

Chippewa Valley Varsity Dance Team
2023-2024
Tryout Packet

Included in this packet, is all the information you will need for tryouts on May 31, June 1, and June 2 at Chippewa Valley High School.

****Please wear all black, with your hair pulled back**** (can be leggings, shorts, tank top, sports bra, t shirt, or leotard)

****Bring any type of jazz shoe/turning shoe/, AND tennis shoes****

Wednesday May 31, 2023 **3:30pm-5:30pm** in the CV Auxiliary Gymnasium

Thursday June 1, 2023 **3:30pm-5:30pm** in the CV Auxiliary Gymnasium

Friday June 2, 2023 **3:30pm-5:30pm** in the CV Auxiliary Gymnasium

Tryout Day 1: Warm up, go over all jazz and pom skills needed, learn jazz tryout routine.

Tryout Day 2: Warm up, review everything from day 1, learn fight song, and hip hop tryout routine.

Tryout Day 3: Warm up, review everything, audition for a panel of judges 2 or 3 dancers at a time. You will perform for them, the fight song, the tryout routines, and all skills.

A current physical dated after April 2023 is needed once you make the team. There will be a parent meeting once the team is chosen.

4LOVEOFDANCE@GMAIL.COM
Instagram - chippewavalleydance

Dance Team Skills

Jazz/Pom Technique

- Double and/or triple pirouette
- Right and left split leap
- Right and left open leap
- Right and/or left leg extension
- Right and left splits
- Sissoné jump
- Angel/Firebird jump
- Calypso
- Toe touch
- Tilt jump
- Toe to head leap
- Double Pirouette into leap
- Turning open leap
- Turns in second (4 into a double pirouette)

Hip Hop Skills

- Baby Stall
- Shoulder Stall
- Kip up
- Headspring
- Headstand

Additional/Optional Skills

- Aerial/Tumbling
- Quad or more pirouettes
- Leg extension turn

CVDT Schedules & Cost

Fall Practices will be Wednesdays and/or Fridays after school from 2:30-4:30pm
(during competition season some weekend extra practices as well)

Summer Practices will be on either Mondays or Fridays from 2:30-4:30pm

Football games are on Friday nights at 7pm, and the dancer will need to be there by 6:15pm

*A detailed schedule of games will be sent to the team after tryouts

WE WILL NOT BE ATTENDING AN AWAY CAMP, BUT PLAN TO HAVE A HOME CAMP!!

Items needed during the year to be purchased on your own.

- Plain Black Leggings (full length NOT SEE THROUGH) brand of your choice
- Adidas Red Team Shoes \$50-\$100 depending where you purchase (**We may be purchasing new shoes this year, as our old shoes are becoming more and more hard to find**)

**** Purchased through our personal TeamStore and shipped right to your house!!****

- Uniform Top \$63
- Jersey \$58
- Jacket \$69
- Backpack \$59

A Competition Team will be discussed once a team is chosen. Competitions usually take place between December and February. This includes extra expenses including but not limited to entry fees, costumes, shoes etc.

Coach Diana
4LOVEOFDANCE@GMAIL.COM

