



DANCE!



DRILL TEAM TRYOUTS



WHAT ARE THE SIDEKICKS ALL ABOUT?

The purpose of the Sidekicks is to promote school spirit and sportsmanship at school functions and to serve as a performing group representing the high school throughout the community, state and nation.

The Sidekicks JV Drill Team was established to help dancers prepare for the rigor and dance ability expected of the Sidekicks Varsity Drill Team.

Both squads perform at football games, parades, pep rallies and competitions though out the year.

The Sidekicks are expected to be role models for our student body, as well as our community. They are expected to present themselves (on/off campus, Twitter/Facebook/Snap Chat or any other social networking) with high moral values, make good grades and ALWAYS be respectful. We pride ourselves with the reputation of respect. Both the JV and Varsity teams are expected to ALWAYS follow the “Yes ma’am, No ma’am, Please and Thank You” policy, as well as all of the other high standards printed in our N.I.S.D. Drill Team Constitution.

SIDEKICKS WILL FOLLOW RULES CONCERNING SOCIAL MEDIA SITES

Write as if everyone can read it. **They will.** If your comments are hurtful or embarrassing to anyone, don't post it. This mistake alone often leads to severe consequences that are immediate or future related (i.e. dismissal from a school extracurricular activity, scholarship acceptance, college acceptance, future job interviews). When in doubt, always err on the side of caution.

Never post anything (seriously, anything) that is mean or hurtful. **Don't be a cyber bully!!!** If someone has upset you, handle it with maturity and class. **TALK DIRECTLY TO THAT PERSON!!!** People will have more respect for you for handling your problems this way.

Never provide any intimate or revealing information about yourself or others on your page. This could **SERIOUSLY** hurt your reputation if anyone were to obtain the information. It is easier to maintain a good reputation than try and repair a bad one! **They will find the information if it is there.**

Never post questionable photos of yourself! Please remember to check photos of you that others post. On many sites, another individual can "tag" you in a photo without permission and it will end up on your site or sites you do not know about.

Never "friend" people you don't know. This is for your own safety!

Be sure to check your privacy settings often. Never maintain any public page.

TRYOUT WEEK (APRIL 9-13)

(4:30PM – 7PM) Monday: Learn Tryout Dance

(4:30PM – 7PM) Tuesday: review tryout dance, learn high kick combination and across the floor combination; you will also get your tryout groups!

(4:30 PM – 7PM) Wednesday: review, review, review!

(4:30PM – 7PM) Thursday: MOCK TRYOUTS – start with returning members

(5PM – 10PM) Friday: 4:30 PM: get tryout numbers; last words from the
Directors

5:00 PM: show tryout dance to judges as a whole
group – all candidates dance

5:10 PM: group number 1 begins tryouts

Returning members tryout first and non members will tryout second. We will start with the tallest girls first and end with the shortest girls.

10:00 PM: Results posted Twitter (@NHSSidekicks, results will be posted with the tryout number and candidates first name only.

OPEN OR CLOSED?

Due to limited amount of space,
Parents/Friends/Family are not allowed
in the practice area.

WHAT DO I WEAR FOR PRACTICE?

On Monday -Wednesday, you may wear any type of workout clothes or dance clothes that you already have. I **STRONGLY** suggest that you practice the entire week in the shoes that you will be auditioning in!

Thursday is **MOCK TRYOUTS**, therefore, you should wear the outfit that you will be trying out in. Your hair must be up in the drill team hair bun on top of the head. No whispies. Hair must be all pulled up into the bun and not covering the ears. You do not have to wear make-up for mock tryouts.

WHAT ARE MOCK TRYOUTS?

On the day of mock tryouts, the girls will be auditioning in their tryout groups in front of the senior Sidekicks drill team members.

The Senior Sidekicks will use the actual tryout sheets that the judges use to give the candidates critiques on what to work on.

The Seniors will NOT be giving an actual score during the mock tryouts, just critiques on what the girls need to work on before the auditions.

WHAT DO I WEAR FOR TRYOUTS?

On the day of tryouts, wear the following:

1. black **form fitting**: tank top, shirt, leotard – no midriffs, cleavage or bra straps are allowed to show
2. solid black booty shorts or solid black capri or full length leggings
3. black or tan jazz shoes or half soles

The hair should be slicked back and pulled up in a bun.

The candidate also needs to wear makeup - smoky eyes, blush, red lips, false lashes optional but suggested, plenty of black mascara.

Do not wear any jewelry of any kind to the auditions!

HELP! I'M STRUGGLING, AND I NEED EXTRA HELP!

If you need extra help on the tryout dances, then you have a couple of options.

1. Videos of the kick combination, across the floor combination and jazz dance will all be available for you to view at www.northwestsidekicks.com
2. Area dance studios are offering classes at their locations to help you daughter with tryouts. The instructors will basically reteach the entire tryout dance, kicks, and combinations. This is a very valuable class if your daughter needs help with the tryout material. You must register soon or the classes will fill up!
3. Use your cell phone to video the officers doing the dance at the end of practice.

WHAT DO I PERFORM AT TRYOUTS?

Students will be taught the following routines at the try-out clinic:

Jazz routine: This will not be taught until the Monday of tryout week. The dance is choreographed and taught by Coach Sponsel. Skills include (but are not limited to) chaine turns, pique turns, a double pirouette, right and left leaps, Russian leap, pitch kick, tilt kick and a Calypso.

Kick combination: (88 means two eight counts)

88: Exercise kicks (close on 7)

88: Jump kicks (close on 7)

88: Around the world kicks R and L (close on 7)

88: Fan kicks R and L (close on 7)

88: Kilgore kicks

88: Graduated kicks (close on 7)

Across the Floor: (everything travels to right side)

8: Grapevine and prepare for pirouette (1-4) pirouette – single, double, triple or quad (5-8)

8: Chaine Calypso, roll to the ground and stand (1-8)

8: Step prepare pirouette and hold (1-8) OR step prepare, two turns in second with a double pirouette (1-8)

8: chasse step Russian and turn out of it (1-8)

8: chasse step R leap, step R leap, step R leap with head released (1-8)

EXPLANATION OF SCORING

A panel of professional judges, not affiliated with N.I.S.D. will observe and adjudicate groups of 3-4 girls at a time performing the above mentioned items. Criteria judges will be looking for are: smile/facial expressions; sharpness of movements; control/balance; proper execution of movements; technical ability and flexibility. Score sheets are provided for the judges with percentages given to each of the categories. An administrator from N.H.S. will tabulate the scores.

How do we make a final choice? The candidates who have a score of at least 75 or above will be chosen for Varsity. The candidates whose scores are between 60 and 74 will be chosen for Junior Varsity. Judges used for our auditions are generally drill team directors and/or professional dancers. Judges decision is final.

Try-outs are a lengthy process, so be prepared to bring snacks and a lunch. Try-outs are closed to the public---judges, administrators, the director, and senior members helping with line-up, running music, etc. are the only people allowed in the gym other than drill team candidates. We will post the candidates first name and tryout number that make the team on the Sidekicks Twitter page.

@nhsSidekicks

PLEASE DO NOT.....

Please do not LEAVE until you find out whether or not you are being called back to tryout again. CALLBACKS WILL HAPPEN!

Parents, please do not go past the posters that say “NO PARENTS PAST THIS POINT”. Please wait in the designated parent areas until your daughter is finished with her audition. Some booster moms/dads will be past the “no parents” sign. They are there at my request to help make the audition process go smoother. Feel free to ask them for help or if you have any questions!

Please do not yell or scream in the hallways. Everyone wants a fair audition without distractions.

WHAT SKILLS ARE REQUIRED FOR.....

Varsity Sidekicks

Must be able to perform the following with strong technique

SOLID DOUBLE PIROUETTE

PIQUE TURNS

CHAINED TURNS

CALYPSO LEAP

RUSSIAN LEAP

R & L REGULAR LEAPS

TILT KICK

PITCH KICK

HIGH KICKS

SPLITS FLAT ON BOTH SIDES

BONUS POINTS FOR QUALITY
TURNS IN SECOND

Junior Varsity Sidekicks

Must be able to perform the following with a basic understanding of the skills.

SINGLE PIROUETTE

PIQUE TURNS

CHAINED TURNS

CALYPSO LEAP

RUSSIAN LEAP

R & L REGULAR LEAPS

TILT KICK

PITCH KICK

HIGH KICKS

SPLITS

WHAT IS THE DIFFERENCE BETWEEN THE TWO SQUADS?

VARSITY SIDEKICKS

7 AM PRACTICES YEAR ROUND
SOME SATURDAY OR AFTER SCHOOL
PRACTICES
DANCE CLINICS
PERFORM AT ALL VARSITY FOOTBALL
GAMES – HOME AND AWAY
PERFORM IN ALL PEP RALLIES
REGIONALS AND NATIONALS
COMPETITIONS
DADKICKS & MOMKICKS
SPRING SHOW
SPRING EXTRAVAGANZA
BOOSTER CLUB

JUNIOR VARSITY SIDEKICKS

7 AM PRACTICES DURING FOOTBALL
SEASON
AFTER SCHOOL PRACTICES WHEN
FOOTBALL SEASON IS OVER
SOME SATURDAY PRACTICES
DANCE CLINICS
PERFORM AT ALL HOME/AWAY VARSITY
FOOTBALL GAMES
PERFORM IN DESIGNATED
PEP RALLIES
REGIONALS COMPETITIONS
DADKICKS & MOMKICKS
SPRING EXTRAVAGANZA
SPRING SHOW
BOOSTER CLUB

**I MADE THE TEAM! DO I GET TO
PERFORM AT EVERY
GAME/COMPETITION?**

Even though your daughter makes the squad, she is not guaranteed to perform every time her squad performs.

First of all, the squad member must be academically eligible to perform. We follow the Texas U.I.L. guidelines when it comes to grade eligibility and attendance. Every student **MUST** be passing **ALL CLASSES** at the 3 week progress report or 6 week report card in order to be eligible to perform. The student **MUST** also be in school at least $\frac{1}{2}$ day on the day of a performance.

Drill team members must also try out for every routine that squad performs. It is up to the Director to determine whether or not the member is ready to perform that week. Students that are unable to execute the routine to the expected standard or who have exhibited excessive negativity during practices will not be chosen to perform.

WHAT DOES DRILL TEAM COST? *THIS IS AN ESTIMATE!*

THESE ARE LAST YEARS ESTIMATES ~ I WILL POST 18-19 ESTIMATES IN APRIL, 2018

Estimated Expenses:

SIDEKICKS VARSITY AND JV ROOKIES (new members)

Team Camp (H.T.E. at hotel) \$350.00

Field Hat/Boots \$150.00

Practice wear, shoes, warm up, bags etc. \$400.00

Total: \$900.00

SIDEKICKS VETERANS (returning members)

Team Camp (H.T.E. at hotel) \$350.00

Practice wear \$200.00

Total: \$550.00

FUNDRAISING OPPORTUNITIES AVAILABLE TO HELP OFFSET COSTS

There will be various other expenses such as t-shirts, competition earrings, shoes and eyelashes throughout the year. If the team travels to competition, these expenses will also be the student's responsibility. The booster club will work to fundraise and make these expenses as low as possible.

PAYMENT PLANS ON NEXT SLIDE!

**GENERALIZED PAYMENT PLAN
FOR NEW TEAM MEMBERS:**

JV AND VARSITY

1st payment: \$150 deposit due April 16

2nd payment: \$250 due by May 4

3rd payment: \$250 due by May 25

4th payment: \$250 (or remaining balance) due by June 15

*****YOU CAN MAKE LARGER PAYMENTS IF YOU WANT TO, OR ONE LUMP SUM PAYMENT, WHATEVER YOU LIKE. YOU JUST CAN NOT MAKE A SMALLER PAYMENT THAN WHAT IS DUE.*****

ATTENTION!

There will be no refunds on any payments made for SIDEKICKS!

THIS INCLUDES, BUT IS NOT LIMITED TO, DRILL TEAM MEMBERS WHO CHOOSE TO LEAVE THE TEAM AND/OR DRILL TEAM MEMBERS WHO ARE DISMISSED FROM THE TEAM.

No exceptions will be made.

ADDITIONAL COSTS

Other costs that you will be expected to pay throughout the school year are as follows:

Make Up	\$list will be provided at a later date
Fall Dance Clinic T-shirt:	\$10-15 due in September
Spring Dance Clinic T-shirt:	\$10-15 due in January
Competition T-shirt:	\$30 - \$35 due in January
Competition Earrings:	\$purchase on your own
Pep Rally Shoes	\$50-\$70 to be chosen at a later date, TBA

Any additional contest uniform pieces such as new shoes, accessories \$

You may be expected to buy other costume items/miscellaneous things throughout the year.

EXPECTATIONS

Perform tryout routine at the Spring Show (must be grade eligible!)

Summer line camp dates TBA and July 30-August 3

ALL TEAM MEMBERS ARE REQUIRED TO GET 15 HOURS OF DANCE TRAINING OVER THE SUMMER. CLASSES ARE OFFERED (FREE) ON TUESDAYS AND WEDNESDAYS IN THE DANCE STUDIO. OTHERWISE, TEAM MEMBERS MAY RECEIVE TRAINING AT THEIR DANCE STUDIO. RECEIPT OF PURCHASE MUST BE TURNED IN TO RECEIVE CREDIT OF DANCE HOURS. MEMBERS WHO FAIL TO COMPLETE ALL OF THE TRAINING WILL BE BENCHED FROM THE FIRST FOOTBALL GAME.

Varsity and JV: Regular practices begin the first day of school. We will practice every day beginning at 7 AM

Junior Varsity: Practice will change to after school when football season is over.

Both Squads: Some weekday evening practices, Some Saturday practices, Great memories for a lifetime!

Forms to return on Tuesday, April 10th:

Constitution Contract

Tryout Information Sheet

Transportation Sheet

Acknowledgement of Rules Sheet

Emergency Information Sheet

Payment Plan Sheet

Team Selection Sheet

EXPECTATIONS CONTINUED

****Practice times are scheduled by the Director and can change at any time. It is up to the discretion of the Director to determine when the team, officers or select squads should or should not practice. All drill team members will be notified of any additions or changes to the practice schedule at least two weeks in advance, unless a special circumstance arises that is out of the Director's control.

BE ON TIME!

We do our very best to make sure that we start and end practice at the designated time. Parents....please make sure that your daughter is picked up at the designated time. We will stay and wait with you daughter up to 15 minutes after the designated pick up time. After 15 minutes, the police will be called to pick up your child.

Students will be told to call their parents to give them a pickup time when we are returning from an event. If a student does not have a cell phone, they are more than welcome to use the Director's cell phone.

**PLEASE MAKE SURE YOUR DAUGHTER IS PICKED UP ON TIME
FROM ANY PRACTICE OR EVENT. THANK YOU! ☺**

SIDEKICKS SPRING SHOW AND ROOKIE PRACTICES FOR SIDEKICKS VARSITY AND JV

The Spring Show will be held on April 27 & 28, 2018. All eligible Rookies (both JV and varsity) are expected to perform the tryout jazz routine.

Spring Show practices will be held on Monday, April 23-April 26 from 4:30 pm to 8:30 pm for all drill team members (new or old). Practices will be held in the Performing Arts Center. Some practices will be full dress rehearsals. The Director will indicate what to wear each day and when the new Rookies should attend practice. We do understand that the 8th graders might arrive a little late.

All 2018-2019 drill team members will wear an outfit specified by Coach Sponsel(Varsity Sidekicks) or Coach Bailey (JV Sidekicks). Please let us know if you will not be able to participate in the performance due to other school related activities, illness etc.

You must turn in a copy of your 5th six weeks report card during the week of tryouts. A failure will NOT make you ineligible to try out. I need to see your grades for eligibility reasons for performance in the Spring Show.

SUMMER CAMP DATES

Drill team members **MUST** be able to attend two separate summer camps, which are held on _____(TBA) and July 30 – August 3, 2018.

All vacations, etc. **MUST** be planned around these dates. If the student is not able to attend both line camps, then she should not try out for the drill team.

No exceptions will be made.

The cost of camp is approx. \$350.00 for Varsity and JV. This includes their camp fee, hotel cost, and meals. Students are encouraged to bring snacks, drinks, etc. The camp will be held at The Renaissance Hotel in Richardson, TX.

On the final day of camp, parents are encouraged to come and watch the girls perform one of their newly learned routines. Time for this event is T.B.A.

The August camp does not cost anything. It will be held at N.H.S. The purpose of this camp will be to learn all football field routines and pep rally routines.

CHECKING OUT UNIFORMS

FIELD UNIFORMS, GARMENT BAGS, TOTE BAGS, RAIN PONCHOS, SOME COMPETITION UNIFORMS AND POMS ARE PAID FOR BY THE SCHOOL DISTRICT AND/OR SIDEKICKS BOOSTER CLUB. THEY MUST BE RETURNED BY THE END OF THE SCHOOL YEAR IN THE SAME CONDITION AS THEY WERE RECEIVED. ANY UNIFORMS THAT ARE DAMAGED WHILE IN THE CARE OF THE DRILL TEAM MEMBER WILL BE EXPECTED TO BE FIXED AND/OR PAID FOR BY THE DRILL TEAM MEMBER!

**TURN IN THE FOLLOWING
FORMS**

Constitution Contract

Tryout Information Sheet

Transportation Sheet

Acknowledgement of Rules Sheet

Emergency Information Sheet

Payment Plan Sheet

Team Selection Sheet

READ YOUR CONSTITUTION!

ALL N.I.S.D. DRILL TEAMS FOLLOW THE SAME DRILL TEAM CONSTITUTION, WHICH HAS BEEN DISTRICT APPROVED. PLEASE MAKE YOUR YOU HAVE READ AND UNDERSTAND THE RULES BEFORE SIGNING THE DOCUMENT.

THE N.I.S.D. DRILL TEAM DIRECTORS FOLLOW THE RULES AND GUIDELINES SET FORTH IN THE DRILL TEAM CONSTITUTION WHEN IT COMES TO ABSENCES, DISCIPLINE, ETC. SO, PLEASE READ THE CONSTITUTION!

TEAM SELECTION FORM

2018-2019

Team Selection Form

Please sign only one of the following boxes, so we know where to put you (or not) based upon your tryout results.

I, _____, am proud to be a member of either the JV Sidekicks or Varsity Sidekicks Drill Team.

I, _____, wish to only be selected for the JV Sidekicks, even if my score is a 75 or greater (which would qualify me for Varsity).

I, _____, wish to only be selected for the Varsity Sidekicks. If I qualify for JV, I respectfully decline membership on the JV Sidekicks.

Parent Signature required: _____

PHYSICALS

Drill Team members will need to get there physical done every year.

I MUST have a physical from you no later than May 22nd.

PHYSICALS – time and date TBA. LOCATION: NORTHWEST HIGH SCHOOL

CHECK IN AT THE MAIN GYMNASIUM

COST: \$TBA

HIGH SCHOOL ATHLETES 3:30-6:00 MIDDLE SCHOOL ATHLETES 3:30-6:00

IMPORTANT!!! Paperwork must be completed online!!!

YOU MUST PURCHASE A TICKET IN ADVANCE TO GET A PHYSICAL. IN ORDER TO PURCHASE A TICKET, THE ONLINE PAPERWORK MUST BE COMPLETED AT TIME OF PURCHASE.

You can find a copy of the physical form at www.nisdtx.org, select “Northwest High School”, select “extra/co-curricular”, select “athletics”, select “athletic forms”.

**WHAT HAPPENS IF
I DON'T MAKE IT?**

If you don't make either squad, you still have some options:

Sign up for Coach Sponsel's Dance Classes at NHS.

OR.....see Coach Sponsel or Coach Bailey about becoming a manager for either drill team. Managers travel with the team to all of their functions (including the August camp).

**SO YOU MADE THE TEAM! ~
MANDATORY MEETING**

If you make the team, then
both parent(s) and student
will need to attend a meeting
on Tuesday, May 1st
at 7 PM in the Lecture Hall.

OTHER DRILL TEAM EXPECTATIONS

- All Drill Team members (who wear glasses) are expected to wear contact lenses or be able to perform without their glasses for all performances.
- No visible tattoos. Any visible tattoos must be covered up with the appropriate stage makeup – not band aids (when performing)
- Only single ear piercings (with the team earrings) may be worn to performances. All other piercings must be removed for performances/events or functions. Drill Team members will not be allowed to wear band aids to cover up visible piercings.
- Drill Team members must not dye their hair an un-natural hair color.
- Drill Team members who choose to get their nails done, must not get the pointed false nails, as these could be dangerous to other team members. Only French manicure polish or nude polish may be worn to performances. Nude polish is defined as polish that matches your skin color.

CONTACT INFORMATION

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