

# MIRA COSTA DANCE TEAM

AUDITION PACKET 2022 - 2023



## MANDATORY AUDITION CLINIC

April 12 - 14th 4:00 - 6:30

Location: Gym Flex Rooms

## FINAL AUDITION

April 14th 4:00-7:30

Location: Gym Flex Room

Contact:

Coach Victoria Brown [miracostadanceteam@gmail.com](mailto:miracostadanceteam@gmail.com)

[www.mchsdanceteam.com](http://www.mchsdanceteam.com)

Dear Dance Team Candidates and Parents,

Thank you for your interest in the Mira Costa High School Dance Team. I hope this packet answers any questions you may have about auditions and the dance team in general. This packet will also help guide you through a rewarding successful audition process.

MCHS Dance Team acts as a performance based team representing Mira Costa High School. The purpose of the MCHS Dance Team is to provide support and entertainment to athletic programs at Mira Costa High, as well as compete and develop strong performance and dance technique. The performance team performs at school athletic events and the competition squad performs at local regional and national competitions. We pride in our role as ambassadors of MCHS and the Manhattan Beach community. Like any athletic team, we strive to be strong, competitive, versatile dancers and performers. MCHS Dance Team works towards the common goal "To be the best dancers we can be through hard work, dedication, and teamwork. We strive to continue a tradition of excellence."

In this packet, you will find helpful information about our program. We ask that potential candidates and their parents review the following information thoroughly to have a clear understanding of the rules, guidelines and expectations before you decide to attend auditions.

Being a Mira Costa Dance Team member is a fun and rewarding experience, however, it also involves a great deal of hard work and commitment. Please consider all information in this packet as you prepare for auditions.

Sincerely,

Victoria Brown

Mira Costa Dance Team Head Coach

# WHAT WE LOOK FOR AT AUDITIONS

All prospective members are evaluated on poise/personal presentation, showmanship, dancing ability, technique, rhythm/coordination, precision and memory. During the clinics, dancers are taught across the floor technique and up to three dance combinations; to be performed in front of judges on final tryout day. Those wanting to be considered for the competition squad, will be evaluated the same during the competition audition combo. *Please refer to the competition section of this packet for more details.*

**TEAM PRECISION:** Looking for rhythm, execution and togetherness while dancing in large groups. Dancers must be able to both learn material quickly and perform material with ease in a large group with proper timing after a short period of instruction.

**TECHNIQUE:** Looking for a strong foundation in technical skills: Turns, kicks, leaps and flexibility. *Please refer to technique breakdown per team for details.*

**SHOWMANSHIP:** Looking for smile, connection with the crowd, emotion when needed, eye contact and confidence. Dancers must be comfortable performing skills and all other material learned. Auditions are not only about showing skills, they are also about performing the skills with 100% effort and energy, as if in a game or performance situation.

**APPEARANCE:** Looking for confidence, neatness, poise and posture. Dancers should present themselves at auditions how they would present themselves at a game or performance. Dancers are required to wear all black, and hair should be neatly pulled back.

**PERSONALITY:** Maturity, confidence and a strong work ethic.

# TECHNIQUE BREAKDOWN

## REQUIRED TECHNIQUE FOR JV TEAM:

Double pirouette with proper execution

Brush and developpe leaps

Battements/Kicks/Tilts

Chaîne turns

Proper placement and flexibility in the techniques listed above

## REQUIRED TECHNIQUE FOR VARSITY TEAM:

Double and triple pirouettes, including proper execution of coupe and pencil turns

Leg tilts and extensions with proper placement and flexibility

Leg hold turns

Chaînes and pique turns

Leaps: Brush/developpe, including leaps in 2<sup>nd</sup> position and turning leaps (*straight leg and calypso*)

Kicks/battements

Ability to pick up choreography and style quickly

Strong performance quality

Proper placement and flexibility in the techniques listed above

## REQUIRED TECHNIQUE FOR COMPETITION TEAM:

Triple pirouettes, including proper execution of coupe and pencil turns

High kicks, leg tilts and extensions with proper placement and flexibility

Leg hold and tilt turns

Leaps: Brush/developpe, including leaps in 2<sup>nd</sup> position and turning leaps (*straight leg and calypso*). Must be able to show full split while leaping.

Must be able to execute a minimum of 4 turns in 2<sup>nd</sup>.

Acro is a plus, but not required.

Proper placement and flexibility in the techniques listed above

Ability to pick up choreography and style quickly

Strong performance quality

# TRYOUT CLINIC SCHEDULE

## CLINIC

- April 12th Technique + Jazz Combo 4:00 - 6:30
- April 13th
  - Hip Hop Combo + Jazz review 4:00 - 5:30
  - Competition Combo 5:30 - 6:30

## FINAL AUDITION

- April 14th
  - Optional Review 3:00 - 4:00
  - Audition 4:00 - 7:30
  - Leadership auditions 7:30 - 8:30

# TRYOUT PROCESS

- Tryouts are held before a panel of qualified judges including coaching staff.
- Application, grade verification and release sheet must be filled out and signed by the candidate, teacher, and parent(s) or legal guardian.
- Tryouts will be closed to all except coaches, judges and graduating dance team members.
- Scoring criteria will be used. Dancers receive 1-10 points (*10 being the highest*)
- Prospective members will be evaluated on poise/personal presentation, showmanship, dancing ability, technique, rhythm, coordination and memory. During the three-day clinics, dancers will be taught across the floor technique and up to three dance combinations; to be performed in front of judges on the actual day of tryouts. For returners, tryouts are constituted by auditions and coaches' assessment of previous years' performance, work habits, and attitude.
- The judges' decision will be announced online 1-3 days following the last day of tryouts for all in-person auditions.

All tryout results will be posted on the dance team website April 17th by 7pm:

[www.mchsdanceteam.com](http://www.mchsdanceteam.com)

All tryout results are final.

# SEASON BREAKDOWN

## JV DANCE TEAM PRACTICE SCHEDULE

Fall - Spring: Monday, Tuesday + Wednesday 3:30 - 6:00

## JV PERFORMANCE SCHEDULE

- Fall Home JV Football Games
  - Halftime
  - Varsity Homecoming Football game
- Winter Home JV Basketball Games
  - 1<sup>st</sup> and 2<sup>nd</sup> quarter
  - Halftime
  - 2<sup>nd</sup> and 3<sup>rd</sup> quarter

## VARSITY DANCE TEAM PRACTICE SCHEDULE

Fall - Spring: Monday, Tuesday + Wednesday 2:00 - 4:30

### Varsity Performance Season

- Fall Home Varsity Football Games
  - Selected sidelines
  - Halftime
- Fall Home Varsity Boys Basketball Games
  - 1<sup>st</sup> and 2<sup>nd</sup> quarter
  - Halftime
  - 3<sup>rd</sup> and 4<sup>th</sup> quarter
- Select Home Varsity Girls Basketball Games
  - Halftime

## COMPETITION DANCE TEAM PRACTICE SCHEDULE

Fall - Spring: Thursday 2:00 - 4:30

*One to two Sunday rehearsals a month when needed. TBA*

## OTHER EVENTS + PERFORMANCES

Lip Sync  
Hometown Fair  
Pier de France  
Holiday Party  
Banquet

# COMPETITION TEAM

The Competition team is for dance team members interested in taking their skills to the next level with hard work and dedication to their craft. Dancers interested in the competition team must show intermediate/advanced technique, have stellar performance skills, and strong practice/rehearsal etiquette. The competition team will compete at regional and national competitions throughout the winter and spring season.

During the summer, dancers will learn and work on competition material. Getting dances done early will allow the team to be prepared for the competition season. Therefore, summer choreography practices are mandatory.

## Summer Choreography Practices

Competition team members will begin learning routines in July. Current schedule is as follows. We may add or change the dates below. Final schedule will be provided in early June.

July 8th	3:00 - 7:30
July 9th	10:00 - 2:00
July 14th, 16th	3:00 - 7:30
July 22nd	3:00 - 7:30

## Fall Practice

Every Thursday 2:00 - 4:30 and one to two Sunday rehearsals a month when needed.

## Tentative Competition Routines

Group Jazz

Group Lyrical

Group Hip Hop

Small Contemporary

Selected Soloist

## FQA'S

What is the time commitment required to be on the Mira Costa Dance Team?

Dance Team is a year round sport. We begin practices in May, immediately following auditions, and continue until March/April of the following year. Varsity performs at all home varsity football games in the fall, and in the winter, all varsity home boys' basketball games (*select varsity girls basketball*). JV performs at all home JV football games in the fall, and JV boys' basketball games in the winter. The competition team competes at regional and national competitions in the winter and spring. All team members perform at selected community events.

Is there practice over the summer?

Summer practices and dance camp are mandatory. During this time, dancers will learn all of the necessary game material for the year, including sidelines, halftime and competition material. In August, we will attend overnight resort dance camp. USA Camp offers a specialized dance experience for students at every level. Camp helps build confidence, leadership, energy, spirit, unity and most importantly...TEAMS! Dancers will learn routines in jazz, stylized jazz, hip hop, lyrical, contemporary, character, dance/pom. Skills enhancement include precision, line work, leaps, turns, kicks, flexibility and more. Please see the important dates sheet for camp date and summer schedule.

I really want to try-out for the Dance Team, but I have a scheduling conflict during that week and I cannot change it. What should I do?

For in-person auditions only: If you are unable to attend the Mandatory Tryout Clinics and Final Audition due to an unavoidable scheduling conflict, with approval of the coaching staff, you may be able to audition live on a date PRIOR to auditions. Please contact Coach Victoria Brown at [miracostadanceteam@gmail.com](mailto:miracostadanceteam@gmail.com) for approval. Please be advised that this is the only exception made. You must be available to attend all summer practices and camp dates in order to make the team.



# UPDATED IMPORTANT DATES

Parent Meeting Tuesday April 19th 7PM

Uniform Fitting Friday April 29th

Welcome Party Thursday April 28th 4:00 - 5:30

Summer School Sign Up Deadline Friday June 17th

## SPRING PRACTICES

May 9th, 10th 3:30 - 5:00

May 16th, 17th 3:30 - 5:00

May 23rd, 24th 3:30 - 5:00

## SUMMER SCHOOL / PRACTICES

Our summer practices are run through MCHS summer school program. Practices are as followed:

### VARSITY SCHEDULE

July 6th, 7th 3:00 - 6:00

July 11th, 12th, 13th 3:00 - 6:00

July 18th, 19th, 20th, 21st 3:00 - 6:00

July 26th, 27th, 28th 3:00 - 6:00

Picture Day July 29th 6:00PM

DANCE CAMP August 1st - 4th Overnight

### JV SCHEDULE

July 6th, 7th 3:30 - 6:00

July 11th, 12th, 13th 3:30 - 6:00

July 18th, 19th, 20th, 21st 3:30 - 6:00

July 26th, 27th, 28th 3:30 - 6:00

Picture Day July 29th 6:00PM

DANCE CAMP August 1st - 4th Overnight

### COMPETITION TEAM SCHEDULE

July 8th, 9th 3:00 - 7:30 10 - 2

July 14th, 16th 3:00 - 7:30

July 22nd 3:00 - 7:30

There are no practices in August after camp.

The following are upcoming costs associated with being a member of the MCHS Dance Team. Please note uniform costs are approximate. Pricing does not include shipping cost.

## VARSITY

WHAT	DUE	RETURNING MEMBER COST	JV MEMBER TO VARSITY	NEW MEMBER COST
Uniforms Paid to Varsity Spirit	April 29 - May 6th payment portal open	\$200 - \$300 <i>approximately</i>	\$530 <i>approximately</i>	\$800-\$950 <i>approximately</i>
Uniform Paid to MCHS Booster	April 29th	\$80	\$80	\$105
USA Camp Deposit	May 17th	\$240	\$240	\$240
USA Camp Balance	June 7th	\$240	\$240	\$240
Summer School Paid to MBAF	June 17th	See MBX website	See MBX website	See MBX website

Please note uniform costs are approximate. Pricing does not include shipping cost.

## JUNIOR VARSITY

WHAT	DUE	RETURNING MEMBER COST	NEW MEMBER COST
Uniforms Paid to Varsity Spirit	April 29 - May 6th payment portal open	\$152 <i>approximately</i>	\$600-\$850 <i>approximately</i>
Uniform Paid to MCHS Booster	April 29th	\$80	\$105
USA Camp Deposit	May 17th	\$240	\$240
USA Camp Balance	June 7th	\$240	\$240
Summer School Paid to MBAF	June 17th	See MBX website	See MBX website

## COMPETITION TEAM

WHAT	DUE	COST
Covers all choreography, costumes and Regional competitions for full group numbers	June 6 <sup>th</sup>	<b>\$560</b>
Nationals	<i>Fundraisers throughout the year help support some Nationals competition fees.</i>	<i>Fundraisers throughout the year help support some Nationals competition fees.</i>

# MIRA COSTA DANCE TEAM

Audition Application 2022-2023

Please return completed application to Coach Victoria Brown's mailbox located in the main administration building at Mira Costa by April 1st

Name: \_\_\_\_\_

Current Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Student Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Year in School: (In the fall) FR SO JR SR

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

What type of dance style do you excel at the most?

\_\_\_\_\_

How many years of dance training do you have?

\_\_\_\_\_

What styles of dance have you trained in?

\_\_\_\_\_

Do you attend a dance studio? If so, which one?

\_\_\_\_\_

Will you have any conflicts over the summer? (Please Explain)

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How did you find out about the MCHS Dance Team audition?

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Are you auditioning for the competition team? \_\_\_\_\_

Do you compete or have you competed in the past? \_\_\_\_\_

If so, for which studio and for how long? \_\_\_\_\_

Will you have any conflicts with summer choreography dates?

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### TRYOUT ESSAY

Please give a short statement of why you want to be a member of MCHS Dance Team and what qualities you have to offer the MCHS Dance Team Program. If auditioning for the competition team, please state why you would like to compete.

# RELEASE OF LIABILITY

Students Full Name:

Grade:

Date of Birth:

Home Address:

Home Phone Number:

Mothers Name:

Cell Phone:

Father's Name:

Cell Phone:

Emergency Contact Person:

Day Phone:

Current Medications:

Allergies:

Current Medical Conditions:

## Release of Liability, Assumption of Risk & Indemnity Agreement

I, the undersigned parent, do hereby grant permission for my son/daughter \_\_\_\_\_, to participate in the activity of the Dance Team at Mira Costa High School. I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity there is possibility and risk my child may sustain physical injury, illness or even death in connection with her participation. I understand that the Dance Team Program established rules and regulations pertaining to conduct, behavior, expectations and responsibilities that all members must abide by. Based thereon, my daughter and I release and forever discharge Manhattan Beach School District, Mira Costa High School and its representatives, agents and employees from any claims, losses, liabilities, demands or actions for any illness, injury or death that my son/daughter may sustain during participation of the MCHS Dance Team. I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY, understand that I have given up rights by signing it and have signed it freely and without reservations.

Further, I hereby give permission for certified and licensed medical personnel to use appropriate procedures to aid my child \_\_\_\_\_ to prevent further injury and/or death. If possible, I wish to be contacted before any procedures are initiated; however, if the injuries are life threatening or I am unable to be reached; I give permission for the emergency care personnel to do what they deem necessary in the best interests of my child.

Statement of Acceptance & Understanding: I have fully read and agree to the above Release of Liability. I further agree to be financially responsible for participation in the program I have registered for.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## GRADE VERIFICATION

As a member of the Dance Team, academics are very important. Therefore you must have a 2.0 or above to audition and no D's or U's.

Student Name: \_\_\_\_\_

Current School: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

This form **MUST** be turned in and signed by your teachers. Incomplete forms will **NOT** be accepted.

Period	Grade	Citizenship	Comments	Signature
1				
2				
3				
4				
5				
6				
7				



