

Charger Girls



Dear Future Charger Girls,

We are thrilled that you are interested in joining us for the 2024-2025 Season!

This packet contains information to help you understand what being a Charger Girl entails, and to help you best prepare for auditions this Spring!

Please feel free to email Mrs. Gillett (Head Coach) at whitney.gillett@duchesne.org, and/or Mrs. Lastovica (Assistant Coach) at melissa.lastovica@duchesne.org with any questions you may have about the programs, tryouts, scoring etc.

To Sign-Up for Tryouts, please use the following link:

<https://www.signupgenius.com/go/10C0D4BACAA29A3F8C61-48224010-charger>

Thank you so much, and we look forward to dancing with you at tryouts!

-Mrs. Gillett and Mrs. Lastovica

The Duchesne Charger Girls:

“One Sisterhood, dancing for each other and for Christ”

The Duchesne Charger Girls is a performance based dance team whose main goals are to grow as dancers, grow as a team, and serve our community. In order to best grow as dancers and as a team, Charger Girls train year round as a group in choreography, technique, leaps, turns, strength and conditioning. The Charger Girls also perform at Duchesne Varsity Home Games and Pep Rallies, STH Football and Basketball Games, perform in the annual Fall Duchesne Dance Show, and compete as a team in the Spring.

Tryouts:

When:

April 10th-11th 4:00-6:30 p.m. (Clinic Days - choreography is learned)

April 12th 4:00-7:30 p.m. (Final Tryout Day)

- Dancers must attend all 3 days of tryouts -

Where: Duchesne Gymnasium

What to Wear: All black fitted dance clothing and half ballet shoes

How Tryouts Will Work:

Charger Girls Tryouts will span over the course of 3 days. Day 1: dancers will work on technique and learn a tryout combo. Day 2: dancers will learn 2 more combos. Including a more Advanced Combo for Advanced Placement. Day 3: dancers will have their formal tryout for all judges demonstrating the choreography and technique they have worked on during Days 1 and 2.

CG Dance Placement:

Charger Girls place into competition team dances, as well as features in dance show dances, based on skills demonstrated at Tryouts. All dancers will train together year round in technique, TLT, and choreography, and all dancers will perform at DASH games, STH games, and Pep Rallies together, regardless of dance placement.

This allows us to best showcase our wide variety of Duchesne Dancers' strengths and skills in dances best suited for them, while also continuing to train and grow as one collective team.

Please see the list of skills required to make the Charger Girls Dance Team and the list of skills required to place into Advanced Dances on the Team. Placement for competition dances will be announced at the time the team is announced. Features in Dance Show numbers will be announced as choreography is learned.

Skills Needed at Tryouts to Make the Team:

2x Pirouette

Fouette Turns and/or A La Second Turns (*work in progress with clear potential*)

Jeté Leap

Center Leap (*work in progress with clear potential*)

Chaines and Piques

Calypso (*work in progress with clear potential*)

Special Skills (i.e. tumbling, leg grab turns, etc..) - *Bonus*

Ability to Pick up Choreography Quickly
Ability to Pick up Style in Choreography
Precision/Execution of Choreography
Performance Quality
Professionalism

Additional Skills Needed to Place into Advanced Dances:

3x Pirouette

Fouette Turns (3 into a 2x pirouette)

A La Second Turns (3 into a 2x pirouette)

Special Skills (must have one - examples: Aerial, Walkover, Leg Grab Turn, Floor Work Tricks, Skater Turn etc.)

(Skills needed for each Advanced Dance will be dependent on the Choreography and may differ between dances)

Practices/Camps for the Charger Girls Program:

Summer Pre-Season Camps

Uniform Measurements - April 22nd 7:00-8:15 a.m. - Duchene Dance Studio

Crowd Pleasers *Intensify* Camp - June 14th 8:00 a.m.-4:00 p.m. - The Woodlands College Park HS *(required)*

Choreography Camp- August 5th-9th 11:00 a.m. -6:00 p.m. Duchesne Dance Studio *(required)*

Practices During the School Year:

MODS 1-6

Monday-Friday 6:30-8:00 a.m. - Duchesne Dance Studio

(some choreography sessions and practices may be called earlier with advanced notice - additionally, soloists and merit may stay after until 8:15 with advanced notice)

Charger Girls Performances:

Game Day Performances:

Fall Athletic Season

DASH Varsity Home Volleyball and STH Varsity Home Football

Days of the Week: Typically Tuesdays and Thursdays after school

Approximate # of Game Day Performances: 3-4

Winter Athletic Season

DASH Varsity Home Basketball and STH Varsity Home Basketball

Days of the Week: Typically Tuesdays and Fridays after school (*some Thursdays*)

Approximate # of Game Day Performances: 3

(Please note that there are no Spring Game Day Performances, as Charger Girls will be in competition season.)

Pep Rallies:

One DASH Pep Rally per Athletic Season - Fall, Winter, and Spring

(Exact dates are announced once they are set by the Athletic Director)

Additional Performances:

White House Lawn Dance Party to promote Extravaganza - during School Day

Duchesne Upper School Open House Performance - on a Sunday in the Fall

(Exact dates and times are announced once they are set by the Admissions and Advancement Office)

Fall Dance Show:

Dance Show Performance Dates

(Exact times subject to change as school calendar is solidified)

Thursday November 14th, 2:00 p.m. (during school day)

Friday November 15th, 4:30 p.m. and 7:00 p.m.

Saturday November 16th, 3:00 p.m. and 7:00 p.m.

Dance Show Tech/Dress Rehearsal Dates

(Exact days/times dancers will be called are tbd. Dancers must be available should they be called)

November 4th-8th, 6:00-8:00 a.m.

November 11th-13th, 3:45-7:00 p.m.

Spring Showcase:

Charger Girls are required to perform in our Spring Showcase held every April. The exact date will be announced as the Spring season is solidified and will likely line up with our Duchesne Senior Night.

Charger Girls Competition Season:

Charger Girls compete in the Classic Division in styles such as Jazz, Contemporary, Pom, Open, and Novelty. In addition to placing into Advanced Team Dances, dancers have the opportunity to qualify for solos, duets, trios, and small group numbers called Merit Dances based on their scoring at auditions. Merit dance pairings and offerings are subject to change each year.

Approximate Competition Dates/Details:

Competitions are 1-2 day events, held most often on Saturdays, but sometimes between Friday-Sunday, in late January through March, potentially leading into the 1st couple weeks of April. The Charger Girls Team is required to compete in 4-5 Team Competitions, with additional optional weekends available for Merit Dances.

(Exact competition dates to be announced over the Summer as soon as our season is solidified.)

Charger Girls Code of Conduct:

The Charger Girls are often the face of our school to our community and will be expected to lead others by example. We also are first and foremost a sisterhood and team that must do everything in our power to support each other and do what is best for the squad as a whole.

Please thoroughly read the following code of conduct to ensure that you can uphold the duties of this position and represent our school and community to the best of your ability.

Charger Girls Must....

- Follow and adhere to the Athletics Parent/Player Contract
- Represent yourself with pride and grace, both in person and online, setting an example for other girls in high school as well as girls in MS and LS.
- Treat everyone on the team, your coaches, and all members of the Duchesne community with kindness, respect, and compassion.
- Be present at ALL Charger Girls Practices, and be ready to put forth your best effort.
- Arrive on time and ready to dance for all practices and performances.
- Notify Mrs. Gillett well ahead of time to the best of your ability of any absences due to illness or family emergency
- Notify Mrs. Gillett of all pre-approved absence requests by the given deadline
- Participate in ALL required performances - in order to best support your other team members.

- Do everything in your power to support your team, and everyone involved, functioning as a loving supportive sisterhood to all members.
- Give your best effort to grow and learn together throughout the year.

We have a responsibility to our team to do our best every day and support one another. Please remember that communication is key, so if you are struggling with a code of conduct please reach out to us. We will do absolutely everything in our power to make sure we get back on the right track before discussing a dancer's potential removal from the team.

If a Charger Girl does not abide by the above Code of Conduct...

1. 1st time: The dancer will meet with Mrs. Gillett and Mrs. Lastovica about how to get back on track.
2. 2nd time: The dancer will meet with Mrs. Gillett, Mrs. Lastovica, and a Parent/Guardian about how to get back on track and any consequences that may follow.
3. 3rd time: The dancer may be removed from a specific number, performance, leadership role, or the team depending on the severity of the misconduct.

Please Sign Below stating that you have thoroughly read the Code of Conduct and agree to uphold our team's values to the best of your ability:

Dancer Signature: _____

Date: _____

Charger Girls 2023-2024 Season Agreement:

Participation in all camps, practices, dance show rehearsals and performances, and competitions are **required** unless you have a pre-approved absence (*other than illness or a family emergency*). Please remind yourself of ALL required dates in our Tryout packet. Since Charger Girls first and foremost are a team, it is imperative that all dancers involved be available for these dates in order to best serve the team as a whole. **All requested pre-approved absences must be submitted to Mrs. Gillett by April 22nd, 2024** and will be either approved or denied by Mrs. Gillett and Mrs Lastovica. Any additional absences throughout the year that were not approved by the approval deadline will be looked at on a case by case basis, but may result in the inability to be in certain dances/performances or participate for the remainder of the season.

Charger Girls will pay the following season fees:

Payment Tiers (to be paid 3x a year - Fall, Winter, and Spring):

Charger Girl (Team Dances Only) - \$575/season

Charger Girl (Team and Merit Dances - No Solo) - \$700/season

Charger Girl (Team and Merit Dances - including Solo) - \$850/season

The only potential additional payments needed will be the following:

Varsity Uniform and Poms- New Members only (approx. \$300)

Varsity Competition Warm-ups - New Members only (approx. \$265)

Extra practice attire (Community Outfit and one set of practicewear is provided for new members)

Competition Solo Costumes - if your daughter performs a solo

Nationals Hotel Rooms

Please sign below to indicate you understand this agreement, have thoroughly read the tryout packet with a parent or guardian, made note of ALL dates and costs, agree to abide by our Charger Girls Code of Conduct., and will accept your position on our team if selected.

Dancer Signature: _____ Parent/Guardian Signature: _____