

**MCINTOSH HIGH SCHOOL DANCE TEAM
THE CHIEFETTES**

INFORMATION FOR THE 2023-2024 TRYOUTS

Coach Carmen Yarbrough: yarbrough.carmen@fcboe.org
www.mcintoshdance.com

Follow us on Instagram: [mcintoshdance](#)
Facebook: McIntosh Chiefettes Dance Team
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Tryouts: March 20-30

Spirit Clinics: March 20-21, Tryouts March 23

Competition Clinics: March 24, 27, 28, Tryouts March 29

New Team Meeting March 30

Estimated Expenses: \$1500-\$2000

Team Options: Spirit and Competition

Spirit Only	Spirit and Competition
Summer Camp	Summer Camp
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