2025-2026 ROCK CANYON DANCE TEAM
FALL TRYOUT INFORMATION

2025 FALL TRYOUTS

SELECTION AND ELIGIBILITY
- Candidates must be enrolled at Rock Canyon High School for the 2025-2026 school year.
- Candidates and parents will sign a Tryout Agreement Form stating that they have read the policies outlined and understand the rules/regulations for auditions, selection, and participation.

TRYOUT REGISTRATION PROCESS *(Note: Dancers should complete these steps, not parents)*

- Step 1: Complete the online RCHS DANCE TEAM tryout application

- Step 2: Recommendations - Request a minimum of 3 recommendations
    - Recommendation is an online form
    - Request recs from former teachers, dance/sports coaches, employers etc.
    - If you auditioned in the spring and already completed teacher recs, you can skip this

- Step 3: RCHS Athletics Registration - Opens July 22nd (www.rchsjags.com)

AUDITION PROCESS OVERVIEW

- RCDT coaching staff will organize and coordinate all activities within the audition.
- Coaches will oversee the audition routine, required technique skills, and performance schedule.
- Attendance at all tryout days is mandatory.

DAY 1 - Wednesday, August 20
- 4:00pm-7:00pm, RC Dance Room
- Learn Tryout Routine, Sideline and Skills

Day 2 - Thursday, August 21
- 4:00pm-6:00pm, RC Dance Room
- Review all other material
- Evaluations

Day 3 - Friday, August 22 (if needed)
- Day 3 of tryouts only if necessary, TBD based on number of students
- 4:00pm-6:00pm, RC Dance Room
- Review all other material
- Evaluations
- Results will be emailed by 9:00pm

AUDITION ATTIRE/EXPECTATIONS:

1. Appropriate work-out/dance clothes must be worn
    1. We suggest tights be worn under very short "booty shorts"
    2. No plunging necklines or spaghetti straps.
    3. Dancers should be comfortable/able to move freely, we do not suggest baggy clothing
2. Athletic shoes, jazz shoes/pirouettes must be worn at all times. NO bare feet or socks

3. Hair must be in a clean bun each day pulled away from the face
4. Make-up is not required, but is encouraged on audition days
5. No jewelry or gum at any time

ADJUDICATION

- The judging panel will consist of the RCHS coaching staff.
- Coaches will evaluate each candidate individually and in groups.
- Score sheets will not be distributed after the tryout.
- The candidates will be judged on the following:
    - Quality of dance technique/skills
    - Performance and showmanship
    - Knowledge and execution of choreography
    - Stamina/Endurance/Fitness level
    - Recommendations/evaluations
    - Perseverance, recovery, style, growth
    - Cooperation, effort, attitude, and potential

If you have any questions prior to tryouts, please email us at rcdance@dcsdk12.org or check for information on our website: www.rockcanyodanceteam.com

RCDT Program Information & Overview

ROCK CANYON DANCE TEAM COACHING STAFF:

- Christina Leone – Head Coach/Varsity | 22nd year coaching in DCSD, 17th year at RCHS
- Paige Cassidy - Assistant Coach/Varsity |12th year coaching; RCDT Alumni
- Grace Stutler - JV Coach | 4th year coaching; RCDT Alumni
- Ashley Buckland - Frosh/C-team Coach | 2nd year coaching; RCDT Alumni

Contact information & full bios can be found on our website:
www.rockcanyondanceteam.com/coaches

RCHS DANCE TEAM PROGRAM & COMMITMENT OVERVIEW

- RC Dance Teams perform at athletic events, school events, community performances, parades, etc. as well as competing locally and Nationally (Varsity)
- Purpose is to support RCHS athletics, be leaders in the school and represent RC at competitions
- Primarily perform at home football, basketball, volleyball, soccer and school events
- Other events include community performances, philanthropy, fundraising etc.
- Compete locally approximately 5-7 times; Varsity will also compete at Nationals

TIME COMMITMENT:
In order to continue the growth of the RCHS Dance Team program, a clear understanding of the time commitment required from our dancers is essential. To achieve our goals, we are seeking dancers who are able to consistently dedicate themselves to the requirements/regimen of the program.

2025-2026 SEASON OUTLINE:

Fall Semester:

- Fall Practices: Approx 2-3 hours per day/Approx four days per week
- Home football, soccer, volleyball games, homecoming, school assemblies, fundraisers
- Competitions (late Oct/November/December; mostly on Saturdays)

Spring Semester:

- January:
  - JV/C-Team – approx 3-4 practices/week + basketball games & 1-2 winter competition(s)
  - Varsity – 4-5 practices/week + basketball games/wrestling matches, winter competitions
- February-March:
  - JV/C-Team: approx 2 practices per week; basketball games/wrestling matches
  - Varsity – Nationals - Feb 4-9, 2026 (Orlando); + basketball games/wrestling
    - Note ~ Basketball may last as late as mid-March pending post-season play
  - Banquet, Uniform Turn-In, Post-Season Mtgs

NOTES & CONSIDERATIONS

- SCHOOL BREAKS: MANDATORY practices will continue during portions of School Breaks
  - Fall Break - Oct 13-17
    - Varsity - Mandatory practices - Oct 15-18
    - JV/FR - Mandatory practices - Oct 10-14
  - Thanksgiving Break
    - Varsity - Mandatory practices: Nov 24-26 | OFF DAYS: Nov 27-30
    - JV/FR - Mandatory practices: Nov 22, 24, 25 | OFF DAYS: Nov 26-30
  - Winter Break: Mandatory practice will resume on 1/2/26, prior to school starting
  - Additional Practice Days to note: 9/22/25, 1/19/26, select Saturdays as needed
  - Spring Break: Practices are not held during spring break
- Schedules may vary to accommodate playoff games; additional practices; snow days; choreography etc.
- All dancers are expected to keep up with outside training and maintain academic eligibility.
- NFHS Guidelines mandate spirit athletes to keep nails and hair at a reasonable length for safety. Additionally, all piercings must adhere to NFHS guidelines. RCDT requires hair at bra-length (or shorter) and short nails when dancers are in-season
- Due to the demands of our sport, it is unlikely that an athlete can participate in another fall or winter sport while being on RCDT. Spring athletic programs such as lacrosse, tennis, golf, track, etc., do not conflict with RCDT and are highly encouraged! With clear communication, participation in other clubs is possible.
- Dancers are encouraged to train at a studio - dancers/parents need to be aware that studio obligations are not excused absences from RCDT practices, performances etc.
- If a conflict occurs between a scheduled RCDT activity and an outside interest, the RCDT activity takes precedence. This includes outside performances, travel opportunities, school dances (Other schools' Homecoming, Formals etc.), concerts/shows, surprise trips, etc.
- Communication from the student regarding all outside activities (Stuco, Music, Clubs, Studio/Company etc.) is KEY!

FINANCIAL COMMITMENT

Based on the budget from past seasons, considering that the number of members on a team is undetermined, as well as other factors, the financial commitment is an approximation, estimating high, to the best of our knowledge. These numbers may increase or decrease. Additionally, fundraising can assist in offsetting the below expenses.

Fees: *(approximate)*

- $195 Uniform Rental (due in August)
- $200 RC Athletic Fees (due in August for spirit athletes)
- $650-$850+ ~ Dance Team Gear (Practice clothing; personal uniform items)
  - Will vary based on dancer; many items are kept from year to year
  - Varsity dancers may have higher expenses due to travel gear & additional items
- Technique Classes (July '25-Feb '26; approx $100/mo - paid to Starstruck
- Training/Fitness - group fitness training ($20-$35/mo)

- Incidental expenses include admission to games/comps, dance shoes/personal supplies, make-up, team meals/team bondings etc.

Program Expenses & Fundraising:

- RCDT has been very successful in fundraising a large portion of our team expenses including competition fees, choreography, music etc. Further fundraising details will be outlined post-tryouts.
- It is mandatory for all athletes to participate in group fundraising efforts. Athletes may “Opt-Out” of group fundraising requirements by paying an amount equivalent earned by the fundraiser.
- Additional Varsity Team Expenses: The Varsity team is responsible for additional fundraising/covering Varsity-only expenses that include Nationals travel, choreography, etc.

Discipline: Merit/Demerit System:

- A merit/demerit system, to deal with minor infractions, will be used throughout the school year. Merits may be earned for service above and beyond that which is expected of a team member
- Coaches maintain an online tracking system for merits/demerits that athletes can access
- Electronic Communication Policy: The only acceptable form for a discussion regarding conflict will be face-to-face.

Thank you for your interest in the 2025-2026 RCDT program!

GO JAGS!