

DANCE TEAM TRYOUT TIPS:

- 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 clinics: 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.
- Stretch after each clinic/tryout 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!
- Make sure you thoroughly stretch before all workouts!
- Listen carefully to what out-going members tell you. They have lots of experience and can help you a great deal.
- Do not carry tryouts into the classroom!
- First impressions count! Neatness and cleanliness are important considerations during tryouts. Clothing should be flattering and clean.
- To prepare for tryouts, choose simple dance attire that will allow you to move easily so attention centers on your skill instead of your clothing. DO NOT WEAR sloppy T-shirts, halters, tank tops, jeans, or sweat pants.
- Be sure your dance shoes are comfortable and clean.
- Don't chew gum!
- Pull hair away from your face. Make sure your hair is tied securely. Your hair should look clean and neat.
- A pleasant expression and sincere smile on your face will be an asset to your total presentation.
- Stand tall. Good posture will help your confidence and enhance your presence. Practice standing up straight so that you feel natural while standing straight.
- Maintain good eye contact with the judges by focusing your eyes a little above their heads. It will appear as if you are looking at everyone in the audience.
- Concentrate on what you are doing instead of on your nervousness.
- If you make a mistake, don't panic. Simply keep going and be confident. Don't over perform. The judges look for coordination/skill, enthusiasm, confidence, and technical ability.
- Be poised and graceful.
- Stay mentally alert.
- Drink lots of water and eat healthy – your body needs energy.
- Be positive about yourself and your ability. Visualize yourself doing everything perfect.
- Be thoroughly prepared mentally and physically.
- Smile naturally. Be yourself.
- Practice, practice, practice!
- Encourage others!

GOOD LUCK!