

#HIGHLANDSAPPHIRES

SAPPHIRE DANCE TEAM 2019-2020

General Team Information

Note: Our team plan is under construction. Exact dates, prices and information are subject to change.

A NOTE FROM THE COACHES

We believe in the power of a seemingly simple activity to expand and evolve who we are a people. It is our intention to guide and inspire at every step of the journey. This team is a small part of all our lives yet has the potential to be transformative beyond measure. While dance is the activity, our focus is on building a positive, lasting impact. Through this experience you will excel at leadership, build confidence and strengthen your integrity. You'll learn more about your unique strengths as an individual and team and the power of your mind to accomplish all you desire. We'll work together with a natural set point at joy and fun. We look forward to sharing this journey with you!

OVERVIEW

ABOUT THE TEAM

The Highland High School Sapphires Dance Team in Highland, Indiana is comprised of dancers grade 9-12. They promote school spirit, pride and sportsmanship by performing at community events and parades, school pep rallies, home football and basketball games and dance competitions. The Sapphires also represent Highland High School at other school and community events throughout the year as well as volunteer opportunities.

CHARACTER - FACETS OF A SAPPHIRE

ENTHUSIASM

Passionate, driven and showing strong excitement. Energetic and spirited.

INTEGRITY

Trustworthy, honest and has strong moral principles. Personally responsible and authentically aligned.

PERSEVERANCE

Continues effort despite conditions. Dedicated, determinate and shows endurance.

UNCONDITIONAL

Optimism, character and outlook not dependent on terms or conditions.



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TIME COMMITMENT

SEASON

The Sapphires Dance Team season is nearly a full year. It begins in May 2019 and ends in March 2020.

PRACTICE

End of current school year: meetings as needed

Summer: Tuesdays and Thursdays 8:00-11:00AM

2019-20 school year: Tuesdays and Thursdays 3:30-6:30PM

PERFORMANCES

School games and events: Dancers will learn multiple routines throughout the season to perform at parades, school pep rallies, home football and basketball games and dance competitions.

MISCELLANEOUS

In addition to the above, the Sapphires will participate in fundraising and volunteer activities. During the Summer, dancers are required to attend the dance camp, team/leadership training and competition choreography days. Dates are TBD.

PARENT/GUARDIAN INVOLVEMENT

The Sapphires Parent Organization will assist the team with their fundraising efforts and planning and executing additional support at performances/events. They are also expected to provide transportation for their dancer(s), attending parent meetings and stay informed.

MONETARY INVESTMENT

BUDGET

Personal Items: \$300-700* each dancer (dancers who participated in previous seasons will need less items as they already purchased them.)

Team Fund: \$1,000-1,500* each dancer

**Exact amounts are TBD.*



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MONETARY INVESTMENT (CONT.)

FUNDRAISING

The budgeted personal items and team fund can be paid for through our fundraising events. If you don't choose to do personal fundraising for your items you will be responsible for the balance by scheduled due dates.

ADDITIONAL PERSONAL INVESTMENT*

\$40 per month/per dancer - Dance technique classes: All dancers will take part in regular technique classes during our practice times. There may be unforeseen items that come up during the season or small add-ons. We will be fundraising for this or add fundraisers where necessary.

*Alternative solutions are being explored. This will likely vary depending on the month.

EXPECTATIONS

CONSTITUTION/CODE OF CONDUCT

All dancers chosen as Sapphire candidates from tryouts and their parents must read and sign our team constitution and code of conduct to participate. Our constitution goes beyond the standards set by the school. Students, parents and coaches who represent the Highland H.S. Sapphires Dance Team are expected to display high standards of character, leadership, professionalism and integrity to remain associated with the organization.

TRYOUTS

SELF-TAUGHT CHOREOGRAPHY

Learn the HHS fight song prior to tryouts via videos on highlandsapphires.com/tryouts1920.

TRYOUTS - DAY ONE, TWO & THREE

Tuesday-Thursday, May 7-9 @ 3:45-6:15PM in the *Highland Middle School Main Gym*

Note: Thursday, May 9 may not be held unless more tryout choreography needs to be taught.

TRYOUTS - EVALUATION

Friday, May 10 @ 3:45-6:00PM in the *Highland Middle School Main Gym*



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Tryout Checklist

Tryout Requirements

- Highland HS Student for 2019-20 school year
- GPA of 2.0 and higher
- Valid and complete IHSAA physical on file with Highland H.S.

Note: You must have a valid physical to participate in the tryouts. If you got a physical for STOHS the current year it's valid through May 31, 2019. If you have a current physical on file at the middle school, please get a copy from the middle school main office. To participate after June 1, 2019, you will need a new physical dated AFTER 04/01/18.

NOTE: A complete physical is 3 entire pages: history, doctor page and consent page w/insurance info

- Liability and proof of insurance - Print from the HHS site and have signed by a parent or guardian.

Call Out Meeting

Attend the Call Out Meeting on April 24 at 3:30PM in the LGI for more information about the new season.

Apply

Complete the online application at HighlandSapphires.com/tryouts **by May 1st**. Expect to take 10-15 minutes.

Fight Song

As part of the tryout evaluation, you will perform the HHS fight song choreography with music. This is self taught via videos at HighlandSapphires.com/tryouts1920.

Tryouts

Attend the Tryouts May 7-9 from 3:45-6:15PM. Arrive a few minutes early to check-in.

Tryout Evaluation

Attend the Tryout Evaluation on May 10 from 3:45-6:15PM. Arrive a few minutes before to check-in and receive your tryout number. You may leave once you've performed before the judges.



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Dance Skills List

You may be asked to do the following skills for evaluation or perform them in the tryout choreography.

List is subject to change.

KICKS

high kicks (front, side, right, left)

fan kicks (right, left)

TURNS

double turn (jazz pirouette - right, left)

triple turn (jazz pirouette - right, left)*

turns in second (a la seconde - right, left)*

leg hold turns (right, left)*

LEAPS

leap with straight leg (grand jete - right, left)

leap through passe (grand saut de chat - right, left)

side leap (leap in second, saut de chat seconde - right, left)

calypso leap (right, left)

switch leap (right, left)*

JUMPS

tou touch (straddle jump)

tilt jump (grande sissone)

MISCELLANEOUS

splits (right, left, center)

leg extensions*

tumbling skills*

*Denotes bonus skills that aren't required for this seasons tryouts (may be for next season).

