



Highlands Ranch  
High School  
Dance Team  
Information Packet

Dear Parent/Guardian:

Your child has expressed an interest in becoming a member of the Highlands Ranch Dance Team. Spirit is the most visible of all high school sports, and with that visibility comes great responsibility. Therefore, we are looking for students who strive for excellence in all aspects of their lives and will represent Highlands Ranch with the highest degree of integrity.

Spirit is an extremely long sport, working through all seasons of the year. At the Varsity level, our dance team is very competitive and competes at a National Competition. The members of Varsity will be busy balancing the competitive side with the school performance side and will spend many hours together, as a team. Therefore, we as coaches are looking for not only dance talent, but also strong work ethic and great attitudes.

During tryouts, prospective members will be evaluated daily by the coaching staff. The last day will be a final evaluation day, where participants will have one final opportunity to show all they have learned throughout the process. At that time, the coaches will make their final decisions, and all participants will be notified. All decisions will be final. All tryouts are closed to the public.

Dance tryouts will be April 2nd, 3rd, and 4th. We appreciate your interest in our program this year and hope you and your child take careful consideration to determine if this is the sport for your family. We wish your child the very best of luck.

Regards,

Amanda Humphrey – Varsity Dance Coach

Jesse Polewchak – Varsity Dance Coach

To be hired - Assistant Dance Coach

## **Dance Program Coaching Philosophies:**

### **Coach Humphrey's Coaching Philosophy...**

- I believe that in order to have a successful program you have to have a family dynamic.
- My goal is to have a lasting relationship with each and every dancer.
- I will challenge you and have high expectations.
- I will always put the team needs above individual needs.
- I will always listen to questions or concerns regarding the program.
- I will give 100% to this program and expect the same in return

I am honored to lead this program!

**Amanda Humphrey - Varsity Dance Coach**

[amhumphrey@dcsdk12.org](mailto:amhumphrey@dcsdk12.org)

### **Coach P's Coaching Philosophy...**

- I believe in creating strong, healthy dancers who work hard and have fun.
- I want to build trusting relationships between each dancer and each coach.
- As a team, we will put it all out on the floor every time we dance.
- Kindness is the secret to everyone's happiness.
- I will always listen to every question or concern.

**Jesse Polewchak – Varsity Dance Coach**

[jcpolewchak1@dcsdk12.org](mailto:jcpolewchak1@dcsdk12.org)

## **STANDARDS AND CONDUCT:**

All members of the Dance Team are official representatives of Highlands Ranch High School. Each member must maintain high moral and ethical standards as well as use good judgment at all times.

**Character:** We ask that athletes involved in HRHS Dance Team:

- Represent the school and their perspective program with class and responsibility at all times, in person and on **all** forms of social media
- Treat teammates and coaches with respect
- Have enthusiasm about the team
- Be a leader and ambassador for Highlands Ranch High School

Athletes should have a respectful self-image on **ALL** Social Media outlets. Athletes must add their coaches on social media accounts, and allow the Dance Team Social Media accounts to follow them. **WHAT IS WRITTEN ON THE WEB IS WRITTEN IN INK!** If you wouldn't want your coaches, teachers, and parents to see or read it, don't post it.

At no time during the student's tenure in our program may she/he use or be in possession of tobacco, alcohol, marijuana, illegal drugs or any potentially harmful and/or habit forming substance. Any student who violates this policy will be subject to School Board Policy, including removal from the team, and suspension from the school.

We ask that athletes come to a Coach with a concern before a parent addresses the concern with the Coach. Chain of command is Coach, Athletic Director, School Principal. All official Dance decisions and activities will be made by the coaching staff.

## **INFORMATION TO CONSIDER PRIOR TO TRYOUTS:**

- Dance Team is a yearlong commitment, with very few breaks throughout the year.
- Varsity Dance Team is an expensive sport, costing approximately \$4,800 for the year. There are opportunities through fundraising to decrease this amount. This amount is billed monthly through the season.
- All money applied to the program is non-refundable.
- Dance Team has a rigorous schedule of practice, school support, and competitions.
- Dance Team offers a chance for participants to learn to work as a team.
- Dance Team is a privilege and involvement requires great devotion.
- Dance Team is a highly visible sport. Spiritleaders must conduct themselves as leaders and role models at school and in the community.
- Coaching staff will make program decisions with the team's best interest in mind.
- All Dance performances are a culmination of practices. Through practices and other performances, coaching staff will determine participants.
- Dance Team has a focus on pom, hip-hop, gameday and jazz styles.
- Spiritleaders will maintain academic eligibility (HRHS guidelines).
- The teams consist of competition and non-competition dancers. All dancers are required

to participate in all school events. Non-competition dancers will attend but will not perform at any competitions throughout the season unless otherwise determined by the coaching staff.

### **Proper Attire:**

- Practice attire will consist of turners (pom shoes), tennis shoes, hair pulled back and no jewelry.
- Event attire will be the uniform that is designated by the Coaches or Captain(s). Dance members must be dressed alike from head to toe and be in complete uniform when arriving at their event.

### **Practice:**

- Practices will begin in May and conclude in March (Monday-Friday)

### **Summer Commitments:**

- Summer practices will be the months of May and June 2024
- Home Camp - June 24 and June 25 (confirmation pending)
- Choreography dates: August 1-8 (confirmation pending)
- Vacations should be planned after July 1

### **Season Practices:**

- All Practice begins August 1 (August 13th is first day for students)
- Tentative School Year Practice Schedule
  - Monday - 3-6 pm at HRHS
  - Tuesday - 3-5 pm at HRHS
  - Wednesday - 3-5 pm at HRHS (potential Studio instead of at school practice 5-7pm)
  - Thursday - 4:00-6:00 pm at Studio (potential practice at school 3-5pm instead)
- Practice location, dates and times are subject to change and made available on a monthly calendar as well as a weekly email.
- Dancers missing a practice or arriving late, jeopardize their spot in the next performance.
- Varsity dancers will work with choreographers and technicians throughout the season. (Costs will be associated with this)

### **Performances**

- Attendance at all games, matches, and scheduled events is mandatory.
- Football season is during the Fall season, Basketball (boys and girls) is during the Winter season.

- Competition season is during the Winter season and beginning of the Spring season.
- All members are expected to attend games and competitions regardless of performance selections.

## **FINANCIAL OBLIGATIONS**

The following list will account for the majority of expenses; however, **some additional expenses** may arise throughout the year. You will also need to pay the district their required \$200 Athlete Fee prior to tryouts. Each family should also expect to host a meal or snacks before a game or competition. Monthly parent booster meetings include discussion of expenses of all non-essential purchases and allow parent voice in program decisions.

### **VARSITY Dance EXPENSES:**

Payments are made directly to the HRHS Booster Club

- **Training, nationals, music, choreography, gear, events, and summer camp -**
  - approx \$5,000
  - Payment schedule:
    - May and June \$1,000 each month
    - August - January \$500 each month

### **JV Dance EXPENSES:**

- **Training, music, choreography, gear, events, and summer camp -**
  - approx \$1,500
  - Payment schedule:
    - May and June \$300 each month
    - August - January \$150 each month

# TRYOUT PROCEDURE:

## Informational Dancer & Parent Meeting

March 10th at 7:00 pm  
HRHS Library

## Tryout Day 1

Wednesday April 2nd 3:30-5pm  
HRHS Dance Room  
Wear Blue Shirt

## Tryout Day 2

Thursday April 3rd 3:30-5pm  
HRHS Dance Room  
Wear White Shirt

## Tryout Day 3

Friday April 4th 3:30pm-until finished  
HRHS Dance Room  
Wear all Black

- Coaching staff will evaluate prospective members on the following dance techniques: turns, fouettes, tours, axels, kicks, side leaps, center leaps, switch leaps, extensions, tilts, toe-touch, kip ups, headsprings, aerials, c-jumps, front handsprings, kip ups, and headsprings. The majority of the evaluation will focus on the routine taught at tryouts that will incorporate pom, jazz, and hip-hop.
- All interested members will know team placement after coaches deliberate on Friday
- **Teams will be selected by coaching staff and all decisions will be final.**
- **Tryouts are closed to the public.**

## **You must have the following items turned in ON the 1st day of TRYOUTS on 4/2**

- Physical (Submitted to Athletics Secretary Hailey Matthews [hmatthews@dcsdk12.org](mailto:hmatthews@dcsdk12.org) )
- \$200 athletic fee paid on myschoolbucks (refunded if you do not make the team)
- Completed Application (below) - with signatures
- Signed Athlete Contract
- Signed DCSD Parent Contract
- Head Shot
- Most Current grade report or transcript
- 2 Teacher recommendations

## **ATTIRE:** Please dress appropriately!

- Wear appropriate fitted dance attire and bring tennis shoes & jazz shoes
  - No booty shorts, midriff must be covered
  - No jewelry or gum
- Hair should be off of your face and up.

**TEAM CONSIDERATIONS/TRYOUT EVALUATION:**

- Academics
- Dance/Technical Ability
  - Dance technique, knowledge of routine/steps, execution, showmanship, overall performance
  - Overall Tryout/Staff Discretion
  - Attitude, work ethic, teamwork, professionalism, coachability, clinic participation, etc.

Thank you for your interest in the Highlands Ranch Dance Team program! If you have any questions prior to or after the informational meeting, don't hesitate to email.

[amhumphrey@dcsdk12.org](mailto:amhumphrey@dcsdk12.org)

[jpolewchak1@dcsdk12.org](mailto:jpolewchak1@dcsdk12.org)

**GOOD LUCK!**

# Highlands Ranch Dance Team Tryout Application

Name: \_\_\_\_\_ Grade (2025/2026) \_\_\_\_\_

*\*Please attach a headshot (school picture is fine) for coach reference, approx. wallet size. Will not be returned.*

Address: \_\_\_\_\_  
\_\_\_\_\_

Dancer Cell Phone: \_\_\_\_\_ Birthday: \_\_\_\_\_

Parent's Name(s) \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Parent's Cell Phones: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_ Last Semester GPA: \_\_\_\_\_

**\*I have read and understand the guidelines of the HRHS Dance Team information packet.**

Athlete Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

**Previous Dance Experience:**

**Why do you want to be a part of the Highlands Ranch Dance Team /Dance Team program?  
(Feel free to write on the back of this page)**

**HRHS Dance Team Teacher Recommendation #1**

The following student is trying out for the HRHS Pom program. Please fill out this form honestly and candidly. This information is kept confidential.

Evaluator: Please return to the student in a sealed envelope or place in Amanda Humphrey's school mailbox (signed on the flap)

Dancers: Please return 2 teacher recommendation forms with your tryout packet before tryouts.

5 = Excellent 4 = Good 3 = Satisfactory 2 = Below Average 1 = Poor 0 = Unsatisfactory

**Student:** \_\_\_\_\_

**Evaluator:** \_\_\_\_\_

**Evaluator Title:** \_\_\_\_\_

Attitude \_\_\_\_\_

Dedication \_\_\_\_\_

Responsibility \_\_\_\_\_

Reputation/Image \_\_\_\_\_

Maturity \_\_\_\_\_

Teamwork \_\_\_\_\_

Additional Comments:

Would you recommend this student represent Highlands Ranch H.S. and be in the Poms Program?

*Thank you in advance for your input-Amanda Humphrey & Jesse Polewchak*

## HRHS Dance Team Teacher Recommendation #2

The following student is trying out for the HRHS Dance Team. Please fill out this form honestly and candidly. This information is kept confidential.

Evaluator: Please return to the student in a sealed envelope or place in Amanda Humphrey's school mailbox (signed on the flap)

Dancers: Please return 2 teacher recommendation forms with your tryout packet before tryouts.

5 = Excellent 4 = Good 3 = Satisfactory 2 = Below Average 1 = Poor 0 = Unsatisfactory

**Student:** \_\_\_\_\_

**Evaluator:** \_\_\_\_\_

**Evaluator Title:** \_\_\_\_\_

Attitude \_\_\_\_\_

Dedication \_\_\_\_\_

Responsibility \_\_\_\_\_

Reputation/Image \_\_\_\_\_

Maturity \_\_\_\_\_

Teamwork \_\_\_\_\_

Additional Comments:

Would you recommend this student represent Highlands Ranch H.S. and be in the Poms Program?

*Thank you in advance for your input-Amanda Humphrey & Jesse Polewchak*