Lawson State Community College
“Golden Essence”
Dance Team Audition Application

Please Print Clearly

SOCIAL SECURITY #______________________
LSCC STUDENT #_______________________

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LSCC STUDENTS: Current GPA ________ Major________________________________________________________
Returning Dancer □ Yes □ No How many years? ______
If not, have you ever been a dancer for any other team? □ Yes □ No
   If yes, what team?________________________________ How many years? ______
   Contact Person: ___________________________ Number: _______________________

HIGH SCHOOL STUDENTS: Current GPA ________ Have you ever been a dancer on a team? □ Yes □ No
   If yes, what team?________________________________ How many years? ______
   Contact Person: ___________________________ Number: _______________________

List other dance experience (tap, ballet, jazz, modern, cheerleading, etc.)

List any related experience (singing, gymnastics, media, modeling, pageants, speaking, etc.)

Do you have transportation? □ Yes □ No
If no, will you have a way to practice, performance, etc.? _______________________________________

*It is your responsibility to have transportation, not your team mates or coaches.
Female □  Male □   _____ Height    _____ Weight

Shoe Size (exact): _______

Please Circle Your Size:

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Medical Information

Medical Insurance:          Policy Number:

List any prior injuries:
1.  
2.  
3.  
4.  

List any medications you are currently taking:
1.  
2.  
3.  
4.  

Any physical therapy required? If yes, what?

List any allergies:

Emergency Contact: ______________________  Relationship: ______________________

Home Phone: ______________________  Cell Phone: ______________________

I certify the above information is true. I understand that if this information is false I will be excluded from the tryout process.

Signature: ______________________

Printed Name: ______________________  Date: ______________________

APPLICANTS, DO NOT GO BELOW THIS LINE

Required Fees

$20.00 Audition Fee □ Yes □ No

Coach Signature: ______________________  Date: ______________________
Lawson State Community College  
“Golden Essence” Dance Team  
Tryout Consent Form

Participant Name: ________________________________________  Date of Birth: ________________________  Month/Day/Year

Participant’s Risk/Precautions

The athleticism of dance has obvious risks. I am aware of the risks involved. I will take all of the necessary precautions of warming-up and stretching before participating in the Lawson State Community College Dance Team tryout.

Waiver of Liability

If an accident should occur, I take full responsibility for any medical supervision or care that may be necessary and will not hold Lawson State Community College or Lawson State Community College Dance Coach responsible for any financial compensation due to an injury incurred during the LSCC Dance Team tryouts.

I have read the above information in its entirety. I understand that Lawson State Community College and the Lawson State Community College Dance Coach are not responsible for any injuries sustained during this event. I hereby give my consent to participate in the Lawson State Community College Dance Team tryout.

Insurance Information

Name of Insurance Company: ________________________________________________________________

Policy Number: ______________________________________________________________________

Participants Signature: _________________________________________________________________

Participants Printed Name: ______________________________________________________________

Today’s Date: _____________________________
Lawson State Community College
“Golden Essence” Dance Team

Questions

1. Why do you want to be a member of the Lawson State “Golden Essence” Dance Team?

2. If you make the team, how do you plan on managing your time and balancing your academic, dance, and personal commitments (work, etc.)?

3. If you are currently on the 2014-15 team, how did you contribute as a member? (include an example)

4. As a potential new member of the team, what/how would you contribute to the team?

5. How would your past coaches and/or teachers describe your work ethic?

6. What are some of your hobbies (other than dancing)?

7. What does responsibility and accountability mean to you? Why is being responsible and accountable important when you are part of a team?

8. How do you adapt to change and give an example of a time you dealt with change?

9. How do you accept criticism and give an example of a time you were criticized and how did you handle it?
DANCE TEAM PROGRAM

Katrina Dudley, Coordinator
Andria Smith-Holmes, Head Coach

Revised 2015
RULES/REGULATIONS AND POLICIES

Participation on the dance team at Lawson State Community College is a privilege and an opportunity. Along with this privilege come certain responsibilities. In addition to representing yourself, you represent Lawson State Community College and the team at all times. Therefore, the Golden Essence Dance Team will adhere to certain standards of academic achievements, conduct, habits, dress, public appearance, performance, transportation policies, and selection procedures, all which should reflect positively on the College, the team, and you. In addition to these policies, you are also responsible for knowing and adhering to the standards within the Code of Student Conduct and the Athletic Handbook.

A. Policies

1. Disrespect to the Dance Team Coaches, College staff, alumni, and/or fellow teammates WILL NOT be tolerated and will result in suspension or dismissal from the team.
2. Fighting will NOT be tolerated and will result in suspension or dismissal from the team.
3. All dancers are considered alternates. For any appearances or game performances, the dancers will have to audition in order to perform on the floor. All decisions are to the discretion of the Dance Team Coaches.
4. Attitude, appearances, physical fitness, knowledge and ability, and endurance are important as well and will determine if a dancer performs or participates.
5. The Dance Team Coaches will choose Captains/Officers for the Dance Team. Decisions will be based on leadership skills, attitude, seniority, and experience.
6. If a Captain/Officer is not fulfilling her position, she will be asked to step down and will be replaced by a selection of the Dance Team Coaches.
7. Duties of the Captain/Officer will be determined by the Dance Team Coaches.

B. Tryouts and Selections

The Program Coordinator will coordinate the Dance Tryouts. Tryouts will be conducted once during the academic year, in April, for the next school year. Tryout dates are planned on a yearly basis for more details regarding an upcoming tryout date, please contact the Head Coach. The program administration reserves the right to hold as many public and private tryouts they deem is necessary for the success and needs of the program. The team members will be chosen on the basis of appearance, athleticism, personality, enthusiasm, and dance skills ability. Dance Team administration reserves the right to refuse a position on any squad to any past participants based on past behavior which dishonors the dance team program as a result causes animosity among the squad, physical liability or any reason deemed appropriate by the Program Head Coach. Tryout results are final and non-negotiable.

Tryout Requirements
Tryout applicants must meet the following criteria:

1. Full-time LSCC student, or transfer student who will be a full-time student during the next school year, or incoming student who has already applied to LSCC.
2. A minimum 2.0 cumulative grade point average is required (2.5 for scholarship participants).
3. Each applicant must have completed necessary medical insurance and information forms from the LSCC Department of Athletics.

During tryouts applicants much adhere to the following:
• There will be a non-refundable, mandatory $20.00 tryout fee; this fee will contribute to the program funds and also to provide food during tryouts, snacks, water, etc. Only cash will be accepted.
• The applicants will be required to tryout in a form fitting black top, black shorts, dance pants, and dance shoes (jazz shoes, dance sneakers, etc.) All participants are expected to have completed full make-up; hair should be up and out of the face. The policies listed in section G. (uniforms, personal hygiene & dress) will apply.
• A dance candidate must provide a copy of a current physical exam and transcript.

The Program Tryout will consist of a 2- day tryout, starting at 5:00 pm on Friday where the 1st cut will take place. It will resume on the following Saturday at 10:00 am where the final selection will take place. The interested candidates should expect to learn and perform a 1-2 minute dance routine that will be performed on Saturday. This is subject to change.

1. The applicants are required to bring a 1-minute routine with them to tryout. (This routine will serve to display each applicant’s individual choice in style and personalized talents.)
2. Each applicant will be assigned a number. Applicants will not be called or recognized by name, but rather by number so as not to influence judging. These numbers will be used to create, at random, tryout- groups of three to four people each.
3. Applicants will be asked to perform basic techniques such as splits, cat roll, and kicks (step kicks, straight kicks, and hinge kicks, all).
4. Applicants will also have an interview process. (This helps the judges get a better understanding of your personality).

C. Conduct and Expectations

It cannot be stressed enough that Golden Essence Dancers’ play important roles as Lawson State Community College representatives. They are highly visible symbols of Lawson State Community College and thus must conduct themselves at all times as positive, mature, adult role models. They should do nothing which brings embarrassment to the College, the Department of Athletics, and most importantly, to themselves and to their families. This will hold true regardless of the circumstances. Selection as a Dancer is a prestigious honor and has separated that individual from the rest of the student body, and appropriate conduct is mandated accordingly.

The following rules specifically apply. Applications of all rules are subject to the discretion of the Head Coach and Program Administration.
1. All applicants are expected to pass all mandatory physical and drug test.
2. No smoking or use of smokeless chewing tobacco, eating, and drinking during practice, while in uniform, attending LSSC sanctioned events, and traveling to and from away events.
3. No alcoholic beverages will be consumed 24 hours prior to or during any athletic events and practices. Violation of this clause will result in suspension/benching for that game/event and the next game/event.
4. Student- athletes violating any of these clauses are subject to disciplinary action outlined in the Student- Code of Conduct.
5. Abusive language on or off the court, during practice or any LSSC – sanctioned athletic event will NOT be tolerated. Consistent violation of this clause can be used as grounds for dismissal for the Program.
6. Any action which brings undue embarrassment to the Dance Team Program or LSSC will be grounds for suspension or dismissal from the Program at the discretion of the Head Coach, Program Administration, or Disciplinary Committee.
7. The Program Administration will be involved with the Coach in any consideration of dismissing an individual from the program.
8. Make every attempt to ignore or dissuade negative responses at events and not become involved in such action themselves.
9. **NO FIGHTING.** It is one thing to fight a non- dance members, but it is degrading to fight your co-dancer.
10. During the game, you must seat with the team at all time. Family members, friends, children and significant others **CANNOT** seat with you or you with them.
11. Kissing, laying on, groping, etc. with your significant other is not allowed during the game or any event.
In conjunction with the above, team members will be required to perform community service projects and promotional activities as scheduled. Active recruitment for the Dance Team Program is also required.

D. Attendance

All practices are private and closed to the public. Non-team members may view practice at the invitation of only the Head Coach or Dance Coordinator. Prior permission to attend a practice should be sent to the Head Coach or Dance Coordinator at least 24 hours in advance to the practice.

- All dancers will attend all practices and performances or events, unless pre-approved by dance coaches.
- Absenteeism of more than 8 unexcused practices per semester will result in suspension of dancing.
- If summer camp occurs, the dancer is required to attend.
- If any other activities or opportunities are chosen by the dance coach, the dance coach shall decide if the event is mandatory or optional.

Consistent attendance and on-time arrivals are vital to a well-prepared squad. Preliminary late arrivals without an excused absence will result in the person running laps; consistent tardiness will be subject to more serious disciplinary action. *Note: tardiness over 30 minutes without an excuse is considered an unexcused absence.

Excused Absences include:
1. Illness/Injury to the Dancer or immediate family members, which require the Dancer’s attention and travel away from campus.
2. Death in the immediate family.
3. Required class obligations (i.e. tests scheduled during regular class time or mandatory lectures required for class).

Review sessions and individual or group study sessions will not be considered excused absences from practices or games/events.

Notices of these situations must be submitted, when possible, to the Head Coach at least 24 hours in advance. It is recognizable that this may not be possible when the situation involves an illness or death in the immediate family. The Dancer must make a responsible and concerted effort to contact the Head Coach.

Suspension: the on-time attendance to that game/event in full, assigned uniform; the suspended individual will sit with the Head Coach during the game/event, but will not participate in any team activities.

E. Rehearsals Schedule/Performances

All rehearsals are mandatory.

- Tuesday and Thursday, 5:00 p.m. to 8:00 p.m. (But always subject to change; extra rehearsal added as needed).
  - 5:00P.M. to 5:30P.M.- Warm up
  - 5:30P.M. to 6:30P.M.- Go over basic skills and run through pervious learned routines
  - 6:30P.M. to 7:00P.M.- Practice for parades
  - 7:00P.M. to 8:00P.M.- Start and finish learning new routines

- Rehearsals are closed to family, friends, and significant others (unless prior arrangements are made with the Coach).
- No children at practice!!!

- Any dancer missing a rehearsal prior to an event will not be allowed to perform at that scheduled activity unless approved by dance coach.
- Any dancer missing multiple practices, games, or events is subject to dismissal from the team.
- If you cannot attend the rehearsals and performances, do not consider auditioning.
- Cell phones must be turned off or on vibrate during practice and must be left in the dance room or car during games unless otherwise noted.
- Dancers must be present at least 1 hour prior to performance unless otherwise noted.
F. Fundraisers

The Golden Essence Dance Team will participate in different fundraisers to help raise money for the purchase of items needed for the dance season. All fundraisers are required mandatory participation. List of possible fundraisers are:

A. Car Washes
B. Candle Sales
C. Raffle Tickets
D. Basket Raffle
E. Candy Sale
F. Popcorn Sale

Another way for the team to help with raising money is to ask for donations or sponsors. If any team member wants to get a sponsor, a letter for sponsorship will be provided.

G. Uniforms, Personal Hygiene and Dress

Each Dancer is expected to practice good personal hygiene and be well-groomed. Appropriate make-up is expected to all team public appearances. No Big jewelry of any kind will be permitted during participation in practice or games/events. Gum chewing will not be permitted at any practice or game/event. Clothing that prevents or hinders a team member to dance at practice are prohibited. NO short shorts, unless tights are worn under them. The Head Coach or Dance Coordinator reserves the right to dismiss a team member if her appearance or hygiene habits are not up to part.

All old uniforms will be provided and all pieces are for performances use only. The appropriate height and weight are needed for the wear of all uniforms (Old and New) and practice wear. They are not to be worn without jurisdiction of the Head Dance, Dance Coordinator or Captains. Any funds from fundraising, sponsorships, etc. will go toward the purchase of new uniforms. These uniforms will become the property of Lawson State and put in inventory.

- Official uniforms are provided.
- Uniforms must be kept spotless at all times.
- Uniforms will be clean by a designated person.
- If a uniform is issued out, it must be return by the next practice day.
- If a uniform is damaged by your fault, it will be your responsibility to pay for any alternations or the entire uniform.
- Dancers in uniform or wearing any item of the dance team identification must conduct themselves in a manner becoming to a “Golden Essence” member and a LSCC student.
- Uniforms are property of Lawson State Community College.

H. Officers

The role of “Officer” is considered a privilege, with the individual being responsible for higher expectations and more tasks than her team members. At the discretion of the Head Coach, officers will be chosen either at tryouts or at the beginning of summer camp.

Captains and Co-Captains

The numbers of captains depends on the amount of members per squad. The Head Coach reserves the right to choose all or one of the Captains before or during the season. In the event that captains are chosen, the position is not always permanent.

- Captains can be returning or new dancers. Returning dancers as captains are automatically exempt from tryouts however they must pay audition/application fee and submit the required paperwork.
- They must be present at performance and practice at least 10 minutes prior to schedule time. It is a responsible position. You must be a leader and be strong, not rude and bossy.
- You would take direct orders from the dance coach/assistant coach or Dance Coordinator and must follow those orders.
I. Events and Public Appearances

The Dancers will meet insufficient time prior to a game/event to stretch and practice at the time and place designated by the Head Coach. Additions to the policies outlined in the “Conduct” section:

1. Dancers are not to converse unnecessarily with the student body or other spectators as this hinders their attention to the game/event.
2. Dancers are to be responsible for all equipment necessary for that game/event.
3. Give your undivided attention to the game/event and display good sportsmanship at all times.
4. In all cases, the team’s actions are under the direct supervision of the Team Captains.
5. Remember that the Dancers’ primary purpose is to support the team by motivating and entertaining the crowd.
6. For safety reasons over-sized jewelry will not be worn with uniform or at practice.
7. All hairstyles must be neat (no ponytails unless it is a part of the performance and NO LOUD COLORED HAIR).
8. Nails must be athletic length. (NO LOUD COLORS)
9. The “Golden Essence” dancers should look their best at all times, especially when in uniform.

J. Scholarships

Lawson State Community College Dance Team is a non-competitive squad. Scholarships are awarded to a total number of 10 dancers. The scholarship will cover the cost of tuition and fees. All dancers must maintain a 2.50 GPA and carry at least 12 semester hours to receive the scholarship each semester. Only ten (10) scholarships are awarded. It will be based on your GPA and the dancing ability which is scored by the judges at tryouts. The scholarship is processed each semester. If you do not receive the scholarship for the Fall Semester, you may be eligible for the Spring Semester.

As a member of the dance team you would be required to perform at all home basketball games, some volleyball games, a few away basketball games, parades, on campus events, community events, and support the baseball and volleyball teams by attending some games. You are required to participate in fundraising activities. If you do not receive a scholarship, you are still required to follow the rules and regulations. If you work, you must give your employer your practice and performance schedule in advance so that they can work around it. If you have child/children you must arrange for a baby sitter. NO children will be allowed at practice.

Dancer’s Signature___________________________________________  Date________________________

Dancer’s Printed Name_______________________________________