



Dear Future Charger Girls,

We are thrilled that you are interested in joining us for the 2025-2026 Season!

This packet contains information to help you understand what being a Charger Girl entails, and to help you best prepare for auditions this Spring!

Please feel free to email Mrs. Gillett (Head Coach) at whitney.gillett@duchesne.org, and/or Mrs. Lastovica (Assistant Coach) at melissa.lastovica@duchesne.org with any questions you may have about the programs, tryouts, scoring etc.

Tryout Forms must be submitted by April 1st, 2025. Your form submission is how you sign-up for tryouts. You can find all required documents and the form submission at <https://www.duchesne.org/athletics/dance-team>.

Thank you so much, and we look forward to dancing with you at tryouts!

-Mrs. Gillett and Mrs. Lastovica

The Duchesne Charger Girls:

“One Sisterhood, dancing for each other and for Christ”

The Charger Girls is Duchesne Academy’s award winning dance team whose main goals are to grow as dancers, grow as a team, and serve our community. In order to best grow as dancers and as a team, Charger Girls train

year round as a group in choreography, technique, leaps, turns, strength and conditioning. The Charger Girls perform at Duchesne Varsity Home Games and Pep Rallies, STH Football/Basketball Games and Pep Rallies, perform in the annual Fall Duchesne Dance Show, Spring Showcase, and compete as a team in the Spring.

Tryouts:

When:

April 11th 4:00-7:00 p.m. (Clinic Day: tryout choreography is learned)

April 12th 12:00-3:00 p.m. (Final Tryout Day)

- Dancers must attend both days of tryouts -

Where: Duchesne Dance Studio

What to Wear: All black fitted dance clothing and half ballet shoes

Tryout Timeline/Details:

April 1st, 2025:

Tryout Packets are due online (see link on website)

April 11th, 2025 (Clinic Day):

Dancers will work on technique in a class styled environment. We are looking to see work ethic, potential, and ability to take notes, in addition to skills. Dancers will then learn 2 tryout combinations to be performed for a panel of judges the following day).

April 12th, 2025 (Final Tryout):

Dancers will demonstrate the following in front of our panel of judges:

- Technical elements required in tryout packet
- Additional special skills (not required)
- Combinations learned at Clinic (to be performed in groups of 3-4)
- 30 second Solo (Jazz, Contemporary, or Pom) ** only if trying out for advanced dances*

April 13th or 14th, 2025

2024-2025 Team and Dance Placements Announced

CG Dance Placement:

Charger Girls place into competition team dances, as well as features in dance show dances, based on skills demonstrated at Tryouts. All dancers will train together year round in technique, TLT, and choreography, and all dancers will perform at DASH games, STH games, and Pep Rallies together, regardless of dance placement.

This allows us to best showcase our wide variety of Duchesne Dancers' strengths and skills in dances best suited for them, while also continuing to train and grow as one collective team.

Please see the list of skills required to make the Charger Girls Dance Team and the list of skills required to place into Advanced Dances on the Team. Placement for competition dances will be announced at the time the team is announced. Features in Dance Show numbers will be announced as choreography is learned.

Skills Needed at Tryouts to Make the Team:

2x Pirouette
Fouette Turns and/or A La Second Turns (*work in progress with clear potential*)
Jeté Leap
Calypso
Chaines and Piques
Center Leap (*work in progress with clear potential*)
Toe Touch (*work in progress with clear potential*)
Special Skills (i.e. tumbling, leg grab turns, etc..) - *Bonus*
Ability to Pick up Choreography Quickly
Ability to Pick up Style in Choreography
Precision/Execution of Choreography
Performance Quality
Professionalism

Additional Skills Needed to Place into Advanced Dances:

3x Pirouette
Fouette Turns (3 into a 2x pirouette)
A La Second Turns (3 into a 2x pirouette)
1 Turning Special Skill (Example, turning combos, skater turn, leg grab turn etc..)
1 Leap Special Skill (turning center, switch tilt, switch arabesque, etc..)
1 Acro Special Skill (Aerial, Front or Back Walkover, Leg Extension, Scorpion, etc..)

(Skills needed for each Advanced Dance will be dependent on the Choreography and may differ between dances)

Practices/Camps for the Charger Girls Program:

Summer Pre-Season Camps/

Summer Camp/Training Requirements - To Be Announced Spring 2025

Choreography Camp- During Athletics Pre-Season the week before school begins - exact days/times tba -
Duchesne Dance Studio (*required*)

Dancers are also required to complete summer training hours

Practices During the School Year:

MODS 1-6

Monday-Friday 6:30-8:00 a.m. - Duchesne Dance Studio

(some choreography sessions and practices may be called earlier with advanced notice - additionally, soloists and merit dancers may stay after until 8:15 with advanced notice)

Charger Girls Performances:

Game Day Performances:

Fall Athletic Season

DASH Varsity Home Volleyball and STH Varsity Home Football

Days of the Week: Typically Tuesdays and Thursdays after school

Approximate # of Game Day Performances: 3-4

Winter Athletic Season

DASH Varsity Home Basketball and STH Varsity Home Basketball

Days of the Week: Typically Tuesdays and Fridays after school (*some Thursdays*)

Approximate # of Game Day Performances: 3

(Please note that there are no Spring Game Day Performances, as Charger Girls will be in competition season.)

Pep Rallies:

One DASH Pep Rally per Athletic Season - Fall, Winter, and Spring

May participate in STH Football Pep Rally

(Exact dates are announced once they are set by the Athletic Director)

Additional Performances:

White House Lawn Dance Party to promote Extravaganza - during School Day

Duchesne Upper School Open House Performance - on a Sunday in the Fall

(Exact dates and times are announced once they are set by the Admissions and Advancement Office)

Dance Shows (Fall and Spring)

The Charger Girls perform a Showcase of Competition Material, as well an artistic stage show! One performance is in the Fall, one is in the Spring. More information to come later this Spring.

Charger Girls Competition Season:

Charger Girls compete in styles such as Jazz, Contemporary, Pom, Open, and Novelty. In addition to placing into Advanced Team Dances, dancers have the opportunity to qualify for solos, duets, trios, and small group numbers called Merit Dances based on their scoring at auditions. Merit dance pairings and offerings are subject to change each year.

Approximate Competition Dates/Details:

Competitions are 1-2 day events, held most often on Saturdays, but sometimes between Friday-Sunday, in late January through March, potentially leading into the 1st couple weeks of April. The Charger Girls Team is required to compete in 4-5 Team Competitions, with additional optional weekends available for Merit Dances.

(Exact competition dates to be announced over the Summer as soon as our season is solidified.)

Charger Girls Code of Conduct:

The Charger Girls are often the face of our school to our community and will be expected to lead others by example. We also are first and foremost a sisterhood and team that must do everything in our power to support each other and do what is best for the squad as a whole.

Please thoroughly read the following code of conduct to ensure that you can uphold the duties of this position and represent our school and community to the best of your ability.

Charger Girls Must....

- Follow and adhere to the Athletics Parent/Player Contract
- Represent yourself with pride and grace, both in person and online, setting an example for other girls in high school as well as girls in MS and LS.

- Treat everyone on the team, your coaches, and all members of the Duchesne community with kindness, respect, and compassion.
- Be present at ALL Charger Girls Practices, and be ready to put forth your best effort.
- Arrive on time and ready to dance for all practices and performances.
- Notify Mrs. Gillett well ahead of time to the best of your ability of any absences due to illness or family emergency
- Notify Mrs. Gillett of all pre-approved absence requests by the given deadline
- Participate in ALL required performances - in order to best support your other team members.
- Do everything in your power to support your team, and everyone involved, functioning as a loving supportive sisterhood to all members.
- Give your best effort to grow and learn together throughout the year.

We have a responsibility to our team to do our best every day and support one another. Please remember that communication is key, so if you are struggling with a code of conduct please reach out to us. We will do absolutely everything in our power to make sure we get back on the right track before discussing a dancer's potential removal from the team.

If a Charger Girl does not abide by the above Code of Conduct...

1. 1st time: The dancer will meet with Mrs. Gillett and Mrs. Lastovica about how to get back on track.
2. 2nd time: The dancer will meet with Mrs. Gillett, Mrs. Lastovica, and Coach Inma about how to get back on track and any consequences that may follow.
3. 3rd time: The dancer may be removed from a specific number, performance, leadership role, or the team depending on the severity of the misconduct.

Please Sign Below stating that you have thoroughly read the Code of Conduct and agree to uphold our team's values to the best of your ability:

Dancer Signature: _____

Date: _____

Charger Girls 2024-2025 Season Agreement:

Participation in all camps, practices, dance show rehearsals and performances, and competitions are **required** unless you have a pre-approved absence (*other than illness or a family emergency*). Please remind yourself of ALL required dates in our Tryout packet. Since Charger Girls first and foremost are a team, it is imperative that all dancers involved be available for these dates in order to best serve the team as a whole. **All requested pre-approved absences must be submitted to Mrs. Gillett by April 21st, 2025** and will be either approved or denied by Mrs. Gillett and Mrs. Lastovica. Any additional absences throughout the year that were not approved by the approval deadline will be looked at on a case by case basis, but may result in the inability to be in certain dances/performances or participate for the remainder of the season.

Charger Girls will pay the following season fees:

Payment Tiers (to be paid 3x a year - Fall, Winter, and Spring):

Charger Girl (Team Dances Only) - \$575/season

Charger Girl (Team and Merit Dances - No Solo) - \$700/season

Charger Girl (Team and Merit Dances - including Solo) - \$850/season

The only potential additional payments needed will be the following:

Varsity Uniform and Poms- New Members only (approx. \$300)

Varsity Competition Warm-ups - New Members only (approx. \$265)

Extra practice attire (Community Outfit and one set of activewear is provided for new members)

Any additional competitions Merit Dancers would like to attend (if it is one we are not offering)

Competition Solo Costumes - if your dancer performs a solo

Nationals Hotel Rooms/Travel Costs

Please sign below to indicate you understand this agreement, have thoroughly read the tryout packet with a parent or guardian, made note of ALL dates and costs, agree to abide by our Charger Girls Code of Conduct., and will accept your position on our team if selected.

Dancer Signature: _____ Parent/Guardian Signature: _____