



MOORPARK HIGH SCHOOL DANCE TEAM 2025-2026 TRYOUT INFORMATION



Dear Dance Team Applicant and Parent:

MHS is currently in the process of selecting members for its 2025-2026 dance team. We will be selecting **two** dance teams but will have only **one** application process. The two teams will be the Gold Dance Team (Varsity level), and the Green Dance Team (JV level).

GREEN & GOLD DANCE TEAMS:

The MHS Dance Team will select approximately 35 - 40 dancers for the 2025-2026 season. The teams are required to meet during 6th period, with **two** days of after school practices. Dancers are required to have a yearlong commitment from the end of 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 season, winter and spring dance showcases, Dancing with the Stars, and rallies.

NEW!! DANCE TEAM COMPETITION SEASON:

The MHS Dance Team will be attending **1-2 high school dance team competitions** during Spring 2026. We are excited to start something new this year to represent Moorpark High School among several other dance teams across Southern California. Both Green and Gold will be given the opportunity to audition for competition pieces, as well as Gold dancers auditioning for solos.

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 13th

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

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

- Tryout components: Across the floor technique and 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 14th 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 18th – Friday, February 21st from 4:00-5:00pm

Attendance is **mandatory** to move on to the Judges Tryouts.

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

Wednesday: finish jazz/pom routine

Thursday: learn hip hop routine

Friday: finish hip hop routine

You will be learning turn variations in the jazz/pom routine, depending on which team you audition for.
For example: Green will do either a pique section or double pirouettes, while Gold will do grands.

Bring poms if you have some. We will have extra in the dance room to share.
 Please wear appropriate dance attire – no logos or graphics (no studio attire), nothing baggy for jazz/pom, no jewelry, hair neat and up.

PART 3 JUDGES TRYOUTS

When: Saturday, February 22nd 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.

GREEN	GOLD
Technique – everything on the right and left side <ul style="list-style-type: none"> - Splits - Grand battements - Pirouettes (double both sides) - Leaps <ul style="list-style-type: none"> - Grand jetes - Leap of choice: Calypso, Firebird, or Toe Touch 	Technique – everything on the right and left side <ul style="list-style-type: none"> - Splits - Grand battements - Pirouettes (triple both sides) - Grands (right only – 4 grands into double pirouette) - Leaps <ul style="list-style-type: none"> - Grand jetes - Middle leap - Leap of choice: Switch leap, Calypso, Firebird, or Toe Touch
Routines: 1) Jazz/Pom (turn variation) 2) Hip Hop 2x8counts of improv for both routines	Routines: 1) Jazz/Pom (grands section) 2) Hip Hop 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 21st and turned into to Coach Lee in person or by email ljrjour@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 14th at 3:30pm on D2 doors and our website: 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 group dances will be selected between July and November by the coaches and choreographers. **Gold 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**. (*More detailed information will be addressed in the first team meeting*).

OFFICERS: 2025-26 Dance Team Officers will be selected in June. We are looking for Captain, Co-Captain, Secretary, and Social Officer(s). Only returning members and incoming seniors will be considered for officer positions. Potential officer candidates will be interviewed and selected by the coaches. *Any officer who does not adequately complete their job expectations will be removed from office.*

IMPORTANT DATES:

- 1) **Wednesday, March 19th from 3:30-5pm – Uniform Parent & Dancer 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 10th 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 uniform chart of required items only
 - This fitting is **REQUIRED** for all members to attend.
 - Uniform orders will be placed at this time. Payment will be due within a week of ordering the uniforms.
- 3) **Thursday, June 5th - First Team Meeting with parents and dancers**

Location: Dance Room (D2)

Time: 4-5:00pm

- Go over dance team's summer and school schedule, competitions and performances, uniforms, and other important information.

TIME COMMITMENT: SUMMER

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

WEEKLY SUMMER PRACTICES

See the chart below for weekly summer practices. **Attendance is strongly recommended** as you will be training, auditioning, and learning football routines during these practices. Your attendance will affect your placement in the routines.

- **Green Technique on Mondays** – Green members only
- **Gold Technique on Wednesdays** – Gold members only
- **All Team Practices** – Green and Gold members

TENTATIVE WEEKLY SUMMER PRACTICES 2025

JULY 28TH – AUGUST 6TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REQUIRED ATTENDANCE	8:30-9:30am <i>Green Technique</i> 9:30-11:30am <i>All Team Practice</i>		8:30-9:30am <i>Gold Technique</i> 9:30-11:30am <i>All Team Practice</i>		

DANCE TEAM MINI CAMP: (GREEN & GOLD)

- **August 11th – August 15th** at Moorpark High School from 9:00 am - 3:00 pm. Dancers will train, condition, audition for competition routines and learn football routines. Attendance is **strongly recommended**.
- **Tentative schedule** – Schedule (not the time) is to change depending on the choreographers' availability
 - *Homecoming Halftime Show – there is a chance the HOCO Halftime Show will be the first home game, so we may work on HOCO routines during Mini Camp.*
- **Spirit Week** – each day will have a “dress up” theme that will be selected by the Social Officers

TENTATIVE MINI CAMP SCHEDULE 2025

AUGUST 11TH – AUGUST 15TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REQUIRED ATTENDANCE	9:00-10:00am <i>Technique</i> 10:00-12:00 <i>Football Choreo</i> 12:00-12:30 <i>Lunch Break</i> 12:30-1:00 <i>Team Bonding</i> 1:00-3:00 <i>Competition</i>	9:00-10:00am <i>Technique</i> 10:00-12:00 <i>Football Choreo</i> 12:00-12:30 <i>Lunch Break</i> 12:30-1:00 <i>Team Bonding</i> 1:00-3:00 <i>Competition</i>	9:00-10:00am <i>Technique</i> 10:00-12:00 <i>Football Choreo</i> 12:00-12:30 <i>Lunch Break</i> 12:30-1:00 <i>Team Bonding</i> 1:00-3:00 <i>Competition</i>	9:00-10:00am <i>Technique</i> 10:00-12:00 <i>Football Choreo</i> 12:00-12:30 <i>Lunch Break</i> 12:30-1:00 <i>Team Bonding</i> 1:00-3:00 <i>Competition</i>	9:00-10:00am <i>Technique</i> 10:00-12:00 <i>Football Choreo</i> 12:00-12:30 <i>Lunch Break</i> 12:30-1:00 <i>Team Bonding</i> 1:00-3:00 <i>Competition</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 20th).

School Practices – Meet during 6th period (*Times may slightly change based on MHS Bell Schedule*)

- Monday 2:33-3:30
- Tuesday 2:33-3:30
- Wednesday 2:41-3:30
- Thursday 2:33-3:30
- Friday 2:33-3:30

After School Practices – MANDATORY

- Mondays 3:30-5:00
- Thursdays 3:30-5:00

Team Performances: include but are not limited to school rallies, football halftimes, basketball games, Dancing with the Stars, Winter showcase, and Spring showcase.

Team Competition: The team will compete at 1-2 competitions between the months of January – March. The competition(s) could be on a Saturday or Sunday, and the date(s) will be set no later than November 2025. We will coordinate with the studios so competition(s) don't fall on the same weekend.

After School Practices: These MANDATORY practices are for competition pieces, halftime performance rehearsals, and additional technique training with coaches or professional choreographers.

TENTATIVE SCHOOL PRACTICE FALL SCHEDULE 2025/26:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6TH PERIOD	2:33-3:30pm <i>Team Practice</i>	2:33-3:30pm <i>Team Practice</i>	2:41-3:30pm <i>Team Practice</i>	2:33-3:30pm <i>Team Practice</i>	2:33-3:30pm <i>Team Practice</i>	<i>Extra rehearsals (when needed)</i>
AFTER SCHOOL	3:30-5:00pm <i>Practice & Competition</i>			3:30-5:00pm <i>Practice & Competition</i>		

DANCE TEAM UNIFORMS *REQUIRED ITEMS BELOW

ITEM	BRAND	ESTIMATED PRICE
Jazz Shell top	Varsity Spirit	\$121
Green Baseball Jersey	Varsity Spirit	\$109
Ribbed crop top	Varsity Spirit	\$53
Pom skirt	Varsity Spirit	\$69
Green Team Jacket	Varsity Spirit	\$151
*NEW Pom Bodysuit (TBD)	Varsity Spirit	TBD
*NEW White Jersey or Long Sleeve (TBD)	Varsity Spirit	TBD
Metallic gold poms	Varsity Spirit	\$53
Team Backpack	Varsity Spirit	\$106
High waisted black leggings	Lululemon (suggested)	\$98
Black Biker shorts	Amazon - Link	\$24
White Nike Air Forces 1	Nike	\$100
Tan Half Soles	Capezio (suggested)	\$23

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 5th 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 you to gain recognition and new customers for your business
- 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

SNAP RAISE FUNDRAISER

This fundraiser will occur between the months of September and October 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 20TH

Tryout packets/applications will be available on our website WWW.MOORPARKHSDANCE.COM

FRIDAY, FEBRUARY 7TH

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

THURSDAY, FEBRUARY 13TH

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

TUESDAY, FEBRUARY 18TH – FRIDAY, FEBRUARY 21ST

CLINICS: Jazz/Pom Routine & Hip Hop Routine

SATURDAY, FEBRUARY 22ND

JUDGES TRYOUTS: Results posted Friday, March 14th at 3:30pm

WEDNESDAY, MARCH 19TH

Parent/Dancer Uniform Meeting with Coach Emily (OPTIONAL)

THURSDAY, APRIL 10TH

Dancer Varsity Fittings with Jennifer Griffin (MANDATORY)

THURSDAY, JUNE 5TH

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

MHS DANCE ASST. COACH EMILY VALENZUELA

evalenzuela@mrpk.org

Thank-You in advance for your interest!!