



EAST CAROLINA

DANCE TEAM

TRYOUTS 2017-2018
SUNDAY APRIL 23, 2017
10:00 am – 6:00 pm
Location: Williams Smith Center

Before Trying Out:

- You must Complete and return
 - Dance Team Tryout Information Sheet with signature
 - Tryout History and Physical Form
(Signed by a physician within 6 months of the tryout)
 - Sickle Cell Solubility test lab results
(Regardless of race, this is a requirement for ALL participants trying out)
 - New Student-Athlete Tryout Form (With Dancer signature only)
 - Fall 2016 Grades (For returning students only) OR a copy of an acceptance letter (For incoming Freshman or Transfer Students)
 - Review the ECU Dance Team Policy and Procedures.
- ALL forms must be returned to:

Kristin Jeffries
East Carolina University
118 Scales Field House
Greenville, NC 27858

OR

Scanned copies may be emailed to jeffriesk@ecu.edu

Forms are due no later than Monday April 17, 2017.

ANYONE NOT COMPLETING AND RETURNING ALL FORMS WILL
NOT BE ELIGIBLE TO TRYOUT FOR THE ECU DANCE TEAM.
NOTE: TRYOUTS ARE CLOSED AND ARE NOT OPEN TO ANY SPECTATORS.

What to wear and bring to Tryouts:

- Dancers should wear tight fitting clothing. Black tight pants or shorts are preferred with a sports bra top.
- Wear appropriate shoes including jazz shoes and bring sneakers for running.
- Do not wear baggy clothes or excessive jewelry.
- Make sure to bring plenty of water and a few snacks.

What is expected of an ECU Dance Team Member?

- Being on an athletic team at the collegiate level comes with great privileges as well as a lot of responsibility.
- Dancers must conduct themselves in a manner that represents the University, the team and themselves as young ladies at all times.
- All Dance Team members must maintain a minimum 2.00 GPA each semester.
- There is a large time commitment to the dance team. The team will practice 3 times per week, have strength and conditioning work out sessions, perform at home football games, at ECU Men's and Women's home Basketball games and will be expected to make several community appearances throughout the year.
- The time commitment may also be expected on weekends and Holidays (Fall Break, Thanksgiving, Winter/Spring Breaks and Summer)

If there are any questions email Kristin at jeffriesk@ecu.edu
in the subject please indicate ECU Dance Team Tryouts.

I appreciate your consideration and interest in the ECU Dance Team. Good luck!

REQUIREMENTS

Required technical elements include but are not limited to:

1. Triple pirouette
2. A la seconde leap
3. Toe touch
4. Basic pom motions
5. 2 – 8 counts of fouette or a la seconde turns

These skills can be performed on the right or left.

Four components of tryouts:

1. Technical skills demonstration
2. Performance of a jazz and hip hop routine
3. Performance of a pom routine
4. Interview

Tryout Day Schedule* Times are tentative*

Sunday April 24, 2016

10:00 – Registration
10:20 – Conditioning/ Warm Up
11:00 – Across the Floor (Technical Elements)
11:45 – Short Break
12:00 – 2:30 Rotate through stations
 1. Pom/Spirit Routine
 2. Jazz/Hip Hop routine
 3. Interview
2:30 –3:00 Open Practice
3:00 – Tryouts Begin

The team will be announced at the conclusion of tryouts. There will be a team meeting and uniform fitting for the 2017 - 2018 team members immediately following the results announcement.



EAST CAROLINA

DANCE TEAM

TRYOUT INFORMATION SHEET

Return before Monday April 17, 2017 to Kristin Jeffries

118 Scales Field House; ECU; Greenville, NC 27858 or email to jeffriesk@ecu.edu

Name: _____ Cell # _____

Fall 2017 Classification (Circle): Freshman Sophomore Junior Senior

Home Town: _____ High School Attended: _____

E-mail Address: _____

Will you be employed during the school year? Yes No Where? _____

What other activities are you involved with at ECU? _____

Please list your dance training and/or experience beginning with high school.

Please read the following sign and date at the bottom before returning

As a prospective ECU Dance Team Member for the 2017-2018 season I promise to abide by the rules and regulations set forth by the dance team coach, ECU athletic department, and the NCAA. I will promote the function and reputation of the dance team as well as school spirit at all times. I will attend all practices and all performances, unless excused by the dance team coach. I will maintain the required GPA set by the coach and the athletic department. I agree to respect all other dance team members and the coach at all times. I agree to accept responsibility of purchasing personal items deemed important by the dance team coach, including dance shoes, dance pants, tights, make-up etc.

If not accepted to the dance team, I will not question the decision of the dance team coach or the panel of judges. I do understand that my name will remain on file, if alternates are needed. If chosen for the ECU dance team I will commit my time and effort to the dance team 110%. I understand that this is a major commitment and that if the coach feels that I am not giving my all or upholding my position that I may be suspended or dismissed from the team. I understand that I was given an equal consideration during tryouts by the coach and judges and accept the outcome of the tryout.

Candidate Signature: _____ Date: _____

For Dance Team Coach use Only

Interview Question 1

Interview Question 2

Interview Question 3

Total: _____

Process for Eligibility to Participate in an ECU Athletic Team Tryout

1. Print “Eligibility process to participate in an ECU athletic Team Tryout” AND “Student-Athlete Tryout Health History and Physical Questionnaire”

a. Visit <http://www.ecupirates.com/sports/2016/7/5/athletic-training.aspx>

2. The Tryout History and Physical Form must be completed and signed by a licensed physician. The physical must take place within 6 months before the tryout.

3. Prospective tryout participant must also have a Sickle Cell Solubility Test performed at the time of their physical exam. This is a requirement for each individual trying out regardless of race. This test is available at the student health center. This test only has to be completed once in your lifetime. If you have previous results we will accept them. All results must either state Negative or Positive. Results may take several days to receive, please plan accordingly with the deadline of paperwork for tryouts.

4. New Student-Athlete Tryout Form must be returned with only the participant’s signature. Once all forms are turned in they will be submitted to the head coach, athletic training staff and compliance office for signatures. Participants are not required to obtain those signatures on their own.

5. Prospective tryout participant must return the signed

- ✓ Tryout History and Physical Form
- ✓ New Student-Athlete Tryouts Form with only the athletes’ signature
- ✓ Copy of the Sickle Cell Solubility Test lab report

FORMS WILL BE REVIEWED PRIOR TO THE TRYOUT. IF THE TRYOUT HISTORY AND PHYSICAL FORM, NEW STUDENT-ATHLETE TRYOUT FORM, AND/OR THE SICKLE CELL SOLUBILITY LAB RESULT ARE NOT TURNED IN BY THE DEADLINE, THE PROSPECTIVE CANDIDATE WILL NOT BE ALLOWED TO PARTICIPATE IN THE TRYOUT.