Required Forms Checklist

Please return the following documents to Coach Sprayberry (room A116) BEFORE the first day of tryouts!

_____Information Sheet

_____List the 3 teachers who have your recommendation forms

1. _____
2. _____
3. _____

_____Physical Form

_____Signed Concussion Form

_____Copy of most recent report card

MANDATORY PARENT MEETING TUESDAY, MARCH 21 at 5:30 in library

Lake Forest Dance Team
Parent Information Packet
2023-2024

Keep this information for your records.

Coach Sprayberry

Tryout Dates:

March 22-23: Learn the material at school 4:00-5:30
March 24: Review Material/ Try-Out Day 4:00-5:30pm

Team Rosters will be posted, on March 24 on the cafeteria doors by 9 p.m.

Important Dates After Tryouts

Below are tentative dates and times that dancers are required to attend.
Keep in mind, more detailed calendars will be distributed once squads are selected.

- **Uniform Fittings**:
  - Monday, April 24 @ 4:00-5:00 pm
    - Dancer only
- **Parent Meeting:**
  - Monday, March 27 @ 5:15 pm
    - Parent & Dancer attend
- **Choreograph Dance Camp**
  - May 27- Jun 3, 2023
- **Summer Practices:**
  - TBD
  - No practice during dead period: June 25th - July 9th

Tryout Judging Categories

60%	**30%**	**10%**
Group Dance	Teacher Rec Letters	Coaches Score

Turns:
- Pirouette (1-2)
- Straight Leg Fouette

Leaps:
- Grande Jete (Both sides)
- Leap in Second

Flexibility:
- Splits (left, right, middle)

Tricks/Jumps:
- Leg Catch
- Tilt Jump

Optional Bonus Tricks:
- Head Spring
- Kip Up
- Any tumbling

Eligibility:

- Candidates must have no grade lower than a 75 in any subject.
- Each candidate will be required to have 3 teacher recommendation letters from two academic teachers and one related arts teacher before they are allowed to tryout.
- Each candidate must complete all mandatory pre-tryout activities:
    - Receive all teacher recommendations
    - Complete all registration forms
    - Physical form by specified due date
    - Attend **ALL** scheduled clinic practices.

Selection Process:

- The tryouts will be judged by qualified judges who have prior knowledge and experience in the dance field.

Notes:

LFMS Dance Team Tryouts
Information Sheet

Name: _____ Date of Birth: _____

Address: _____City:_____ State: _____ Zip:_____

Parent/Guardian #1

Name: _____

Phone: _____

Email Address:_____

Parent/Guardian #2

Name: _____

Phone: _____

Email Address:_____

Circle current grade: 5th / 6th/ 7th

List any other after school activities you are involved in OR plan to be involved in at Lake Forest:

_____

_____

_____

Why do you want to join the LFMS Dance Team ?

_____

_____

_____

Faculty Recommendation Form

Lake Forest Middle School Dance Team
2023-2024

Dancer's Name_____

Dancer's current average in your class: _____ Circle current grade: 5th / 6th/ 7th

Academic Teacher's Name_____

This is a private letter that will only be viewed by the coach and administration. Its purpose is to make a determination of character observations you've made in and out of your classroom during the 2022-2023 school year. We highly encourage you to leave comments. ☺

Please return these to Coach Sprayberry

PLEASE DO NOT GIVE BACK TO DANCE CANDIDATE!

Elementary school teachers: You may place recommendations in a sealed and signed envelope.

Please use the following scale:

Very poor	Poor	Average	Above Average	Exceptional
0	1	2	3	4

Attendance record for your class	
Respectful and kind to adults	
Respectful and kind to other students	
Respectful to classroom and school rules	
Demonstrates productive leadership skills	
Student is responsible/dependable	
Student would represent LFMS well (If you give the student less than a 4 – please explain)	

Comments_____

_____

_____

_____

Faculty Recommendation Form

Lake Forest Middle School Dance Team
2023-2024

Dancer's Name_____

Dancer's current average in your class: _____ Circle current grade: 5th / 6th/ 7th

Academic Teacher's Name_____

This is a private letter that will only be viewed by the coach and administration. Its purpose is to make a determination of character observations you've made in and out of your classroom during the 2022-2023 school year. We highly encourage you to leave comments. ☺

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Student would represent LFMS well (If you give the student less than a 4 – please explain)	

Comments_____

_____

_____

_____

Faculty Recommendation Form

Lake Forest Middle School Dance Team
2023-2024

Dancer's Name_____

Dancer's current average in your class: _____ Circle current grade: 5th / 6th/ 7th

Related Arts Teacher's Name_____

This is a private letter that will only be viewed by the coach and administration. Its purpose is to make a determination of character observations you've made in and out of your classroom during the 2022-2023 school year. We highly encourage you to leave comments. ☺

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Comments_____

_____

_____

_____