



Greetings Prospective RHS Dancers!

Due to restrictions and safety protocol given the complexity of the COVID-19 Pandemic, the 2020/2021 RHS Dance Team season will be unlike any we've experienced as dancers and coaches. Thus, a lot of what we normally do to prepare for tryouts will be different from years past. There are still a lot of unknowns, and coaches appreciate your patience and flexibility as we continue to hope we can have formal tryouts, perform at school events and eventually have our own competitive season. Below are coaches' timeline to select the team and begin safe, social distanced practices. These dates are VERY TENTATIVE and based on what we know from the Governor of WA, the WIAA (WA Interscholastic Athletics Association), LWSD Administrative decisions and directions from our RHS Athletic Director, Dan Pudwill.

- **When King County is in Phase 3:** LWSD will permit coaches to host tryouts and modified practices
 - The safety provisions around in person tryouts and future team practices are still pending decisions by the LWSD and the RHS Athletic Director
 - Visit the [King County "Safe Start" website](#) for more details re-opening King County due to COVID
- **When King County is in Stage 4:** Traditional practices can resume (full squad in attendance)
- **When King County is in Stage 4+ (which has yet to be defined by the Department of Health):** team performances, including school and competitions, can begin
- **April 26th-End of June:** TENTATIVE dates for Dance/Dill Competitive Season as outlined by the WIAA
 - There are no dates for District or State Championships

In the meantime, there are many tasks a prospective dancer can complete to prepare for tryouts. A tryout task list is included on the following pages. Also, please visit the team's website at www.redmonddanceteam.com to review coaches' expectations for tryouts and get a sense of the dance program's structure.

Thank you for your interest in the Redmond Dance Team. Coaches can't wait to meet you and share our passion for dance with you! Go Stangs Baby!

-RHS Dance Team Coaches

2020-2021 TRYOUT TASK CHECK LIST

TASK	DIRECTIONS FOR APPLICANTS TASKS CAN BE COMPLETED NOW, MOSTLY ONLINE
<input type="checkbox"/> Watch Head Coach's Presentation	Watch Head Coach Natalie give a virtual version of the parent/dancer informational meeting. This should answer a lot of questions about the structure of the program and help dancers/families decide if the team is a good fit HEAD COACH PRESENTATION
<input type="checkbox"/> Watch Team Videos	Visit the RHS Dance Team's website. Watch the videos from the 2019/2020 season to decide if the team's style and technical skills are a good fit for you as a dancer. https://www.redmonddanceteam.com/
<input type="checkbox"/> Read Tryout Packet	Review the RHS Dance Team's Tryout Packet found on the team's website: https://www.redmonddanceteam.com/
<input type="checkbox"/> Complete Final Forms Registration	Get your parent/guardian to help you; go to the RHS Athletics website , and register as an RHS athlete via Final Forms 
<input type="checkbox"/> Sports Physical	Do you have an up to date sports physical on file at RHS? If not, you need to see a doctor and bring with you the following LWSD Sports Physical form: Sports Physical Form to Take to Doctor EVERY tryout applicant MUST have a current sports physical on file in the RHS Athletic Office BEFORE tryouts begin. Coaches cannot allow dancers to tryout if they do not have a valid sports physical authorizing them for sports activity. If you participated in another sport at RHS during the 2019-2020 school year, you likely have a sports physical on file at RHS. If you participated in a sport at one of the feeder middle schools (Timberline, Evergreen or Redmond) during the 2019-2020 school year, your physical can be transferred up to the high school. Please contact Nicole Showalter in the RHS Athletic Office, anytime on or after AUGUST 14TH for individual questions about your sports physical: 425-936-1867 or nshowalter@lwsd.org RHS Dance Coaches WILL NOT answer questions about sports registration or sports physicals.
<input type="checkbox"/> Submit Sports Physical	Submit completed sports physical paperwork to the RHS Athletic Secretary, Nicole Showalter, AFTER August 14 th and BEFORE tryouts start (TBD)

2020-2021 TRYOUT TASK CHECK LIST

TASK	DIRECTIONS FOR APPLICANTS TASKS CAN BE COMPLETED NOW, MOSTLY ONLINE
<input type="checkbox"/> Pay Athletic Fee/Purchase RHS ASB card	<p>Pay* the RHS Athletic participation fee and purchase an ASB card through the LWSD Online Payment System.</p> <p>*Payments may not be possible until after August 14th when the RHS Athletic Office opens</p>
<input type="checkbox"/> Send Character Survey to 3 Adults	<p>Send the following survey link to three (3) mentors, coaches or teachers who can complete a recommendation of your character and integrity.</p> <p>Recommendations CANNOT be done by family members or anyone related to you.</p> <p>Link to: Applicant character reference to be completed by former teacher, mentor or coach</p>
<input type="checkbox"/> Submit Grades	<p>If an applicant makes the squad, coaches require dancers to pass ALL their classes in order to perform. Thus, tryout applicants must submit a copy of their grades or progress report from FIRST SEMESTER 2019. This gives coaches an idea of their commitment to academics.</p> <p>You may bring a printed copy of your progress report to the first day of tryouts <u>or</u> you can email a screenshot of your progress report to Head Coach, Natalie.</p> <p>If emailing, type “Tryout Grade Check” in the subject line.</p> <p>Proper email etiquette is important; all emails must have the above title to be sorted into a specific folder in Coach Natalie’s email inbox! Emails with incorrect subjects will not be read.</p> <p>Coach Natalie’s Email is: ncarpenter@lwsd.org</p>
<input type="checkbox"/> Print and sign dancer/guardian signature page	<p>This page can be found in the tryout packet; it is page 8...the <u>LAST page</u> of the packet. This needs to be printed, read, signed and turned into coaches on the first day of tryouts.</p> <p>If a dancer’s family does not have a printer, coaches will have extra copies for prospective dancers to take home and bring back before tryouts end.</p>
<input type="checkbox"/> Complete Online Dancer Questionnaire	<p>Click on the link below to complete a short questionnaire and acknowledge completion of all the above tasks</p> <p>Link to Dancer Questionnaire</p>