

Tryout Information

Monday, March 3rd - 4:30pm-6:30pm

- Check In begins at 4:15pm - dancers will receive a try out number and warm up in the gym.
- **Please be ready to provide:**
 - **Parental Permission Form (page 5)**
 - **Dance Team - Tryout Form (page 6)**
 - **Dowling Catholic Athletics - Social Media Policy (page 7)**
- Attire -
 - Black top and black bottoms
 - Jazz shoes or half soles
 - Hair - Parted with low ponytail
- Schedule - In the Small Gym
 - Warm-up
 - Learn Pom
 - Learn Jazz
 - Learn Lyrical
 - Dancers Receive Teacher Recommendation Forms

Tuesday, March 4th - 4:30-6:30pm

- **Please be ready to provide:**
 - **Teacher Recommendation Forms**
- Attire -
 - Black top and black bottoms
 - Jazz shoes or half soles
 - Hair - Parted with low ponytail
- Schedule - In the Small Gym
 - Warm-up
 - Review Pom, Jazz, and Lyrical
 - Mock Tryout and Small Groups Assigned

Monday, March 10th - 4:30-6:00pm

- **Please be ready to provide:**
 - **Teacher Recommendation Forms (if not done already)**
- Attire -
 - Black top and black bottoms
 - Jazz shoes or half soles
 - Hair - Parted with low ponytail
- Final run through will begin at 4:40pm in the small gym
- 4:50 pm - Tryouts Begin - Dancers are dismissed once their group is finished.

2025-2026 Dance Team Code of Conduct

1. The Dowling Catholic Dance Team (DCDT) will perform at Home Varsity Football and Home Varsity Basketball games. The DCDT will also perform at a variety of assemblies and exhibitions along with attending 3 day camp each summer. The Dowling Catholic Competition Team will compete at the ISDTA Championships and additional competitions as approved.
2. All dancers are expected to uphold the Dowling Catholic academic standards as written in the Dowling Catholic handbook (page 24-25) in order to participate on the Dance Team.
3. Any conduct that is embarrassing to the dancer or the dancers team may result in suspension or expulsion from the team. This includes drinking, smoking or vaping, profane language, disrespect, bullying or any actions unbecoming of a dance team member. If any actions involve illegal substances the dancer will be immediately expelled from the dance team. The coaches and the athletic director will be the judges of what is appropriate or inappropriate conduct.
4. The DCDT is considered a Fall and Winter Sport. Competition Dance Team members MAY NOT participate in another sport during the Fall or Winter Season. However, a dancer who is ONLY on the Pom Squad MAY participate in another Fall/Winter sport as long as they can make the practice schedule work and understand the attendance rules.
5. Freshmen dancers may participate in Freshman Fall Cheerleading AND the DCHS Pom Team. Freshmen may not participate in Fall Cheerleading AND the DCHS Competition Team.
6. Anticipated** practices for all DCHS Dance Teams are as follows:

POM TEAM --

Summer:

- July 6th & 7th - Precamp
 - Team Mass and Potluck will be scheduled on July 7th
- July 9th-12th** - UDA Camp - Omaha
- Practices August 12th-21st** (Monday, Wednesday, Friday from 6:30-7:30am)

Fall/Winter Practices:

- Mondays, Wednesdays, & Fridays - 6:30-7:30am

COMPETITION TEAM --

Summer:

- July 6th & 7th - Precamp
 - Team Mass and Potluck will be scheduled on July 7th
- July 9th-12th** - UDA Camp
- Practices August 12th-21st** (Monday, Wednesday, Friday from 6:30-7:30am)

Fall/Winter Practices:

- Mondays, Wednesdays, & Fridays - 6:30-7:30am
- October through State Competition, Sunday's - 5:30-8:00pm at Dowling Catholic**

****** There will be a set Google calendar each month that will lay out the designated practices.**

7. Coaches will send the dance team calendar which will include all practices, competitions, games and events. Dancers are expected to work around this calendar. This includes all extracurricular activities.
8. All DCDT members will be required to attend the UDA Dance Camp. Camp is held at the beginning of July and all dancers will be responsible for 100% of the entire cost of camp.

Camp Details -

- UDA Convention Camp Omaha La Vista, Nebraska - July 9th-12th
9. Choreography Camp for the Competition Team members is mandatory. **No exceptions.**

10. All DCDT members will be required to attend the ISDTA State competition on the days that the team competes. State solo is set for October 24th and State Dance Team is scheduled for December 3rd-5th.

State Details -

- ISDTA State Solos are held in Newton or Pella.
 - ISDTA Dance Team Competition is held at Wells Fargo Arena/Hy-Vee Hall
 - Dancers will miss a day (or two) of school for the team competition (this is considered an excused absence from school - "field trip")
11. Attendance is required for all practices, games, events and camp.
 - All practices will be noted on the Dowling Catholic Dance Team Google Calendar.
 - If Dowling Catholic has a late start for school due to inclement weather, the Dowling Catholic dance team will not have morning practice.
 - Unexcused absences are unacceptable.
 - Dancers are expected to be at the practice prior to a performance.
 - Tardies to practice are unacceptable.
 12. If a dancer has a conflict with a practice, game, or other event, the head coaches must receive an email notice of the absence a week in advance. This includes trips and school sponsored retreats. All communication should be emailed to DowlingCatholicDanceTeam@gmail.com.
 13. In order to perform, dancers must have all pieces to the uniform. If a dancer is missing any piece of their uniform, the dancer will sit out from the performance.
 14. All dancers will be required to have a current physical on file every year on the team.
 15. Dancers are expected to give 100% effort at every practice, performance and event. If a dancer is not up to standard with the rest of the team at the last practice before a performance they will not perform. Coaches will make the final decision at the last practice prior to a performance. Dancers who do not bring their entire sideline and/or halftime outfit will not perform.
 16. DCDT members may not attend school sponsored retreats or trips during the months of October, November and December.
 17. DCDT members will purchase all costume pieces. It will be the dancer's responsibility to keep their costumes and poms in good condition or the dancer will be required to purchase new items. All uniform pieces will be reviewed in the spring. Coaches will decide if the dancers will use the same uniform pieces from the previous year or purchase new. If the coaches select to use the previous year's uniform pieces, only new members will be responsible for purchasing items.
 18. Dance Team payments must be paid in \$200 increments. Payments are due to the Business Office on the 1st of the month starting in May. Final Dance Team balances must be paid in full prior to performing at the final basketball game or pep assembly. Balances not paid in full prior to tryouts will result in the dancer not being able to try out for the next year.
 19. Dancers interested in competing as a State Soloists will tryout for a spot in August or September. Soloists must be on the Competition Team in order to tryout. The top 8 soloists will represent Dowling Catholic at the State Dance and Drill Team Competition in December. All dancers must be present and in costume for tryouts with their music submitted prior to the tryout. Video auditions will not be accepted.

DOWLING CATHOLIC DANCE TEAM COST: The following is an ***ESTIMATE*** of what the Competition and Pom Dance Team will cost for the upcoming season. Dancers will be responsible for purchasing **Black Leggings, Tan Jazz Shoes, Tan Halfsoles (Competition only), Rhinestone Earrings, Team Tennis shoes, Tights, and all makeup and dance accessories. In addition, team members are committed to paying for the following costs that occur throughout the season.**

Dance Team Fee	\$50.00	
Warm Up Jacket	\$150.00	*New Members
DCHS Backpack	\$85.00	*New Members
Personalized Football Jersey	\$120.00	*New Members
Dance Team Bow	\$15.00	
Uniform Top	\$150.00	*New Members
Skirt	\$70.00	*New Members
All Star Tank	\$40.00	*New Members
Maroon Poms & Pink Poms	\$50.00	
Jazz Costume	\$150.00	*Competition Team Only
Lyrical Costume	\$150.00	*Competition Team Only
Pom Costume	\$350.00	*Competition Team Only
State Competition	\$30.00	*Competition Team Only
State Competition	\$15.00	*Pom Squad Only
State Choreography Fees	\$400.00	*Competition Team (pay per routine)
Dance Team Camp	\$450.00	
DTU Regionals	TBD	
Bus to State Solo & State Dance Team	\$10.00	
Camp Attire	\$150.00	
Banquet	\$25.00	
Dance Space Rental	\$20.00	
State T-Shirt	\$15.00	

ALTERNATES:

Alternates may be chosen to provide additional dancers the experience of being on the competition team as well as additional practices to improve the dancers skills.

Expectations of the alternate;

- Alternates are expected to be at every practice and give 100% at every practice.
- Alternates are expected to pay the same amount and attend all competitions.
- Alternates could be chosen to replace someone for competition by a combination of their talent, attendance, and attitude.
- There will not be a minimum number of alternates that will be chosen. Alternates will be decided upon by the coaches.
- There is a chance that the alternate may not get to perform with the team. This position is created to better a dancer's skills and grow as a dancer on the DCDT.
- Alternates are a vital part of the team and the Dance Team future. Only sign up if you are willing to give 100% and understand the guidelines.

DANCER'S NAME: _____

TRYOUT NUMBER _____

(Will be provided on the first day of tryouts)

PARENTAL PERMISSION FORM

WE HAVE READ THE DANCE CONTRACT RULES AND REGULATIONS, AND WE AGREE TO ABIDE BY THESE RULES SET FORTH BY THE COACHES AND THE ATHLETIC DIRECTOR.

IF MY DANCER WAS PREVIOUSLY ON THE DANCE TEAM, I UNDERSTAND THAT SHE IS NOT AUTOMATICALLY ON THE 2025-2026 DANCE TEAM.

IF I SELECT TO BE A MEMBER OF THE DCHS POM AND/OR DCHS COMPETITION TEAM AND LATER DECIDE TO NOT PARTICIPATE, I UNDERSTAND THAT I MAY NO LONGER BE ELIGIBLE TO AUDITION FOR THE DCHS DANCE TEAM DURING MY TENURE AT DOWLING CATHOLIC HIGH SCHOOL.

WE UNDERSTAND THE ABOVE CONTRACT AND GIVE MY DANCER PERMISSION TO TRYOUT FOR THE DOWLING CATHOLIC DANCE TEAM.

Date: _____

Candidate's Signature: _____

Candidate's E-mail: _____

Candidate's Cell Phone: _____

Parent's Signature: _____

Parent's Email: _____

I AM INTERESTED IN TRYING OUT FOR THE FOLLOWING:

_____ DCHS POM TEAM ONLY

_____ DCHS COMPETITION & POM TEAM & I WILL NOT PARTICIPATE IN ANOTHER FALL OR WINTER SPORT

Check Below - I WILL ACCEPT AN ALTERNATE POSITION ON THE DCHS COMPETITION TEAM IN ADDITION TO BEING A MEMBER OF THE DCHS POM TEAM

_____ YES _____ NO

Dance Team - Tryout Form

TRYOUT NUMBER _____

(Will be provided on the first day of tryouts)

Dancer's Name: _____

Dancer's Current Grade: _____

Dancer's Birthday: _____

Conflict with Tryouts:

_____ YES (I plan to submit videos by Sunday, March 9th - Link will be provided)

_____ NO (I plan to audition on **Monday, March 10th**)



Dowling Catholic Athletics Social Media Policy

The student/athletes will use social media in a manner that is a good representation of Dowling Catholic High School.

The student/athlete will not:

- speak about other schools, teams or their players.
- speak poorly about DCHS coaches or players.
- post inappropriate material.

Each situation will be handled on a situation by situation basis.

By signing this form, the student and parent agree to the social media policy, and understand that using social media inappropriately and is a detriment to the program, there will be consequences to follow. Inappropriate use of social media may result in suspension or dismissal from a team.

Date: _____

Student Name

Student Signature

Parent/Guardian Name

Parent/Guardian Signature
