



Saint Louis University Dance Team

SLU Dance Team: The Saint Louis University Dance Team's primary goal is to support Saint Louis University along with its students, activities, and athletic teams. Our program focuses on helping our members grow in their talents, while teaching responsibility, teamwork, and discipline. All members will follow the same constitution that aligns with the expectations and values of the athletics department.

Membership: When you are offered a position on the SLU Dance team you are committing to an active role in building an even stronger spirit program. Your season begins day one of tryouts and ends day one of tryouts for the following season. Our heaviest time commitment is during basketball season. After basketball season our practices are lighter in preparation for the new season. There will be a required camp attendance in August.

Practice Schedule:

Monday 7:00-9:00pm

Tuesday 7:00-9:00pm

Thursday 7:00-9:00pm

Subject to change based on availability of space & coaches/athletes schedules

Dance Tryouts:

What to wear

- Sports bra
- Form fitting shirt/tank
- Black form fitting shorts/pants
- Jazz shoes
- **Do not wear any SLU attire**

Dance Tryout Schedule:

April 20, 2024

8 a.m.	Check-in/open stretch
8:30-9:45 a.m.	Learn Fight Song / Officer Interviews
9:45-10:45 a.m.	Learn Tryout Combo
10:45-11:20 a.m.	Technique
11:30-12:30 p.m.	Lunch
12:30-1:30.m.	Material Review
1:30-4:30 p.m.	Tryouts (you are free to leave after your group completes your tryout)

Dance Skills

Requirements: Most of the following



**Saint Louis University
Dance Team**

- Performance ability
 - Energized, powerful performance ability
 - Pick up choreography and be able to implement quickly
- Dance Technique
 - Double/Triple Pirouette
 - Turns in Second
 - Flexibility - All Splits
 - High Kicks
 - Leaps across the floor
 - Center Leap
 - Turning Disc
 - Calypso

Questions or to schedule a video tryout please contact:
Stephanie Dankenbring stephanie.dankenbring@slu.edu
Emily Cichon emily.m.thibon@slu.edu