

# LCHS Tiger Drill Team

## Try-out Information and Application Packet 2024-2025



Thank you for your interest in the Lewis and Clark Tiger Drill Team. LCDT has an extensive history of excellence and is well-known for its precision. If you want to be part of our amazing team, please read through all information, and complete the application process!



*No dance experience is necessary!*



# Try-out Information and Application Packet 2024-2025

## Each interested candidate will be required to do the following:

1. Sign up in Final Forms
2. Join the Band App for 2024 LCDT Tryouts.
3. Attend practices at LC on dates listed below to learn tryout material.
4. Submit Application and the LCDT Guidelines & Expectations Signature Page signed by both the student and parent/guardian by May 1<sup>st</sup>
5. Attend tryouts May 2<sup>nd</sup> at 6pm.

## Practice Dates and Times:

Tryout practices will be held at Lewis and Clark in the field house. You will sign in at each practice and receive points toward your final score for each practice attended. At these practices you will learn all the necessary tryout material from current drill team members as well as receive feedback as to how you can improve before the actual tryout.

April 24<sup>th</sup> 6-7:30pm

April 25<sup>th</sup> 6-7:30pm

May 1<sup>st</sup> 6-7:30pm

All practices are closed. Please let your parents/guardians know that they will not be allowed to watch.

Please bring a water bottle!

## Tryouts:

May 2<sup>nd</sup> in the field house main gym

6-7:30 pm (End time is approximate. All candidates will be dismissed upon the conclusion of tryouts)

Tryouts are closed. Please let your parents/guardians know that they will not be allowed to watch.

You may bring a snack and water bottle.

## Band App:

Here, you will be able to access all the tryout material. You may also ask the coach and other current team members questions through the app! You can scan the QR code to the right or copy this link to join: <https://band.us/n/a8a40f7cc3M74>



## Final Forms

A Final Forms group for LC Drill Team Tryouts is set up for registration. It is listed as "Tryouts for 24-25 Dance & Drill". Individuals interested in trying out are required to register and be cleared before they participate in tryouts. You must also have a current physical to tryout.

## Applications

The application form is completed by the student which includes the signature of a parent/guardian and the student. The application needs to include the application form, a picture of the candidate (preferably a headshot) so the coaches can get to know everyone's face, the essay (described on the application form), and an academic transcript which includes the candidate's GPA. Teacher evaluations also need to be given to **all**

schoolteachers. The evaluations are sent in by the teachers, not the candidate. The completed application can be emailed to [LCDrillTeam@spokaneschools.org](mailto:LCDrillTeam@spokaneschools.org) or handed into one of the coaches at practice.

### **Drill Team Expectations**

The Expectations and Guidelines are attached to the application, and last page is a "Signature Page" which states, *"I have read, understand, and agree to the 2024-2025 Tiger Drill Team Guidelines and Expectations as outlined."* The parent and student must sign this form and submit it prior to trying out. **Failure to sign this form will result in automatically not making the team.**

### **New Member Announcement**

The 2024-2025 team members will be announced on our Instagram page on May 2<sup>nd</sup> at 9pm. Our Instagram handle is @lcdrillteam.

### **Attire for Practices:**

Please wear school-appropriate workout attire, preferably workout pants of some sort, not shorts, and a full-length shirt (not a crop top) in which you can easily move. You may either wear athletic tennis shoes (not vans, converse, etc.), jazz shoes, or ballet shoes. Please have hair securely up, out of your face, and off your neck (i.e. ponytail) so you don't have to fix it during practice. All jewelry must be removed. No gum. You do not need to buy anything new for tryouts.

### **Attire for try-outs:**

If possible, please wear long, dark-colored workout pants and a solid-colored t-shirt. If you have them, wear jazz shoes, but tennis shoes or ballet shoes are also acceptable. Drill team has some extra jazz shoes you may borrow for tryouts if you do not have appropriate shoes. Have your hair in a secured ponytail or bun so that it is not falling into your face or falling out. All jewelry must be removed. No gum. You do not need to buy anything new for try-outs.

Please note that the no jewelry and no gum policies are not just team rules but WIAA and NFHS safety rules by which all dance and drill teams must abide.

**If you are unable to attend tryouts**, please let us know! You may email us at

[LCDrillTeam@spokaneschools.org](mailto:LCDrillTeam@spokaneschools.org) to inquire about submitting a video tryout. Because you will be unable to attend and participate in practices, you will be required to send in at least one practice video in order for you to receive feedback and help from current team members. Your official tryout video will need to be submitted via email by no later than 6pm on May 2<sup>nd</sup>.

### **Scoring System:**

#### **Application and Tryout Material**

- Application: 15 points (completion score only)
- Picture: 10 points (**completion score only**, not scored on quality of picture)
- Essay: 25 points
- Teacher Evals: 60 points
- GPA: 40 points (4.0 GPA = 40 pts, 3.5 GPA = 35 pts, etc.)
- Tryout: 100 pts
- Total = 250pts

Scoresheet examples will be available at practices for dancers to look at and take home if desired. Final tryout scoresheets are confidential, but some feedback from the judges can be made available upon request after 48 hours.

# 2024-2025 LCHS Tiger Drill Team Application

*This application is due **May 1<sup>st</sup>***

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

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

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

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

Do you play any school or club sports? YES / NO

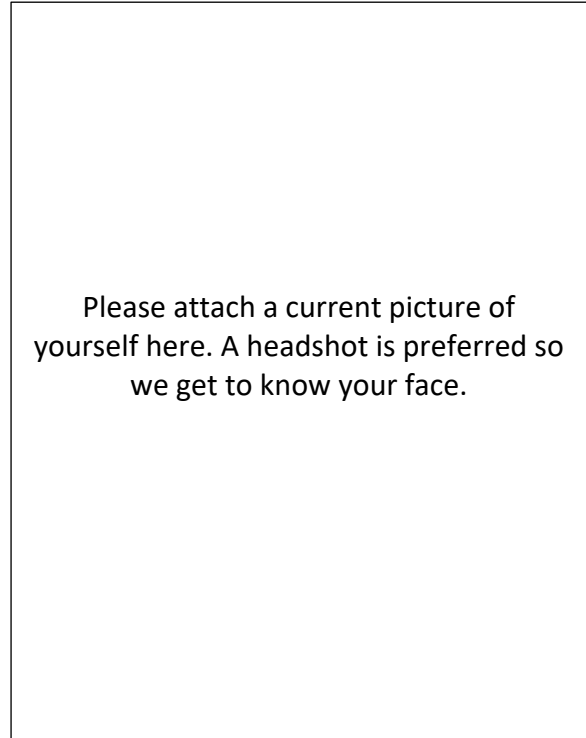
If yes, what sport(s)? (Please specify if club or school) \_\_\_\_\_

\_\_\_\_\_

If you have any previous experience in dance, drill team, or anything else which could be useful, please explain the type and number of years of training: \_\_\_\_\_

\_\_\_\_\_

Parent Email: \_\_\_\_\_



Write a one-page essay explaining why you would like to be on drill team and what you could bring to the team. Please attach it to your application. Essay must be typed: 1-inch margins, 12pt Times New Roman font, double spaced.

Attach a copy of your academic transcript. This can be from power school or a copy of your report card. It must include your cumulative GPA.

You need to send this link to all current schoolteachers for them to fill out a teacher evaluation Google form. They are due by **May 1<sup>st</sup>**. These evaluations are part of your overall tryout score, so be sure to let your teachers know they need to get them done on time.

[https://docs.google.com/forms/d/e/1FAIpQLSeEZxE5ZwjJZJVJ4q18RHITGmz1382DqVEYqRJIZrFp5w0zDA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeEZxE5ZwjJZJVJ4q18RHITGmz1382DqVEYqRJIZrFp5w0zDA/viewform?usp=sf_link)

By signing below, you and your parent/guardian acknowledge the requirements and expectations of being a member of the LC Drill Team. You agree to attend camp as well as the gameday and technique practices in August. If you are absent from these practices, your spot will be forfeited.

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

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

## **If you make the team**

If you are selected to be member of the 2024-2025 Tiger Drill Team, there will be **mandatory** practices which must be attended in order to be on the team. There will be **mandatory** camp **the first week of August, dates TBA** (usually 3 days 9am-3pm), **Mandatory** full-team practices to work on the gameday routines and technique which will occur at LC during the week of **August 12<sup>th</sup>-16<sup>th</sup>**, and **19<sup>th</sup>-23<sup>rd</sup>**, 3 hours each day, times TBA.

Be aware that drill team is not a class period during the school day, but it does still run through the entire school year. Drill team practices will be Mondays 7:30-8:45am, Tuesdays, Thursdays, and Fridays 6:30-7:45am. If you do not compete or do not compete in all routines, you will not be required to attend each practice day. There will be a day assigned to practice each competition routine and one assigned for gameday practice. Drill team will also have a few practices which take place on Saturdays, usually 7-10am and usually required for the competition team only. There will also be mandatory Saturday practices the weekend before Rubber Chicken (gameday team), Districts (competition team), and State (competition team).

All drill team competitions take place on Saturdays. The entire competition team will be attending all competitions. Our first competition will usually take place in the beginning of December. We will continue to have competitions throughout January and February. The district competition will be on March 15<sup>th</sup> in the Tri-Cities, and the state competition will be on Saturday, March 29<sup>th</sup> at the Yakima Sundome. We will also have some performances during the week at events such as LC Football, Gonzaga basketball, LC basketball, and EWU basketball.

**Costs:** *(If costs are causing hesitation, please email Coach Sarah with your concerns before deciding to not try out for the team.)*

These are all one-time costs – unless you wish to replace anything that gets worn out.

- Team Tennis Shoes (White Bloch Omnia Sneakers-S0926L): \$75
- Jazz Shoes (Black Capezio E-Series): \$48
- Black Tights (footed): \$15
- Skin-tone tights or Nylons: up to \$15
- Uniform Shirt: \$25
- Black spandex shorts or briefs and orange briefs: ~\$15 each

# **Gameday vs Competition Team**

## **Gameday Team**

All team members of the LC Tiger Drill Team are ideally in each gameday routine and, therefore, on the gameday team. There is not a set number of spots in any of the gameday routines, but each dancer does have to pass a knowledge evaluation in order to perform. The purpose of this is to incentivize them to work hard and practice these routines, as well as make sure they are being safe when performing and stunting. Safety is always a top priority, and everyone performing must be safe when doing so. Again, a spot will be available for each dancer with the assumption that they pass. Scoring below an 80% will require a re-evaluation in order to earn a spot. 80% and above will earn a spot for these routines. All general scoring criteria will be available for the team to look over before the evaluation day. The following routines are performed by the gameday team:

- *Lilac Parade (May)*
- *Football Games (Fall)*
- *Hello Week Move-In Con (Fall)*
- *May Week Con (May)*
- *Some\* Basketball Games (Winter)*
- *Rubber Chicken (Winter)* is designed slightly different. Traditionally\*\*, there are 5 sections for the Rubber Chicken performance, in the following order: novelty, hip hop or jazz, 1<sup>st</sup> competition routine, jazz or hip hop, and 2<sup>nd</sup> competition routine. All members will be in the novelty section. Each dancer will then be placed in one or both other sections (jazz and hip hop) based on technique and strength in each style. These selections are made based on strengths, not weaknesses. Competition routine spots will remain the same for the Rubber Chicken performance unless injury or illness occurs. Anyone not in a competition routine will be placed in both the jazz and hip hop sections in order to give them more performance time.

*\*When we perform at basketball games, we usually do both the girls' and boys' games on the same day. The gameday team will perform at one game and the competition team at the other.*

*\*\*With the addition of other spirit programs, the layout and design of the Rubber Chicken performance is subject to change.*

## **Competition Team**

Un-like games, cons, and Lilac Parade, only the highest scores will earn spots on the competition team, through a try-out. The team will learn a section (usually about half) of each routine before having a mid-point evaluation. These scores will give dancers an idea of what they need to work on before the final tryout. The final tryout will be over the entire routine. 85% and above will earn a spot on the competition team for each routine. There may also be 2-4 alternates assigned to each competition routine.

Competition routine categories for the 2024-2025 season will be at the discretion of the coaching staff.

**\*NOTE:** Members must keep their competition spots by maintaining passing grades in ALL classes in order to be eligible to perform.



# 2024-2025 Tiger Drill Team Guidelines and Expectations

## A. Practice Time

- All members are to be in the gym or wrestling room and in their attendance box at the following times.
  - Monday: 7:30am
  - Tuesday, Thursday, Friday: 6:30am
  - Saturdays: 7am
- Practice will go until 8:45am Mondays and 7:45am Tuesdays, Thursdays, and Fridays
- **Dress Down:**
  - All members are to wear dance/work out attire. Your clothing apparel should be **APPROPRIATE**, comfortable, and easy to work out in. Hair must be pulled back, off your face and neck, and secured. Use bobby pins, hair clips, and hairspray in order to keep hair out of your face. You should not have to fix your hair during practice or continuously brush it out of your face.
    - **Required for practice**
      - Yoga pants/dance pants, joggers, can be full-length or capri (*No pajama pants*)
      - No shorts
      - Jazz shoes
      - Athletic Tennis Shoes (*to be worn every day unless instructed otherwise. No vans, converse, or other "clunky" shoes.*)
      - Appropriate tops (*must adhere to the school dress code*)
        - You should be able to lift your arms without your midriff showing (NFHS Spirit rule)
        - No references to sex, drugs, alcohol, or swear words.
        - No spaghetti straps
        - No open-back tops
        - No open-side tops
      - Water bottles are encouraged
- **Injuries & Illnesses:**
  - If a team member has an injury or illness that is serious, a doctor's note is required for both not being able to participate and returning to activity. All injuries, drill related or not, need to be reported to the coach ASAP.
  - If it is not serious (cold or stomachache), but a team member needs to sit, a doctor's note is required to return to activity.
  - All team members are required to dress down every day. The only exceptions to this are being on crutches, having an immobilizer brace, or physically not being able to change clothes easily due to injury.
  - If a member will be absent from a performance due to an illness or injury, Coach must be notified ASAP so an alternate can be put in if possible.
- **In practice:**
  - **Jewelry:** No jewelry is allowed at practice due to the risk of injury, per WIAA and NFHS Spirit rules. All jewelry is prohibited at competitions and performances as well. Football games are in the fall, and **ALL** jewelry must be out for those performances. Please plan any piercings accordingly. Do not get any new piercings until after Lilac Parade. **Long nails are prohibited during competition season.**
  - **Fingernails may not be longer than the fingertip, per WIAA and NFHS Spirit Rules.**
  - **Gum and Food:** Gum and food are not allowed at practice - it is a choking hazard.
  - Leave your phone in your locker.
  - If you have a question in the middle of practice, DO NOT ask members around you. Please raise your hand and ask the captains or coach.
- **Drama:** Do not bring any drama or gossip to practice. Leave it all at the door when you walk into practice.
- **Negative Attitudes:** You will show respect for your teammates, officers, and coaches by giving positive, encouraging, yet constructive comments/feedback when instructed to do so.
- **Swearing:** Swearing will not be tolerated.
- **Early Dismissal:** Please let Coach know in advance (not the day of) if you need to leave practice early.

- **Tardiness:** Unexcused tardiness is unacceptable. If a member is late, a parent or guardian needs to e-mail Coach Sarah, or send a note explaining the reason for being tardy. Prearranged late arrivals are fine.
- **Attendance:** You may not miss more than 1 practice the week of a performance. You must be in practice the day of and the day prior to a performance. If a team member misses practice the day of or the day before a performance, that member will not be performing. (Emergency circumstances evaluated on a case-by-case basis). You must attend all class periods the day of a performance.
- **Performances:** You are only to be absent from a performance in the case of an illness, or emergency (family etc.). All performance team members will be required to be at designated events (Homecoming, etc.). Competition team members, including both performers and alternates will be required to attend all competitions. Gameday only team members may attend competitions but are not required to do so.
- **Extra Practices:** If you will be missing an extra practice (Saturday or non-school day), you need to let Coach know ASAP.
- **Mandatory Practices:** There will be mandatory practices on Saturdays before Rubber Chicken (gameday team), Districts (competition team), and State (competition team). There will also be mandatory practices with the marching band for the Lilac Parade (gameday team). These will be held in the evening during the week preceding the parade. All members are required to attend the entire practice. Absence from any of these practices (other than for an extreme emergency) will result in not performing in the performance the practice is for, or not performing in a future performance if the member is not a performer for that performance.

## B. Homework

- **Practicing at Home Everyday**
- **Stretching Everyday**
- **Preventing Injury:**
  - Stretch!
  - Practice in your tennis shoes to avoid ankle twisting & shin splints.
  - Ice!
  - Roll out sore/tight muscles.
  - Don't overwork healing injuries – just because it feels better does not mean it's completely healed.
  - If an injury occurs, notify the coach immediately.
- **Cardio**

## C. Positions:

- **Gameday Team Members:** Every member of the 2024-2025 LC Drill Team is part of the gameday team. The gameday team performs at events like LC football games, LC basketball games, Rubber Chicken, school cons, EWU basketball, and Lilac Parade.
- **Competition Performers:** Performing positions are a privilege. All performers must earn their spot for every competition routine. No performing spot is set in stone. You must continue working hard to keep your spot. Coach reserves the right to take away performing spots as well as give performing spots to alternates at any time.
- **Competition Alternates:** Alternate positions are also a privilege. Alternates by far have the most difficult job of memorizing several spots; therefore, alternates need to be even more attentive than performers. In terms of obtaining a performing spot, it is the coaches' decision based upon practices, grade performances, ability, attitude, and height. Many formations are set on height, so *height is a factor in placing an alternate in a spot.*
- **Captains:** You are to have the best attitudes, be supportive, be encouraging, remove yourselves from drama/gossip, and be willing to answer questions for other teammates. If you do not act out your role as a responsible and positive officer, you will not be an officer anymore. All team members will always show their officers respect.
- **Seniors:** The rest of the team looks up to you for experience and maturity. Be a mentor, not a superior.
- **Drill Team is a varsity sport.** Like in other sports, not everyone gets to start at each event. At the coaches' discretion, lineups are subject to change. Drill team is not an individual sport; it's about the team.

## D. Drill Team Conduct:

- **Drinking and Drugs:**



- Any member who is reported to the coach for drinking alcohol or being involved in drugs will be immediately suspended from their position and investigated by administration. REMEMBER: You signed a form on Final Forms stating that you would not partake in any drugs or alcohol while participating in drill team.
- **YOU WILL NOT** show up to competitions, practices, or performances under the influence. If so, you will be pulled from the performance, and a parent or guardian will be called to pick you up.
- **Outside of School:** Any other form of conduct that is degrading to the team will also be taken into consideration. Being on this team means you are an advocate, not only for Drill Team but for Lewis and Clark High School as well.
- **Jewelry, Nails, Hair, etc.:** As stated above, No jewelry is allowed at practice due to the risk of injury. All jewelry is prohibited at all times. Football is in the fall, and **ALL** jewelry must be out for those performances. Please plan any piercings accordingly. Do not get any new piercings until after Lilac Parade. **Long nails are prohibited during competition season. Fingernails may not be longer than the fingertip, per WIAA and NFHS Spirit Rule.** Hair may be dyed/colored/highlighted, but the color must be one which is naturally occurring (black, blonde, etc.).

## **E. Fundraisers and Drill Team Bonding:**

- **Monthly Activity:**
  - Each month, the captains will designate drill team bonding times in which the team may hang out and get to know each other on a more personal level.
  - Bonding = Better performances and closeness on the floor.
  - *The captains are the only Drill Team members who will schedule designated drill team bonding events with direction from the coach. If other members have bonding ideas, please present them either to the captains or Coach.*
- **Fundraisers:** Fundraisers are an essential part of your participation in Drill Team and fund all of our expenses throughout the year. Each member will be given sign up times and notifications as to when they are required to participate in any fundraisers, including but not limited to:
  - Car Washes
  - JBF Sale (September & March)
  - Others TBD
- **Parent Involvement:** Parent involvement is also another fundamental element for this team. The booster club now incentivizes volunteering. If we have parents volunteering for a booster club event, drill team will get a percentage of the profits. We will likely need parents for the following activities:
  - Booster Club Concessions stand for volleyball, basketball, wrestling, and baseball
  - Taking pictures throughout the year for the slide show
  - Fundraising ideas

## **F. Secret Sisters, Drill Team Drawings, and Birthdays:**

- **Secret Sister Gifts:**
  - At the beginning of the season, each member will be assigned a drill team secret sister for the Homecoming, Rubber Chicken, & State performances.
  - When assigned another team member, you are required to give them a gift to avoid exclusion and hurt feelings.
  - Remember: homemade gifts are the most meaningful and do not cost much.
  - *If there are other financial issues regarding drill team costs, please contact the coach because there is a small fund for these types of matters.*
- **Secret Sister Guidelines:**
  - **Size:** Shoe box Small-Medium
  - **Cost:** \$20.00 gift max for Homecoming and Rubber Chicken, and \$40.00 max for State.
- **Drill Team Drawings:**
  - For any drill team member who consistently shows up on time, their name will be put in a drawing on the last day of the month for drill team prizes.
- **Birthdays:** The team wishes to recognize you for your birthday during the year. If you do not celebrate birthdays, please inform the coach. To celebrate your birthday, you will receive a small gift, and be sung Happy Birthday during practice time. Please let Coach know your favorite candy!

## **G. Grade Eligibility:**

- **Grade Point:**
  - In order to perform, you must maintain a “D” average or better for all 6 of your academic classes. If you do not, you will be ineligible to perform until you are passing. If you have any “D” grades, you will be expected to get extra help from teacher in order to get your grade up. Coach will be talking with your teachers to make sure you are working on improving your grade. If, at any point, you have an “F” in a class, you will be required to work on homework for that class during practice.
- **Academic Sports Letter:** Since performing on drill team is a privilege, so is receiving your drill team sports letter. Members who wish to earn their letter in drill team must have performed in 4 of the 5 following events: Homecoming, Rubber Chicken, May Week Con, Showcase, Lilac Parade; you must also perform in one other non-school performance (competition, Gonzaga, EWU, etc.)

## **H. Parent E-mails:**

- Emails should be directed to the team email ([LCDrillTeam@spokaneschools.org](mailto:LCDrillTeam@spokaneschools.org)):
  - Attendance/tardiness/injury/illness for **regular practice during the week, weekends, and performances**
  - Emergency absences.
  - General scheduling questions and planned conflicts (vacations, family events, etc.)
  - Parent volunteering.
  - General questions.

The team email will be checked at least once per day on practice days. If something is more urgent, please call drill team office and leave a message at **354-3819** as those messages will be checked before practice begins each day. Office hours for the team email will be Monday, Tuesday, Thursday, Friday, 7:45-8:45am. Emails will be answered within 48 hours of office hours. That means, an email sent at 5pm on a Monday will not be read until 7:45am on Tuesday, and a response will be sent by 8:45am on Thursday.

## **J. Process of Resolving Problems:**

**There may be situations that require a conference between the student-athlete, coach, and/or parent. These meetings are valued and encouraged as an important problem-solving strategy. It is important that all parties have a clear understanding of the other's position. If a conference is necessary to help promote a resolution, please use the following procedure:**

- The athlete should talk to the coach. This communication is vital for understanding. This is a learning opportunity and will be a life-skill development for the athlete.
- After the athlete meets with the coach, you (the parent/guardian) may call or email the coach to arrange an appointment if necessary. If a parent does schedule a meeting, the athlete must also be present.
- Calling or emailing the Athletic Director before talking to the coach will result in being directed back to the coach.

### **Appropriate concerns to discuss with coaches:**

- Concerns about your student-athlete's behavior.
- Ways to help your student-athlete improve.
- Concerns about the physical well-being of your student athlete.

It is sometimes difficult to accept the allotted playing time during competitions. Sometimes parents may not agree with a coach's game time strategy. However, coaches are professionals. Coaches make judgment decisions based on what they believe to be the best for all students involved for the overall program. Certain topics can and should be discussed with the coach (see the list above).

### **Inappropriate issues to discuss with coaches:**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

# 2024-2025 Tiger Drill Team Guidelines and Expectations

I have read, understand, and agree to the 2024-2025 Tiger Drill Team Guidelines and Expectations as outlined.

Drill Team Member Name (please print): \_\_\_\_\_

Drill Team Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_