



Thousand Oaks High School Dance Team Application 2025-2026

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 25/26 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:

- * Athletic Clearance
- * Report Card - 1 from Quarter 3 2025 (2.0 GPA required)
- * Dancer's Picture (any size, photo will not be returned)
- * \$15.00 Judges/Choreographer Donation



CONEJO VALLEY UNIFIED SCHOOL DISTRICT

1400 E. Janss Road
Thousand Oaks, CA 91362

SPORTS/ACTIVITIES CLEARANCE FORM

Student Last Name	Student First Name		Student M.I.
School	Grade	Date of Birth	Gender
Parent/Guardian Name		Parent/Guardian Phone Number	

STATEMENT OF CONSENT/AUTHORIZATION TO TREAT/INSURANCE REQUIREMENT:

I hereby grant permission for the above named student to participate in the activities/interscholastic sports programs at the above named school as indicated on his/her athletic clearance documentation. I give permission for him/her to go with and be supervised by a representative of the school on any related trips, and I release school officials from any liability connected therewith. In case this student becomes ill or is injured, school officials are AUTHORIZED to grant permission for emergency treatment in my absence under the provisions of the Medicine Practice Act. This includes any x-ray, examination, anesthetic, medical, or surgical diagnosis or treatment and hospital care which is deemed advisable by and is to be rendered by or under the general or special supervision of a licensed physician or surgeon or the staff of an accredited hospital. It is understood that this authorization is given in advance of any specific diagnosis or treatment being required. Further, I agree to accept financial responsibility for such treatment rendered in my absence.

I also certify that the above-named student is covered by insurance as required by CVUSD in accordance with California Education Code 32221* which requires protection for medical and hospital expenses resulting from bodily injury for each member of an athletic team and that it is each participant's responsibility to obtain and pay the cost of his/her own coverage. In the event that the student is not covered by private/group insurance, I understand that insurance coverage may be purchased through the school. ** Should the student lose coverage during the course of the school year, I agree to notify the school immediately.

This authorization shall remain in effect until the end of the school year unless sooner revoked in writing and delivered to the school.

Parent Signature

Date

*Information about Education Code 32221 and the minimum insurance requirements may be found on the school's website.

**Information about student insurance designed to assist in compliance with the Education Code requirements is available at the school.

PHYSICAL EXAMINATION SUMMARY (to be completed by physician):

Height: _____ Weight: _____ Blood Pressure: _____ Pulse: _____

Note any abnormalities:

Eyes (sclera, corneas): _____	Abdomen (organs, masses): _____
Ears (canals, TMs): _____	Genitalia (testes, hernia): _____
Nose (septum, mucosa): _____	Musculoskeletal: _____
Throat (tonsils, teeth): _____	Neurological: _____
Cardiovascular (pulse, murmurs): _____	Strength and Coordination: _____
Respiratory: _____	

Dr. Comments/Concerns: _____

PHYSICIAN'S CLEARANCE:

I certify that I have on this date examined this student and that, on the basis of the examination requested by the school authorities and the student's medical history, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities.

Physician's Name (Stamp or Print)

Physician's Signature

Physician's Address (Stamp or Print)

Date of Physical

Physician's Telephone Number (Stamp or Print)



THOUSAND OAKS HIGH SCHOOL VARSITY & TFT DANCE TEAM 2025 -2026 TRYOUT INFORMATION

Dear Dance Team Applicant and Parent:

TOHS is currently in the process of selecting members for its 2025-2026 dance teams. We will be selecting **two** separate dance teams but will have only **one** application process. The two teams will be the Varsity Dance Team, and the TFT Dance Team (Technique for Team; JV).

VARSITY DANCE TEAM:

The Varsity Dance Team will select approximately 15 – 25 dancers for the 2025/2026 season. 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 2025 – June 2026. The varsity team will 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):

The TFT Dance Team will select 15 – 25 dancers for the 2025/2026 season. The TFT team will meet during 5th period dance class, with after school practices. They will train in all styles of dance. TFT dancers are required to have a yearlong commitment from June 2025 – June 2026. The TFT dance team is a training team 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 commitments will meet weekly in the summer starting the week of June 23rd. 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 first team meeting for the dancers who make a team. ***A final summer schedule will also be provided at the orientation 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 14th – July 18th** at Thousand Oaks High School from 8:00 am - 9:00 pm. Dancers will train, condition, audition for competition routines and learn our first routine for our first performance at USA Elite Camp. Attendance is **strongly recommended.** **Cost is \$25.00 for dinners only.**
- **USA ELITE CAMP:**
 - **July 25th – July 28th** at Renaissance Esmeralda Indian Wells in Palm Springs. Dancers will train, condition, and learn most football choreography from USA staff members for fall performances. Attendance is **strongly recommended.** **Cost is \$590.00 per member, includes instruction, food, and hotel.**
- **VARSITY TEAM TOHS CAMP #2:**
 - **August 11th – August 15th** at Thousand Oaks High School from 8:00 am - 9:00 pm. Dancers will train, condition, audition and learn competition routines as well as stage football routines. Attendance is **strongly recommended.** **Cost is \$25.00 for dinners only.**
- **OFFICERS' CAMP: TBD**
 - **Dates June 28th-29th (San Clemente High School)** for select officers only at the director's and coach's discretion. **Cost is \$111.00 per member, includes instruction only.**
- **CAMP GLENDALE: OPTIONAL DEPENDING ON INTEREST**

- o **Dates August 4th – 6th (Glendale High School)** optional for those interested. If there are enough interest dancers who would like to attend. Parent drivers will be needed. **Cost is TBD per member, includes instruction only.**

TENTATIVE VARSITY WEEKLY SUMMER PRACTICES 2025

	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> 6:15-8:30/9pm <i>Team Practice</i>		5:00-6:00pm <i>Ballet</i> 6:15-8:30/9pm <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 23rd - July 24th** 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 our first routine for our first performance. Attendance is ***strongly recommended. No Cost.***

TENTATIVE 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 or VPA 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 2025.

VARSITY DANCE TEAM SCHOOL YEAR COMMITMENTS

- **School Practices – Meet during 6th period:**
 - o Mondays (6th period through after school) 12:45 – 3:45
 - o Mondays (odd block) 2:35 – 4:45
- **After School Practices**
 - o Tuesdays 5/5:30 – 9:00
 - o Thursdays 5/5:30 – 9:00
- Additional weekend practices in October – 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 2025.

- Additional technique classes for all team members are *encouraged but not required*.
- *Note: The more technical a dancer is, will directly affect how many dances they are in.*

TENTATIVE VARSITY SCHOOL PRACTICE SCHEDULE 2024/25:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTER SCHOOL	12:45 – 4:00pm <i>Team Practice</i>	5/5:30 – 9:00pm <i>Team Practice</i>		5/5:30 – 9:00pm <i>Team Practice</i>	Fall – <i>Football Performances</i>	Fall– <i>Some additional practices</i> Spring– <i>Competition Season</i>
OPTIONAL CLASSES	7:00-9:00pm <i>Illusions TBD</i>					

TFT DANCE TEAM SCHOOL YEAR COMMITMENTS

- **School Practices – Meet during 5th period:**
 - Mondays – Wednesdays: 12:45 – 2:25
 - Thursdays – Fridays: 1:00 – 2:25
- **After School Practices:**
 - Mondays 4:30/5:00 – 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 2025.
- Additional technique classes for all team members are *encouraged but not required*.
- *Note: The more technical a dancer is, will directly affect how many dances they are in.*

TENTATIVE TFT SCHOOL PRACTICE SCHEDULE 2024/2025:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTER SCHOOL	4:30/5 – 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 June/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.
- **Monthly Target Donations will be collected between the months of August – May.**
 - Varsity dancers will owe \$350.00 - \$650.00 per month.
 - \$200.00 for instruction, coaches and choreographers. (\$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 clothing, 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.**
 - TFT dancers will owe \$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 if this requirement is not met. 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 on your 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 social networking guidelines will also be enforced.

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 maintain healthy habits.

6. TEACHER RECOMMENDATIONS:

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

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

RETURNING TEAM MEMBER APPLICANTS (2025/2026 VARSITY DANCERS):

Returning applicants who are re-auditioning, will receive their recommendations from Coach Madi (for Varsity) or Coach Katelyn (for TFT) and Director Jordan. 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. These competition routines will determine the number of dancers needed and chosen along with skill level, attitude, work ethic, and experience. ***The dancers in the competition dances could change throughout the season at the director's/coach's discretion based on skill, attitude, and work ethic.***

If needed, an applicant ***may*** have a short informal interview. We are in search of those dancers who are motivated, hardworking, committed, genuine, with a positive attitude. 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 2025 – 2026 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.***

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.

2025 - 2026 VARSITY & TFT APPLICATION CALENDAR

TUESDAY, APRIL 15TH:

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 29TH:

7:00 pm

Parent and Dancer interest meeting in the GAR. We will answer any questions or concerns regarding the tryout application and process.

THURSDAY, MAY 1ST:

4:00 pm

Completed applications are due. Applications can be turned in to Jordan in the Girls PE Office or to the TOHS Activities office. If needed applications can be emailed to TOHSLANCERDANCERS@GMAIL.COM.

MONDAY, MAY 5TH:

4:00 – 4:15

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

4:15 – 4:50

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 audition will be denied. (Examples would be picture, signatures, etc.) 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.***

4:50 - 5:00

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

5:00 - 6:00

Break

6:00 - 7:00

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

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

TUESDAY, MAY 6TH:

6:00 – 8:00 pm

Review session of all tryout combinations.

Final tryout groups and times will be assigned.

THURSDAY, MAY 8TH:

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 just the judges. Each group will consist of 2-4 dancers. Other dance skills may be asked to be performed as need. The candidates also may be asked a few questions as well. ***The dancers will have a predetermined assigned tryout time and not need to stay longer than their own specific tryout time. The total tryout time is usually around 15 minutes.***

MONDAY, MAY 12TH:

5:00 pm

Tryout results posted! The roster for the 2025-2026 Varsity and TFT Dance Teams will be posted on the TOHS GAR door and on our Instagram page [@TOHS_DANCEDEPARTMENT](https://www.instagram.com/TOHS_DANCEDEPARTMENT)

TUESDAY, MAY 20TH

6:00 – 7:00

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

7:15-8:15

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

TUESDAY, MAY 27TH

6:00 – 8:30

First **varsity** team practice & team fittings.

WEDNESDAY, MAY 28TH

6:00 – 7:30

First **TFT** 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 JORDAN JONES

**Jmacjones11@gmail.com
(805) 405-8017**

Thank-You in advance for your interest!