



# TRACY HIGH DANCE TEAM TRYOUTS 2023-24

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| <p><b>March 22 DANCE</b></p> <p><b>5pm-7:30</b></p> <p><b>THS CAFETERIA</b></p> <p><i>Technique Review</i><br/><i>Learn Dance</i></p> | <p><b>March 23 DANCE</b></p> <p><b>5pm-7:30</b></p> <p><b>THS CAFETERIA</b></p> <p><b>TRY-OUTS</b></p> |
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## 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 white laced athletic shoes. Hair should be pulled back into a clean pony tail 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. **For try-outs on Thursday please apply the same standards for clothing, hair, shoes, and jewelry.** If these basic rules seem tough joining our teams may be difficult for the athlete maybe consider another sport!

Please download forms at [TRACYHIGHSPORTS.COM](http://TRACYHIGHSPORTS.COM) OR e-mail a request to:

[Tracy.cheer.dance@gmail.com](mailto:Tracy.cheer.dance@gmail.com)

**Paperwork MUST be turned into Tracy High Front office no later than 3:00pm March 10th**