

# THE WOODLANDS HIGH SCHOOL 2024-2025 HIGHSTEPPER PROGRAM GRADES 9-12

## ORGANIZATION

The Woodlands Highsteppers will consist of grades 9 – 12. The organization will have no set membership number.

## TRYOUT PROCEDURES

All candidates will tryout together. **The clinic will be held Friday April 12th, and Monday-Thursday, April 15-18 from 4:15 – 6:00 at the TWHS Senior campus; Mock Tryouts will be held Friday, April 19th from 3:00 –until completion at the Senior Campus. Candidates must provide their own transportation. Tryouts will be held April 20th from 7:30 am – 1:00 pm at the senior campus.**

### **Nondiscrimination Statement**

The Conroe Independent School District does not discriminate on the basis of race, religion, color, national origin, gender, or disability in providing education services, activities, and programs, including vocational programs, in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

- 1. The Woodlands Highsteppers do not have a pre-set membership limit or percentage for membership from any particular grade level.**
2. Although helpful, no previous knowledge, training, or experience in drill team, is necessary in order for a candidate to try out for The Woodlands Highsteppers. The candidates will be taught everything that they will need to know during the learning/practice sessions prior to try outs.
3. Dress for the learning/practice sessions must be comfortable, as well as appropriate. Leotards are recommended for high school candidates, but shorts and T-shirts can be worn. Tennis shoes are required. No cut-offs, halter tops tube tops, midriff tops, will be allowed. Inappropriately dressed candidates will be asked to leave practice sessions.
4. Dress for judging will consist of leotards and tights, tennis shoes (preferably ked-type), and hair tied off the face.
5. Each candidate will be given a number for use during judging. The names of candidates selected for drill team membership will be posted ONLINE on an announced website by tryout numbers. No announcements will be made on the try out day.
6. The Woodlands Highsteppers will be selected totally by a panel of judges from outside the Conroe Independent School District.

## POST TRYOUT INFORMATION

Transportation will be provided for 9<sup>th</sup> grade members to return to the 9<sup>th</sup> grade campus after 1<sup>st</sup> block. They will also be provided for after school practice.

**There will be a mandatory meeting held for candidates making the team Tuesday, April 30th 6:00 pm at TWHS. Uniform orders and deposits are due.**

**It is NOT necessary to have a physical on file prior to tryouts. The included medical release form will be accepted for tryouts. Physicals for the 24-25 school year will not be accepted if they are dated prior to April 15<sup>th</sup>, 2024. Information on school provided physicals has not been shared at this time. Information will be provided if opportunity is scheduled.**

The Highsteppers will perform at all Varsity Football games, some parades, selected pep rallies and Basketball games. They will compete during the spring. All practices are necessary and absences other than illness and injury must be approved by the Director(s).

## HIGHSTEPPER SCORING CRITERIA

### SCORING SCALE:

Excellent	7 -10 pts.
Average	5 - 6 pts.
Needs Improvement	1 - 3 pts.

### SCORING:

General Appearance

#### Kick Dance:

Lift Kicks Technique	10 pts
Fan Kicks Technique	10 pts
Jump Kicks Technique	10 pts
Overall Height	10 pts
Presentation	10 pts

<b>Overall Selection</b>	<b>YES</b>	<b>NO</b>	<b>MAYBE (Recall)</b>
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#### Open Dance:

Open Style	10 pts
Tricks	10 pts
Jazz Style	10 pts
Dance Skill	10 pts
Presentation	10 pts

<b>Overall Selection</b>	<b>YES</b>	<b>NO</b>	<b>MAYBE (Recall)</b>
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<b>RECOMMENDATION FOR MEMBERSHIP:</b>	<b>YES</b>	<b>NO</b>	<b>MAYBE (Recall)</b>
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**DISREGARD THIS FORM IF CURRENT PHYSICAL IS ON FILE  
(CURRENT HIGHSTEPPERS AND HIGHLAND GIRLS)**

**Conroe Independent School District**

**Medical Release for Try-Outs**  
*(For Cheerleading and Drill Team use only)*

Student's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Student's Social Security: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Student's address: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Father's Cell/Pager: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Mother's Cell/Pager: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Office Number: \_\_\_\_\_

**Emergency contact in case parent/guardian cannot be reached:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Medical History**

Does your child have a previous history of:

	Yes	No
Bone/joint injury/disease?.....	___	___
Neck injury?.....	___	___
Being unconscious/knocked out?.....	___	___
Seizures/convulsions?.....	___	___
Frequent headaches?.....	___	___
Bleeding/blood disorders?.....	___	___
Heat illness?.....	___	___
Allergies (seasonal, insects)?.....	___	___
Allergies (medication)? .....	___	___
Heart disease?.....	___	___
High blood pressure?.....	___	___
Heart murmur? .....	___	___
Viral infection (mono)?.....	___	___
Eye/vision problems? .....	___	___
Missing/non-functioning limb?.....	___	___
Asthma?.....	___	___
Emotional disturbances? .....	___	___
Take medication? .....	___	___
Had surgery in the past year?.....	___	___
Currently under physician's care?.....	___	___
Wearing contacts/glasses?.....	___	___

**Insurance Information**

Insured's Name: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Group #: \_\_\_\_\_

Policy #: \_\_\_\_\_

PPO or HMO: \_\_\_\_\_

**Explain all Yes answers:**

**I hereby understand that this form is for tryout use only and once tryouts are over I must have a complete physical on file in the training room to participate with the squad.**

If in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to the said student by any physician, athletic trainer, nurse, hospital, or school representative: and I do hereby indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

*Note: You will not be covered by the Conroe ISD insurance plan during tryouts. Any injury that occurs will be the responsibility of the parent/guardian.* Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# THE WOODLANDS HIGH SCHOOL

## 2024-2025 HIGHSTEPPER DRILL TEAM SELECTION

The Highsteppers of The Woodlands High School will consist of girls grades 9-12. Any student wishing to gain membership in this dance team must meet the eligibility requirements and try out before a panel of judges. The judges will select all candidates who demonstrate the required level of skill on the tryout dances. In addition to dance ability and technique, the candidates will be judged on their appearance, poise, showmanship and **flexibility** (high kicks).

### ELIGIBILITY:

In order to be eligible to try-out for The Woodlands Highsteppers, a candidate must:

1. Have a minimum semester grade average of 70, **with no more than one permanent "F" on candidate's transcript.**
2. Be in good standing in the Grade Level Principals office. (No reoccurring behavioral problems). "Good Standing" to be determined by the Grade Level Principal.
3. Have a good attendance record that complies with the District attendance policy.
4. Attend the learning/practice sessions prior to try outs. Absences from learning sessions can only be excused by the director.
5. Provide transportation to and from practice sessions at the time stated under "practice schedule".
6. Try out before a panel of judges on date set.
7. Because of the vigorous nature of the physical activity required of drill team members, each candidate should be in excellent physical condition.
8. Prior to try outs, each candidate must have on file with the director the following information:
  - a. Highstepper application form with headshot attached (**due Wednesday, April 10th**)
  - b. Parent permission form (**due Wednesday April 10th**)
  - c. Parent medical release form (**due Wednesday, April 10th**)-**present Highsteppers and Highland Girls or any candidate with current physical on file with the trainers do not need a medical release.**
  - d. Copy of most recent report card or print out of all grades including 1<sup>st</sup> semester (**due Wednesday, April 10th**)-**Present Highsteppers not included-grades checked on a regular basis by Director**  
**\*\*the entire year's grades MUST be included not just current 9 week**

**PRACTICE SCHEDULE:** All learning / practice sessions will be held at Sr. High Campus gyms. Candidates will provide their own transportation.

Fri./Mon.-Thur. 4/12; 4/15-18 4:15-6:00 TWHS Gym

**PRACTICE TRY OUTS:** Fri. 4/19 3:00 -? TWHS Gym

**JUDGING:** Sat. April 20 7:30 am - 1:00 p.m. TWHS Gym

**RESULTS POSTED:** Sun. April 21 By 3:00 p.m. Webpage TBA

**MANDATORY MEMBER MEETING:** Tuesday April 30<sup>th</sup>, 6:00 pm TWHS Location TBA

(Attach Photo)

# HIGHSTEPPER APPLICATION

CIRCLE GRADE **NEXT** YEAR   9  10  11  12   DATE \_\_\_\_\_

NAME \_\_\_\_\_

SCHOOL PRESENTLY ATTENDING \_\_\_\_\_

PARENTS NAME \_\_\_\_\_

PARENT EMAIL \_\_\_\_\_

HOME PHONE \_\_\_\_\_ PARENT CELL PHONE \_\_\_\_\_

STUDENT CELL PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

HAVE YOU HAD ANY DANCE, BATON, MUSIC, CHEERLEADING, DRILL TEAM, GYMNASTICS TRAINING, OR EXPERIENCE? IF SO, PLEASE LIST WHERE, WHEN AND HOW LONG:(DO NOT INCLUDE PRIVATE LESSONS)

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PLEASE ATTACH A PICTURE OF YOURSELF IN THE TOP RIGHT HAND CORNER. (For recognition purposes)

**THIS APPLICATION MUST BE TURNED IN TO THE FRONT OFFICE OF JR. HIGH,  
9<sup>th</sup> GRADE CAMPUS OR MRS. HAYS BY: Wednesday, April 10, 2024.**

# PARENT TRYOUT PERMISSION

Dear Parents,

Your daughter has expressed her desire to participate as a member of The Woodlands Highsteppers Dance Team. Before she can be considered as a candidate, we must have a signed permission form from you indicating that she will receive your cooperation, support and understanding in meeting her responsibilities as a member. If your daughter becomes a member of the Highsteppers, she will be required to continue to meet the eligibility requirements through the remainder of this year as well as future years as a Highstepper.

Each Member shall be expected to:

-Attend practice sessions during the summer and after school and provide own transportation to and from these sessions.

-Maintain a high standard of character, exhibiting strong leadership qualities of school and moral behavior.

-Be willing to abide by all rules and regulations set for the Highsteppers outlined in the Policies and Procedures.

-Attend practices and performances throughout the entire school year. There will be daily after school practices beginning the first day of school and continuing through the conclusion of football season (including playoffs). There will be daily after school practices from January through the completion of contest season around the first week of April. Practices may include some Saturdays in Sept.\Oct. and/or Jan.\Feb.\Mar.

-New members are **strongly encouraged** to attend **New Member Summer Camp held May 28<sup>th</sup>-31<sup>st</sup> at the 9<sup>th</sup> campus**. The cost of the camp will be 150.00 There will be no overnight summer camp for new team members.

**-BE WILLING TO ACCEPT THE OUTCOME OF PERFORMANCE TRYOUTS PRIOR TO EVERY PERFORMANCE.**

-Have a yearly physical examination as well as proof of medical insurance on file with The Woodlands High training office. **\*\*PHYSICALS ARE TO BE RENEWED EACH YEAR\*\***

**\*\*\*Conroe Independent School District will provide a field uniform, but each member must furnish her own day uniforms, shoes, hair ribbons, practice uniforms, etc. at her own expense.**

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**DATE \_\_\_\_\_ PARENT SIGNATURE \_\_\_\_\_**

**STUDENT SIGNATURE \_\_\_\_\_**

**PERMISSION SLIP MUST BE TURNED IN TO THE FRONT OFFICE OF JR. HIGH OR MRS. HAYS BY:  
Wednesday, April 10, 2024**