

DRHS VARSITY POMS CAPTAIN

Honor and Responsibility

The purpose of the team captain role is to prepare the dancer for leadership roles in their future, and to assist the coaches with matters related to the team. Being a Captain is not only a tremendous honor, but it is a huge responsibility and you must truly believe in everything the team stands for. You must be prepared to do what is best for the team, rather than that which would benefit a small portion.

A captain is a:

Friend You are a trusted confidant. You are approachable and available. Team members aren't afraid to come to you with questions. You keep your word and have an open mind. You work to keep the peace among the team.

Teacher You are easy to respect. You don't abuse your power. Your teammates value your authority and don't take advantage of you. You set an example and behave with decency. You are fair and confront issues head-on.

Optimist You see potential in every individual. You expect team members to be active in the school and the community. You set lofty goals and have faith that the team can achieve them.

Realist You realize that academics and family come first. You allow team members to have a life outside of poms and don't over-commit them. You only give the team what you are confident they can handle.

Encourager You acknowledge strengths. You praise them when they have done something great. You are patient and you help members develop at their own pace.

Trainer You push your team to step outside of their comfort zone. You deliver constructive criticism effectively. You don't let your teammates get by with being "okay." When your team faces an obstacle, you rally them to overcome.

Player You are a teammate. Your energy is contagious and you create an enjoyable environment. You don't mind delegating your duties. You highlight each member's strength by assigning individual tasks.

Worker You are a leader. You have your ducks in a row. You are on time and always prepared. You have a plan. And a back-up plan.

Captain Roles and Responsibilities Include:

- Leading warm ups, stretches and other aspects of practice when asked
- Deciding and communicating outfits for events, including hair and makeup
- Choreographing routines for events when asked
- Leading the team throughout events; running sideline cheers and dances
- Organizing team bonding activities outside of practices and before events
- Posting on social media for team related events
- Assisting with team decisions when asked
- Keeping the team on track and focused at practices and events
- Realigning the group when tensions arise or spirits run low
- Encouraging and helping teammates to grow as dancers and people

DRHS VARSITY POMS CAPTAIN

Tryout Requirements

1. MANDATORY CAPTAIN TRYOUT MEETING- Tuesday, April 5th, 8:00pm (Zoom)

In this meeting, we will discuss Captain expectations, tryout requirements, and procedures. Please ensure you have signed up for tryouts in order to receive the zoom link:

<https://forms.gle/Mnc6kUwJqTji7kE37>

2. APPLICATION AND RECOMMENDATIONS- Due: Wednesday, April 13th, 3:30pm

Application with candidate and parent signatures

Faculty Evaluation (x2)

Faculty Evaluation forms will be given to *two* of the candidate's teachers or administrators. Each faculty member will be asked to evaluate the candidate on the following categories: Attendance, Work Habits, Leadership Potential, and Interpersonal Skills. Each teacher will have a possibility of giving a total score of 100 points. The final faculty evaluation score will be the average of a candidate's teacher scores.

Note: these faculty evaluations are in addition to the regular tryout teacher evaluations. The candidate will need to complete three teacher evaluations total.

3. TEAM TRYOUT – Wednesday, April 13th, 3:30 p.m. @ Dance Art Media Studios

On Wednesday, April 13th, each candidate will address every prospective returning member of the varsity team and answer the following questions and any other questions coming from the team or coaches:

1. What contributions do you feel you would make to the team as a captain?
2. Who is your leadership inspiration and why? (Can be Poms or elsewhere).
3. What are your weaker attributes that you would focus on improving in order to be a better leader?

4. What would you want to change for the upcoming season that would be different from previous years?

Each candidate will then demonstrate and teach a 4 phrase series of 8-counts to every prospective returning member of the varsity team in front of the coaching staff. Candidates can choose their own music. When choreographing, the candidate should think about the caliber of a football halftime or sideline routine, but strive to choreograph a routine that is *new and original*. The Captain candidate will be scored on teaching ability, movement articulation/perfecting, choreographic elements, and positive/motivational energy. Depending on the number of captain candidates, the time may be extended for this tryout.

On Wednesday, April 13th, Team Vote ballots will be distributed and collected. To be counted, each veteran team member must fill out her ballot completely when voting for her top 5 choices. Each ballot must contain a “5” by the member’s first choice for Captain, a”4” by her second choice, etc.

Scoring for this portion of the tryout will be done as follows:

- Candidate receiving highest team vote = 100 points
- Candidate receiving second highest team vote = 90 points
- Candidate receiving third highest team vote = 80 points
- Candidate receiving fourth highest team vote = 70 points
- Candidate receiving fifth highest team vote = 60 points

4. SOLO TRYOUT – Friday April 15th, 4:00pm

Each candidate will perform a solo of their own original choreography, open only to judges and coaches. The routine must be approximately 45 seconds long and can be in your style of choice. Each candidate must provide their own music electronically to the head coach by Thursday April 30th. Candidates may wear a costume and dance footwear of their choice. Make sure the costume is appropriate for the style of music and routine as well as appropriate for the school setting. The costume can be from your time on Poms or from other dance experiences.

TOTAL POSSIBLE SCORE

Faculty Evaluations	100 points
Team Vote	100 points
Teaching Skills	100 points
Solo Tryout	100 points
	<hr/>
	400 points

DRHS VARSITY POMS CAPTAIN

APPLICATION AND CONTRACT

NAME: _____

CLASSIFICATION NEXT YEAR (Circle One): 10 11 12

CAPTAIN CANDIDATE/PARENT CONTRACT:

My parents/guardians and I understand that if I am selected as a Captain for the 2022-23 school year, that I will follow all team regulations and captain honor and responsibility listed above.

My parents and I have discussed the requirements of practice, attitude, time, energy, and dedication needed to hold a captain position. We both understand that being a captain is an honor and a privilege that will demand much more time, energy, and commitment than simply being a member of the team.

I understand the leadership demands that will be required of me in this capacity and I am willing to accept this commitment. I fully understand and accept the commitment I am making to my dance team and its coaches and understand the penalty for breaking these commitments will result in removal from my captain position.

By signing this contract, I and my parents/guardians understand that my personal behavior and actions in the school and community will always uphold the same principals, rules, and regulations set forth for team and/or captain membership of this dance team.

Student Signature

Date

Parent/Guardian Signature

Date

DRHS VARSITY POMS CAPTAIN

FACULTY EVALUATION

Candidate's Name: _____ Faculty Name: _____

NOTE: A captain must maintain high standards in the academic classroom as well as on the dance team. Teacher/Faculty evaluations for captain candidates are extremely important in providing insight into their intelligence, leadership, and character. Please score this candidate on each category listed below, a total score of 100 points would be perfect. Feel free to elaborate with further comments on the back of this form. In an effort to maintain confidentiality, please return these forms to the head coach, Elizabeth Alcorn, by putting them in the poms mail box in the main office or giving them to the student in a sealed envelope. We sincerely appreciate your time and efforts!

CATEGORY		SCORE	COMMENTS
ATTENDANCE Daily class attendance & punctuality Unexcused absences/tardies Attendance when tests given and assignments due	25		
WORK HABITS Demonstrates good organizational skills (class notes, homework) Assignments completed on time, uses class time wisely Always strives for excellence, good study habits Attempts to go beyond min. requirements of the class Schedules tutoring sessions, if needed	25		
LEADERSHIP PROFILE Good grades on tests/homework Volunteers for class projects, participates in class Demonstrates critical thinking and problem solving skills Knows how to be a team-player, shares credit with others Is considered a leader by classmates	25		
INTERPERSONAL SKILLS Communicates well with teacher & other students Readily offers help to others Speaks with respect to everyone	25		

Faculty Signature: _____ TOTAL: _____

DRHS VARSITY POMS CAPTAIN

TEAM TRYOUT

CATEGORY		SCORE	COMMENTS
ATTITUDE Positivity / Encouragement Motivation / Supportive	10		
CHOREOGRAPHY DEMONSTRATION Originality & Creativity Variety & Appropriate Difficulty of Routine Audience Appeal	30		
TEACHING TECHNIQUE Demonstrates well while teaching Use of proper terminology, dance technique & ability to mirror Method of connecting steps taught & reviewing	30		
TEACHING EFFECTIVENESS Voice Projection Confidence & Control of dancers Commands / Directives Maximizes teaching time	30		

TOTAL: _____

DRHS VARSITY POMS CAPTAIN

SOLO TRYOUT

CATEGORY		SCORE	COMMENTS
APPEARANCE Posture / Carriage Costume Selection / appropriate for music & school	10		
CHOREOGRAPHY Variety Difficulty Use of floor space / transitions	40		
TECHNIQUE Placement (feet, arms, hands, shoulders) Completion of dance movements Execution Timing with music	35		
ARTICULATION Attitude Confidence, Projection & Poise Eye Contact Ability to connect with audience	15		

TOTAL: _____

