesday, March 19<sup>th</sup> from 3:30-5pm – Uniform Info Meeting w/ Coach Emily**

Location: Dance Room (D2)

Parents and dancers are welcome to come anytime between this time frame to discuss and try on dance team uniforms. This will help prepare the dancer to place their order at the fitting with our Varsity representative.

2) **Thursday, April 10<sup>th</sup> from 3-4:30pm – Varsity Spirit Uniform Fittings w/ Jennifer Griffin**

Location: Dance Room (D2)

3-3:45pm – Returning members

3:45-4:30pm – New members

(See Page 5 for the list of uniforms and approx. costs)

3) **Thursday, June 5<sup>th</sup> - First Team Meeting**

Location: Dance Room (D2)

Time: 4-5:00pm

## TIME COMMITMENT: SUMMER

The dance team commitments will meet weekly in the summer starting the week of July 28<sup>th</sup>. There is a ***strong expectation*** that dancers will attend all summer practices in preparation for team performances. Dancers will be excused with permission for planned vacations, summer school, etc.

### WEEKLY SUMMER PRACTICES

**July 28<sup>th</sup> – August 6<sup>th</sup>** at MHS Dance Room (D2)

Mondays and Wednesdays from 9:00-11:00am

- **Attendance is strongly recommended** as you will be training, auditioning, and learning choreography during these practices. Your attendance may affect your placement in the routines.

### WEEKLY SUMMER PRACTICES 2025

**JULY 28<sup>TH</sup> – AUGUST 6<sup>TH</sup>**

MONDAY	WEDNESDAY
<b>9:00-11:00am</b> <i>Practice (technique &amp; choreography)</i>	<b>9:00-11:00am</b> <i>Practice (technique &amp; choreography)</i>

### DANCE TEAM MINI CAMP:

**August 11<sup>th</sup> – August 15<sup>th</sup>** at MHS Dance Room (D2)

Monday thru Friday from 9:00-3:00pm

- **Attendance is strongly recommended** as you will be training, auditioning, and learning choreography during these practices. Your attendance may affect your placement in the routines.
- **Themed days** – each day will be a fun theme for team members to dress up!

### MINI CAMP SCHEDULE 2025

**AUGUST 11<sup>TH</sup> – AUGUST 15<sup>TH</sup>**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REQUIRED ATTENDANCE</b>	<b>9:00-10:00am</b> <i>Technique</i>	<b>9:00-10:00am</b> <i>Technique</i>	<b>9:00-10:00am</b> <i>Technique</i>	<b>9:00-10:00am</b> <i>Technique</i>	<b>9:00-10:00am</b> <i>Technique</i>
	<b>10:00-12:00</b> <i>Choreography</i>	<b>10:00-12:00</b> <i>Choreography</i>	<b>10:00-12:00</b> <i>Choreography</i>	<b>10:00-12:00</b> <i>Choreography</i>	<b>10:00-12:00</b> <i>Choreography</i>
	<b>12:00-12:30</b> <i>Lunch Break</i>	<b>12:00-12:30</b> <i>Lunch Break</i>	<b>12:00-12:30</b> <i>Lunch Break</i>	<b>12:00-12:30</b> <i>Lunch Break</i>	<b>12:00-12:30</b> <i>Lunch Break</i>
	<b>12:30-1:00</b> <i>Team Bonding</i>	<b>12:30-1:00</b> <i>Team Bonding</i>	<b>12:30-1:00</b> <i>Team Bonding</i>	<b>12:30-1:00</b> <i>Team Bonding</i>	<b>12:30-1:00</b> <i>Team Bonding</i>
	<b>1:00-3:00</b> <i>Choreography</i>	<b>1:00-3:00</b> <i>Choreography</i>	<b>1:00-3:00</b> <i>Choreography</i>	<b>1:00-3:00</b> <i>Choreography</i>	<b>1:00-3:00</b> <i>Choreography</i>

## TIME COMMITMENT: SCHOOL YEAR

Each team member on the Dance Team will receive PE, Fine Arts, and CTE credit during the school year for their class participation. A final practice schedule for the school year will be sent no later than June 2025. The class ECLR (syllabus) that includes expectations, objectives, and grading policy will be provided on the first day of school (AUGUST 20<sup>th</sup>).

### Practice Times (Times may slightly change based on MHS Bell Schedule)

- Monday 2:33-4:00
- Tuesday 2:33-4:00
- Wednesday 2:41-4:00
- Thursday 2:33-4:00
- Friday 2:33-4:00

**Game Day Early Release:** For all halftime performances, dancers will be excused at the beginning of practice after attendance and any team notes to return that evening at a specific time. Parents will sign an Early Release form at the beginning of the school year.

**Practice Expectations:** Dancers must come to practice and change into dance clothes immediately for warm-up and attendance. Dancers must participate the entire practice time. All devices must be put away during practice time.

**Team Performance Calendar:** a calendar of all school performances will be sent out no later than June 2025. School performances include but not limited to football and basketball halftimes, rallies, and showcases.

**Team Competition:** The team will compete at a 1-day high school dance team competition through United Spirit Association. The competition could be on a Saturday or Sunday, and the date will be set no later than November 2025. We will coordinate with the studios' competition schedule, so the high school dance team competition doesn't fall on the same weekend.

### SCHOOL PRACTICE FALL SCHEDULE 2025/26:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2:33-4:00pm Practice (technique & choreography)	2:33-4:00pm Practice (technique & choreography)	2:41-4:00pm Practice (technique & choreography)	2:33-4:00pm Practice (technique & choreography)	2:33-4:00pm Practice (technique & choreography) *Game Days-early release	Extra rehearsals (when needed)

### DANCE TEAM UNIFORMS

ITEM	BRAND	APPROX. COST
<b>Tops</b>		
Jazz Shell top	Varsity Spirit	\$121
Green Baseball Jersey	Varsity Spirit	\$109
Ribbed crop top	Varsity Spirit	\$53
Pom Bodysuit	Varsity Spirit	TBD (coming Feb 2025)
Oversized Long Sleeve	Varsity Spirit	TBD (coming Feb 2025)
<b>Bottoms</b>		
Pom skirt	Varsity Spirit	\$69
High waisted black leggings	Any Brand	
Black Biker shorts	Any Brand	
<b>Warm-ups</b>		
Green Team Jacket	Varsity Spirit	\$151
<b>Accessories</b>		
Team Backpack	Varsity Spirit	\$106
Metallic gold poms	Varsity Spirit	\$53
<b>Footwear</b>		
White Nike Air Forces 1	Nike	\$100
Tan Half Soles	Any Brand	

**TOTAL APPROX. COST: \$762** (new team members; not including "any brand" or Varsity Spirit pom bodysuit and oversized long sleeve)

\*Rentals will be available

\*Financial assistance is available to all team members, as well as payment plans. Please contact the coach ASAP if you need financial assistance.

## TEAM DONATIONS AND SPONSORSHIP: BRIEF OVERVIEW

MHS Dance Team is seeking support from parents and families to help cover several key expenses including the following:

- Dance team uniforms, program merchandise, supplies, and advertising
- Showcase expenses – stage production, audio, visual, and lighting equipment rentals
- Costumes for showcases and competitions
- Competition – registration fees, travel expenses
- Coaching stipends
- Professional choreography for competition, halftime performances, and showcases
- College scholarships for selected dancers

### TEAM DONATIONS

- Donations will be collected at the first team meeting, June 5<sup>th</sup> and at the start of the 2025-26 school year.
- Cash and checks accepted. Checks made out to “MHS Dance.”

### SPONSORSHIP PROGRAM

- A great opportunity for a small business to gain recognition and new customers
- Different levels of sponsorship to choose from ranging from \$100-\$1,000.
- Email Coach Lee if you are interested and want to learn more information about the Sponsorship program at [ljjarjour@mrpk.org](mailto:ljjarjour@mrpk.org)

### SNAP RAISE FUNDRAISER

This fundraiser will take place in Fall 2025 to help raise funds for the above expenses. This provides an additional opportunity to receive donations from dancers’ friends and families.

## 2025 - 2026 DANCE TEAM APPLICATION CALENDAR

### FRIDAY, DECEMBER 20<sup>TH</sup>

Tryout packets/applications will be available on our website [WWW.MOORPARKHSDANCE.COM](http://WWW.MOORPARKHSDANCE.COM)

### FRIDAY, FEBRUARY 7<sup>TH</sup>

Completed applications are due. Applications can be turned in to Mrs. Jarjour (Coach Lee) in the Dance Room D2 or MHS Front Office. If needed, applications can be emailed to [LJARJOUR@MRPK.ORG](mailto:LJARJOUR@MRPK.ORG)

### THURSDAY, FEBRUARY 13<sup>TH</sup>

PRELIMINARIES: Results posted Friday, February 14th at 3:30pm

### TUESDAY, FEBRUARY 18<sup>TH</sup> – FRIDAY, FEBRUARY 21<sup>ST</sup>

CLINICS: Jazz/Pom Routine & Hip Hop Routine

### SATURDAY, FEBRUARY 22<sup>ND</sup>

JUDGES TRYOUTS: Results posted Friday, March 14<sup>th</sup> at 3:30pm

### WEDNESDAY, MARCH 19<sup>TH</sup>

Uniform Info Meeting with Coach Emily

### THURSDAY, APRIL 10<sup>TH</sup>

Dancer Varsity Fittings with Jennifer Griffin

### THURSDAY, JUNE 5<sup>TH</sup>

25-26 Dance Team Meeting from 4:00-5:00pm

**\*\*\* IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT \*\*\***

**MHS DANCE HEAD COACH LEE JARJOUR**

[ljjarjour@mrpk.org](mailto:ljjarjour@mrpk.org)

**MHS DANCE ASST. COACH EMILY VALENZUELA**

[evalenzuela@mrpk.org](mailto:evalenzuela@mrpk.org)

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