



2024-2025

Thousand Oaks High School Dance Team Application

VARSITY and TFT (JV)

CONEJO VALLEY UNIFIED SCHOOL DISTRICT THOUSAND OAKS HIGH SCHOOL

CURRENT SCHOOL ATTENDING (please check one):

- Colina _____
- Los Cerritos _____
- Redwood _____
- T.O.H.S. _____
- Other (please specify) _____

TEAM INTEREST(S) (Please check all that apply):

- Varsity Dance Team _____
 - Technique for Team (TFT) _____
 - Dance Class _____
- (only if I do NOT make a dance team)

Dancer's Personal Information (please write clearly):

DANCER NAME: _____
 Grade Level (for the 24/25 school year): _____ Date of Birth: _____
 Home Address: _____
 Dancer's Phone: _____ Dancer's Email: _____

PARENTS' NAME(S) _____
 Parent Phone (Mom): _____ Parent Email (Mom): _____
 Parent Phone (Dad): _____ Parent Email (Dad): _____

Dancer's Previous Dance Experience (be specific; age, studio, style and hours per week, number of years trained, etc.)

HEALTH INFORMATION:

Restrictions/Injuries: _____

- * I/we fully understand and commit myself/ourselves to the time requirements of the team.
- * I/we have read the Dance Team information sheet and calendar and have listed any health information below.
- * I/we agree to abide by rules set up by the CVUSD, Thousand Oaks High School, and the Dance Director.
- * If I/we make the one of the TOHS Dance Teams, I agree to have my personal information given to other team members.

Please check one: **YES** _____ **NO** _____

PARENT SIGNATURE _____ **DATE** _____

DANCER'S SIGNATURE _____ **DATE** _____

\$15.00 Judges/Choreographers donation (please check one for our records):

CASH: _____ **CHECK**(Written to TOHS DANCE): _____ **No Donation at this time:** _____

Please send in with completed application:

- * Report Card - 1 from Quarter 2 2024 (2.0 GPA required)
- * Dancer's Picture (any size, photo will not be returned)
- * \$15.00 Judges/Choreographer Donation

*As the director, I reserve the right to change the program during the year as I see it evolve.
No student will be denied full participation because of decision not to donate.*



THOUSAND OAKS HIGH SCHOOL VARSITY & TFT DANCE TEAM 2024 -2025 TRYOUT INFORMATION

Dear Dance Team Applicant and Parent:

TOHS is in the process of selecting members for its 2024-2025 dance teams. **Two** separate dance teams will be selected through one application process. The two teams are the Varsity Dance Team, and the TFT Dance Team (Technique for Team; JV).

VARSITY DANCE TEAM:

Approximately 15 – 25 dancers selected for the 2024/2025 Varsity Dance Team. The varsity team is required to meet during 6th period, with after school practices. They will train in all styles of dance. Varsity dancers are required to have a yearlong commitment from June 2024 – June 2025. The varsity team may consist of freshmen-senior dancers. Returning members must try out and are **not** guaranteed a spot, *with the exception for any four-year varsity member who may be granted a spot based on the director's and coaches' decision.*

TFT DANCE TEAM (TECHNIQUE FOR TEAM; JV):

Approximately 15 – 25 dancers selected for the 2024/2025 TFT Dance Team. TFT team will meet during 5th period, with after school practices. They will train in all styles of dance. TFT dancers are required to have a yearlong commitment from June 2024 – June 2025. The TFT dance team is a training team created for the **purpose of auditioning for varsity in the future.** The TFT team will consist mostly of freshmen-junior dancers. Seniors will be considered to train based on numbers.

TIME COMMITMENT: SUMMER

The Varsity and TFT team will meet weekly in the summer starting the week of June 24th. In addition to weekly practices, the teams will attend various dance camps. There is a **strong expectation** that dancers will attend all summer practices in preparation for fall performances and competition season. Dancers will be excused with permission for planned vacations, summer school, etc. These excuses will be clarified at the orientation meeting for the dancers who make a team. ***A final summer schedule will also be provided at the first team meeting.***

VARSITY SUMMER COMMITMENT

All camps are strongly encouraged, but optional. All optional dance costs will be discussed at the first team meeting.

- **VARSITY TEAM MINI CAMP #1:**
 - **July 8th – July 12th** at Thousand Oaks High School from 8:00 am - 9:00 pm. Dancers will train, condition, audition for competition routines and learn their first team routine which will be performed at USA Elite Camp. Attendance is **strongly recommended.**
 - **Cost is \$30.00 for Booster provided dinners only.**
- **USA ELITE CAMP:**
 - **July 28th – July 31st** at Renaissance Esmeralda Indian Wells in Palm Springs. Dancers will train, condition, and learn choreography from USA staff members for fall performances. Attendance is **strongly recommended.**
 - **Cost is \$565.00 per member, includes instruction, food, and hotel.**
- **VARSITY TEAM TOHS CAMP #2:**
 - **August 12th – August 16th** at Thousand Oaks High School from 8:00 am - 9:00 pm. Dancers will train, condition, audition and learn competition routines as well as learn football routines. Attendance is **strongly recommended.**
 - **Cost is \$30.00 for Boosters provided dinners only.**
- **OFFICERS' CAMP:**

- o *July 20th – 21st (San Clemente High School)* for select officers only at the director's and coach's discretion.
- o **Cost is \$111.00 per officer, includes instruction only. Other costs will be incurred (Food, hotel, etc.)**

<u>TENTATIVE</u> VARSITY WEEKLY SUMMER PRACTICES 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REQUIRED ATTENDANCE	9:00-10:15am <i>conditioning</i> 10:30-11:30 <i>Flexibility/ Hip-Hop</i>	5:00 – 6:00pm <i>Ballet</i> 6:15-9:00pm <i>Team Practice</i>		5:00-6:00pm <i>Ballet</i> 6:30-8:30/9 <i>Team Practice</i>	
OPTIONAL ATTENDANCE	7:00-9:00pm <i>Illusions</i>		6:00-7:30pm <i>Gymnastics</i>		

TFT SUMMER COMMITMENT

Camp is strongly encouraged, but optional. All optional dance costs will be discussed at the first team meeting.

- **TFT POTENTIAL MINI CAMP:**

- o *July 24th - July 25th* at Thousand Oaks High School from 10:00 am - 8:00 pm. Dancers will train, condition, and possibly audition for competition routine(s) as well as learn their first team routine for their first performance. Attendance is *strongly recommended*. *No Cost*.

<u>TENTATIVE</u> TFT WEEKLY SUMMER PRACTICES 2024					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REQUIRED ATTENDANCE	5:00-7:00pm <i>Team Practice</i>		4:00-6:00pm <i>Team Practice</i>		
OPTIONAL ATTENDANCE	7:00-9:00pm <i>Illusions</i>		6:00-7:30pm <i>Gymnastics</i>		

TIME COMMITMENT: SCHOOL YEAR

Each team member on the Varsity Dance Team and TFT will receive PE and/or Fine Arts credit during the school year for their class participation; 5th period is required for TFT, and 6th period for the Varsity. A final practice schedule for the school year will be sent no later than August 2024.

VARSITY SCHOOL YEAR COMMITMENTS

- **School Practices – Meet during 6th period:**
 - o Mondays (*6th period through after school*) 1:45 – 4:45
 - o Wednesdays 12:45 – 2:30
 - o Fridays 12:45 – 2:30
- **After School Practices**
 - o Tuesdays 5/5:30 – 9:00
 - o Thursdays 5/5:30 – 9:00
- Additional weekend practices in September – December as needed.
- *Varsity Performances* include but are not limited to school rallies, football halftimes, basketball games, community events, winter concert, and spring concert.

- **Varsity Competition Season:** Varsity will compete at 10 – 14 competitions between the months of January – March. Most competitions are Saturdays only, with a few competitions extending through the weekend. An exact competition schedule will be set no later than November 2024.
- Additional technique classes for all team members are **encouraged but not required**.
 - *Note: The technical skill of a dancer, will directly affect how many dances they are in.*

<u>TENTATIVE</u> VARSITY SCHOOL PRACTICE SCHEDULE 2024/2025:						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6TH PERIOD	1:45 – 4:45 pm <i>Team Practice</i>	No School Practice	12:45-2:30pm <i>Team Practice</i>	No School Practice	12:45-2:30pm <i>Team Practice</i>	Fall– <i>Some additional practices</i>
AFTER SCHOOL		5/5:30 – 9:00pm <i>Team Practice</i>		5/5:30 – 9:00pm <i>Team Practice</i>	Fall – <i>Football Performances</i>	Spring– <i>Competition Season</i>
OPTIONAL CLASSES	7:00-9:00pm <i>Illusions</i>					

TFT SCHOOL YEAR COMMITMENTS

- **School Practices – Meet during 5th period:**
 - Mondays 12:50 – 1:35
 - Tuesdays 12:45 – 2:20
 - Fridays 12:45 – 2:20
- **After School Practices:**
 - Mondays 5:00 – 7:00
 - Wednesdays 5:30 – 7:30
- **TFT Performances** could include JV football halftimes, community events, winter concert, and spring concert.
- **TFT Competition Season:** TFT will compete at 3-4 competitions between the months of January – March. Most competitions are SATURDAYS only. An exact competition schedule will be set no later than November 2024.
- Additional technique classes for all team members are **encouraged but not required**.
 - *Note: The technical skill of a dancer, will directly affect how many dances they are in.*

<u>TENTATIVE</u> TFT SCHOOL PRACTICE SCHEDULE 2024/2025:						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5TH PERIOD	12:50 – 1:35 <i>Team Practice</i>	12:45 – 2:20pm <i>Team Practice</i>	No School Practice	12:45 – 2:20pm <i>Team Practice</i>	No School Practice	Fall– <i>Some additional practices</i>
AFTER SCHOOL	5:00 – 7:00pm <i>Team Practice</i>		5:30 – 7:30pm <i>Team Practice</i>		Fall – <i>Football Performances</i>	Spring– <i>Competition Season</i>
OPTIONAL CLASSES	7:00-9:00pm <i>Illusions</i>					

TEAM TARGET DONATIONS: BRIEF OVERVIEW

NOTE: The monthly target donation is based on overall projected expenses for the program (coaches, choreography, rehearsal hours, etc.) minus any group fundraising or sponsorship efforts. The target donation is then determined based on the **number of team members** selected for each team. *No student will be denied full participation on Varsity or TFT dance teams because of a decision not to donate.*

VARSITY TARGET DONATIONS

- An initial target donation deposit will be collected at the 1st team meeting.
 - \$500.00 for *new members* and \$200.00 for *returning members*.
- **Team clothing/uniforms:** Any team clothing or uniforms need to be paid in full *upon receiving items in July*.
 - The estimated cost is **\$200.00 – \$500.00** based on what is needed for the individual dancer. If clothing purchases are not possible, a loner will be given for that dancer at each performance. **If you cannot afford team instruction, we strongly suggest just purchasing the required items.**
- **Monthly Target Donations will be collected between the months of August – May.**
 - The estimated cost for Varsity is \$350.00 - \$550.00 per month.
 - \$175.00 – \$210.00 for coaching & competition entrance fees (\$25 of this money is applied to competition entrance fees although this will be addressed with the new booster's board)
 - \$200.00 – \$500.00 for choreography, costuming, and optional competition dances for which they are selected.
- **A target donation email** will be sent monthly as a record of donations. For accounting purposes, please send the target donations by the 10th of each month.
- **Total estimate of yearly target donation:** \$4,300.00 – \$5,300.00 per dancer.

TFT TARGET DONATIONS

- An initial target donation deposit will be collected at the 1st team meeting.
 - \$125.00 for *all members*.
- **Team clothing/uniforms:** Any team clothing or uniforms need to be paid in full *upon ordering in August*.
 - The estimated cost is **\$100.00 – \$200.00** based on what is needed for the individual dancer. If clothing purchases are not possible, a loner will be given for that dancer at each performance.
- **Monthly Target Donations will be collected between the months of August – May.**
 - The estimate cost for TFT is \$125.00 per month.
 - \$15 of this money is applied to competition entrance fees.
- **Collection of monthly target donations** will be at team practices. For accounting purposes, please send the target donations by the first team practice of each month.
- **Total estimate of yearly target donation:** \$1,400.00 – \$1,500.00 per dancer.

APPLICANT REQUIREMENTS

1. ACADEMIC:

Each applicant is required to have a 2.0 GPA or higher. **Please attach a copy** of the dancers most recent grades with the application.

2. ATTENDANCE:

A list of prospective dance team members will be provided to the office to confirm good school attendance. If a student does not have a 90% or higher attendance at school, auditioning will be at the discretion of the director. The past attendance of current team members will be a consideration at tryouts.

3. PARENT SUPPORT:

Each applicant must have a parent or legal guardian's signature signifying their support of the dancer's possible selection to a team. ***The parent signature serves as an acknowledgement of the time commitment, target donations, and team expectations.***

4. CONDUCT:

The applicant's names will be given to administrators to verify satisfactory conduct in the school. If there are concerns about discipline issues, the student will be denied final membership on any team. After tryouts, all team members will be **required** to sign a code of conduct form and adhere to the enforced social networking guidelines.

5. HEALTH – LIFESTYLE – TEAM IMAGE:

A healthy lifestyle for all team members is required and taught. To maintain individual fitness and high levels of energy necessary for the team, each member will be expected to uphold healthy habits.

6. TEACHER RECOMMENDATIONS:

NEW APPLICANTS (ANY NON-RETURNING DANCE TEAM MEMBER):

New applicants for any team must have 2 teacher recommendations. New applicants may give those recommendations to teachers of their choice (For example: a schoolteacher, dance instructor, etc.)

RETURNING TEAM MEMBER APPLICANTS (2023/2024 VARSITY & TFT MEMBERS):

Returning applicants who are re-auditioning, will receive their recommendations from Coach Jordan and Director Murphy. These recommendations will be given to these persons on your behalf, *you do not need to fill them out.*

SELECTION PROCESS & EXPECTATIONS

The number of team members is not pre-determined, although approximately 15 – 25 dancers will be chosen for both the Varsity and TFT teams. Size will be determined from the scores and talent ability of those who participating in the tryout.

Varsity Dance Team members will perform at school activities listed previously. **Each performance may include all members, or a selected group based on their skill, preparedness, attendance, and commitment.** Each performance will be pre-determined by the director, coaches, and choreographers.

For TFT and Varsity Dance Team, competition dances will be selected between July and November by the director, coaches, and choreographers. **COMPETING IS OPTIONAL, THEREFORE ALL EXPENDITURES ARE REQUIRED.** *The participation cost for being selected to each competition piece will range from \$200.00-\$300.00 per routine. This will include choreography, costume, extra rehearsals, and entrance fees. This money will be due at the time of selection of each routine. More will be discussed at the team orientation meeting selected.* These competition dances will vary in style and size (the number of dancers in the routine). The dancers in the routine(s) will be chosen by the director, coaches, and choreographer(s) through an audition process that evaluates the dancer's skill level, attitude, work ethic, and experience.

*****NOTE: THE DANCERS IN THE COMPETITION DANCES COULD CHANGE AT ANY TIME THROUGHOUT THE SEASON AT THE DIRECTOR'S/COACH'S DISCRETION BASED ON SKILL, PROGRESS, ATTITUDE, & WORK ETHIC.**

If needed, an applicant *may* have a short informal interview. We are in search of those dancers who have a positive attitude, are motivated, hardworking, committed, and genuine. We are looking for dancers who have initiative and want to improve. We want dancers who never stop wanting to progress even when it gets tough. We will try to ask questions that will help us get to know the applicant for these qualities. The interview will be a consideration in their final score as well as their past work ethic.

The 2024 – 2025 Varsity and TFT dance teams will be selected from a combination of the following:

- 1) Judges scores on applicant's technical skills and execution of combinations
- 2) School attendance
- 3) Teacher recommendations
- 4) Dancer's GPA / academic performance
- 5) If needed, an informal interview

For **Varsity Dance Team** members, selection of **soloists** will be done at the end of the summer. No pre-determined number of soloists is set. Solo competition spots will be given to the **top skilled dancers** who are selected and determined by the director and coaches. Selection is based on preparedness, work ethic, skill, and commitment to improvement. ***In addition, there is no promise of a solo performance at all competitions or in the Spring Concert.*** For competitions with limited solo entries, soloists will be determined at the director's and coaches' discretion. Age, years of solo experience and previous competition results are highly considered but are not the only factors. ***If selected for a solo, choreographers and costuming must be pre-approved by the director and coaches. All costs pertaining to a solo are the obligation of the soloists/and or their families.***

NOTE: Auditioning and then being selected as a soloist indicates that the the families can pay for their dancer's choreography and entrance fees; this is not a team budget responsibility. This will be further discussed with selected soloists.

Officers for both Varsity and TFT teams will be selected in June/July. Only returning members will be considered for officer positions. Potential officer candidates will be interviewed and selected by the coaches and director. ***Any officer who does not adequately complete their job expectations will be removed from office.***

NOTE: If needed, selection of any additional member during the school year will be at the discretion of the director and coach. They will audition in a similar way to the original team selection.

2024 - 2025 VARSITY & TFT APPLICATION CALENDAR

WEDNESDAY, APRIL 24TH: Tryout packets/applications will be available on our website WWW.TOHSDANCETEAM.COM It will also be accessible on the activities page on the Thousand Oaks High school website. *Pictures are mandatory and will not be returned.*

TUESDAY, APRIL 30TH:

7:00 pm

Parent and Dancer interest meeting in the GAR. All questions and/or concerns regarding the tryout application and process will be answered.

THURSDAY, MAY 2ND:

4:00 pm

Completed applications are due. Applications can be turned in to Mrs. Murphy-Cole in the Girls PE Office or to the TOHS Activities office. If needed applications can email their packet to TOHSLANCERDANCERS@GMAIL.COM.

MONDAY, MAY 6TH:

4:00 – 4:15

First Dance Team Clinic at the TOHS GAR (Dance room located next to the gym).

Dancers will check-in @ TOHS outside the GAR (the dance room) and receive their audition number. Any missing items from the application packet must be brought or their audition will be denied. Recommendations are an exception as this is up to the teacher to return them on time. ***We will accept recommendations up until the day of the final tryouts.***

4:15 – 5:00

Warm-up begins and then across the floor skills. The across the floor skills will be judged and a possible cut may be made based on the number of applicants and the skill level of the group.

5:00 - 5:15

Break

5:15 - 6:15

Teaching of first tryout combo/routine (Hip Hop or Jazz)

6:30 - 7:30

Teaching of second tryout combo/routine (Hip Hop or Jazz)

TUESDAY, MAY 7TH:

6:00 – 8:00 pm

***Review session of all tryout combinations.
Final tryout groups and times will be assigned.***

THURSDAY, MAY 9TH:

4:00pm – 9:00pm

Final Tryout

TFT/Varsity final tryouts inside TOHS GAR. The try-out combinations will be performed in a closed room with only the judges and tabulators. Each group will consist of 2 – 4 dancers. Additional dance skills may be asked to be performed as needed. The candidates may be asked a few questions as well. ***The dancers will have a predetermined assigned tryout time and do not need to stay longer than their own specific tryout time. The total tryout time will be around 15 minutes.***

MONDAY, MAY 13TH:

5:00 pm

Tryout results posted! The roster for the 2024-2025 Varsity and TFT Dance Teams will be posted on the TOHS GAR door and on our Instagram [@TOHS_DanceDepartment](https://www.instagram.com/TOHS_DanceDepartment)

WEDNESDAY, MAY 22ND

6:00 – 7:00

New TFT Team meeting. This will be for both the dancer and parent. Attendance by one or both parents is strongly encouraged.

7:15-8:15

New Varsity Team meeting. This will be for both the dancer and parent. Attendance by one or both parents is strongly encouraged.

THURSDAY, MAY 23RD

5:30 – 8:30

First **Varsity** team practice & team fittings.

***** TRYOUT PROCEDURES AND TIMES ARE SUBJECT TO CHANGE
AT THE DISCRETION OF THE DIRECTOR AND COACH *****

If you have any questions, please contact:

TOHS DANCE DIRECTOR JALEEN COLE - MURPHY
jaleenmurphy@gmail.com
(805) 207-1501

TOHS DANCE HEAD COACH JORDAN JONES
jmacjones_11@msn.com
(805) 405-8017

TOHS DANCE COACH MADI GIVEN
madi@sdg-design.net
(805) 206-8973

Thank you in advance for your interest!

Candidate/Student _____
Teacher's name _____
Period _____

**CONEJO VALLEY UNIFIED SCHOOL DISTRICT
THOUSAND OAKS HIGH SCHOOL
VARSITY AND TFT DANCE TEAM
TEACHER RECOMMENDATION 2024/2025**

To the Teacher:

This form is confidential and at no time will this information be disclosed to anyone. It should be returned to Mrs. Cole or via email to **TOHSLancerDancers@gmail.com** on or before **May 6th**. Please consider each category carefully since the information you provide will be used as the basis for the screening of the candidate. *Please contact us if you have any questions or concerns or need assistance.*

Definitions:

- | | |
|--------------------------|--|
| 1. Positive Attitude | Has an optimistic state of mind or feeling toward people, school and life in general. |
| 2. Cooperation | Works well with others; teachers and peers. |
| 3. Dependability | Acts on his/her own; dependable. |
| 4. Punctuality | Is prompt and on time to class with completed assignments, does things without delay. |
| 5. Work Ethic | Strong quality of work inside and outside of the classroom. |
| 6. Integrity/Honesty | Sticks to the code and positive values-is truthful, trustworthy, genuine, and not deceitful. |
| 7. Initiative/Motivation | Ability to work on his/her own and make independent decisions. |
| 8. Overall | Your feelings in general about how this candidate would represent T.O.H.S |

Scoring 1 – 5:

5 - EXCELLENT

4 - GOOD

3 - SATISFACTORY

2 - NEEDS IMPROVEMENT

1 - POOR

- | | |
|--------------------------|-------|
| 1. Positive Attitude | _____ |
| 2. Cooperation | _____ |
| 3. Dependability | _____ |
| 4. Punctuality | _____ |
| 5. Work Ethic | _____ |
| 6. Integrity/Honesty | _____ |
| 7. Initiative/Motivation | _____ |
| 8. Overall Impression | _____ |
| TOTAL: | _____ |

You may add comments or further recommendations for this candidate. Thank you for your time and input.

Additional Comments:

Teacher's Signature _____