

***Thousand Oaks Junior High Dance Team Program***

***Information Sheet***

***Redwood Viking Unit***

***Overview:***

Thousand Oaks Junior Dance team will help promote self-confidence, dance skills in various genres, performance opportunities, team unity, school pride, and other valuable personal and team characteristics.

***Expectations***

The expectations for this team are very high. We are motivated to make it a positive and rewarding experience. We expect commitment from teachers/coaches, dance members, parents, administration, and community.

***Purpose/Objectives***

The goal of the Thousand Oaks Junior Dance Team Program is to provide a positive extracurricular experience in dance within a team environment. This will be a safe physical, social, and emotional space/team. *Dancers will:*

* Work on the process of conditioning the body for dance by developing strength, flexibility, coordination and body awareness.
* Experience technique development, creative work, dance combinations, and a sense of performance.
* Develop an ability for and appreciation of expression through movement.
* Learn choreography for enjoyment and performance.
* Develop effective social communication and emotional support tools.

***Time Commitment***

* Members will have weekly practices after school 2 times a week for 2 hours each.
* Additional practices may occur as needed with advance notice.
* We will have performance commitments in addition to rehearsals. This could include but will not be limited to junior high school performances, community events, winter dance concert @ TOHS PAC, and spring dance concert @ TOHS.

***Coaching Staff***

The coaches hired through CVUSD have extensive backgrounds in dance. Their training includes many dance genres including jazz, contemporary, hip-hop, ballet, gymnastics, pom, etc. There will be one head coach with two assistants. The goal would be to have all three instructors at each rehearsal.

***Practice schedule***

As stated, the practice schedule will consist of two days after school for two hours each. Those rehearsals will take place at the junior high school. We will base the days on possible availability of the gym or multipurpose room. There is *also* an open invitational class on Monday nights at TOHS for additional technique training. It is optional.

***Donations***

In order to make the team function, there will be costs. The costs will primarily come from paying the instructors for their time and experience. This will be a *donation* of $75.00 per month. This includes all rehearsals, practices, and performances. It will be collected on the first practice of each month. More details of this will be discussed.

***Clothing***

Costs may be incurred for a team sweatshirt, leggings, jazz shoes, hip-hop shoes, and t-shirt. If a selected member cannot buy these items, there will be a loaner system available. Costuming will be discussed as needed.

***Academic***

Each member of the team must maintain a 2.0 GPA or higher.

***Attendance***

Each member needs good school attendance in all classes. Dance practices will be mandatory unless there is prior permission given. Members and their families should avoid making appointments and other activities on these practice days. We realize there will need to be a discussion for individual students based on other activities a selected member may have.

***Parent Support***

Each parent/guardian must be supportive of the dancer and their commitment to the team.

***Performances***

Since this will be the first year of a junior high team, the planned performances are undetermined at this time with the exception of two concerts which will take place in conjunction with Thousand Oaks High School Dance Department. One of these is at the end of November (after Thanksgiving), and the other is at the end of April, dates forthcoming. As other performance opportunities arise, we will give timely info. The other performance opportunities could include school functions, community events, parent showcases, dance concerts, and even competitions.

***Tryout Process***

Be aware that we want to work with as many dancers as possible. The skill level is not nearly as important as the desire to work hard and determination to excel. Since we will have *two to three* instructors at each practice, we will have the ability to help each level of dancers learn new skills.

The tryout process will consist of two dance clinics where the following dance skills will be included:

* Jazz steps and combo
* Hip-hop steps and combo
* Ballet basics
* Flexibility items
* Strength items

***Clinic and tryout dates:***  
*Redwood and Los Cerritos Clinics*: August 31, and Sept 1 (3:30 -5:30)

*Redwood Tryouts*: September 2nd 3:30 till finished.

*Los Cerritos Tryouts*: September 3rd 3:30 - till finished.

(Exact tryout times will be based on number of applicants and then designated groups will be given approximate time slots)

(Two clinics and one night for tryouts)

***IMPORTANT: A tryout information meeting will be via Zoom on August 24 @ 6:00 pm***

Topic: Junior Dance Parent AND dancer information meeting (for both Los Cerritos and Redwood)

Join Zoom Meeting

Meeting ID: **862 5987 6505**

Passcode: **JrDance22**