

# **CRETIN DERHAM HALL DANCE TEAM DETAILS**

## **Spring-Summer 2019**

### **April 2nd - May 15th : Spring Practices (Cost \$55.00)**

Tuesday's 3:30pm-4:30pm and Wednesday's 3:45pm-5:15pm

- Dancers of all skill levels
- Opportunity to start learning how the dance team functions, meet current dance team members
- Conditioning/ballet classes to continue to build strength and improve technique
- Informal practices created to allow for current dance team members to continue dancing in the off-season, but also start creating relationships with potential new members.

### **May 20th -May 22nd Winter Season Tryouts**

M/W-5:00pm-7:00pm and Tues. 3:30-5pm

### **June 10<sup>th</sup>- July 25<sup>th</sup> (Monday-Thursday): Summer Practices (Cost- \$150.00)**

M/W-5:00pm-7:00pm and T/TH 4:00pm-6:00pm

- For dancers of all skill levels
- Work on technique and skills from basic to advanced in both high kick and jazz
- Learn different style dances, combinations, turns, leaps, etc.
- Learn and work on a summer dance, which will double as a fall dance
- Learn how to properly condition and strength train
- Meet and get to know former and current dance team members and coaches
- Enjoy different opportunities throughout the summer for team bonding

**\*Summer conditioning program will be offered on Thursday's 2:30pm-4pm.**

**Additional cost TBD.**

### **July 17th - 20th Just For Kix, Rochester Camp**

<https://www.justforkix.com/danceclasses/rochester-mn/high-school-camp/19286/>

(7th- 12th grade Overnight dance camp in Rochester, MN)

- Great team bonding opportunity and getting to know teammates better
- Opportunity for both new and current dance team members to enhance their dance knowledge by watching and learning from other dancers from around the state
- Learn different styles of dance from new instructors that can give new light to skills and technique
- The camp offers individual team consultations that works with the team as a whole on areas they can improve
- FUN!

If you have any questions on upcoming events please feel free to call the Winter Competition coach Ali Pendergrass 651 329 8779 or email the [cdhdt@c-dh.org](mailto:cdhdt@c-dh.org)

# SPRING TRYOUTS 2019

## **Format**

\*Tryout video will be available by May 1<sup>st</sup>

## **Monday, May 20th 5pm-7pm**

\*Expectations/Explanation of Spring Tryout

\*Stretch

\*Review Skills for tryout/format

\*Review Dance from video

## **Tuesday (Captains Practice) May 21st 3:30pm-5pm**

\*Stretch

\*Review Skills for tryout/format

\*Review Dance from video

## **Wednesday (Final Tryout) May 22nd 5pm-7pm**

\*Dancers will be given approximate time they will tryout with the skills and dance from Monday.

\*Placements will be based off final scores and judge's comments

\*Letters with current placements and skills done well/should work on to move to next level will be drafted.

**Purpose of Spring Tryout-** To allow coaches to be transparent with dancer/athlete about where they are in their abilities and skill level. To give the athletes defined growth opportunities from one season to the next. To hold the student athletes accountable. Spring tryouts will allow coaches the opportunity to have very specific objectives at each skill level and for each season; Summer, Fall and Winter in order to improve the overall CDH Dance Program.

## **Students who should try out**

\*Any student athlete that is interested in participating in the 2019-2020 Winter Competition season.

\*Communication of spring tryouts will be made to previous Winter participants, perspective CDH students as well as incoming freshman with interest in dance.

## **Missing Tryout**

\*Case by case accommodations will be made to allow for the student athlete to tryout/participate pending communication with a head Winter coach.

\*Certain unforeseen circumstances may be handled differently pending coaching staff discussion and discretion.

## April

		3:30-4:30	3:45-5:15			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Dance	3 Dance	4	5	6
7	8	9 Conditioning	10 Dance	11	12	13
14	15	16 Ballet	17 Dance	18	19	20
21	22	23 Dance	24 Dance	25	26	27

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Conditioning	1 Dance	2	3	4
5	6	7 Ballet	8 Dance	9	10	11
12	13	14 Conditioning	15 Dance	16	17	18
19	20 Tryouts	21 Tryouts	22 Tryouts	23	24	25

## June

	5pm-7pm	4pm-6pm	5pm-7pm	2:30pm-4pm 4pm-6pm		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10 Dance	11 Dance	12 Dance	13 Conditioning Dance	14	15
16	17 Dance	18 Dance	19 Dance	20 Conditioning Dance	21	22
23	24 Dance	25 Dance	26 Dance	27 Conditioning Dance	28	29

# July

	5pm-7pm	4pm-6pm	5pm-7pm	2:30pm-4pm 4pm-6pm		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4 Holiday	5	6
7	8 Dance	9 Dance	10 Dance	11 Conditioning Dance	12	13
14	15	16	17 Camp	18 Camp	19 Camp	20 Camp
21	22 Dance	23 Dance	24 Dance	25 Conditioning Dance	26	27