

JANUARY

1. SET TRYOUT DATE

- Select a date and time for tryouts.
- Check this date with the school activity calendar and athletic director's office.
- Avoid exam week, spring break and other major conflicts.

2. SET PRE-TRYOUT CLINIC DATES

- Check dates with school activity calendar.
- Have back-up plan for dates in case interested candidates play other sports in the spring that run a risk of conflicting with your tryouts.
- Remember to communicate openly with other coaches in the school. This will help foresee any conflicts as well as earn their support early.

3. RESERVE TRYOUT FACILITY

- Reserve the gym or auditorium for tryouts and clinics.
- Take into consideration the amount of room needed to perform turning and/or leap combinations.
- Test sound system or stereo in advance

LATE JANUARY & EARLY FEBRUARY

4. CONTACT JUDGES

- Confirm in writing the date of your tryout and compensation for each judge.
- Contact your NDA State Director for help in securing unbiased qualified judges.
- Find out what information your school district needs in order to issue a check (i.e. social security number, etc.).

FEBRUARY

5. PUBLICIZE DATES

- Use the school website, social media, newspaper, bulletin boards, flyers posted in high-traffic areas, school announcements and the local newspaper (if applicable) two weeks prior to sign-up day.
- When applicable, publicize tryouts at the junior high school

6. POST SIGN-UP SHEETS

- Announce location where students can sign-up and pick-up applications.
- Have a deadline for signing up and enforce that deadline.

7. ARRANGE FOR JUDGES' CHECKS TO BE DRAWN

- Many schools require all payments to be passed at the monthly school board meeting.
- Aim to have the checks at least one week prior to tryout date to be on the safe side.

TWO WEEKS PRIOR

8. TRYOUT MEETING

- Communicate the requirements necessary for trying out.
- It is important that information is taken home to be read by parents/guardians with regard to the cost of being a dancer, commitments of time, travel and insurance.
- Both a completed medical release form and a parental consent form need to be returned to the coach before the first tryout clinic practice.
- The consent form should be signed by both the parents/guardians and dated. It gives permission for the student to tryout, as well as indicates an understanding of the required commitment. Signing the consent form can also be used to signify an agreement to follow tryout procedures.

9. ASSIGN DUTIES TO GRADUATING SENIORS

- Select material from the NDA Tryout Video.
- Possible jobs include: teaching material, conducting warm-ups, playing music during tryout, helping bring in groups during tryouts, creating the itinerary for clinic week, making copies of paperwork, etc.

ONE WEEK PRIOR

10. PREPARE ALL FORMS

- Update and distribute teacher evaluation and grade check sheets.
- Update and copy parental consent forms, medical release forms and tryout score sheets

ONE WEEK PRIOR CONT.

- Put together a sample score sheet for the candidates and judges to become familiar with.
- Put together a list of common comments for judges to use. It will make it easier for judges to utilize comments as well as give you feedback in case the outcome is questioned.
- Confirm with Judges. Ask them to arrive 30 minutes early so you may meet with them and review procedures and score sheets. Send them maps if necessary.
- Give Judges your cell phone number in case they need directions or get lost.

WEEK OF TRYOUTS

11. COLLECT SHEETS

- Gather all applicants, teacher evaluations and grade checks.
- Verify eligibility requirements for applicants.

12. PICK UP JUDGES' CHECKS

13. MAKE SOUND SYSTEM ARRANGEMENTS

- Be sure equipment is available for practices and tryouts.
- Test music prior to clinics.

14. FIRST CLINIC DAY

- Reinforce and preview the tryout requirements and team regulations.
- Collect completed medical release forms and consent forms.
- Take roll.
- Always have a warm-up to help keep clinic injuries to a minimum.
- Require a photograph to attach to their application. It may be tedious, but will be worth it later in the event of discrepancies or ties.

15. EACH CLINIC DAY

- Take roll daily and monitor progress.
- Be available each day to answer questions and make decisions.

16. TRYOUT ATTIRE

- Shirt tails should be tucked in and clothing should be neat and clean.
- Have candidates dress in similar attire as to not call attention to any of the returning candidates.
- No jewelry should be worn.
- Hair should be secured up away from the face.
- Heavy make-up is not appropriate.
- If using a number system to identify candidates, make sure number can be seen at all times.

17. TRYOUT DAY

- Meet early with Seniors and those helping with tryouts.
- Cover windows in tryout facility so other students can't look in.
- Provide snacks and refreshments for judges and others assisting in tryouts.
- Assign duties.
- Pass out participant tryout numbers.
- Meet immediately with the judges and distribute score sheets, pencils, calculators, scratch paper, etc.
- Encourage judges to make comments (constructive and positive) in case a parent raises a concern in the future.

18. TRYOUT PROCEDURE

- It is recommended that tryouts be closed except for the judges, coach, tabulator and school administration.
- Graduating seniors may be there to help, but must not be distracting to the judges or to those trying out.
- Set up a camera to tape tryouts in case of discrepancies.

19. POST-TRYOUTS AND POSTING RESULTS

- Announcing results as soon as possible will help avoid concerns regarding unfair scoring.
- Post results on the web, by phone or by letter in a sealed envelope.
- Follow-up with "thank you" cards to the judges and administration.

20. ENJOY YOUR SEASON!

- For more information on summer camp, contact your NDA State Director now or call the NDA Office at 877.NDA.2WIN.

TRYOUT APPLICATION



Please print the following information clearly. Return to _____
by _____.

Candidate for (check one): Freshman Junior Varsity Varsity Other

PERSONAL INFORMATION		
NAME:		PHONE:
ADDRESS:		ZIP:
OVERALL GPA:	GRADE LEVEL:	DATE OF BIRTH:
PARENT/LEGAL GUARDIAN:		

MEDICAL INFORMATION	
DOCTOR:	DOCTOR PHONE:
DENTIST:	DENTIST PHONE:
INSURANCE CO.:	POLICY NUMBER(S):

1. Are you allergic to any medications? YES NO

If so, please list: _____

2. Are you currently taking any medications? YES NO

If so, please list: _____

3. Are you currently being treated for any injuries? YES NO

If so, please list: _____

OTHER INFORMATION

4. Are you currently a member of any club, organization or team requiring extra practice time? YES NO

If so, please list: _____

5. List any honors you have received in school: _____

6. What are the dates that you will be out of town during the summer? _____

7. Please list any other obligations that may interfere with attending summer camp. _____

8. Please attach a copy of your class schedule.

TRYOUT RELEASE FORM



APPLICATION RELEASE

I, (applicant name) _____, have read all rules and regulations that govern the (school/team) _____ Dancers. As a representative of my school, I understand and agree to abide by them if selected as a dancer for the _____ school year.

Signature of Applicant _____ Date _____

PARENTAL RELEASE

I, the undersigned, have read and fully understand the rules and regulations which will govern my son/daughter if he/she is chosen to represent _____ as a dancer. I further understand that this is an extracurricular activity and that attendance at all practices, games, special functions and summer camp is a requirement of the elected dancer.

I hereby give consent to my son/daughter, _____, to tryout for dancer at (school) _____ and recognize his/her responsibilities and requirements as a leader of his/her school. I understand that, if chosen, my son/daughter will be required to pay for dance camp and uniforms. Further, I understand that school and/or personal insurance must cover my son/daughter. I give permission for my child to receive medical attention in the event that I cannot be present or reached for any reason.

Signature of Parent/Legal Guardian _____ Date _____

TRYOUT INTERVIEW



Interview questions can be used in conjunction with tryouts in many ways. Have the judges score a candidate's response or you can use these questions as a tool when looking for the perfect Team Leader or Captain.

1. Name two ways to get students interested in attending pep rallies.

2. What would you do if a member of your team had a bad attitude?

3. What three characteristics do you feel are most important for team members to possess?

4. Do you feel dancers are an important part of the athletic program; if so, why?

5. What motivated you to audition for this team?

6. How should dancers represent their school and student body?

7. What would you like to see implemented in next year's dance program?

8. What is something the dance team did last year that you felt was effective?

9. What ideas do you have to get teachers and administrators involved in school spirit?

10. Why should a dancer maintain good grades?

11. How have you overcome adversity?

12. Name one goal you have set for this year.

Additional Notes:

TIPS FOR HOW TO MAKE THE TEAM:

- Keep your grades up – schoolwork comes first and is a good indicator of your work ethic.
- Practice good rapport with your teachers and peers. Dancers are role models in their communities.
- Introduce yourself to the coaches, this will help them get to know you.
- In the months leading up to tryouts, stretch and start training your technical skills. Work with private coaches or senior dancers for helpful critiques.
- When the score sheets become available, be sure to identify your strengths and weaknesses. This will help you practice and prepare for the big day.
- During the clinic: pay attention, have a positive attitude, dance full-out and ask questions.
- Remember the coaches and administrators are always watching. Behave appropriately and be courteous to other candidates.
- If the coach allows, record the routines on your cell phone so you can practice at home.
- Stretch after each clinic session and drink plenty of water to avoid sore muscles.
- Practice your tryout material full-out in front of your parents and friends to calm your nerves.
- On tryout day arrive early, eat a good meal, take a deep breath, relax and have fun!
- Keep in mind that being a member of the dance team may come with financial obligation. Seek out the details of what will be required so you can be prepared.

GOOD LUCK!