

MLHS Dance Team

Fall/Winter 2025-2026

Try-out Information

When: June 1st & 2nd (3pm – 6pm, auxiliary gym, arrive at commons doors)

Expectations of the dancer at the try-out (We will review/teach all skills together):

- Tryout routine (will be performed in groups of 3-4)
- Kick line combination (2 low, 2 mid, 2 high, around the world R to L, two R fan kicks)
- Toe touch/“Russian”
- “Dancer” jump
- Leaps (right, left, and center)
- Turn (pirouette) *double is preferred if able
- Chainé
- Splits (right, left, and center)
- Original choreography: each candidate will be responsible for choreographing 4 eight-counts of their own choreography. This will be performed at the final try-out. You may use the music for the try-out routine that will be taught to you OR you may choose/bring your own music, considering that it is appropriate.

What to bring:

- All forms (signed and dated, *check office if medical form is needed for next year, all freshman need one), water bottle, appropriate and comfortable dance clothing and shoes, hair tie to tie hair back, a wireless speaker to practice with your group if possible, notebook and pen to jot down notes may also be helpful

Attendance:

- All try-out attendance is mandatory. Coach must be contacted directly in the event that an emergency occurs that would require your absence. Do NOT rely on a friend to inform us of an absence.

Try-out Clothing:

- For the second day of tryouts, please wear a black pair of shorts/pants and a white t-shirt (plain if possible). No midribs or jewelry. Hair pulled back in a ponytail and tennis shoes or dance shoes required.

Judging Criteria:

- You will be judged on the following criteria at the tryout...
 - 1) Kicks – pointed toes, legs straight, proper placement of arms, feet come back together
 - 2) Routine – movements are exact and precise, strong moves, arms extended and straight when needed, uses head and face to accent, moves are in rhythm and beat with the music, knowledge and memorization of the routine
 - 3) Skills – mandatory ones are listed above under what is expected for you to display, will be looking for good technique and understanding of the skill, please prepare any extra skills you are capable of (i.e. cartwheel, round-off, aerial, backbend, calypso, fouettés, a-turns, etc.)
 - 4) Personality – smile, confidence, positivity, eye contact, change in facials, enthusiastic, energy
 - 5) General – “stage presence”, graceful, enjoyable to watch

Try-out Forms:

- The following forms at the end of this document must be filled-out, signed, and turned-in upon entry for the second date, June 2nd: 1) Try-out Contract, 2) Personal Questionnaire Form

Season Guidelines

*If you are selected as a member of the 2024-2025 MLHS Dance Team, please see it as both an honor and a privilege. There will be many dancers at try-outs who are willing to give their time, effort, and talents in order to make this a successful year. **If you are not able to meet the following requirements, it is advised that you do not try-out out of respect for others on the team.** Responsibility to the squad, its members, and the coach will be of highest priority.*

Attendance Expectations:

- If you are selected as a member on the MLHS Dance Team, you must be aware that practices and performances are not optional – they are mandatory.
- Being on-time to practices and performances is required and important.

Involvement in any other activity that you know would cause conflict (job, dance classes, other athletics, clubs, etc.) will make it difficult for you to become a member of the MLHS Dance Team. This rule will be enforced the entire season – No exceptions. Being repeatedly tardy to or absent from practice will not be tolerated. At MLHS, we have many students involved in many activities and we do our best to ensure they can participate in as much as possible. However, conflicts do arise at times and can affect your/our practice or performance schedule.

Each member will receive two calendars with all scheduled practices and performances. The coach will notify you in the case of any changes, which are likely to happen at some point due to weather, change of game schedules, sickness, or team readiness to perform. This calendar should be kept in a safe area and should not be lost.

Please schedule *all appointments and vacations* around our practices and performances if able. A parental contact via call, text, e-mail, or hand-written note must be submitted to the coach *one week prior* to absence to be excused from practices.

If you do not attend at least a half-day of school the day of a practice or performance, you will not be allowed to practice or perform with the team. Instead, you will be in attendance (if well) but be expected to watch and support your team.

Missing practices means missed material. If you do not know the necessary material – you will not be able to perform. Therefore, a missed practice can mean a missed performance.

In case of injury (pulled muscle, sprained ankle, concussion, etc.) you are still expected to be at all practices and performances to support your team, unless a doctor's note is provided.

Fall Dance Team Practice & Performance Schedules:

- Practices (unless otherwise noted):
 - Sundays (3pm-6pm), *possibly* selected Fridays after school *times may change
- Performances: Home football games, including any post-season games

*** These dates/times were chosen to work around Volleyball, Cross Country, and church schedules to make participation in this activity more manageable as many members are also involved at our school in many other ways at this time. The fall season is still only considered a “club”. Therefore, dancers can also participate in other athletics/activities during the fall season. However, this does not make our practices “optional”. If you commit to the team, you are expected to be at every practice, performance and competition.*

Winter Dance Team Practice & Performance Schedules:

- Practices (unless otherwise noted by the coach):
 - Mon, Tues, Wed, Thurs (3:30-5:30pm), *Fri (3:30-4/5pm, not every)
 - At least one weekend practice a month, which will be decided as the season gets closer to work with schedules
 - Some shorter Friday practices may be added as noted above if need be due to basketball scheduling and team preparedness
- Performances:
 - Pre-selected (but almost all) Varsity Boys’ and Girls’ basketball games
 - Potential Regional, Sectional, and State play for both basketball teams
- Competitions:
 - Competition Learning Practice: Date TBD
 - Various Competitions: TBD (Kiel, Freedom, and Kaukauna are on my list as of now. I will be looking for others, some earlier ones would be nice!)
 - Regional Competition: January 24, 2026 (DC Everest High School)
 - State Competition: February 6-7, 2026 (La Crosse Center)

Other Mandatory Dates to Remember:

- Manitowoc Christmas Parade (& Winter Sports Pictures): November 26, 2025
- Grade School Dance Camp: February 21, 2026

Practice Expectations:

- To dance, you should come dressed accordingly. This is for your physical safety as well.
 - Appropriate, comfortable clothing (comply to school dress code)
 - Dance shoes
 - Running sneakers
 - Hair pulled back
 - Water bottle
 - No jewelry, camis, visible undergarments, straps, or midriffs
 - No nail polish or piercings for games
 - NO GUM
 - No food in the practice area, eat before-hand and dispose of it before practice
 - NO CELL PHONES – Unless prior permission granted by coach

- **Bring a binder with lined paper or a notebook and a pen/pencil to take notes. This should be kept in your gym locker and used only for dance team purposes. This would also be a good place to keep your calendar. ☺**

Financial Obligations (prices are estimated– all links to purchase the items are under “Announcements” in the SportsYou group, to which you will be added if selected as a member of the team)

- Fall Varsity Dance Team:
 - Black body tights - \$18
 - Black dance shoes - \$30
 - Cropped body suit (in black) - \$14
 - Jazz pants - \$25
- Winter Varsity Dance Team:
 - All items listed above for fall season and...
 - Lt. Suntan body tights - \$18
 - Tan dance shoes - \$30
- Athletic Fee: All sports have an athletic fee. It is \$100 per student, per sport; however, volunteering for FOL (Friends of Lancers: concessions, ticket taking, etc.) eliminates that fee! You can sign up to volunteer on the school website.

**Uniform items would only need to be purchased once during a dancer's career on the team if well taken care of. These items can get worn-out easily, however – especially the tights! I would recommend purchasing two pairs of each in case one suddenly gets misplaced or ruined. You don't want to perform without tights!*

*** Other financial obligations would be purchasing appropriate undergarments for the multiple uniforms we have. A plain black sports bra and black underwear would be best for fall season. The same would be needed for winter season, but I would also recommend a fitting and supportive strapless bra for our lyrical uniform and/or one with nude/clear straps for our red sequin uniforms. Purchase underwear that will not show underneath the uniform when rolling on the ground or doing jumps and kicks – seamless black and nude colors would be best!*

- Hair and Make-up (Both teams): Part of being on a dance team is looking uniform. To do so, wearing similar make-up and having our hair styled the same way plays a role. Each dancer should have her own basic set of makeup and hair products for hygiene purposes. Here is a list that each dancer should bring in her hair & makeup bag each day we have a performance as we will be getting ready together at school. If your daughter does not know how to do hair or makeup well, she should practice so that she is able to do it on her own!

Makeup:

- Black water-proof mascara (esp. for those rainy football nights)
- Black water-proof eyeliner – can be liquid or pencil per preference, but must be black
- Pinky-nude lipstick (*Wet N Wild Mega Last Matte Lip Color in “Bare It All” \$2.99)

- Red lipstick – everyone should get this color as it will be our pom competition lipstick (*Wet N Wild Matte Lipstick Megalast Liquid Catsuit in “Missy and Fierce” \$5.49)
- Clear, shiny lip gloss
- Face makeup – medium-coverage foundation, bronzer, pink-coral blush, setting powder, highlight, brushes, etc.
- Nude-color eyeshadow palette (*Wet N Wild Color Icon Eyeshadow 10 Pan Palette in “Nude Awakening” - \$4.99)

Hair:

- Classic black hair ties and hair-color match ones
- Clear plastic elastic hair ties (the little ones!)
- Bobby pins (cannot stress these enough! purchase SO MANY)
- Hair donut (for making uniform buns)
- Hairspray!!!/Gel
- Comb
- Brush
- A straightener and/or curling iron (Getting ready moves faster if the girls can straighten and curl their own hair. Take summer as a time to practice!)

**There may be additional costs for various items throughout the season which may include, but are not limited to: Secret Sister gifts (should be \$5 or less), and any fun team-oriented outings we may do. The girls will be notified in a timely matter of these purchases.*

Uniforms

All uniforms are property of Manitowoc Lutheran High School. Please keep them in good condition. It is your responsibility for you to keep track of your uniform items during the season. Please lock your gym lockers! If a uniform is ruined or lost, it will be your responsibility to replace that item.

Also, remember the following: You are a young Christian representative of Manitowoc Lutheran High School. You represent your school, your faith, and most importantly - your Savior. It is important to think about how your words and actions will affect and reflect upon your school, teammates, and coach. All guidelines that are described in the MLHS Athletic Code Handbook are to be followed. Any violations of those guidelines will be handled according to the policies listed.

I look forward to a successful dance season! Please feel free to contact me at any time with concerns or questions.

Miss Abigail Bosin

E-mail: abosin@mlhslancers.org

Phone: (920) 585-1830

MLHS DANCE TEAM TRY-OUT CONTRACT

Parents/Guardians and MLHS Dance Team Candidates: Please read the following carefully. It is imperative that both parent/guardian and student understand the commitment, time, rules, and expenses that are required in order to be a successful and contributing member of this team.

1. If selected as a member of the MLHS Dance Team, I understand that attendance at all practices and performances are mandatory. I will schedule work, driver's education, appointments, vacations and any other activities around practice and performance times. The only exceptions that would be made will be done at the discretion of the coach in extreme situations, emergencies, or illness. In the event of these, the coach must be notified immediately either by phone, email, or a handwritten note directly from the parent/guardian. Please do not communicate to the coach through another dancer.
2. If selected, I will follow the Athletic Code Handbook established for all MLHS student athletes and all other rules set forth by the coach. I commit to representing my school, my team, and myself as a young Christian representative of Manitowoc Lutheran High School. Drinking or smoking of any kind will NOT be tolerated and will impact your ability to perform at the level of excellence that is required of each member. If you choose to disregard this rule, consequences will ensue and you can lose your place on the team.
3. If selected, I commit to maintaining my grades and attending school regularly. I am aware that if I do not attend school, I cannot attend practice.
4. If selected, I and/or my parents/guardians will be responsible for expenses incurred for items the dancers are required to purchase at the start of and throughout the season. If there are additional expenses to what is listed above, the girls will be notified.
5. I understand that I will have to work hard at practice, giving 110% to all I do. I will learn to handle the personal critiques and criticism constructively and will make sacrifices that will benefit the team. This will only make the team stronger and successful throughout the season.
6. I am trying-out because I love to dance and perform and want to be a part of this team. I have analyzed this decision thoroughly and I am fully aware of the expectations. I promise to be serious about this commitment throughout the season, because if I am not, I understand that it will very negatively affect the team as a whole and it could jeopardize my place on the team now and in the future.
7. As a parent/guardian, if my daughter is selected, I will commit to helping her be the most successful member of the MLHS Dance Team she can be. I will support the coach in helping my daughter follow all rules and expectations. I understand the importance of school attendance and will encourage regular school attendance throughout the year. I understand that my daughter will be expected to attend all practices and performances, and will help her schedule her day to day activities/appointments to reach this requirement. I will commit to supporting the MLHS Dance Team throughout the season by offering assistance at various events if needed

(canteen/concession help with FOL & team dinners) and I will attend performances regularly. It is very important for the girls to have fans support them throughout the season.

8. If selected as a member of the team, I am committed to representing MLHS with a positive, Christian attitude at all times, whether it is a practice or performance. Any other attitude or representation will not be tolerated and will be dealt with accordingly by the coach.

9. Please, before a parent calls the coach about any issues, each dancer should communicate any problems, concerns, or insecurities they may have in private with the coach first. (Follow Matthew 18's example.) To help enforce the above contract, each dance team member at Manitowoc Lutheran High School is expected to follow a points system. Each member begins the season with zero points. Once a member accumulates points, they do NOT go away. The member will have them for the rest of the season. Please also note: Missed practice the week of a performance can mean a missed performance.

Team members on the team will follow point values. A team member accumulating 20 points will be suspended from one game and miss any championship games that follow. A team member accumulating 25 points will be removed from the team.

1. One Point:

- Forgetting items of clothing, hair ties, paperwork, running shoes, dance shoes, binder, notebook, pen, etc. necessary for practice
- Jewelry

2. Two points:

- Excused absence from practice or game.
- Late to practice, leaving early from practice
- Unexcused absence from school (2 points per class, 10 points for whole day)
- Wearing the wrong item on game day (Dress up days, jacket days, etc.)
- Not bringing your own makeup and hair supplies on game day

3. Five points:

- Forgetting an item on a game day (dance shoes, uniform, tights, etc.)

4. Ten points:

- Unexcused absence from a practice or a performance. No notification communicated directly to the coach was sent of absence BEFORE the game
- Insubordination to coach, other coaches, captains, teammates, etc.

Parent/Guardian: I have read the above contract and commit to following its rules, supporting the coach, and encouraging my dancer in every way possible to meet these requirements.

Signature: _____ Date: _____

Dancer: I have read the above contract and commit to following its rules and expectations. I promise to be respectful to my coach and teammates. I also pledge to be a committed and positive member of the team in every way possible. Lastly, I vow to be a Christian representative of my team, school, and Savior in thoughts, words, and actions.

Signature: _____ Date: _____

PERSONAL QUESTIONNAIRE

Name (first and last, please print): _____

1. How many years of dance experience do you have? _____

2. Why do you want to become a part of this team?

3. What do you think are your strengths as a dancer?

4. What are your preferred styles of dance?

5. What do you believe your strengths are as a teammate?

6. Being aware of our weaknesses, challenges, and shortcomings is important to recognize when becoming part of a team. Others are then able to encourage you in those areas. What are your personal weaknesses as a dancer/and or teammate?

7. What special attributes would you bring to this team, if selected?

Thank-you for your interest in joining the MLHS Dance Team! As the coach, I ensure that I will judge your try-out fairly and only have your best interests in mind when making the decision as to whether or not I select you as a member of the team. God bless your try-out!

– Miss Bosin