

# **2025-2026 DANCE TEAM TRYOUTS**

## **TRACY HIGH BULLDOGS**

**ALL PAPERWORK IS DUE BY FRIDAY APRIL 11<sup>th</sup> at 3:00pm**

Please email all forms in one doc with dancer's name in the subject line to: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com)

**TRYOUT DATES: APRIL 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>**  
**ALL 3 DATES ARE MANDATORY**  
**THS Cafeteria 4:30-6:30 pm**  
**RESULTS POSTED ON FRONT DOOR OF "A" BUILDING**  
**ON THURSDAY APRIL 17<sup>th</sup> BY 4pm**

### **WHAT TO WEAR...**

Please wear workout- athletic attire to all practice dates. Attire **MUST** be a T-shirt or Tank-Top and shorts that are SOLID Green, Gold, Black, or White OR anything "TRACY HIGH." Please wear athletic shoes, and bring jazz shoes if you have them. Hair should be pulled back into a clean ponytail or bun with no bangs or fly-aways. NO JEWELRY or BODY PIERCINGS... NO TAPING OVER OR BANDAIDS. ABSOLUTELY NO: Jeans, long sleeved shirts, "short" shorts, pants, flip-flops, or boots. No chewing gum. Bring water.

### **DURING TRYOUTS YOU WILL LEARN...**

On day 1 and 2 we will begin with a warm up and stretching. We will go across the floor and learn/practice the tryout routine(s). On day 3, once warm ups are complete, we will run the routine in groups, pairs, trios as your try out. All or some of this material will be your tryout material please focus on learning and practicing for your tryout.

### **EXPECTATIONS...**

Participants should be ready for the physical requirements of the sport of dance, which can be very physical. Everyone should be actively participating and be on task. Participants should be going full out and not marking moves to ensure proper practice. Participants should be able to accept constructive criticism and be respectful to their instructors and peers.

### **EVALUATIONS...**

We will be evaluating participants on participation, enthusiasm, attitude, skill level, teamwork, effort, learning ability, spirit, technique, jumps, rhythm, knowledge, showmanship, etc.

When you try out....this is your time to shine! Big movements, facial expressions, sharp movements. Make us notice you just like at games when you need to get the fans to get up and watch!

We will also be considering the responses of participant's written material; looking at the content and quality of answers AND we will also be evaluating HEAVILY on teacher & coach evaluations.

### **REQUIRED PAPERWORK TO ATTEND TRYOUTS:**

Email the following docs in one file with dancer's name in subject line to: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com)

1. Tracy High Cheer/ Dance Try-Out Permission Slip
2. Tracy High School Athletic Release Form
3. Written Essay Requirement
4. Fine and Saturday School Hour Clearance Form

Evaluations may be sent separately if evaluator would prefer to send directly to us: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com)

# 2025-2026 TRACY HIGH DANCE TEAM TRYOUT PERMISSION SLIP

**THIS FORM IS REQUIRED – STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT THIS!**

Send all docs in ONE email with dancer's name in the subject line to: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) by Friday, April 11<sup>th</sup> at 3 PM

**PLEASE COMPLETE FORM & ATTACH A COPY OF YOUR 3<sup>rd</sup> QUARTER REPORT CARD**

		9	10	11	12
Name of Candidate (please print clearly)		Grade For 25-26 Season (Circle One)			
Candidate's Phone Number		Candidate's E-mail Address			
Parent/ Guardian's Phone Number		Parent/ Guardian's E-mail Address			

Period	Class Name (subject)	Teacher's Name (no signature required)
1		
2		
3		
4		
5		
6		
0/ 7		

## PARTICIPANTS

*I understand that as a member of the Tracy High School Dance Team I am to conduct myself in a manner that shows spirit, and good sportsmanship always. I must maintain a 2.0 GPA and earn no F's on my report cards, as well as maintain 15 or fewer Saturday School Hours to be an eligible member. I understand and have carefully considered the rules and regulations that Tracy High School requires of spirit leaders/ dance team members. I understand that the Dance Team is a major commitment of my non-academic time and cannot be placed secondary to any other non-academic activities. I will abide by these rules and regulations if I am selected to become a member of the Tracy High School Dance Team. I also understand that placement of positions are not based on prior years and I will accept the positions/placements I am assigned by the coaches.*

## PARENTS/ GUARDIANS

*I have read and understand the rules and regulations as stated in the Tracy High Dance Team 2025-2026 Try-Out Packet and understand there are additional rules in the 2025-2026 Tracy High School Dance Team Handbook that will be reviewed and enforced if my daughter/ son is selected to be a member of the Dance Team. I will, in so far as I am able, assist in every way to see that these rules and regulations are followed. I agree to contact the Coaches for clarifications whenever I have a question, comment, or concern. I understand that my daughter/ son must attend all expected meetings, practices, summer camps, games, competitions, photo sessions, parades, and rallies if they are selected to be on the team. I understand that my daughter/ son will be evaluated by Coaches, and/or other coaches or judges during the try-out process and I agree to abide by the decision of the coaches. If selected to be a Dance Team member, my daughter/ son will have a completed physical form on file with the school. I understand by the very nature of the activity (cheerleading and dancing) carries a risk of physical injury; I understand these risks and will not hold Tracy High School, its coaches or any of its personnel or volunteers responsible in the case of accident or injury at any time. I understand that the coaches will provide additional information including but not limited to uniforms, practice clothing, calendars, and game/ competition/ rally schedules, and agree to abide by any additional requirements if my son/ daughter is selected for the Team.*

Candidate's Signature	Date
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Parent or Legal Guardian Signature	Date
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**PLEASE COMPLETE & ATTACH A COPY OF YOUR 3<sup>rd</sup> QUARTER REPORT CARD!**

# **2025-2026 TRACY HIGH DANCE TRYOUTS**

# **WRITTEN REQUIREMENT**

**ALL participants are required to submit their written answers to the questions below. Please write approx. 1-2 paragraphs total to answer the questions. Participants will be evaluated on quality and content of responses.**

## **New Members:**

Please answer the following on a separate piece of paper:

- Tell us a little about yourself. (You can include things such as: favorite activities, personality, any interesting details about yourself, etc.)
- Why do you want to be a member of the Tracy High School Dance Team?
- What qualities do you have that will make you a good candidate to be on the team?
- Besides performing, what do you feel the role of a dancer is?
- Feel Free to include any other details that you would like to share with the coaches.

## **Returning Members:**

Please include the following details/ answers in your essay:

- What has being a Tracy High Dance team member meant to you and why do you want to continue to be a Tracy High Dancer?
- What is your most memorable moment while being on the Team?
- What qualities about yourself make you a good candidate to return to the team?
- What do you feel you can and will improve on if you are selected for next season? (This can be in relation to anything such as: personality, skills, attitude, etc.)
- Feel Free to include any other details that you would like to share with the coaches.

# **THIS IS A REQUIRED PORTION OF TRYOUTS**

**This must be turned in**  
**Please turn in with permission slip and release form.**

*\*Email all docs in one file with dancer's name in the subject line to: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com)*

# 2025-2026 TRACY HIGH DANCE TEAM TRYOUTS

## Fine and Saturday School Hour Clearance Form for Try-Outs

### TURN THIS FORM IN WITH PACKET

**If you are an incoming Freshman** and your school does not have a bookkeeper, librarian, or personal authorizing Saturday School hours, please have the person responsible for clearing fines/ requirements for graduation complete this form.

Student's Name: \_\_\_\_\_ Student's Current School: \_\_\_\_\_

Student's Current Grade Level in School: 8 9 10 11 \_\_\_\_\_

1: **BOOKKEEPER:** Does this student owe any fines? YES NO

If yes, what fine(s) does this student owe? \_\_\_\_\_

Bookkeeper's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Bookkeeper's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

2: **LIBRARIAN:** Does this student owe any fines? YES NO

If yes, what fine(s) does this student owe? \_\_\_\_\_

Librarian's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Librarian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

3: **Saturday School Hours:** Does this student have any hours? YES NO

If yes, how many hours does this student have? \_\_\_\_\_

Person of Authorization's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Person of Authorization's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If the student owes fines or hours, please give the student a list of fines/ hours owed. Once fines/hours have been cleared, please give the student a receipt or verification that they have been cleared.

The student may not be accepted to the Team until both this form and clearance of fines/ hours (if necessary) are received.

**It is the student's responsibility to show proof of fine/ Saturday School clearance prior to the conclusion of try-outs.**

Send all docs in ONE email with dancer's name in the subject line to: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) by Friday, April 11<sup>th</sup> at 3 PM

Please contact Nicole Adkins or Amy Ceteras (209) 830-3390 or [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) should you have any questions or concerns. Thank you for your support!

# 2025-2026 TRACY HIGH DANCE TEAM TRYOUTS

## Coach, Advisor, or Supervisor Evaluation

This form is due by **APRIL 11<sup>th</sup>** by 3 pm.

Student's Name: \_\_\_\_\_

Student's Current School: \_\_\_\_\_

Grade in School:    8    9    10    11

The Coach/ Advisor/ Supervisor evaluation for each applicant gives an indication of motivation, leadership skills, and attitude. Your input will be an asset toward the overall try-out score. Please rate this student in the following areas on a scale from 1-10.

**This information is confidential and will be viewed only by the advisors. Thank you for your support!**

1-Poor	3- Needs Improvement	5- Average	8-Above Average	10-Superior					
Responsibility and Dependability									
1	2	3	4	5	6	7	8	9	10
Leadership									
1	2	3	4	5	6	7	8	9	10
Attitude Working with Fellow Students									
1	2	3	4	5	6	7	8	9	10
Attitude Working with Authority									
1	2	3	4	5	6	7	8	9	10
Positive Role Model									
1	2	3	4	5	6	7	8	9	10
Motivation									
1	2	3	4	5	6	7	8	9	10
Promptness and Preparedness									
1	2	3	4	5	6	7	8	9	10
Ability to Follow Rules									
1	2	3	4	5	6	7	8	9	10
Work Ethic									
1	2	3	4	5	6	7	8	9	10
Parental Support									
1	2	3	4	5	6	7	8	9	10

Comments: \_\_\_\_\_

Relationship to Applicant: \_\_\_\_\_

Years Known: \_\_\_\_\_

Coach/ Advisor/ Counselor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please contact coaches:

Amy Ceteras or Nicole Adkins (209) 830-3390 or [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) if you have any questions, comments, or concerns.

**Thank you!**

## 2025-2026 TRACY HIGH DANCE TEAM TRYOUTS – Teacher Evaluation

**Teachers:** Please email this form to [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) by April 11th

Please contact coaches:

Amy Ceteras or Nicole Adkins (209) 830-3390 or [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) if you have any questions, comments, or concerns.

**Thank you!**

**This evaluation is confidential and will only be viewed by Advisors. Comments are strongly encouraged!**

8 9 10 11  
\_\_\_\_\_  
Student's Name Current Grade Level (circle one)

This evaluation for each student is a valuable asset (and possibly a deciding factor) toward the applicant's acceptance on the squad. Please rate this student in the following areas. Thank you for your time!

### E- Excellent

### S- Satisfactory

### N- Needs Improvement

\_\_\_\_ Responsibility and Dependability

\_\_\_\_ Leadership

\_\_\_\_ Attendance

\_\_\_\_ Attitude Working with Fellow Students

\_\_\_\_ Positive Role Model

\_\_\_\_ Promptness and Preparedness

\_\_\_\_ Attitude Working with Authority

\_\_\_\_ Work Ethic

\_\_\_\_ Ability to Follow Rules

\_\_\_\_ Motivation

Additional Comments:

Teacher's Printed Name:

Teacher's Signature:

Subject/ Class Title:

Period:

Current Letter Grade:

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Subject/ Class Title:

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## 2025-2026 TRACY HIGH DANCE TEAM TRYOUTS – Teacher Evaluations

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Additional Comments:

Teacher's Printed Name:

Teacher's Signature:

Subject/ Class Title:

Period:

Current Letter Grade:

## 2025-2026 TRACY HIGH SCHOOL DANCE TEAM (COMPETITION TEAM) TRYOUTS



Those dancers looking for more than halftime performances and rallies may be interested in joining our competition team. While this is new this year, we will start with a few regional competitions and possibly end with a nationals competition in Southern California.

If selected, the dancer MUST agree to attend 1-2 extra practices sessions a week November-March.

These dancers are highly skilled in dance and can perform many of the following skills:

- |                                |                          |                       |
|--------------------------------|--------------------------|-----------------------|
| -minimum of a triple pirouette | -leap in 2 <sup>nd</sup> | -fan kick             |
| -calypso                       | -turns in a la seconde   | -float turns (double) |
| -firebird                      | -headspring              | -tilt jump            |
| -toe touch                     | -kipup                   | -illusion             |
| -spinning disc                 | -leg hold                | -leg hold turns       |

## **Still interested in joining?**

To audition create a 45-1:00 second/min freestyle to a genre of your choice. It can be contemporary, jazz, hip hop. In your freestyle show us what make you stand out. Put in some of the skills listed above to demonstrate competency. Show us what you've got.

\*\*\*\*Email the video to Nicole Adkins or Amy Ceteras by April 16<sup>th</sup> 2025. Email us at [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com) Please contact us at the email mentioned or call (209) 830-3390 with any questions.

Dancers will be placed on the dance team and competition team. These placements have the same rules as dance team but also require that your skills stay at a high level during competition season. If a dancer is absent more than 2 times, misses a mandatory choreography session or declines in skill level and is unable to perform at the caliber needed he/she may be dropped from the team. Conversations will take place before this happens.

Alternates may be chosen. They will be required to learn the dances and attend practices. If a dancer drops out for any reason, the alternate will take his/her place.

## **MANDATORY IMPORTANT DATES TO CONSIDER**

-Outside Choreography will be held in November during Thanksgiving break or the first week of winter break.

--Regional Competitions will be held in December-January

--Possible National Competition held Presidents' weekend in February in Anaheim.

- Fundraising will be expected to offset the costs associated with costumes for an extra routine, registration, and travel costs.