ROCORI Dance Team Try-outs

We are looking for athletic young women with a desire to learn, work hard and have fun! We encourage anyone who is interested to tryout. Dance team is an amazing, rewarding sport that allows you to be a part of a team. Tryouts are open to any girls in current grades 7-11 (next year 8th-12th) Dance experience is NOT required to try out.

The ROCORI Dance Team has a Varsity Kick and JV Kick team as well as a Varsity Jazz team. Tryouts are the for the winter competitive team. Dance Team competitive season begins the third week of October. We hold try outs in the spring for the upcoming season because we hold summer practices in June & July (2 days a week), we participate in parades, and we attend a four day summer camp in July. We will practice as one team throughout the summer and will split into Varsity and JV teams when the season starts the third week of October.

Tryouts for the 2015-2016 Season are:

Monday, April 20; 6:00-8:00pm @ RMS gym
Tuesday, April 21; 6:00-8:00pm @ RMS gym
Thursday, April 23; 3:30pm-5:00pm @RMS gym

*There will be a parent & dancer informational meeting on Wednesday, April 15 in the RHS commons at 6pm.

The first two days of tryouts (Mon. & Tues.) you will learn and practice a routine. We will also teach you skills that you'll need to know. Wednesday there is no scheduled practice but we encourage you to get together with friends and other dancers to brush up on the routine and skills. Thursday is audition day. Dancers will choose a small group (2-4) to perform the routine you've learned and skills. Dancers will sign up for their audition time and will be free to leave once they are done. Each audition will take approximately 15 minutes.
Everyone who tries out for the team will either make Varsity or JV. Everyone interested in being on the team is required to try out. Even previous team members returning try out to make the team.

What to do: Start stretching! It is important for dancers to be flexible.

What to wear: Form fitting dance clothing, tennis shoes, dance shoes, and have your hair pulled back

What to bring: Water bottle and a positive attitude!

If you have any questions, please do not hesitate to contact coach Lea’ Frank via email at rocoridancecoaches@gmail.com or frank@rocori.k12.mn.us or 685-5475.