MCINTOSH HIGH SCHOOL DANCE TEAM

THE CHIEFETTES

**INFORMATION FOR THE 2024-2025 TRYOUTS**

Coach Carmen Yarbrough: yarbrough.carmen@fcboe.org

[www.mcintoshdance.com](http://www.mcintoshdance.com)

Follow us on Instagram: mcintoshdance

Facebook: McIntosh Chiefettes Dance Team

Twitter: McIntoshDance

Tryouts: March 18-28

New Team Meeting March 28

Estimated Expenses: $1500-$2000

Team Options: Spirit and Competition

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| --- | --- |
| **Spirit Only** | **Spirit and Competition** |
| Summer Camp/Choreography | Summer Camp/Choreography |
| Summer Workouts/Conditioning | Summer/Fall/Winter  Workouts/Conditioning |
| Practice Tuesday/Thursday August-Early October | Practice Monday/Tuesday/Thursday August-February |
| Football Sidelines and Pre Game Performances | Football Sidelines and Pre Game Performances |
| Spirit Activities (Homecoming, Community Service, etc) | Spirit Activities (Homecoming, Community Service, etc) |
| All Fundraisers-including host invitational | All Fundraisers |
|  | Competition Routine Choreography |
|  | Basketball Halftime Performances |
|  | 4-7 Competitions |

**REQUIRED SKILLS**

**Spirit:**

Double Pirouette

Toe Touch

Firebird

Leaps

Kicks, Splits

**Competition:**

All Spirit Skills

Required: Triple Pirouette

Required: A la seconde turns (2 full 8 counts with a double out is expected)

Required: Calypso

Advanced Turn Skills/Sequence including reverse spot, changing spot, floats, attitude

Leg Extensions to include arabesque, scale, ponche’, etc

Advanced Leaps to include switch leaps, switch arabesque, etc

Aerial, front/back walkover (not required, but highly recommend to work on