

# LCHS Tiger Drill Team

## Try-out Information and Application Packet 2023-2024



Thank you for your interest in the Lewis and Clark Tiger Drill Team. LCDDT 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 2023-2024

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

1. Sign up for LCHS 2023-2024 Fall Dance/Drill in Final Forms
2. Join the Band App for 2023 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 19<sup>th</sup>
5. Attend tryouts May 26<sup>th</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.

May 15<sup>th</sup> 4:30-6pm

May 17<sup>th</sup> 4-5:15pm and

May 19<sup>th</sup> 4:30-6pm

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 26<sup>th</sup> in the field house main gym

6-7 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/a4a381W4adpfP>



## Final Forms

Please register for LCHS 2023-2024 Fall Dance Drill on Final Forms. Follow instruction here: [Sports / Sports \(spokaneschools.org\)](https://spokaneschools.org). Individuals interested in trying out are required to register before they participate in tryouts.

## 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 coach 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 Coach Sarah 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 2023-2024 Tiger Drill Team Guidelines and Expectations as outlined."* The parent and student must sign this form and submit it prior to trying out.

### **New Member Announcement**

The 2023-2024 team members will be announced on our Instagram page on May 26<sup>th</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 shirt in which you can easily move. You may either wear athletic tennis shoes (not vans, converse, etc.) or jazz 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. No jewelry. 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 are also acceptable. Have your hair in a secured ponytail or bun so that it is not falling into your face or falling out. No jewelry. You do not need to buy anything new for try-outs.

Please note that the no jewelry policy is not just a team rule but a WIAA and NFHS safety rule 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 video per week 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 5pm on May 26<sup>th</sup>.

### **Scoresheet Example:**

<b>Transitions (4 points each)</b>	<b>Score</b>	<b>Showmanship (5 points each)</b>	<b>Score</b>	<b>Execution (5 points each)</b>	<b>Score</b>
Toe Walks		Smile		Knowledge of Routine	
Strides		Projection		Sharpness	
Slow Marches		Enthusiasm		Angles	
Projection/Smile				Timing/Rhythm	
Posture/Carriage					
<b>Total</b>	<b>/20</b>	<b>Total</b>	<b>/15</b>	<b>Total</b>	<b>/20</b>
<b>Athleticism &amp; Strength (5 points each)</b>	<b>Score</b>	<b>Advanced Skills (5 points each)</b>	<b>Score</b>	<b>Total Score</b>	
Body Control/Carriage/		Splits (R/L/M)			
Core Strength/Get Ups		Toe Touch			
Fish/Floorwork		Leg Hold (L/R)			
Kicks- Height/Posture/Technique		Pirouette (R/L)			
		Fallback			
<b>Total</b>	<b>/20</b>	<b>Total</b>	<b>/25</b>	<b>/100</b>	

### **Scoring System:**

### Application and Tryout Material

- Application: 10 points
- Picture: 5 points (completion score only, not scored on quality of picture)
- Essay: 15 points
- Teacher Evals: 30 points
- GPA: 40 points (4.0 GPA = 40 pts, 3.5 GPA = 35 pts, etc.)
- Physical Tryout: 100 pts (average of all judges)
- Total = 200pts

There will be a judging panel for your physical tryout, whose scores are averaged and added to the rest of your score. Your average judges score combined with the rest of your score will determine whether you make the team or not. A score above 160/200 will earn a spot on the team.

### If you make the team

If you are selected to be member of the 2023-2024 Tiger Drill Team, there will be **mandatory** practices which must be attended in order to be on the team. There will be **mandatory** Spokamp **June 26<sup>th</sup>-28<sup>th</sup>** 9am-3pm. **Mandatory** full-team summer practices will occur at LC during the week of **August 14<sup>th</sup>-17<sup>th</sup>** 7-10am, at Hart field **August 18<sup>th</sup> and 21<sup>st</sup>, 7-10am**, and at LC **August 22<sup>nd</sup>-25<sup>th</sup>** times TBD (likely 5-8pm).

Be aware that drill team is no longer a class period during the school day, but it does still run through the entire school year. Drill team practices will be Mondays 6:45-8:30 and Tuesday, Thursday, and Friday 6:45-7:45am. Drill team will also have a few practices which take place on Saturdays, usually 7-10am. There will also be mandatory Saturday practices the weekend before Rubber Chicken, Districts, and State.

All drill team competitions take place on Saturdays. The entire competition team will be attending all competitions. Our first competition will usually takes place in the beginning of January. We will continue to have competitions throughout January and February. The district competition will be on March 2<sup>nd</sup>, at LC. The state competition will be on Friday, March 22<sup>nd</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.)*

Aside from the Performance Day Shirt (purchased each year), these are all one-time costs – unless you wish to replace anything that gets worn out.

- Team Tennis Shoes (White Bloch Omnia Sneakers-S0926L): \$60
- Jazz Shoes (Black Capezio “E-Series”): \$48
- Black Tights (footed): \$20
- Skin-tone tights or Nylons: up to \$20
- Uniform Shirt: \$25
- Performance Day Shirt: ~\$30 (price varies based on team size)
- Black hot shorts and Orange briefs: ~\$15

## **2023-2024 LCHS Tiger Drill Team Application**

*This application is due **May 19th***

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 25<sup>th</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/1FAIpQLSeEZxE5ZwjIZJVJ4q18RHITGmz1382DqVEYqRJIZrFp5w0zDA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeEZxE5ZwjIZJVJ4q18RHITGmz1382DqVEYqRJIZrFp5w0zDA/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 SpoKamp in June as well as the clinic, Homecoming, and competition choreography practices in August. If you are absent from these practices, your spot will be forfeited.

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

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

Please attach a current picture of yourself here. A headshot is preferred so we get to know your face.

# Performance vs Competition Team

## Performance Team

All team members of the LC Tiger Drill Team are ideally in each performance routine and, therefore, on the performance team. There is not a set number of spots in any of the performance routines, but each member does have to pass a knowledge test 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 member with the assumption that they pass grading. Scoring below an 80% will require a re-grade 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 grading day. The following routines are performed by the performance team:

- *Lilac Parade*
- *Homecoming Pom*
- *Hello Week Move-In Con*
- *May Week Con*
- *Rubber Chicken* is designed slightly different. In total, 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 member 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 either competition routine will be placed in both the jazz and hip hop sections in order to give them more performance time.

## Competition Team

Un-like Homecoming, Move-In Con, 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 midterm test. These sores will give girls an idea of what they need to work on before the final test. The final test will be over the entire routine. 85% and above will earn a spot on the competition team for each routine. There will also be 2-4 alternates assigned to each competition routine.

- Drill/Military
- 2<sup>nd</sup> routine TBD

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

# 2023-2024 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.
  - Weekdays: 6:30am
  - Saturdays: 7am
- Practice will go until 8:30am 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**
      - Knee pads (optional)
      - Yoga pants/dance pants, 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
- **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.
- **Jewelry:** **No jewelry is allowed at practice due to the risk of injury, per WIAA and NFHS Spirit rules.**
- **Long nails** are prohibited during competition season. Fingernails may not be longer than the fingertip, per WIAA and NFHS Spirit Rules.
- Hair may be dyed/colored/highlighted, but the color must be one which is naturally occurring (black, blonde, etc.).
- **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. Performance only team members may attend competitions but are not required to do so.
- **Mandatory Practices:** There will be mandatory practices on Saturdays before Rubber Chicken (performance team), Districts (competition team), and State (competition team). There will also be mandatory practices with the marching band for the Lilac Parade (performance 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**
- **Stretching**
- **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:**

- **Performance Team:** Every member of the 2023-2024 LC Drill Team is part of the performance team. The performance 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 coach's 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 show their officers respect at all times.
- **Seniors:** The rest of the team looks up to you for experience and maturity. You will act in a manner that conducts the utmost support for your younger teammates and will not act as their superior. You will not be arrogant due to experience but, be humble and willing to learn. 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 coach's 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.

## 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.
- **Fundraisers:** Fundraisers are an essential part of your participation in Drill Team and fund all of our expenses throughout the year.
- **Parent Involvement:** Parent involvement is also another fundamental element for this team. Parent volunteers will be needed for an array of events. 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.

## F. **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 6 following events: Homecoming, Senior Night Football Game, Rubber Chicken, May Week Con, Showcase, Lilac Parade; you must also perform in a non-performance team routine at least once (competition, basketball game, etc.)

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

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

The team email cannot be accessed on a phone; it requires a computer. The team email will be checked at least once per day on weekdays. If you need a response more quickly, please email Coach Sarah directly.

Coach Sarah's personal email will be checked before each practice to check for absences, tardies, or early dismissals. If a response is needed, these emails will not be responded to until after practice.

## **H. 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

## 2023-2024 Tiger Drill Team Guidelines and Expectations

I have read, understand, and agree to the 2023-2024 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: \_\_\_\_\_