**2023~2024 BPCC Ladies In Gold Tryout Packet**

The BPCC Ladies In Gold dance team consists of approximately 12 members. Bossier Parish Community College dance is a full year commitment. The team cheers and dances at all home basketball games and participate in Student Life Events. They are also asked to make appearances at baseball/softball games and community events. BPCC Ladies In Gold attends UDA College Dance Camp every summer. Partial tuition waivers are available.

BPCC is looking for well-rounded dancers to support the Cavalier Athletes and represent the college. BPCC Dancers need to strive to maintain a positive image on the performance stage, in the class room and in their social lives. Applicants must have a cumulative 2.0 GPA in order to tryout. High school seniors and transfer students must provide a transcript or other documentation for GPA verification prior to tryouts. At tryouts, judges will consider those that can perform collegiate style motions, technique and tricks. They will also consider athletes that have high energy, are physically fit, have a game day appearance, positive attitude, and professional social skills.

Collegiate Image: Collegiate Image is defined as the “All-American” look. Individuals are expected to be in excellent physical condition and be well groomed. A good collegiate image also includes an individual's poise, confidence and charisma with respect to individuals encountered at any event. Visible piercings and/or tattoos are not allowed while in uniform or when representing the College at any function. Jewelry or suggestive attire will not be allowed at tryouts, during the selection process, or at any time during practice. Our school colors are maroon, gold, and white, so please dress accordingly. We want to see a neat, collegiate appearance; however, no other university shirts, all-star programs, or high school clothing will be permissible.

The following packet contains important information regarding the tryout process including forms and items that must be completed before tryouts. Please make sure you submit the following by the first day of clinic: dance application, liability waiver, media release, copy of medical insurance card, and $25 tryout fee.

# 2023-2024 DANCE TRYOUT INFORMATION

**TRYOUT DATES:**

Please arrive at least 30 minutes early for check-in.

**Friday, June 2nd 6:00PM**

* Game Day material & skills
* Material videos will be posted to the BAND APP group.

**Saturday, June 3rd at 8:00-12:00**

* Pom Dance & Hip Hop Dance
* Break for lunch

**Saturday, June 3rd 2:00-4:30**

* Review Material

**Saturday, June 3rd at 5:30**

* Interviews followed by Tryouts
* The 2023-2024 team will have a team meeting, receive policies, and get fitted for their dance gear

TRYOUT LOCATION:

* Bill Montgomery Gymnasium at BPCC

Note: Tryouts Are Closed To The Public!

VIDEO AUDITIONS:

* Email cheer@bpcc.edu for more information

TRYOUT SKILLS:

While required skills are necessary for tryouts, more advanced skills are preferred. If you lack a required skill, this is NOT a automatic cut from the team. We are looking for well-rounded all around dancers.

The following requirements must also be met by all participants; however, materials are subject to change:

* Double turn
* Right & Left Split
* Jump split
* Press right leap and chassé leap
* Toe touch
* Tilt kicks
* Two eight counts of high kicks by yourself
* Three eight counts of choreographed kicks with other participants
* Special skill of choice (this may be any dance or tumbling skill that is not already being judged)
* Pom Dance, fight song, hip hop dance, and cheer/chant taught at clinic

**TRYOUT ATTIRE**

All female participants must wear the following:

* White, black, or maroon fitted athletic shirt (sports bra preferred)
* Black athletic shorts (NikePro/ hot pants) OR black leggings
* clean shoes that are appropriate for each dance
* Females must wear game day hair and make-up

NOTES

* While required skills are necessary for tryouts, more advanced skills are preferred
* The BPCC Ladies In Gold members serve a 1-year commitment.
* Tryouts are closed to the public.
* There will be a short meeting with the Head Dance Coach and new team shortly after tryouts.
* Early tryouts and video tryouts are accepted upon approval by the coach

PLAN AHEAD

* Summer Practices ~ **June**: 13, 15, 18, 20, 22, 25, 27, 29 **July**: 2, 6, 9, 11
* Summer Camp ~ **Will be a home UDA Camp in August after school starts**
* No Mandatory dance practice ~ July 12 – August 12
* Optional Practices ~ July 18, 23, 25, 27
* Fall practices start ~ August 13th
* First Day of School ~ August 17, 2023
* Fall Practices ~ Tuesday/Thursday/Sunday Nights
* **Follow @bpcc\_cheer\_dance**

For more information contact: Rachel Randolph, Head BPCC Cheer/Dance Coach dance@bpcc.edu

TEXT 318.393.4379

All Pages Pass This Point Must Be Submitted As Part of Tryout Packet- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

## 2023-2024 BPCC Ladies In Gold TRYOUT APPLICATION

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Last) (First) (Middle)**

|  |  |  |
| --- | --- | --- |
| Preferred Name: |  | **BPCC Student ID #:** |
| **Gender:** |  | **DOB:** |
| **Home Address:** |  |  |
| **Email Address:** |  | **Cell Phone:** |
| **High School/College attended:** |  | **Classification:** |
| **Major or Intended Major:** |  | **GPA:** |
| **Emergency Contact Name:** |  | **Relationship to You:** |
| **Emergency Phone:** |  | **Emergency Cell Phone:** |

**QUESTIONAIRE**

1.

Do you have any allergies

or illnesses

?

2.

What is your injury history

?

3.

What

surgeries have you had

?

4.

Do you have any limitations

?

1. Do you currently take any medications? If so please list.
2. Are you currently a member of any club or organization?
3. What is your favorite dance genre and skill to preform?
4. List previous dance training/experience and number of years:
5. Why do you want to be a BPCC Ladies In Gold member?

## SIZING INFORMATION

*Please fill in your accurate size below*

HEIGHT**\_\_\_\_\_\_\_\_\_** feet**\_\_\_\_\_\_\_\_\_** inches

WEIGHT **\_\_\_\_\_\_\_\_\_\_\_** pounds

For safety and athletic training purposes, please list any prior injuries, dates of injuries, and/or any medical conditions that the coach should be aware of:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**SPIRIT GROUP PARTICIPATION RELEASE & ASSUMPTION OF RISK**

Name: **(Last) (First) (Middle)**

|  |  |  |
| --- | --- | --- |
|  |  | **DOB:** |
| **GENDER:** |  | **Cell Phone:** |
| **Home Address:** |  |  |
| **Email Address:** |  |  |
| **Emergency Contact Name:** |  | **Emergency Contact Number:** |

### TRYOUT CHECKLIST

**In order to tryout, all participants must submit the following before or on the day of tryouts:**

Copy of the Front and Back of Health Insurance

Copy of Photo ID

Official Transcript Providing Evidence that your GPA is a 2.0 or above

Head Shot Photo (no larger than a 5"x7") - non-returnable

Completed tryout packet due by June 2, 2023

o A $25 tryout fee. Paypal cheer@bpcc.edu OR Check made out to **Cavalier Cheerleading ~ please include *your name* in the Memo.**

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I have read and certify that all of the above information is true and correct. I have included all required documents including, a copy of the front and back of health insurance, copy of photo ID, official transcript, completed tryout packet and $25 tryout fee. I give my permission to the judging panel to verify any/all of my information. I will participate in all activities, practices throughout the year and national competition. I will follow the Code of Conduct that is set by Bossier Parish Community College. I will also follow Bossier Parish Community College cheer group rules and regulations.

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SIGNATURE OF APPLICANT Age Date

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