



Sachse High School JV Lariat Drill Team

2023-2024 Informational Packet





Mandatory Parts to the Sign Up protocol for Guaranteed Membership to the Lariats
Failure to correctly execute any of the below requirements eliminates students from Lariat Team membership for the 23-24 school year.

Part 1: Mandatory Information Meeting: Must attend the mandatory information meeting in person with a guardian or parent.

Part 2: Mandatory Lariat Workshop: Must attend and fully participate every day. Students will learn the "Lariat Workshop Dance Routine". This routine may be used for Lariat performances in the future.

Part 3: Mandatory Lariat Show Offs: Must attend and perform the "Lariat Workshop Dance Routine" on final day of workshop. Families will be invited to Show Offs.

Part 4: Mandatory Submission of Team Size Sheet: Immediately following Show Offs, dancers will submit the Team Size Sheet. Dancers did try on samples of the mandatory Team Clothing Items during workshop week. These items will be used in the upcoming seasons.

Mandatory Payments: Must be made on time. Payment #1 (half of total bill) will be made immediately following show offs. The remaining balance may be divided into two payments.

Paperwork: Due by the third day of the workshop. Any missing paperwork excludes you from membership. You will be asked to leave the workshop and not participate. It is not your Director's responsibility to ask for the paperwork. No exceptions!

Physical: Must be submitted on or before the deadline. Failure to do so, will result in the student unable to physically participate.

Page 1 signed by parent/ guardian and is due on Workshop day #1.

Page 2 signed by physician, is due by the last day of school.

Media Page: In order to be included in photos and videos throughout the year, select first options please.

Canvas: must join the Lariat canvas classroom and learn material posted in Canvas by due dates.



Dear Parents/Guardians and Lariat Hopefuls,

Thank you for your interest in the Sachse Lariat JV Drill Team Program. I am excited for the opportunity to work with you! I know it will be a year to remember for you as a Lariat at Sachse High School.

Lariats is designed to prepare you for Varsity Swingsters and learn the Sachse Way. Lariats will be a great opportunity for you to develop your dance skills, make new friends, display school spirit, compete at regional competitions and be a part of an award-winning organization.

Being a Lariat requires a great deal of time and effort. Please read through this packet and the Fine Arts Handbook carefully to ensure you are well informed before signing up for the program.

A parent/guardian must be present with your dancer in the Face to Face Information meeting held at SHS. All information about Lariats and the upcoming school year will be provided.

The Director will communicate through Canvas and email. It is encouraged that parents check both Canvas and their email once a week for updates.

Officer candidates and parents/guardians must attend an additional information meeting regarding Officer Tryouts. Details coming soon!

I look forward to meeting you all!

Sincerely,
Diane Craig
Sachse Swingsters Director
Sachse Lariat Director
dcraig@garlandisd.net.



Lariats is a Year Round Activity

Tryouts

Summer Practice

Summer Camp

Football Season

Basketball Season

Contest Season

Spring Show

Tryouts

Football Season

Lariats will perform at some Sachse JV/ Freshman games and attend three Varsity Games. The Lariats will be required to attend some early morning practices with the Swingsters to work on field spacing for both teams. The weeks that the Lariat attend Varsity games will be tough. There will be a game Thursday night and Friday night.

Mandatory Parade/Community Service

Labor Day, HOCO, SHS Christmas, and MLK Day parade, Santa Ambassadors, GISD Black History Month Program, and community events.

Contest Season

Lariats will perform three or four team dances at the GISD Dance Festival and one or two Regional Competition during February and March. Failure to participate equals drop in the program. Students pay for their contest meals.

Spring Show

Lariats will perform up to four team dances in the Swingsters Spring Show. Lariat Officers perform as well. Lariats will be invited to sit in the audience to observe stage practice.



Lariats: A Year in Review

Team Mandatory Information Meeting: Face to Face meeting mandatory for guaranteed membership with the sign up JV Lariat program. Failing to attend results in no membership on the team.

Mandatory Lariat Workshop/Team Fitting: Dancers attend all 4 days of the workshop to learn the Lariat routine. One the final day, the dancers perform for family/ friends. Failing to attend results in no membership on the team. Dancers will try on sample team clothing items so that the Director can note the preferred sizes.

Communication: Weekly announcements are posted on the team canvas page. Parents must join the team canvas page.

Payment 1 and submission of Size Sheet:

This will take place immediately following the show offs. Each family will receive the noted sizes for each dancer. Failure to participate results in no membership on the team. ½ of the total team payment is due at the team fitting.

May and Summer Practices and Camp: Practices and summer camp are mandatory. Camp= bonding, skills, technique, Pep Rally dances, Football dances, entrance and exit to the field will be learned. Unapproved absences= being pulled from formations.

Class Period/After School Practice: Mandatory: B8 both semesters plus 45 minutes after school. Dismissed at 3:30pm on B Days. On A Days, the team will have practice from 3:15pm-5:15pm. Secure your travel arrangements. No after school practices on Fridays.

Football Season: Football games are mandatory. The Lariats perform at some JV football games and participate in pre game/ bleacher dances at 3 Varsity games. Dancers audition for halftimes and Pre Game. If buses are provided, the team travels on the GISD provided transportation.

Parades/Community Events: The Lariats may participate in four parades throughout the Fall and Spring including Labor Day, HOCO, Sachse Christmas and the MLK Day parades as well as community events. Preparation for Varsity Tryouts.

Competition Season: Lariats will attend the GISD Dance Festival and one or two Regional competitions during Feb and March. Dancers audition for all contest dances. There is no extra cost associated with contest season. Students pay for their meals on contest day. Competition dates will be provided once they are available. Lariats come before Studio.

Spring Show: Lariats perform in the Swingsters Spring Show in April. The Spring Show is held in the SHS Auditorium. Because this is a Varsity end of the year show, Lariat families will be invited to purchase tickets once the Swingsters have had the opportunity to purchase tickets.

Banquet: Dressy casual event with a possible meal to celebrate the team's accomplishment with Lariats and family. Parents, please be mindful that this is a school function. All GISD policies will be in play for both students and adults. School dress code is enforced.



Practice Etiquette: Demerits Apply

You are seeking membership for an award winning JV Drill Team. Lariats will function like a competition drill team at a 6A school not a pep squad. You will be coached with love, but you will be coached hard.

You will have your name called out loud. Admin. calls out teachers over the speaker system used for school announcements when teachers are late to duty.

- *Lariats is designed to prepare you for Swingsters. Learn the Sachse Way.
- *Always respond to instructions including verbal and body language. This allows the director to know you heard and understand.
- *Approach practice/performances in a professional manner, let's not interrupt the instructional environment.
- *Practice on your own weekly!
- *Do NOT talk during instruction.
- ***Hustle** in practice.
- *Get dressed in a timely manner for class/practice.
- *Accept critiques. Keep your eyes and ears open.
- *Seek help. Be available to attend extra practices to better yourself.
- *Take care of our Lariat Locker Room Space.
- *Take care of your Lariat uniform and items. See Uniform page.
- *Please be respectful and kind.
- *Absolutely no food or drink other than water in the locker room.
- *To maximize time, dance full out unless told otherwise.
- *To maximize time, students follow directions quickly and correctly.
- *Students adhere to the time frame provided for gathering belongings following performances.
- *Students exit the locker room in full uniform following performances.



Standard of Uniformity: Demerits Apply

Students arrive completely ready.

We do not apply make up, paint nails nude or fix hair in squad lines.

Hair:

Football Performance hair:

Low Ponytail at the nape of the neck, with center part. Lariats will not be let out of class to prepare hair for the performance. Hair may be wavy, braided, curled, straight etc... as long as it is a clean sleek look.

Hair:

Pep Rally, Contest, Special Performances and Spring Show Performance Hair

Low Ponytail at the nape of the neck, with center part. Lariats will not be let out of class to prepare hair for the performance.

Tights:

Tights are to be clean and run free.

Make up:

Black eyeliner

Black mascara

Blush that matches your skin tone

Eye Shadow in shades of browns, golds, peaches that match your skin tone

Revlon "Love That RED" lipstick. Do NOT add gloss or glitter.

Nails:

Students will arrive at school on performance day with nails done to avoid demerits.

During Performance Seasons:

Shades of solid light pinks

Shades solid nudes

French manicure with white tip

No sparkle or decal of any kind on nails

Sports length per GISD drill team handbook.

Food:

Lariats eat prior to meeting for uniform inspection. Do not bring food to inspection! Budget your time please.



23-24 Lariats Tentative Summer Calendar: All Activities Mandatory

In these uncertain times, dates/ times may change. We will follow GISD guidelines for Fine Arts students.

<u>Date</u>	<u>Activity</u>	<u>Time</u>
April		
11	Mandatory student/guardian/student meeting	6:30pm SHS Location
11	Info meeting for those interested in Lariat Officer	8pm SHS Location
May		
2-4	Lariat Workshop to learn the "Lariat Routine"	4:00-6:00pm
3	Lariat Paperwork due, No Exceptions!	Submitted into Canvas by 6pm
4	Lariat Workshop practice	4-6 pm
4	Show Offs followed by Team Fitting	6:15pm-8pm
4	Payment #1 Due to vendors	See pmt plan from Lariat Packet
5	Lariat Officer Tryouts "Lariat Routine" is used	4-10pm
8-11	Lariat Team practice	4:15-6pm
15-18	Lariat Team practice	4:15-6pm
26	Last day of school classes	
31	Lariat Officer practice	TBA
June		
1-2	Lariat Officer practice	TBA
5-7	Lariat Officer Camp at Sachse HS	Details Coming
6	Payment #2 Balance of team items due	Submitted to vendors
6	Payment Officer Camp	Details Coming
July		
10-12	Team Home Camp CP	Details Coming
13-14	Team Home Camp ADTS	Details Coming
24-26	Team Practice for Mustang Mania	7:30-11:30am
August		
1	Team Practice	7:30-noon
2	Mustang Mania	Details Coming
8	School Starts	
9	1st Day of Lariat Class, yes dress out	B8 plus 45 min after school
	B Days plus 45 minutes after school. A days after school 3:15-5:15pm	Details coming
17	Team Practice : bring a snack	3:15-5:15pm

September

1	Staff Development, no school, no practice	
4	Labor Day Parade	Details in Email
7	Lariat Practice	3:15-5:15 pm
17	Swingsters Dance Clinic: helpers needed for merits	Noon -4:30pm
19	Mandatory practice in school clothes with all PR participants in gym	6:20am
20	HOCO Community Parade/ Pep Rally	5-11pm
21	Yes parade and Yes performance!!!	
23	HOCO Pep Rally	last class of the day
22	Lariats at Varsity HOCO Game meet at 4:30pm	GT @ 7pm
	Lariats ride bus to and from game	
23	Southern Images Team Pictures	Students sign up in time slots
21	Team Practice in Cafe'	3:15-5:15pm

October

6	Bye week, no game, Yes after school contest tryouts	TBD
9-13	Fall Break, No Game, No practice	
19	Team Practice in Cafe'	3:30-5:00pm
20	Lariats at Varsity Pink Out Game. Meet at 5pm	GT @ 7pm
	Lariats ride bus to and from game	
28	Senior. Pep Rally. No Lariat performance	Details coming ?
	JV Game vs. _____ Meet at _____pm	_____ GT @ SHS

November

4	Lariats at Varsity Game for Joint Halftime Performance!	
	Meet at 2pm Lariats ride bus to and from game	GT @ 7pm
?	JV Game vs. _____. meet at ____pm	7pm @ SHS
7	Staff Development day	
9	Team Practice in Cafe'	3:15-5:15pm
13	Community Service Santa Ambassadors	
20-24	Holiday Break	
30	Team Practice	3:15-5:15 pm

December

6	Christmas Parade: report 5:15pm	Parade Start 6pm
15	Team Social: Holiday Party	In class
15	Early Dismissal	12:40pm
19-30	Holiday Break	

January

4-5	Staff Development	
8	First day of classes!!! WHOOP WHOOP!!!	Yes for practice!
11	Solo Money due for Contest Season	
13	MLK Parade	Details Coming!
15	MLK Day, no school, no practice	
19	Team Practice	3:30-6:30pm
?	GISD Dance Festival	Details Coming
28	Competition	Details coming

February

2	Team Practice	3:30-6:30pm
16	Team Practice	3:30-6:30pm
19	Staff Development, student holiday	
?	Contest	TBA

March

2	Team Practice	3:30-6:30pm
11-15	Spring Break, No Practice	

April

1	Staff Development, student holiday	
4&6	Stage practice for Spring Show	B8
11&13	Stage practice for Spring Show	B8
18,20	Spring Show Stage Practice	During B8 class
17-19	Practice Watch from audience	5-8pm
20	Spring Show Stage Practice	5-10pm
21	Spring Show day	meet at 5pm
21	Banquet	TBA: Evening
22-27	Swingsters TryoutsWeek	Details coming
27	Swingter Tryout day	Details coming
29-30	Lariat Workshop for the next year	Details coming

May

1-3	Lariat Workshop for the next year	Details coming
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\$50 late fee!!!!!!!!!!!!!! We will order without you!!!!!!!!!!!!!! Your order delayed, not perform.



Lariat Member Price List: \$622.39 Total for new items. Sales tax/shipping may be added

All balances must be paid in full by 8/1/23. No Refunds after Team Fitting has taken place.

DanzGear online store.

\$30.90 Tank Top #1	\$30.90 Tank Top #2	\$17 Poncho
\$25 Game Day Shirt	\$27.24 Orange Dry Fit Shirt	\$39.20 Poms 1 navy,1 orange
\$37.40 Navy Field Leo	\$42.50 Black High Waist leggings	\$16.20 Tights in your skin tone
\$35.85 Navy Joggers (plain)	\$54.50 Bomber Jacket w/logo	\$69 Lariat Backpack w/ logo
\$26.75 ½ Sole in your skin tone		

Rain Ponchos Plus online store.

*Boots: \$68.00 plus tax *Water Jug carrying case: black with carrying strap. \$18.95

Purchased from the Swingsters Booster Club

\$8 Rhinestone earrings pmt

The below items will be purchased with a Cashier's Check/Money Order to SHS

Team Camp **\$75.00**

Items to purchase on your own:

***Any black tennis shoes of your choice will be our team shoes**

***Black practice sports bras *Black no show socks *1 gallon water jug of any color.**

Optional Item:

\$69.10 Corded Long sleeve top w/white glitter



Items you can purchase at a discounted price from a former member and the original price.

Poncho \$16

Line Member Navy field leo \$31.45

Officer White field Leo \$31.45

Boots \$68

Earrings \$8

All Black practice pants, shorts, etc. from individual

Mainly Black tennis shoes from individual

Black sports bras from individual



Procedures for Sachse Lariat Drill Team Workshop:

- May 2-4** Workshop in **Sachse Cafeteria** to learn tryout material/ body movement from 4:15pm-6pm.
- May 4** Deadline for Tryout Paperwork to be submitted into Canvas Classroom
No Exceptions. Problems submitting, contact Ms. Craig at dcraig@garlandisd.net.
Do not wait until the last minute.
- May 4** Perform workshop routine for family/ friends. Arrive at Sachse small gym dressed and ready to go for check in at **4-6pm**. New team meeting/showoffs at 6-8 p.m. in cafeteria
- May 5** Lariat Officer tryouts. Details coming.
- Eligibility:** Incoming Freshman, Sophomore, Junior or Senior students enrolled at Sachse High for the 2023-2024 school year at the time of tryouts for the 2023-2024 school year. Transfer guidelines must be followed for GISD. Confirmation of SHS acceptance is required.

Overall Impression: We get one chance to make a first impression! Be mindful of your posture, stance and appearance.

Attire for Workshop: All Black Athletic/ Dance Attire.

- *Solid black form fitted dance top, form fitted athletic top or leotard.
- *Sports bras (black) should be worn. No bra straps or stomachs showing!
- *Black dance pants, leggings or shorts. (shorts should be appropriate length)
- *Loose fitting dance pants should not be worn unless you have no other options.
- *Footwear: barefoot, jazz shoes in any color or half soles in any color.
- *Hair at workshop: secure your hair in Lariat performance hair. *See uniformity page*

Performance Day: All Black Athletic/ Dance Attire.

- *Attire: Same as workshop practices
- *Hair on performance day: Performance hair
- *Gum and jewelry will not be allowed during practice or the audition.
- *Nails must be a neutral color and modest length
- *“Performance makeup” mascara, eyeliner & lipstick for your skin tone.



Paperwork to be submitted into the Lariat Canvas Page.

Media Page:

If you select District use only, pics of your dancer will not be posted on social media. All pics will be taken twice, once with her and one without her. Please select the first option if possible.

Physicals:

Page 1 signed by the parent and is due on day 1 of the workshop.

Page 2, signed by the Doctor is due by last day of school. Can NOT participate/dance until this form is submitted. The first page with parent signature must be submitted before the Workshop, the second page by the doctor must be submitted by the last day of school

Sachse Specific Policies: The Sachse Way

Fine Arts Handbook: GISD policies for all fine arts programs

Picture of yourself alone: You are not posting this photo on instagram or Snap, it should be Professional and with no filters.

Application: Google form to submit



Uniform Contract

The Lariat uniform has been bought and issued by GISD and shall be returned in the similar condition it was received. The Director will evaluate uniforms upon return/check in. Dancers are financially obligated for damages to the uniform:

Hanging up of the Uniform

It will be in the closet at home OR hanging in the drill team locker, not on the locker room floor. Swingsters hang up the uniform, we do not throw pieces over the hanger. We do not use wire hangers.

Shirt: hang on hanger. Avoid pointy shoulders. **Skirt/ bloomers:** pants/ skirt hanger

Gauntlets: on pants/ skirt hanger

Sleeves: hang on hanger. Avoid pointy shoulders.

Belt: metal loop over hanger, string tied

Overlay: hang on hanger neck opening over hanger

Care of the Uniform

Prior to each performance, trim unraveled threads, stitch any holes and tack down any loose sequins before each performance. Feel free to ask Ms. Craig to help you, she can sew!

Cleaning Fees: \$5 per uniform item may be charged to cover professional cleaning costs.

*Frequent cleaning is a must. *No part of the uniform should be dry cleaned!

*Do not use bleach.

*Please take precautions so that the colors do not run.

*Shorts/ bloomers/ leo may be washed on the delicate cycle.

*All pieces should each be cleaned individually by placing the item in a sink or tub of very cold water that has a capful of wool-lite or very delicate soap. Swish the item through water several times. It is best not to leave the item in the water. Dry the items hanging on a hanger or lay the item on a flat surface.

Uniform Check-In

Will be conducted once at the conclusion of football season and again at the conclusion of spring show.

It is strongly encouraged that a parent/guardian help the team member take care of the school uniform. Remember each dancer is financially responsible for any damages to the uniform she was issued.



Lariat Packet Signature Page

I have received, read and understand the following documents. Students please initial in the first blank. Parents/Guardians please initial the second blank.

Make a copy of this document. Do NOT alter this document by signing it for submission.

Student	Parent
_____	_____ Letter to Lariat hopefuls.
_____	_____ Lariat year in review, explanation of the different seasons.
_____	_____ Lariat Practice Etiquette
_____	_____ Tentative Calendar. Once GISD dates are solid, the summer calendar will be updated. Thank you for your patience.
_____	_____ Application page: will be used so the Director can communicate team information.
_____	_____ Team size sheet/payment schedule. All items are mandatory. Hopefuls/ Parents/Guardians are welcome to contact the Director to establish a pmt plan.
_____	_____ Standard of Uniformity. I understand a diverse panel of my peers selected the standard for our team.
_____	_____ Lariat Application and photo submission
_____	_____ Possible items to purchase at a discounted price.
_____	_____ I understand that are all part of the sign up protocol and all are required things that must happen in order for my dancer to be granted membership.

*F2F information meeting *Performance family/friends *All days of the workshop*Team fitting/submitting ½ pmt

Parent/Guardian Signature _____

Student Signature _____