



Lynbrook Valkyries

Dance Team Tryouts, 2022-2023 Season

We are pleased to announce tryouts for the 2022-2023 Lynbrook High School "Valkyries" Dance Team.

Schedule:

- Monday, March 28th - Virtual **Mandatory** Parent/Student Meeting at 7:00pm via Zoom.
- Monday, April 4th - Check-in at 5:30pm. Workshop 5:45pm-7:45pm in the Dance Studio.
- Wednesday, April 6th - Workshop 5:45pm-7:45pm in the Dance Studio.
- Friday, April 8th - Workshop 5:45pm-7:45pm in the Dance Studio.
- Saturday, April 9th - Workshop 9:00am-10:00am in the Dance Studio
 - **AUDITION** - 10:30am in Dance Studio.
- Sunday, April 10th - Audition results are emailed out.

Instructions:

- ☐ Complete Athletic Clearances. **ALL DANCERS MUST BE CLEARED PRIOR TO AUDITIONING.** Instructions can be found here:
<https://lynbrookathletics.com/athletic-clearance-instructions/>
- ☐ Attend the virtual mandatory meeting via Zoom on **Monday, March 28th** at 7:00pm. At least one parent/guardian must attend with the dancer auditioning. Points are deducted if you are late. If you do not attend you are automatically disqualified. Email your signed **Dance Team Agreement** (Pages 9-11) at least one hour prior to the mandatory meeting to Katherine at lhsvalkyriescoach@gmail.com.
 - Zoom Meeting information:
 - Link:
<https://scu.zoom.us/j/97890754778?pwd=TDd6N2RCWkthZnMxaXdEVUw5UkVJQT0>
 - Meeting ID: 978 9075 4778
 - Password: 227867
- ☐ Give 2 of your teachers an Evaluation Form (Pages 5-6). All evaluation forms must be returned to the Valkyries box at Lynbrook High School by 3:15pm on **Friday, April 1st**. The teachers DO NOT GIVE THIS FORM BACK TO YOU. This is a confidential form. (Middle School students, you may collect your teacher's evaluation in a signed, sealed envelope and bring the envelopes to the Valkyries box at Lynbrook).

Please contact the current Dance Team Director, Katherine Labosky, at lhsvalkyriescoach@gmail.com if you have any questions or concerns

- ☐ Fill out the Application Form (Pages 3-4) and return a hard copy of it to the Lynbrook office in the Valkyries box by 3:15 pm on **Friday, April 1st** Points will be deducted if it is late.
- ☐ Attach a **4x6**, colored headshot picture of yourself to the first page of the Application Form (Page 3). Larger photos will not be accepted. Please staple the photo on top of the application form.
- ☐ Meet in the Lynbrook High School Dance Studio at 5:30 pm for your first Workshop on **Monday, April 6th**. Please remember to bring your signed **Parent/Guardian Permission Slip** (Page 12) to the first day of workshops. You will not be able to dance without it. Workshops will last two hours and will run Monday (4/4), Wednesday (4/6), Friday (4/8) and Saturday (4/9). Please **wear ALL BLACK**, your hair up, slicked back, and pin it out of your face. Come dressed ready to move: dance attire, shorts, sports bras, tank tops are fine, and jazz shoes or half-soles. **NO TENNIS SHOES ALLOWED, NO BAGGY CLOTHING**, and your hair may not be worn down and in your face. Please do not be late. Check-in time will begin promptly at 5:30pm. On audition day please look presentable and professional, follow the above guidelines for your hair, and wear all black.

Application Form

Complete this form and place it in the Valkyries Box at the Lynbrook office. The deadline to return this application is **Friday, April 1st at 3:15 pm**. *Also, please attach a headshot picture of yourself to the back of this form.*

Full Name

Grade (2022-2023)

Address

Email Address

Home Phone

Parent/Guardian Name

Parent/Guardian Email Address

Parent/Guardian Phone

Application Form

List All Dance Experience

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Name Of Dance Studio You Are Currently Attending

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List Current Dance Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Teacher Recommendation Form 2022-2023

ATTENTION OF STUDENT: Please fill out the following information and give a hard copy of this form to your teacher.

Student Name _____ **Grade** _____

Teacher Name _____

Class _____ **Period** _____

ATTENTION OF TEACHER/RECOMMENDER: This student is auditioning for a position on the 2022-2021 Lynbrook High School "Valkyries" Dance Team. Teacher recommendations for each applicant give an indication of their academic standing, motivation, leadership skills and attitude. Your input will be considered in her/his overall audition score. Please return to the Valkyries box in the office by **Friday, April 1st at 3:15 pm**. Thank you for your time and consideration.

(5) Superior (4) Above Average (3) Average (2) Needs Improvement (1) Poor

Promptness and Attendance	5	4	3	2	1
Responsibility and Dependability	5	4	3	2	1
Leadership	5	4	3	2	1
Attitude Toward Fellow Students	5	4	3	2	1
Attitude Toward Authority	5	4	3	2	1
Enthusiasm	5	4	3	2	1

Do you recommend this student for the Lynbrook Dance Team? _____

Comments: *(you may use the back of this form if necessary)*

Signature _____

Teacher Recommendation Form 2022-2023

ATTENTION OF STUDENT: Please fill out the following information and give a hard copy of this form to your teacher.

Student Name _____ Grade _____

Teacher Name _____

Class _____ Period _____

ATTENTION OF TEACHER/RECOMMENDER: This student is auditioning for a position on the 2022-2021 Lynbrook High School "Valkyries" Dance Team. Teacher recommendations for each applicant give an indication of their academic standing, motivation, leadership skills and attitude. Your input will be considered in her/his overall audition score. Please return to the Valkyries box in the office by **Friday, April 1st at 3:15 pm**. Thank you for your time and consideration.

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Do you recommend this student for the Lynbrook Dance Team? _____

Comments: *(you may use the back of this form if necessary)*

Signature _____

Please contact the current Dance Team Director, Katherine Labosky, at lhsvalkyriescoach@gmail.com if you have any questions or concerns.

Audition Workshop - Additional Information

What to Expect:

- ✓ Warm-ups
- ✓ Across the floor technique/combinations (ex: variety of triple turns, leaps, jumps, etc.)
- ✓ Learn one audition routine of different styles (possibly jazz/contemporary and hip-hop). Audition routines are intermediate/advanced level.
- ✓ Learn Kick technique

What to Wear:

- ✓ Dance clothes: dance pants, leggings, shorts, etc. (No baggy clothing).
- ✓ Jazz shoes must be worn on the dance floor. You must wear shoes, no dancing in socks.
- ✓ Bring sneakers.
- ✓ Have your hair pulled up in a tight ponytail or clean bun (make sure it is pinned out of your face).
- ✓ No jewelry or watches (stud earrings are ok).

What to Bring:

- ✓ Parent/Guardian Permission Slip to the first day of workshops
- ✓ Bottled water
- ✓ Device to play music (Music will be emailed so dancer's can practice the audition routines)
- ✓ A POSITIVE ATTITUDE 😊

Workshop Rules:

1. Cell phones must be turned off during the Workshop sessions
2. No food
3. No gum
4. Be respectful

Letter to Parent/Guardian

Dear Parent/Guardian:

I am pleased that your dancer has applied to be a member of the 2022-2023 Lynbrook High School Dance Team, the "Valkyries." The Lynbrook Dance Team has an established tradition of leadership, commitment, and excellence in school athletics and activities. Dance Team members are highly visible representatives of Lynbrook HS. They learn communication and team skills that will benefit them long after graduation. Many will develop lifelong friendships and participate in events, which become some of the most positive memories of their high school years.

As parents, your dancer's participation on the Dance Team will need not only your approval, but also your support. Time commitments for the Dance Team are substantial. As parents, you may have to provide transportation for competitions or performances outside of the local area.

Attendance at summer dance camp, uniforms, transportation, shoes, warm ups, food and dance competitions all cost money. The estimated total donation requested per team member is approximately \$3,000-3,500, * Fundraising opportunities throughout the year will help offset costs.

There is a **mandatory** parent and student meeting on **Monday, March 28th at 7:00 pm** via Zoom. Attendance is required to make your dancer eligible for the Dance Team. Please email the signed **Dance Team Agreement** (Pages 9-11) to lhsvalkyriescoach@gmail.com at least an hour prior to the meeting.

I am looking forward to meeting with you!

Sincerely,

Katherine Labosky, Valkyries Dance Team Director
lhsvalkyriescoach@gmail.com

***Financial disclosure**

The state of California requires that we provide all students with a free public education. As a result, we may only request donations to cover costs for participating on school sponsored teams. Therefore, we report costs in terms of total costs and requested voluntary donations. All students are given the opportunity to participate regardless of ability to make a donation. However, aspects of the program may not come to fruition if there are insufficient funds.

Valkyries Dance Team Agreement

Below are the Goal and Objectives, General Rules, and Code of Conduct that you will be expected to abide by as a member of the Lynbrook Valkyries Dance Team.

Please read them closely and email the signed agreement page (Pages 9-11) to the **mandatory** Parent/Student meeting on **Monday, March 28th at 7:00pm**, via Zoom.

Goals and Objectives

1. To support your school and your team, and to promote pride and spirit.
2. To perform at games, rallies and competitions as much as possible.
3. To serve as positive role models.

General Rules

1. In order to try out for a Lynbrook Dance Team position, you must have a minimum GPA of 2.0. If you make the squad, you must maintain a GPA of 2.0 in order to remain eligible for the Dance Team.
 - a. If at the end of a 6-week grading period your grades drop below a 2.0, you will be placed on probation for the next 6 weeks. You may still participate in Dance Team activities.
 - b. If your grades are below a 2.0 at the end of the next 6-week grading period, you are considered academically ineligible. You may not dress in uniform or participate in Dance Team activities.
 - c. If your grades are still below a 2.0 at the end of the next grading period, you will be dismissed from the team.
2. Attendance at a USA Dance/Drill camp is strongly recommended. Dance camp is very important for the development of dance skills and team building.
3. Attend **all scheduled practices**. Regular practices are normally held on Wednesdays and Fridays somewhere between 3:30pm-8:00pm. Additional practices will be scheduled, normally on Saturday 9:00am-5:00pm. Schedule is subject to change based on the current coach/director's availability.
4. Uniforms are part of the dance team experience and are required. Members of the dance team are required to wear the designated uniform or costume for competitions, school events, camps, and other events as designated by the coach.

5. Team members typically participate in 5 competitions each year, including State and National Championships.
6. Membership in the Dance Team requires a full year commitment at 120% energy.
7. All Lynbrook, CIF, DAL rules apply regarding conduct.

Code of Conduct

1. Personality conflicts within the team will not be reflected in the team's performance.
2. Attitudes toward other campus groups will be one of friendly support.
3. As representatives of Lynbrook, Dance Team members are courteous to coaches, faculty, other members of the community, and other dance teams.
4. Dance Team members must have the poise and leadership ability, as well as the maturity, to remember who they are and what they represent at all times.

Valkyries Dance Team Agreement

I HAVE READ AND UNDERSTAND THE RULES, COMMITMENTS, AND RESPONSIBILITIES THAT APPLY TO THE POSITION OF A DANCE TEAM MEMBER, AND I WILL FULFILL THESE DUTIES AND OBLIGATIONS THROUGHOUT THE ENTIRE YEAR.

STUDENT NAME

STUDENT SIGNATURE

PARENT NAME

PARENT SIGNATURE

Parent/Guardian Dance Team Try-Out Permission

Voluntary Attendance

_____ has my permission to attend the LHS Dance Team Try-out at Lynbrook
 Students Name
 High school's Dance Studio. I understand that Katherine Labosky (Valkyries Dance Team
 Director) will be in charge.

Health needs: Initial and complete.

_____ My student has NO special health needs that the staff should be aware and NO medication is required.

_____ My student has a special health need, and the following medication _____ should
 be given to the person in charge along with the written instructions from the student's physician.

In the event of emergency illness or injury, I do hereby consent to whatever X-ray examination; anesthetic, medical, surgical or dental diagnosis or treatment attending physician, surgeon or dentist is performed by or under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

As stated in California Education Code Section 35330. I understand that I hold the Fremont Union High School District, its officers, agents and employees, harmless from any and all liability or claims, which may arise out of or occur, in connection with my student's participation in this activity.

I also understand and am fully aware that there may be periods of time during this activity in which my student has free time and is unsupervised, and that the District assumes no responsibility for the students activities or behavior during this free time. I fully understand that participants are to abide by all rules and regulations governing conduct during this activity. Any violation of these rules and regulation may result in that individual being sent home at his/her parents expense and possible suspension or expulsion from school.

As parents/guardian of the above named student, it is realized that there are certain risks involve and that reasonable attempts will be made to safeguard students and equipment, but that no amount of precautions taken by the instructors insure the safety if the student does not obey and cooperate and is unable to accept the responsibility for his/her own actions.

Parent Signature	Parent Printed Name	Date
Student Signature	Student Printed Name	Date
Health Insurance Provider	Policy Number	
Emergency Contact	Phone Number	Relationship

Please contact the current Dance Team Director, Katherine Labosky, at
lhsvalkyriescoach@gmail.com if you have any questions or concerns.