

JV Rhythmettes

Team Informational Packet

2023-2024 School Year

***All Dancers are encouraged to participate in the tryout process at RHS since freshmen are eligible for Varsity. JV dancers are selected based on turning in a signed tryout application form, permission form, GISD Fine Arts Handbook Signature page, and UIL Pre Participation Physical form.**

***More information about Varsity available by request @ email: sacooper@garlandisd.net**

***Tuesday, April, 11th - Thursday, April 13th Dance Clinic 4:30-6:30pm RHS gym**

During these practices, the graduating Varsity officers will teach a jazz & kick dance combination. All candidates should wear dance clothes for all practices. Supportive sports bra, appropriate undergarments, and black or tan jazz shoes, or dance half soles should be worn. Leggings are permitted. **Shorts are not allowed.**

***Monday, April 10th --** All candidates MUST submit the following items to Miss Fredrickson by 4:30.

1. Tryout Application Form and Tryout Permission Form
2. **INITIAL AND SIGN THE GISD FINE ARTS HANDBOOK SIGNATURE PAGE** (PLEASE GO TO [HTTPS://GARLANDISD.NET/MEDIA/16675/DOWNLOAD?INLINE](https://garlandisd.net/media/16675/download?inline) TO FIND THE GISD FINE ARTS HANDBOOK. READ CAREFULLY & COMPLETELY)
3. **UIL PRE PARTICIPATION PHYSICAL FORM - MUST HAVE PRIOR TO TRYOUT CLINIC** SUBMITTED IN PERSON OR ON CANVAS

***Any dancer that completes the above & chooses to audition for the Varsity Dance Team may do so on Saturday, April 29th - Tryouts will begin at 8:00am. Dancers will meet at Naaman Forest High School at 7:30am.** All candidates will need to wear the following for tryouts:

★ Black sleeveless leotard or racer back tank, black jazz pants or leggings, black jazz shoes, hair in a pony-tail w/ black hair tie, and RED lipstick. **No jewelry is allowed.**

- The JV drill team is not based on a points system. You don't have to have any dance experience to join. We ask that you go through the tryout process to gain experience for Varsity.
- If you have any questions please contact JV Rhythmettes Director: Savanna Fredrickson Sfredrickson@garlandisd.net

JV Rhythmettes

2023-2024

- ☐ The Rhythmettes perform/participate at JV football games, RHS pep rallies, Labor Day Parade, Rowlett Christmas Parade, MLK Day Parade, basketball games, and other community events. Rhythmettes may compete at a Regional contest as well as perform in Spring Show at Directors discretion.
- ☐ The JV team practices during the class period and scheduled after school practices. JV may practice at 6:30am at Directors discretion.

2023 Important Dates

Date	Event or Item Due
March 28	JV and Varsity Drill Parent Information Meeting 6:30 pm- Required for all SRD and Rettes Hopefuls (current and new) & Sign Google Doc for attendance verification
March 30	Instructional Video Released in Google Folder (Shared QR Code @ Meeting)
April 4-6, 2023	SRD and Rettes Team Clinic!
April 29, 2023	GISD Varsity Drill Team Tryouts @ Naaman Forest High School 8:00 AM
May 1, 2023	Rettes Fitting Night! Rettes 6:30-8:30 (parent(s) are highly encouraged to attend) <u>Payment Due for personal ALL items & Line Camp</u>
May 11, 2023	Sergeant Tryouts - Team Vote (<u>required attendance</u>)
May 13, 2023	Sergeant Tryouts with Judges (<u>required attendance</u>) 4:00pm
June or July , 2023	Line Camp TBD
August-November 2023	Football Season
September 2023	Labor Day Parade
December 2023-January 2024	Rowlett Christmas Parade and MLK Day Parade
January-February 2024	Basketball/Contest Season
March-April 2024	Contest/Spring Show Season
April 2024	JV and Varsity Tryout Season
May, 2024	Sergeant Tryouts
July 2024	Line Camp
	*Some evening social events such as team swim parties and big/lil dinners will be scheduled throughout.
** All dates are subject to change!	

Junior Varsity Rhythmettes Individual Expenses for 2023-2024

*Cost of being on the JV team is approximately: \$500

*Cost of holding a leadership position (if selected) on the JV team is approximately: an additional \$200

*Camp, Contest, Spring Show, Award Ceremony, & Technique Clinics: \$200 (max estimate only)

GISD Uniform Cleaning Guidelines

All Field Uniforms: **HAND WASH ONLY!** No bleach or color safe bleach. Gentle detergent, hand wash in the sink or bathtub. The handwash cycle on the washing machine may not be used.

- Turn water on and add minimum clear detergent. Once the detergent is dissolved completely, put the uniform pieces of similar color and style in the water.
- Gently agitate the items in the water and allow to soak until you feel it is clean and odor free. Repeat the agitation process if odor or stains remain.
- Drain the water and then add fresh water to rinse out ALL remaining detergent. Water should run clear and clean. Lay flat to dry or you may hang to dry. They will drip water. DO NOT put it in the dryer!!!!

All uniforms and costumes must be cleaned properly and returned throughout the year as designated by the Director. (Example: sleeveless field uniforms will be cleaned and returned when the weather turns colder and inventoried back into storage.)

RHS Junior Varsity Drill Team Uniformity of Appearance Standard

In effort to assist dancers in abiding by all GISD Fine Arts Handbook guidelines a diverse committee of dancers, parents, and directors have determined team hair styles by season & performance type. It is the expectation that all dancers adhere to the required hairstyles to avoid demerits. Hair styles will be announced in advance and must be worn by all. It is not the dancer's choice between the styles presented below.

<i>Football Season</i>	<i>Contest Season</i>	<i>Spring Show/Audition Season</i>
<i>Low curled pony parted down the middle, slicked back. (high temperature games)</i>	<i>Crown braid to low bun.</i>	<i>Slicked back low ponytail with rhinestone hair piece</i>
<i>½ up and ½ down curled or in braids</i>	<i>Crown braid to low curly ponytail</i>	<i>½ up ½ down curled or in braids</i>
<i>MakeUp</i>		
<i>Team lipstick (\$10-\$18) Black Eyelashes Smokey Eye Shadow in Plum/Brown/Maroon color palette best for skin tone.</i>	<i>Foundation, concealer, blush, highlighter color palette best fit for skin tones. Bronzer not to be used in place of blush. Plus Football season makeup requirements.</i>	<i>Same requirements as contest season. Dress rehearsal run through will determine adjustments to colors used with lighting if desired results are not achieved with stage lights.</i>
Nail Polish must be light nude, french, clear, or natural color for all performances. Sport length extensions are acceptable. Photo examples available in team Band App.		

2023-2024
SILVER RHYTHM DANCERS AND RHYTHMETTES
DESIGNATION

PLEASE SELECT THE OPTION THAT FITS YOU BEST.

- ☐ I am interested in **JV Rhythmettes** **ONLY**.
- ☐ I am interested in **JV Rhythmettes** **OR Varsity** Silver Rhythm Dancers and will accept the position on either team determined by the judges score.
- ☐ I am auditioning for **Varsity** Silver Rhythm Dancers **ONLY**.

CANDIDATE INFORMATION:

NAME: _____

ADDRESS: _____

Your grade (**2023-2024**): _____

PARENT INFORMATION:

Mother's name: _____ Father's Name _____

Mother's Phone: _____ Father's Phone _____

Guardian Email: _____

RETURN BY Monday, April 11th

JV Drill Team
Permission Form

I have read the GISD Fine Arts Handbook and all information and understand all the requirements for participation in the drill team. I also understand the dedication and time it takes to be involved in the Rhythmettes. I intend to devote the time needed to make the drill team a success. I understand and agree to audition weekly by dance throughout football season, by routine for contests season, and as needed in preparation for spring show.

Dancer Signature

Date

Our dancer has permission to participate in the Rhythmettes for the 2023-2024 school year. We have read the GISD Fine Arts Handbook and all tryout information. We will assist in every way to see that these rules and policies are upheld should our daughter make the team.

We understand that the financial obligations must be met as stated in the GISD Fine Arts Handbook in order to maintain performance eligibility. We also understand that the school and/or directors assume no responsibility for accidents or injury that might occur during any drill team activity. I understand that membership of either organization is a privilege, not a right. I understand my dancer will audition weekly by dance throughout football season, by routine for contests season, and as needed in preparation for spring show for performance status.

Parent/Guardian Signature

Date

DUE ON MONDAY, APRIL 11TH