

Journey Middle School  
Dance Team  
Try Out Packet  
2025-2026



All forms are due no later  
than March 3, 2025

## Who We Are

The Journey Middle School Dance Team is on a "Journey to Excellence!" Our dedicated and passionate team of young dancers is proud to represent our school at local and regional competitions and to energize the crowd at our school's football and basketball games.

**Our Mission:** We aim to inspire, unite, and empower our fellow students while promoting school spirit, sportsmanship, and teamwork. We strive to be role models on and off the field, emphasizing dedication, perseverance, and a commitment to excellence. We aim to create memorable experiences and lasting friendships through our performances and community involvement.

**Our Journey to Success:** The Journey Middle School Dance Team is more than just a group of athletes; we are a family. We work tirelessly to master our routines and support each other every step of the way. Our journey to success is filled with hard work, determination, and the unwavering belief that we can achieve greatness together.

## What We Do

**Competitions:** Our team competes in local and regional dance competitions, showcasing our skills, precision, and boundless enthusiasm. We train rigorously to deliver exceptional performances that reflect the dedication and teamwork we stand for.

**Football Games:** You'll find us on the sidelines at all home football games and selected away games, cheering on our team through dancing and creating an electrifying atmosphere. Our dance routines, with music led by the JMS Band, are designed to boost school spirit and bring the crowd to its feet.

**Basketball Games:** Our team performs at the halftime of selected home basketball games. This is an opportunity to practice performing routines that we often use in competitions and to support our school's basketball teams.

**Community Engagement:** We believe in giving back to our community. We engage in various community service projects throughout the year, supporting local charities and organizations. We want to make a positive impact beyond the field, gym, and dance floor.

## Join Our Journey

Are you interested in joining our spirited team? Whether you're an experienced dancer or just getting started, we welcome all enthusiastic individuals willing to work hard, learn, and share in our passion for dancing.

Please read on for more information about our upcoming dance clinic and tryouts for the 2025-2026 season. If you have any questions, please feel free to reach out. Go, Jags!!!

Mrs. Julia Day and Ms. Sydney Glasgow  
[journymiddledance@gmail.com](mailto:journymiddledance@gmail.com)

## 2025-2026 Dance Tryouts

**Who:** Any upcoming 7<sup>th</sup> or 8<sup>th</sup> grader who is attending Journey Middle School during the 2025-2026 school year and is interested in being a part of the dance team.

**When:** Interest Meeting will be held Monday, February 3 at 5:00 PM in the JMS Cafeteria.  
Clinic will be held Monday, March 3 (3:30–5:30) and Tuesday, March 4 (3:30-5:30).  
Tryouts will be held Wednesday, March 5 (3:30-5:30).  
Parent Meeting for the 25-26 team will be held Tuesday, March 18 at 5:00 PM in Coach Day's Classroom (Rm. 226 Yellow)

**Where:** JMS Cafeteria

**Attire:** On clinic days, you may wear any appropriate clothes that you are comfortable dancing in. On tryout day, please wear a white top, black shorts, jazz shoes (or flexible tennis shoes), no jewelry, and hair pulled out of your face.

To participate in the clinic and tryouts, each dancer candidate must have the following forms filled out in their entirety by March 3.

1. Sign up for Tryouts via the Google Form (Visit the link on our page of the JMS website).
2. Updated Physical Form (printed copy brought to Mrs. Day in Room 226 or Ms. Glasgow in Room 229).

All forms should be complete by March 3. Failure to do so will result in a candidate being deemed ineligible for tryouts.

## Elements of 2025-2026 Dance Team Tryouts

### Required Skills

\*Each of these skills will be covered at the clinic and tryouts. Do not worry if they are new to you!

Left Split Leap

Right Split Leap

Single Pirouette

Double Pirouette

High Kicks (left and right/front and diagonal)

Fan kick

Splits (left or right - must attempt)

## Dance Routine

You will be taught a short dance routine at tryouts. Below are the specific categories that you will be evaluated on in your performance:

1. Stage presence
2. Technique
3. Memory
4. Rhythm/Movement
5. Overall Impression

## **Requirements for 2025-2026 Dance Team**

Students/Parents & Guardians,

Please read the following requirements carefully. Failure to meet the needs could result in suspension or dismissal from the squad.

1. All dance candidates must be physically able to try out.
2. All dance candidates must turn in all required forms and paperwork by March 3, 2025.
3. All dancers must be a Journey Middle School student entering either the 7<sup>th</sup> or 8<sup>th</sup> grade for the 2025-2026 school year.
4. All dancers must maintain a 70 overall average in each subject area. This average must be kept in all classes in order to remain an active dance team member.
5. All dancers must be able to attend at least one clinic day before tryouts. We recommend attending both days to feel the most confident and prepared for tryouts.
6. All dancers must attend all summer practices and meetings, including UDA Camp (June 10-13).
7. All dancers must attend all chosen JMS football and basketball games and compete in local and regional competitions.
8. Dancers must attend all in-season practices unless a parent notice and valid excuse have been given in advance. All practices two weeks before a competition are mandatory.
9. Dancers must abide by the Journey Middle School Student-Athlete Contract (can be found on the JMS website under Athletic Forms)
10. Dancers must agree to abide by the 2025-2026 Spirit Team Demerit System. Dancers must understand that the accumulation of too many demerits can result in dismissal from the team.

11. Parents of dancers must accept all monetary obligations.

12. Parents of dancers must be willing to work a designated number of times in the JMS Concession Stand.

13. Parents of dancers must be willing to participate in a carpool to/from games, competitions, and camp.

## Time Commitments

- UDA Summer Camp June 10-13
- Selected spring practices (some Tuesdays or Wednesdays 3:30-5:30)
- Practices every Tuesday and Wednesday 3:30-5:30 beginning in August
- All home football games/selected away games
- Selected basketball games
- Choreography practice dates (TBD)
- Competitions in January

## Projected Monetary Commitments

Dance is an EXPENSIVE sport. Please be sure to review all payment details and due dates before committing to trying out. Once a dancer makes the team, coaches will assume parents are agreeing to monetary requirements. All costs are subject to change depending on vendors and circumstances. No refunds or returns will be issued should a dancer quit or be removed from the team. Monetary Expectations will be reviewed in detail upon making the team. Please note that there will be a number of fundraising opportunities that can assist in offsetting both team and individual expenses.

Estimates for 2025-2026 JMS Dance		
	25-26 Budget	
	Individual	TEAM
Up Front Costs (due immediately)		
Uniform Usage/Cleaning Fee	\$175	
Camp Deposit	\$125	
Camp/ Uniforms & Supplies		
Camp Final Payment	\$300	
Poms		\$960
Competition Uniform		\$3,900
Required Clothing and Accessories		
Varsity Camp Wear	\$225	
Apparel Lab Practice Clothes	\$125	
Hip Hop Outfit	\$75	
Jazz Shoes	\$70	
Bow	\$30	
Cheer Bag	\$80	
Competition		
Choreography/ Music	\$400	
NDA Comp	\$70	
UDA Comp	\$70	
Gatlinburg		
Cabin and Comp Fee	\$450	
Carpool	\$75	
Planning Activities	\$150	
Food (Cash Payment)	\$200	
Miscellaneous		
Spirit Supplies	-	\$250
Photoshoot (Professional Photos)	\$50	
Coaching Expenses (2nd coach mileage, tests,		\$250
Catastrophic Insurance Fee	\$60	
Required Fundraiser Sale	\$200.00	
Total	\$2,930	\$5,360

Payment Due Date: New Girls	Without fundraising buyout	With fundraising buyout
Forms Due March 3	NA	NA
March 18 (Up Front Costs-check or cash)	\$300	\$300
April 20 (Varsity Bill/ Camp clothes)	\$350	\$350
May 20	\$285	\$385
June 20	\$285	\$385
July 20	\$285	\$285
August 20	\$285	\$285
September 20	\$285	\$285
October 20	\$285	\$285
November 20	\$285	\$285
January 20	\$285	\$285
Total	\$2,930	\$3,130
Payment Due Date: Returners	Without fundraising buyout	With fundraising buyout
Forms Due March 3	NA	NA
March 18 (Up Front Costs-check	\$325	\$325
April 20 (Varsity Bill/ Camp clothes)	\$250	\$250
May 20	\$250	\$350
June 20	\$250	\$350
July 20	\$250	\$250
August 20	\$250	\$250
September 20	\$250	\$250
October 20	\$250	\$250
November 20	\$250	\$250
January 20	\$250	\$250
Total	\$2,575	\$2,775

\*\*These amounts are estimates and may change.