



## **The Saint Louis University 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:** If you are offered and accept 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 the fall. Attendance at all Men's and Women's Basketball games (days/times released closer to their season), Men's and Women's Soccer games (days/times released closer to their season), camp, and all practices are **mandatory**.

### **Practice Schedule:**

Monday 7:00-9:00 PM

Tuesday 7:00-9:00 PM

Thursday 7:00-9:00 PM

### **Dance Tryouts**

**Saturday, April 25th (8:00 AM-5:00 PM)**

**Chaifetz Arena**

**1 S Compton Ave, St. Louis, MO 63103**

Tryouts are **closed** to the public and only those participating in tryouts may attend

What to wear

- Sports bra or form fitting shirt/tank (any color)
- Form fitting shorts/pants (black)
- Jazz shoes
- **NO SLU ATTIRE**



- Hair and makeup should be “performance ready” (*You will have time over lunch and during material review to freshen up before tryouts start*)

### **Tryout Schedule:**

8:00 AM	Check-in/open stretch
8:30 - 9:00 AM	Learn Fight Song
9:00 - 10:00 AM	Learn Technique Combinations
10:00 - 11:00 AM	Learn Tryout Routine
11:00 - 12:00 PM	Lunch Break/Officer Interviews
12:00 - 1:00 PM	Material Review
1:00 - 5:00 PM	Tryouts ( <i>You are free to leave once your tryout group has finished</i> )

### **Skills Required**

#### ***Most of the following***

- Performance ability
  - Energized, powerful performance ability
  - Pick up choreography and be able to implement quickly
- Dance Technique
  - High Kicks (front and side)
  - Leaps (grand jete)
  - Center Leap
  - Turning Disc
  - Calypso
  - Double/Triple Pirouette
  - Turns in Second (three into a double)
  - Flexibility (splits)

**Questions or to schedule a video tryout please contact our head coach:**

**Emily (Thibon) Cichon [emily.m.thibon@slu.edu](mailto:emily.m.thibon@slu.edu)**