



Dear Future Junior Charger Girls,

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

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

Please feel free to email Mrs. Gillett at whitney.gillett@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/junior-charger-girls>.

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

-Mrs. Gillett and Mrs. Lastovica

Junior Charger Girls:

The Junior Charger Girls is Duchesne's Middle School Dance Team (6th-8th grade only), whose main goals are to grow as dancers, grow as a team, and serve our community. The Junior Charger Girls train year round in choreography, technique, leaps, turns, strength and conditioning, perform at Duchesne Middle School athletic games and pep rallies, perform in the annual fall Duchesne Dance Show, and compete as a team in the spring alongside our varsity dance team, the Duchesne Charger Girls.

Tryouts:

When:

April 11th 3:30-6:00 p.m. (Clinic Day: tryout choreography is learned)*

**If you are trying out to dance up on CG you will stay until 7:00 p.m.*

April 12th 8:00-11:00 a.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

How Tryouts Will Work:

Junior Charger Girls tryouts will span over the course of 2 days. Day 1: dancers will work on technique and learn a tryout combo. Day 2: dancers will have their formal tryout for all judges demonstrating the choreography and technique they have worked on during Day 1. Dancers who are going to be in 8th grade for the 2025-2026 Season and are trying out to dance up may be asked to return at 12:00 p.m. on Saturday April 12th for a Varsity Dance Team Callback.

Skills Needed at Tryouts:

1x Pirouette

2x Pirouette (work in progress with clean potential)

Chaîne & Pique Turns

High Kick & Fan Kick

Jeté Leap

Special Skills (i.e. tumbling, leg grab turns, fouettes, a la second turns etc..) - Bonus

Ability to Pick up Choreography and Style Quickly

Precision/Execution of Choreography

Performance Quality

Professionalism

Dancing up on US Charger Girls (Rising 8th Graders Only):

Junior Charger Girls who are in the 8th Grade (current 7th graders) have the opportunity to dance up with our Upper School Team, the Duchesne Charger Girls. Should dancers make the US Varsity Charger Girls team, they will practice and perform solely with the Charger Girls. Please see the Charger Girls Tryout Information at <https://www.duchesne.org/athletics/dance-team> to get a sense of expectations on the team.

If you plan to tryout to dance up on the Charger Girls please do the following:

1. Fill out and Submit ALL paperwork for JCG
2. Fill out and Submit the CG Tryout Packet as well on the CG website, indicating that you have reviewed the requirements of dancing up on CG.

Dancers who indicate they would like to try out to dance up on Charger Girls will be evaluated during Junior Charger Girls Tryouts on Saturday April 12th. Should they be deemed a good candidate for this opportunity, they will be asked to return for a callback at 12:00 p.m. to join Charger Girls tryouts.

Practices/Camps for the Junior Charger Girls Program:

Summer Pre-Season Camps

Uniform Measurements -in April - exact date TBA

Optional Summer Camp Date TBA Spring 2025

Choreography Camp- During Athletics Pre-Season the week before school begins - exact days/times TBA
Spring 2025- Duchesne Dance Studio *(required)*

Practices During the School Year:

MODS 1-6

Monday, Tuesday, & Wednesday 6:30-7:45 a.m.

Junior Charger Girls Performances:

Game Day Performances:

Fall Athletic Season

DASH Middle School Home Volleyball

Approximate # of Game Day Performances: 1-2

Winter Athletic Season

DASH Middle School Home Basketball

Approximate # of Game Day Performances: 1-2

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

Pep Rallies:

One DASH Pep Rally per Athletic Season - Fall, Winter, and Spring
(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 Middle School Open House - on a Sunday in the Fall
(Exact dates and times are announced once they are set by the Admissions and Advancement Office)

Fall Dance Show:

Dance Show Performance Dates

(Exact times/days subject to change as school calendar is solidified)

Thursday November 13th, 2:00 p.m. (during school day)

Friday November 14th, 4:30 p.m. and 7:00 p.m.

Saturday November 15th, 3:00 p.m. and 7:00 p.m.

Dance Show Tech/Dress Rehearsal Dates

(Exact days/times dancers will be called are tbd. Dancers must be available should they be called)

November 3rd-7th, 6:00-8:00 a.m.

November 10th-12th, 3:45-7:00 p.m.

Spring Showcase:

Charger Girls are required to perform in our Spring Showcase held every April. The exact date will be announced as the Spring season is solidified and will likely line up with our Duchesne Senior Night.

Junior Charger Girls Competition Season:

Junior Charger Girls will compete in styles such as Jazz, Contemporary, Pom, and Novelty. Junior Charger Girls will compete in 2-3 team dances this season.

Approximate Competition Dates/Details:

Competitions are 1 day events, held on Saturdays in late January through March.

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

Junior Charger Girls Code of Conduct:

The Junior Charger Girls will represent our Middle School community and will be expected to lead others by example. We also are first and foremost a sisterhood and squad 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.

Junior Charger Girls Must....

- Adhere to the Athletics Parent/Player Contract
- Represent yourself with pride and grace, both in person at school and online, setting an example for other girls in middle school as well as girls in lower school.
- Treat everyone on the squad and all members of the Duchesne community with kindness and compassion.
- Be present at ALL Junior Charger Girls practices.
- Arrive on time and ready to dance for all practices and performances.
- Notify their Coach well ahead of time to the best of your ability of any absences due to illness or family emergency
- Notify their Coach of all pre-approved absence requests in a timely manner.
- Participate in ALL required performances this year - in order to best support your other team
- 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 Junior Charger Girl does not abide by the above Code of Conduct 1. 1st time: The dancer will meet with their Coach about how to get back on track. 2. 2nd time: The dancer will meet with their Coach and Coach Inman 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: _____

Junior Charger Girls 2025-2026 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 Junior 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. 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.

Junior Charger Girls will pay the following season fees:

Payment to be paid 2x a year (Fall and Winter): \$400/season

The only potential additional payments needed will be the following:

Varsity Uniform - New Members only (approximately \$300) to be ordered in May 2025

Varsity Competition Jacket - New Members only (approximately \$200) to be ordered in May 2025

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 Initials: _____ Parent Initials: _____

Good luck as you prepare for tryouts this coming Spring.

If you have any questions - please contact Mrs. Gillett at whitney.gillett@duchesne.org