

## **2008 Regal Blues Dance Tryouts General Information**

1. If chosen for the Regal Blues Dance Team you will have the opportunity to dance and cheer at football games, men's and women's basketball games, pep rallies, and various other events. The Regal Blues perform many styles of routines including kick, pom, hip-hop, and jazz. They also perform short sideline routines and cheers.

2. **Deadline for application** is noon on Wednesday, **April 16, 2008**. Turn all applications in to Jenny Quinnely at the Student Activities desk in the back of Tolliver Hall. They can also be mailed to P.O. Box 8578, Ruston, La. 71272.

3. **Tryouts will be held April 17-19, 2008** in Memorial Gym.

4. You will be judged on technical skills including (but not limited to):

- Right and left splits
- Toe touch
- leap to second
- switch leap
- calypso leap
- pirouette (left triple and right quadruple)
- axle (straight and bent leg)
- fouette turns (bent and straight leg, right)
- attitude turn
- kicks (all kinds)

5. **Your application** is not complete without the following attachments: a recent picture, a \$25 application fee, proof of insurance (make a copy of your insurance card and attach it to the application), and a copy of your unofficial transcript (from the registrar).

6. **For new freshmen**, ACT scores will be used as an indicator of academic ability. Students who are not yet enrolled at Louisiana Tech must be accepted for admission prior to tryouts.

7. Students who are currently enrolled at Louisiana Tech University or have college credits from another university must have an overall **GPA of 2.3**.

8. You will be weighed at some point during tryouts. You are to maintain this weight throughout the year. It should not fluctuate up or down more than 5 lbs. unless it is in a healthy manner.

9. Upon making the squad, you will be given a contract that you must read, sign, and return to the advisor at the conclusion of tryouts.

## Regal Blues Tryout Clothing and Schedule

### **Clothing:**

**Thursday, April 17, 2008:** Any dancewear of your choice (eg. Jazz pants, skirt, sports bra, crop top, shorts, etc.) Must show stomach. Wear dance or jazz shoes. No jewelry should be worn besides stud earrings.

**Friday, April 18, 2008:** Must wear black crop top/sports bra (must show stomach) and black hot pants (short black shorts) Please wear skin colored tights or pantyhose. Wear any type of dance or cheer shoes.

**Saturday, April 19, 2008:** Must wear black jazz pants and any type of crop top/sports bra (must show stomach) and any type of dance shoes.

### **Hair and Make-up:**

Your make-up and hair style should be worn in a way which accents and flatters facial characteristics. The judges will try to imagine you wearing a Regal Blues uniform, so it is suggested that you avoid wearing hair and make-up in a “workout” or “everyday casual” style.

### **Schedule:**

**Wednesday, April 16, 2008:** Application due by noon.

#### **Thursday, April 17, 2008:**

**5 p.m.- 6 p.m.:** Welcome, warm up, stretch, and review of required techniques.

**6 p.m.- Until:** Interview and technique tryouts. The first cut will be made.

**After first cut:** Remaining contestants will stay to learn a short sideline combination, a short kick combination, and two cheers.

#### **Friday, April 18, 2008:**

**5 p.m.- 5:30p.m.:** Stretch and Review.

**5:30 p.m. – until:** Sideline and cheer combination try-outs.

**After 2<sup>nd</sup> cut:** Learn jazz/hip hop routine. Please bring a tape to record the music or \$1 to purchase a CD with the tryout music on it.

#### **Saturday, April 19, 2008:**

**8 a.m.- 9 a.m.:** Doors open for practice and warm up.

**9 a.m.- Until:** Final Tryouts.

#### **Sunday, April 20, 2008:**

**1 p.m. – 4 p.m.:** New team meeting, practice, and uniform sizing.