

# Farragut High School Varsity Dance Team

## Online Tryout Info 2019-2020

### Tryout Packet (Available now):

- For Farragut High School Students: Tryout packets will be available for pick-up in the office of the Dance Team Sponsor, Tracy Moore (located in the FHS Guidance Office).
- For Farragut Middle School Students: Tryout packets will be available for pick-up in the main office (see Ronda Fatcher for assistance).
- For students currently not at Farragut schools: Please contact the Dance Team Sponsor, Tracy Moore.
- Questions: If you have any questions regarding information that is in the packet please contact the FHS Dance Team Sponsor Tracy Moore at 671-7148 Monday-Friday 9AM-3PM or send an e-mail to [tracy.moore@knoxschools.org](mailto:tracy.moore@knoxschools.org) and [farragutdanceteam@gmail.com](mailto:farragutdanceteam@gmail.com).

**Tryout Requirements:** Must be enrolled as a 2019-2020 student at Farragut High School, and must maintain a 2.0 grade point average.

**Dance Team Personnel:** The dance team is sponsored by Tracy Moore and coached by Adonia Adams.

**Clinics:** Tuesday March 12, 2019, 4:00-6:30 PM and Wednesday March 13, 2019 4:00-6:00 PM in FHSDT Studio (located in the CTE Building)

**Tryouts:** Thursday March 14, 2019, 4:00 PM until completion in FHSDT Studio (Must be present for the entire tryout; Callbacks may be necessary). Results will be posted on [www.FarragutDance.com](http://www.FarragutDance.com) and selected dancers will be asked to return to the school after tryouts for a team meeting.

**Forms & Fees:** All forms and fees will be due in to sponsor Tracy Moore (Guidance Office) **before** the first clinic on Tuesday March 12, 2019. The permission forms and tryout fee information are included in the full tryout packet. The physical form that is included in the packet is also available on our website [www.FarragutDance.com](http://www.FarragutDance.com) (must be completed and signed by a physician in February or March 2019. Note: If you have the same physical form from 2018-2019 tryouts that is still valid, you may use that form and then will be required to complete a new form upon expiration).

**Tryout Skills:** Be sure to visit our website ([www.FarragutDance.com](http://www.FarragutDance.com)) for a skills demonstration video!

- The Skills portion will include evaluation on the following:
  - ★ Flexibility: Splits (Right, Left, and Middle); Kicks/extensions
  - ★ Jumps: Toe touch combination, Right and Left leap combination
  - ★ Turns: Right quad pirouette, Right turns in second (3 double, 3 triple)
- The "Pom Competition" based routine may include but isn't limited to:
  - ★ Pom style
  - ★ skills such as Toe touches, turning discs, pirouettes, complex turns in second sequence, aerials, and head spring
- The "Jazz Competition" based routine may include but isn't limited to:
  - ★ Jazz style
  - ★ skills such as pirouettes, complex turns in second sequence, extension turns, calypso jump, aerials, and floorwork
- Improv portion:
  - ★ Dancers will have four 8-counts across the floor to demonstrate personal strengths