

***Dance
Information
Packet***

Dance Team Captain's Practices

Aug. 31st – school starts! (no practice first week of school)

Tuesday, September 8th- 3:15-4:30PM

Thursday, September 10th- 3:15-4:30PM

Tuesday, September 15th- 3:15-4:30PM

Thursday, September 17th- 3:15-4:30PM

Tuesday, September 22nd- 3:15-4:30PM

Thursday, September 24th- 3:15-4:30PM

Tuesday, September 29th- 3:15-4:30PM

Thursday, October 1st- NO PRACTICE (evening conferences)

Tuesday, October 6th- 3:15-4:30PM

Thursday, October 8th- 3:15-4:30PM

Tuesday, October 13th- 3:15-4:30PM

Thursday, October 15th- 3:15-4:30PM

****I am in need of a parent volunteer to sit in at each of the captains' practices. Please fill out next page, circling the dates you are available to sit in. I will get a master schedule out to the parents that volunteer sometime during the summer.**

****Monday, October 19th- begins full week practices!! 3:15-5:00PM (note new ending time)**

**Dance Team Captains' Practices
Parent Volunteers**

Parents: I am in need of a parent volunteer to sit in at each captains' practice. I am not officially allowed to sit in on practices until the regular season begins. Plus I am having a baby at the end of August, so I'll be a little busy ☺ Please circle the dates you are able to sit in for and return it to me by the end of the school year... Or email me the dates you are available. I will put together a master schedule and get it out to all who volunteered this summer.

Sitting at practices does not require much—we just need an adult there in case of an emergency. Feel free to bring a book or other work! Thanks so much!

Tuesday, September 8th- 3:15-4:30PM

Thursday, September 10th- 3:15-4:30PM

Tuesday, September 15th- 3:15-4:30PM

Thursday, September 17th- 3:15-4:30PM

Tuesday, September 22nd- 3:15-4:30PM

Thursday, September 24th- 3:15-4:30PM

Tuesday, September 29th- 3:15-4:30PM

Thursday, October 1st- NO PRACTICE (evening conferences)

Tuesday, October 6th- 3:15-4:30PM

Thursday, October 8th- 3:15-4:30PM

Tuesday, October 13th- 3:15-4:30PM

Thursday, October 15th- 3:15-4:30PM

Parent Name _____

Phone Number _____

Home Address (to mail schedule) _____

Other Important Information

****Practices:**

-Starting Monday, October 19th, practices held Monday-Fridays from 3:15-5:00PM. Friday full day school days will be normal time. Non-school Fridays will be from 11:30-1:30PM. (Spectrum girls excused from these practices if you have school!)

-Full season schedule will be handed out in the beginning of October (including competition dates)

-Regular season lasts through the end of January... State held the second week in February

****Cub Foods Fundraisers:**

-Sunday, September 20th 11:00AM-3:00PM and 3:00-7:00PM

-Sunday, September 27th 11:00AM-3:00PM and 3:00-7:00PM

-Sunday, October 25th 11:00AM-3:00PM and 3:00-7:00PM

-Saturday, November 28th 11:00AM-3:00PM and 3:00-7:00PM

(Everyone will be required to sign up for at least 2 time slots)

Cub Foods
12900 Riverdale Dr NW
Coon Rapids, MN 55448
763-421-4252

****Other information...**

-\$200.00 athletic fee required by first week of regular practice

-New girls will need to purchase black jazz shoes- \$35.00 (I will buy them in October)

-First week of October full practices is guy/girl dance for Powder Puff Game (not confirmed yet...)

-Everyone will learn both jazz and high kick dances. Try-outs for competition season will take place early December.

-We are getting new jazz and high kick costumes this year!!

-We will try to stay overnight for one of the far-away competitions ☺

Mrs. Sorbel
stephaniesorbel@yahoo.com

Dance Team Captains

Stephanie Phillips- stephanie_melinda_phillips@yahoo.com

Heidi Spears- hulk_56_partyplanner@yahoo.com

Holly Tomatz- hollytomatz_92@hotmail.com

****Feel free to contact these girls over the summer with questions and concerns****

Mrs. Sorbel- stephaniesorbel@yahoo.com

SUMMER SKILLS

_____ Stretch, Stretch and Stretch some more!

We need to get our kicks much higher. I want all of you in your right splits by our first practice.

_____ Single, Double, and Triple Turns

Work on spotting and arms. Watch yourself in the mirror or videotape yourself. Try working on triple turns too!

_____ Chainè Turns

Work on spotting and arms. Watch yourself in the mirror or videotape yourself. Your arms should look like you are holding a beach ball right in front of you.

_____ Pique Turns

Work on spotting and arms. Watch yourself in the mirror or videotape yourself. Your arms should look like you are holding a beach ball right in front of you.

_____ Fouette Turns

Work on spotting and arms. Watch yourself in the mirror or videotape yourself.

_____ Kicks, Kicks and more Kicks!

Please work on getting your kicks higher, legs straight, toes pointed, chin up, back straight, strong arms, and smile! Work on doing kicks by yourself without connecting to someone. Practice with your arms above your head creating an O. Also work on them by connecting to someone.

_____ Fan Kicks

Please work on your flexibility and getting your fans to go across your whole body, legs straight, toes pointed, chin up, back straight, strong arms, and smile!

_____ Flicks

Make sure your knee bends in and out of the kick. Don't drop knee when kicking.

_____ Russians

Work on Russians from the floor and from a standing position. Work on keeping your bodies up, toes pointed, and getting higher!

_____ Extensions

Work on becoming more flexible and able to extend one leg completely while the other arm is at an angle like a V. Work on both legs! Also work on traveling in a circle while in an extension by going up on relevè.

Leaps

Work on your right and left leaps! Please watch yourself in front of the mirror or videotape yourself. Right leg leap- left arm in front. Left leg leap- right arm in front. Also work on side leaps with legs out forming the middle splits in the air.

Switch Leaps

We learned these at the end of the season. Left leg comes forward, but keep it low. Then right leg extends forward into full right leg leap. Arms switch from left forward to right forward.

Side Leaps

Still traveling side, but body is forward doing a 'russian' while traveling. Try to get both legs straight out side.

I hope you have a wonderful summer! The most important things to work on for next year are your flexibility and your turns. Please work on improving your ability as an individual so we can improve and advance as a team!

Mrs. Sorbel ☺