



# Welcome to the River Ridge High School 2018-2019 Dance Team Tryouts!

This packet will help you understand how the clinics and tryouts work, and what commitments you will be making if you are chosen for the team. The River Ridge Dance Team is a highly demanding and expensive sport. The dance team performs at Football games, Basketball games, assemblies and other activities. Competition season is from November through March. You will not be able to participate in any fall or winter sports. Summer camp and practices are mandatory for all dancers. This is a huge commitment, so **please read through the ENTIRE packet before making the decision to try out.** Application and teacher recommendation forms need to be returned no later than Friday, May 4th.

## **MANDATORY INFORMATIONAL MEETING:**

Tuesday, May 1st, 6:00pm RRHS Commons (If you miss this meeting, you must contact the Coach)

## **CLINIC DATES:**

Mon, Tues, Thurs, May 7<sup>th</sup>-9<sup>th</sup> 4:00pm – 6:00pm RRHS

Wednesday, May 17<sup>th</sup> is an optional practice for additional help.

## **WHAT TO WEAR:**

- Plain fitted T-Shirt
- Plain capris, jazz pants or shorts
- Jazz shoes or clean gym shoes
- Hair pulled back

**NO jeans!**

**NO slip on shoes or tied shoes or boots!**

**NO jewelry**

**NO GUM!**



## **FINAL TRYOUTS:**

**Friday, May 11<sup>th</sup>, 4:30pm once finished RRHS Main Gym**

All dancers will meet inside the gym by 4:15pm. Dancers will tryout in pairs and choose partners.

Dancers will be chosen for Varsity or JV by scores from a panel of judges. It is possible to be placed on Varsity for one style and JV for another. All teams will be competitive, and all dancers will compete at District and State in at least one routine, regardless of Pom or HipHop 'V/JV' Status.

## **NEW DANCE TEAM MEMBERS:**

\*New Dance Team members will be posted Friday, after tryouts on the RRHS main doors as well as the RRHS Dance Team Fan Page on Facebook. Please **DO NOT** call or email the coach before the names are posted to find out if you made the team.

# Sample Dance Academy Welcome Packet

**F Rizvi**



### **Sample Dance Academy Welcome Packet:**

**Complete Key for Schools Student's Pack (Student's Book Without Answers with CD-ROM, Workbook Without Answers with Audio CD)** David McKeegan, Emma Heyderman, Sue Elliott, 2013-01-17 Complete Key for Schools is official preparation for the Cambridge English Key KET for Schools exam It combines the best in contemporary classroom practice with engaging topics aimed at younger students The information practice and advice contained in the course ensure that they are fully prepared for all parts of the test with strategies and skills to maximise their score Informed by Cambridge's unique searchable database of real exam candidates answers the Cambridge English Corpus Complete Key for Schools includes examples and exercises which tackle common problem areas at this level This Student's Pack includes the Student's Book without answers with CD ROM and Workbook without answers The Audio CD contains the Audio for the Workbook exercises

**Effective Teachers, Effective Schools** Mary Ashworth, 2000 Grade level 1 2 3 4 5 6 7 8 9 10 11 12 p e i s t *Dance Integration* Karen A. Kaufmann, Jordan Dehline, 2014-06-23 Do you want to create a rich and vibrant classroom environment stimulate your students minds in multiple ways transform your teaching through incorporating the arts in your mathematics and science curriculums Then Dance Integration 36 Dance Lesson Plans for Science and Mathematics is just the book for you The dance lesson plans in this groundbreaking book infuse creativity in mathematics and science content Students will gain a wealth of critical knowledge deepen their critical thinking skills and learn to collaborate and communicate effectively Written for K 5 teachers who are looking for creative ways to teach the standards Dance Integration will help you bring your mathematics and science content to life as you guide your students to create original choreography in mathematics and science and perform it for one another In doing so you will help spark new ideas for your students out of those two curriculums no more same old same old And in the freshness of these new ideas students will increase comfort in performing in front of one another and discussing performances while deepening their understanding of the core content through their kinesthetic experiences The creative thinking skills that you will teach through these lesson plans and the innovative learning that dance provides are what set this book apart from all others in the field Dance Integration was extensively field tested by authors Karen Kaufmann and Jordan Dehline The book contains these features Instructions on developing modules integrating mathematics and science Ready to use lesson plans that classroom teachers physical education teachers dance educators and dance specialists can use in teaching integrated content in mathematics and science Tried and true methods for connecting to 21st century learning standards and integrating dance into K 5 curriculums This book which will help you assess learning equally in dance science and mathematics is organized in three parts Part I introduces the role of dance in education defines dance integration and describes the uses benefits and effects of dance when used in tandem with another content area Part II offers dance and mathematics lessons that parallel the common core standards for mathematics Part III presents dance and science learning activities in physical science life science earth and space sciences investigation

experimentation and technology Each lesson plan includes a warm up a developmental progression of activities and formative and summative assessments and reflections The progressions help students explore experiment create and perform their understanding of the content The plans are written in a conversational narrative and include additional notes for teachers Each lesson explores an essential question relevant to the discipline and may be taught in sequence or as a stand alone lesson Yes Dance Integration will help you meet important standards Common Core State Standards for Mathematics Next Generation Science Standards Standards for Learning and Teaching Dance in the Arts More important this book provides you with a personal aesthetic realm in your classroom that is not part of any other school experience It will help you bring joy and excitement into your classroom And it will help you awaken a community of active and eager learners Isn't that what education is all about

**Coordinated Activity Programs for the Aged** Albert G. Incani, Barry L. Seward, Jack E. Sigler, 1975

The Frugal Librarian Carol Smallwood, 2011-01-13 This collection speaks to universal concerns presenting creative and resourceful solutions from dozens of librarians representing a wide variety of institutions

*Survival Skills for the Principals* John Blaydes, 2004-01-22 A great book designed to lighten the load of school administrators filled with practical easy to implement strategies short cuts time savers and sample forms and letters A valuable reference guide for effective school leadership Fran Madison Cohee NAESP California State Representative Principal White Oak Elementary CA If you are looking for insight rejuvenation and thoughtful practical strategies for success in your role as a school leader look no further John Blaydes helps us remember why we became educators why we want to continue and why inspirational leadership is essential to schools Jane Foley Vice President National Educator Awards Milken Family Foundation Santa Monica CA Clearly Blaydes planned well as he linked the themes from one chapter to the next It will no doubt be a valued tool for school administrators Daniel P Gaffney Principal Howard R Yocum Elementary School NJ Discover the new 3 Rs of school leadership resiliency renewal and reflection Today's principals face unique challenges demands of time knowledge and organization that take their toll on even the most flexible leader This compilation of resources offers practical ready to use solutions to the issues and dilemmas principals face every day You can tap into these valuable resources for years to come as a long term support that will enable you to use your time and energy more effectively reduce personal stress spark new ideas and programs and enhance your effectiveness as an inspirational school leader Inside you'll find Highly practical strategies for strengthening your school's instructional program Tips ideas and techniques for creating a climate of excellence in your school Ways to lighten up laugh more and bring humor to your school community Proven strategies used by award winning principals to maintain balance in their lives Methods for managing the impact of stress on your performance and renew your energy for the important work of the principalship Learn to work smarter and discover the time to build a welcoming and purposeful learning environment for yourself your staff and ultimately your students

Post Report, 1994 Series of pamphlets on countries of the world revisions issued

*Pupil, Teacher and Family Voice in*

*Educational Institutions* Janice Wearmouth, Andrew Goodwyn, 2019-03-14 Taking a novel approach to the concept of voice within education systems this insightful text considers the extent to which the values opinions beliefs and perspectives of pupils families teachers and members of senior management are heard in educational settings and explores what can be learned from integrating their views and opinions in decision making processes Pupil Teacher and Family Voice in Educational Institutions traces the historical and legal developments which have heralded an increased appreciation of individuals perspectives in key decision making processes Chapters consider how various parties can be encouraged to voice their opinions and beliefs and address the issues and challenges which may face institutions as they seek to create an atmosphere of open and active consultation and engagement Drawing on evidence based research case studies and personal accounts chapters reflect upon the concept of voice in diverse settings and acknowledge the sometimes significant divergence between the intended and actual extent to which such opinions beliefs and perspectives are reflected in day to day practice Offering in depth exploration of the concept of voice and the benefits implications challenges and practicalities associated with it this text will be of interest to future and in service teachers educational researchers and policy makers

*Dancing for Their Lives* Claudia Huang, 2025-02-11 *Dancing for Their Lives* explores the vibrant world of retired Chinese women known as dancing grannies who seek fulfillment and companionship amidst societal upheaval These women part of China's lost generation gather in parks and public squares to reclaim their lives through dance in the wake of Chinese economic and cultural transformations The book challenges prevailing narratives of aging societies portraying old age as a site of social innovation rather than decline Based on ethnographic research conducted in Chengdu China *Dancing for Their Lives* reveals how retirees learn to navigate shifting social norms and values while actively creating new models for growing older The book's insights resonate beyond Chinese society offering lessons on resilience and the pursuit of meaning in any aging population *Dancing for Their Lives* underscores the human capacity to craft purposeful lives amid uncertainty transcending geographical boundaries to illuminate the universal quest for fulfillment in later years

*Chile, post report*, 1985     *Business*, 1920     *Good Housekeeping*, 1916     **The Trend** George Earle Raiguel, 1921     **Encyclopedia of Television Shows, 1925 through 2010, 2d ed.** Vincent Terrace, 2014-01-10 This fully updated and expanded edition covers over 10 200 programs making it the most comprehensive documentation of television programs ever published In addition to covering the standard network and cable entertainment genres the book also covers programs generally not covered elsewhere in print or even online including Internet series aired and unaired pilot films erotic series gay and lesbian series risque cartoons and experimental programs from 1925 through 1945     *Billboard*, 1997-06-07 In its 114th year *Billboard* remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform *Billboard* publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends     **The Sunday-school Times**, 1889     **Ballroom Dance Magazine**, 1963

**The Internship Bible** Mark Oldman, Samer Hamadeh, 2005-01-25 Lists internship opportunities in a variety of fields giving information about selectivity compensation deadlines and duration

**The Romance of Teaching** Ann V. Angell, 2014-09-23 A year before she was to retire Dr Ann Angell volunteered to start a new class at the Montessori public school where she d been teaching for a decade Her mission was to guide and encourage her students second third and fourth graders with a wide variety of strengths and weaknesses as they pursued their own paths of self directed learning How would she inspire Maya obsessed with multiplication tables to get excited about fractions and decimals How would she help Blake become interested in something other than reading and was that even a good idea How could she persuade Hayden a gifted artist to interact more peacefully with his classmates The Colorado Student Assessment Program which originated from No Child Left Behind legislation presented further challenges Ann would have to prepare her students for standardized testing while at the same time nurturing a mind set that doesn t assume there s only one way to absorb information only one correct answer to every question The Romance of Teaching Montessori in the Elementary School chronicles a school year filled with growth and joyful learning If you ve ever wondered how education can be effective when kids are free to explore whatever subjects they choose you ll find Ann s account enchanting

Smart, Fast, Efficient Leanna Isaacson, 2013-10-02 For a newly appointed principal or assistant principal this book describes the skills and talents necessary to meet the demands on today s school leaders It provides step by step details about what to do when to do it and how to do it Each chapter includes Survival Tips practical savvy advice When Do I Begin to help principals plan and schedule practical advice based on the realities of school leadership and more

## Reviewing **Sample Dance Academy Welcome Packet**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sample Dance Academy Welcome Packet**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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web l artrosi è una malattia di tipo degenerativo che può colpire qualsiasi articolazione gli elementi articolari interessati sono la cartilagine e l osso sottostante ad essa le articolazioni che vengono più spesso colpite sono la colonna vertebrale l anca il ginocchio e le mani

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persone nel mondo ne soffre circa il 10 della popolazione adulta e il 50 delle persone oltre i 50 anni. È causata dal progressivo consumarsi della cartilagine che ricopre le estremità delle ossa nel punto in cui si

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insorgono nella maggior parte dei casi dopo i 40 anni spesso si tende a confondere i termini ma in realtà queste tre patologie non sono la stessa cosa e lo sa bene chi ne soffre facciamo quindi un po di chiarezza

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web alcune forme di artrite ad esempio l artrite reumatoide causano una prolungata infiammazione delle cartilagini articolari e le rendono più suscettibili alla degenerazione quali sono i sintomi nella maggior parte dei casi i sintomi dell artrosi interessano una sola articolazione e nelle prime fasi progrediscono lentamente

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