

Casteel Dance

2024-2025

7th and 8th Grade Program

The Casteel Dance Program offers a class for every type of dancer!

** All dance classes at Casteel are listed in the course catalogue as “beginning” (DAN700). Students will be placed into their correct class before the start of the next school year.

Beginning Dance: (full year) This is a non-audition group. Students will learn basic dance fundamentals and learn about choreography. Students will perform a dance in two mandatory, end-of-semester dance concerts.

Intermediate Dance: (full year) This is an audition only class. Current beginning students can audition during class at the end of their 7th grade year in May. If a student is **NOT** in a dance class for the spring semester, they can participate in the first day of dance auditions after school. Students take this class for a full year. This class builds on the foundations from beginning dance and focuses equally on dance technique and choreography. Students will perform 2-3 dances in two mandatory end-of-semester dance concerts.

Momentum: (full year) This is for advanced dancers and is an audition only group. Students should have knowledge of ballet, jazz, and contemporary. Dances in class may include other styles such as hip hop, ballroom and tap. Students will perform 3-5 dances in two mandatory end-of-semester dance concerts and 1 pep assembly.

In Motion: (full year) This is for the most advanced dancers and is an audition only group. Students should have knowledge of ballet, jazz, and contemporary. Dances in class may include other styles such as hip hop, ballroom and tap. Students will also learn pom in class and have the opportunity (optional) to compete. Students will perform at all (4) pep assemblies, 1 mandatory dance competition in the fall, and perform 7-10 dances at the mandatory end-of-semester dance concerts.

Mandatory for **ALL CLASSES:**

*** Official Dates should be known in April of 2024

Fall Dress Rehearsal

Tuesday November **TBD** 3:00-5:00

Wednesday, November **TBD** 3:00-5:00

Fall Concert

Thursday, November **TBD** 5:00-8:30 (Concert starts at 6:00)

Friday, November **TBD** 5:00-8:30 (Concert starts at 6:00)

Spring Dress Rehearsal

Monday, April **TBD** 3:00-5:30

Tuesday, April **TBD** 3:00-5:30

Spring Concert

Wednesday, April **TBD** 5:00-9:00 (Concert starts at 6:00)

Thursday, April **TBD** 5:00-9:00 (Concert starts at 6:00)

** Please note that the spring concert dates are on Wednesday and Thursday in an attempt to avoid conflicts with the many dance competitions that take place in the spring.

Additional Mandatory Events for **In Motion** and **Momentum**

★KAR Dance Competition. Dates will not be known until August 2024. The competition is typically in early November.

Optional Events for **In Motion**

- ★ 4 Pep Assemblies. These are typically right at the end of each quarter, during 6th hour. Students have to meet in-class qualifications to be eligible to participate in the pep assemblies. These requirements deal with attendance, coming to class on time, being dressed out, and following class rules. Parents/families can check in with the front office and come watch the pep assemblies. Pep assemblies will include morning practices. Students are to be at school at 6:50 AM and ready to dance at 7:00 AM.
- ★ USA Pom Qualifiers. Dates are not out yet, but the competition will more than likely take place in December 2024.
- ★ USA Jr. Nationals: Dates are not out yet, but the competition will more than likely take place in February 2025 in Anaheim.

Optional Event for **Momentum**

- ★ Final pep assembly (May of 2025). Students have to meet in-class qualifications to be eligible to participate in the pep assembly. These requirements deal with attendance, coming to class on time, being dressed out, and following class rules. Parents/families can check in with the front office and come with the pep assemblies. Pep assemblies will include morning practices. Students are to be at school at 6:50 AM and ready to dance at 7:00 AM.

ESTIMATED Yearly Cost of **In Motion**

These fees will be charged through the CCHS bookstore:

- Practice Shirt: \$15.00
- Performance Shirt: \$25.00
- Hoodie: \$30.00
- Dance Class fee: \$25.00. All dancers in all classes pay this and the fees go towards concert supplies.
- Music Mixing (ONLY if Casteel end up competing pom): \$30.00.
- Pom Uniform Maintenance: \$15.00 (ONLY if we end up competing pom, for new rhinestoning/replacement of rhinestones)
- Fall Dance Competitions: \$180.00-\$300.00
KAR Fees for fall estimate: about \$60.00 per dance (Competing 2-3 dances IF we are doing pom nationals. Competing 4-5 dances if we do NOT do pom nationals. Please note that all competitions do NOT cost the same from year to year. So we are unable to know exactly how much competition will be. Students have the option to compete their solo if their studio and choreographer says it's OK.

Items to buy yourself:

- Black leggings
- Black joggers
- Black mid-thigh biker shorts
- Black tap shoes
- Ballroom shoes
- Jazz Shoes for pom. We will decide on a style later. Please do not go buy until further notice. *** Please note that students can still participate in pom for the pep assembly even if they are not competing it.

Costumes for dance concerts: Casteel does have some dance costumes that they continue to accumulate through the years from proceeds of our concerts, however, students often want to buy their own costumes. They will choose items from Amazon, Shein or some other online store. Students in In Motion typically do not spend more than \$60.00 a concert on extra costumes they want.

Optional: Competing Pom

Families will have to decide before fall break if they are going to compete in pom. There will be 1 regional competition in December (to qualify) and then nationals in Anaheim. Details will come out once USA has released those dates.

Approximate Costs:

Regional Competition Fees: \$60.00

National Competition Fees: \$100.00

Travel to/in Anaheim (air or bus plus transportation while in Anaheim): \$350.00

Hotel for 3 nights: \$400.00

2 Day Tickets for Disneyland: \$300.00

These next items would be NOT through the school, but you want to budget for them:

Trip shirts/sweatshirts: \$50.00

Food while on trip: \$175.00

TRIP TOTAL: \$1435.00

APPROXIMATE COST FOR THE YEAR **WITHOUT** POM NATIONALS: \$500.00

APPROXIMATE COST **WITH** POM NATIONALS: \$1865.00

ESTIMATED Yearly Cost of **Momentum**

These fees will be charged through the CCHS bookstore:

- Practice Shirt: \$15.00
- Performance Shirt: \$25.00
- Hoodie: \$30.00
- Dance Class fee: \$25.00. All dancers in all classes pay this and the fees go towards concert supplies.
- Mandatory KAR Dance competition in Fall 2024. Momentum will perform 2 dances, each dance is about \$60.00 for a total of \$120.00

Items to buy yourself:

- Black leggings
- Black joggers
- Black mid-thigh biker shorts
- Black tap shoes
- Ballroom shoes

Costumes for dance concerts: Casteel does have some dance costumes that they continue to accumulate through the years from proceeds of our concerts, however, students often want to buy their own costumes. They will choose items from Amazon, Shein or some other online store. Students in Momentum typically do not spend more than \$40.00 a concert on extra costumes they want.

Yearly cost of Beginning and Intermediate

Dance Shirt: \$15.00

Class Fee: \$25.00 (This goes towards supplies for the concerts)

Optional Hoodie: \$30.00

COSTUMES

The dance department tries to provide as many costumes from school as possible to keep cost down. However, there may be dances where the dancers decide to bring costumes from home because we do not have what they need/want for their dance. Often dance groups will choose to buy costumes from Amazon, Shein, or another online store. When students choose to buy their own costumes, I ask that they not spend more than \$20.00 a costume.

Technical Requirements

In Motion and Momentum

Students must have high technical skill in:

1. Ballet
2. Jazz
3. Contemporary

Additions encouraged skills:

1. Hip Hop
2. Tap
3. Ballroom
4. Acro

Students should have:

1. Leaps: Grand jetes, saut de chats, center leaps, single stags
2. Triple pirouettes on the right
3. Double pirouettes on the left
4. Excellent use of the floor in a petit allegro
5. Excellent flexibility/leg extensions
6. Good basic acro skills: front/back walk overs
7. Right aerial

Please note....

Students must also possess the ability to catch onto movement quickly. Students must be able to learn complete dances and retain them. Full dances are often taught in 2-3 class periods. Students will perform 7-8 dances in the dance concerts.

Intermediate Dance

Students need to have mastery of the basics ballet/jazz training:

1. Battements (good height and form)
2. Pirouettes: double turns both sides
3. Chainé Turns
4. Pique Turns
5. Grand Jetes
6. Saut de chats
7. Center Leaps
8. Single Stag

Auditions 2024-2025

April 29-May 1

If you're a current CUSD student please go to the google classroom: 5dirhlj

*Before auditioning please look at the required performances above and note that they are **mandatory**. Students will not be excused for other performances or competitions with their studio. Both the fall and spring concerts are Thursday/Friday to try to accommodate weekend competitions that dancers may have.*

Please do not audition if you aren't going to commit to the required performances.

Monday, April 29

2:45-5:00 *** Current elementary students should arrive no later than 3:30

*Across the floor/technique audition for In Motion, Momentum and Intermediate. For Intermediate, if you are a current 7th grade **dance** student at Casteel, you do NOT need to come. Your audition will be in class.*

A week before auditions, Mrs. South will post on her webpage and the google classroom, the across the floor combos that students will use for auditions. Students will audition in small groups. Students may leave after their group is done. We will start with students who are already at Casteel and then move onto current elementary students. A callback list will be posted that evening by 10:00PM for those who were auditioning for Momentum and In Motion. (Across the floor is all that students auditioning for Intermediate have to do and will NOT be needed for a callback.) If you are called back you need to be there on both Tuesday and Wednesday.

Tuesday, April 30

3:30-5:30

Students auditioning for Momentum and In Motion who received a callback will learn 3 different dance combinations. Videos of the combos will be posted afterwards on Mrs. South's webpage and in the google classroom for students to use as reference.

Wednesday, May 1

2:45- 5:00 *** Current elementary students should arrive no later than 3:30

Students will audition all three combos in small groups. After their group auditions, they may leave.

Friday, May 3

Results for Momentum and In Motion will be posted on Mrs. South's website and the google classroom. ** Results for intermediate will not be posted until all students in class are done auditioning on May 17.

Questions?

Please email Marie South at South.Marie@cusd80.com

Dance Audition Paperwork

Please print off the following 2 pages and bring to the first day
of auditions.

Dancer Name: _____ Student ID# _____

Grade for the 2024-2025 school year _____

Email: _____

Summer Contact Information

Guardian 1 Name: _____ Phone: _____

Email: _____

Guardian 2 Name: _____ Phone: _____

Email: _____

Please mark the highest group you're auditioning for:

- In Motion
- Momentum
- Intermediate

I _____, the parent of
_____, give permission for my
dancer to audition for the dance program at Casteel High School. I understand that
this is a physical activity and do not hold the Casteel dance program or CUSD
responsible for any injuries that may occur. I have read over the required
performances for the class my dancer is auditioning for and agree to have my child
participate. I know that these are MANDATORY. I understand that students will not
be allowed to continue in the class if they do not fully participate in those events.

Guardian signature

Date

Please initial by he following statements,
ONLY if your dancer is auditioning for for **IN MOTION**

_____ I understand that the estimated cost of being in the In Motion for the 2024-2025 school year is \$500.00 if my dancer chooses not to do pom nationals. The estimated cost is \$1865.00 if they choose to do pom nationals.

_____ I know that my dancer must fully participate in the fall and spring dress rehearsals and dance concerts.

_____ I understand that I will have to make a decision by the end of the first grading quarter if we are choosing to participate in the pom nationals.

_____ I understand that all payments made for competitions and trips are non refundable, even if I choose to leave Casteel before those events.