



2025-2026
Colorado Mesa University
Colorado Mesa Dance Team Tryout Information Packet and Registration Form

<http://www.coloradomesa.edu/theatre/mavettes/mavettes-dance-team.html>

Overview of the Colorado Mesa Dance Team

The Colorado Mesa University Dance Team is a performance program dedicated to the art of dance and the promotion of Colorado Mesa University school spirit. Each participant is unique, has different academic interests, comes from different places, and has different dance training. However, we have one aspect in common, our love for dance and our commitment to our university.

The purpose of our program is to serve as leaders of school spirit, promote school pride, create an exciting game experience, and home court advantage while unifying students, alumni, and fans in support of the Colorado Mesa University and athletic teams.

The CMU Dance Team members serve as public ambassadors of CMU Dance, CMU Athletics, and the University at-large. They reflect the goals and values of the University on and off campus all season long and take great pride in their contributions to the Mavericks. Members appear on behalf of the University at athletic games, and events on campus and in the community. The CMU Dance Team operates under the core values of integrity, trust, respect, teamwork, and loyalty.

The CMU Dance Team performs dance styles of jazz, pom, and hip hop to entertain crowds primarily at home football games, home basketball games for both women and men, and select other athletic events. The CMU Dance Team may also travel for athletic events. The team travels to Denver in December to perform at and help run the CHSAA State Dance/Cheer Championships. Select members of the team may also travel during the summer for ProAction Camp.

| | |
|--------------------------|--|
| March 1- April 30, 2025: | Application (pages 7-9 of this document) and academic requirement (CMU letter of acceptance for incoming freshmen and unofficial transcripts for current college students) emailed to sjohnson@coloradomesa.edu this will gain you access to the materials and register you for auditions |
| April 5, 2025: | Video tutorials become available. |
| April 5, 2025: | Tryout Clinic 12-2pm, Brownson Auxiliary Gym |
| April 26, 2025: | Tryout Clinic 12-2pm, Brownson Auxiliary Gym |
| May 2, 2025: | Tryout Day 1 5-7pm, Brownson Auxiliary Gym |
| May 2, 2025: | Approved Video Submissions due by 5:00pm** |
| May 3, 2025: | Tryout Day 2 9am-2pm, Brownson Auxiliary Gym |
| May 3, 2025: | Team announced via Social Media (Instagram) |
| June 9-11, 2025: | Mandatory Practices and Kid's Summer Camp Fundraiser |
| August 11-17, 2025: | Training Camp on campus at Colorado Mesa University |

*Clinics are recommended, but not mandatory. It is your opportunity to learn all material in person. If you do not attend, you will need to learn all the material by video. Each clinic will teach different tryout material

**If you are not able to audition in person, video submissions are accepted. These must be approved ahead of time by Coach Shelbie Johnson. These will be submitted via BAND app and more information will be provided upon approval.

ALL MATERIAL MUST BE LEARNED AND PREPARED PRIOR TO THE TRYOUT

Minimum Requirements to be selected

- ✓ Accepted CMU Student by the tryout date.
- ✓ Full-time student of 12 credit hours or more each semester.
- ✓ Maintain a 2.5 or higher GPA each semester.
- ✓ Required to register for Dance Team Credit Hour (DANC 154, 254, 354, 454)
- ✓ Possess and maintain personal health insurance while on the team.
- ✓ Accept ALL terms stated in this tryout packet
- ✓ Letter of Recommendation
- ✓ Headshot

TRYOUT REQUIREMENTS

- ❖ Game Day Material
- ❖ Jazz choreography
- ❖ Hip Hop Choreography
- ❖ 1-minute solo that showcases your dance technique, style, and performance qualities.
- ❖ Across the floor/technique combinations
- ❖ Required dance technique: Double pirouettes on each side (triple on right preferred), various leaps on each side, single toe touch, double toe touch, various battements, disks, calypsos (these will be incorporated in across the floor and choreography).
- ❖ BONUS technique: a la seconde tours, fouetté tours, aerials, switch leaps, and hip-hop tricks (please highlight all additional tricks during your solo).
- ❖ Interviews take place during the tryout process for final selections.

We are looking for:

- Elite technical skill and ability to pick up material quickly
- Coordination and rhythm
- Strong motions and attention to detail
- Excel in variety of dance styles
- Crowd appeal and strong performance quality
- Vocal quality and ability to project
- Engaging performance quality
- Good public speaking skills
- Friendly and engaging personality
- Team-player mentality, works well with others
- Sense of commitment to the program.
- Ability and desire to uphold a standard of excellence in their personal conduct and character.
- Time management skills
- Purpose character, leadership, and individual responsibility.
- Potential to contribute and grow within the program.

Colorado Mesa University Information for Interview

- Who is our Mascot?
- What division and conference are CMU in?
- Who is the president of the University?
- What are our school colors?
- What is your strongest trait?
- What is your weakest trait?
- Who is your biggest inspiration?
- Why do you want to be a part of the dance team?
- When have you worked as part of a team in the past?
- What other commitments do you have?

There will be other personal questions that will not be listed ahead of the interview and a full examination of your social media accounts.

Fitness Requirements

Anyone who meets the qualifications in the tryout process will not be discriminated against because of race, creed, gender, body type, or educational handicap. A high standard of stamina is required of the CMU Dance Team but doesn't pertain to a specific body type. Additional athletic training is required of the CMU Dance Team to perform efficiently. Workouts are a part of the team commitment.

Purpose and Selection Process

This summary is intended to inform prospective members, their parents and other interested parties of the various policies and expectations of Colorado Mesa University Dance Team Program. In all policy and program matters, members of the CMU Dance Team shall be law-abiding citizens and outstanding representatives of the University. **The CMU Dance Team takes priority in commitments, second to academics. All other commitments will follow including employment and personal/family vacations.**

The team is selected by the CMU Dance Team's Head Coach. Selection is based off experience, personality, behavior, attitude, and execution of effort. Much is taken into consideration when choosing the best fit for the CMU Dance Team. The process is inherently subjective. By participating, applicants understand and accept the subjective nature of the tryouts, and **ALL DECISIONS ARE FINAL.**

All CMU undergraduate students must maintain undergraduate status while on the team. Those who are selected and accept their position on the dance team, will be required to maintain a strong form of communication and ethical behavior towards all participants and coaches. Any situations that may occur in regard to tuition, team cost, inappropriate behavior, and differences in personalities is the responsibility of the member and the member only as they're the acting adult of 18 years or older. By law, faculty, coaches, and staff are not to have communication with parents unless it is an emergency. All those selected must comply with this policy in order to make it on the official roster. In case of parents trying to contact faculty or the coach, their requests will be directed to the member and the parent will not receive a response from the faculty and/or coach.

Academic Requirements

Along with the requirement of maintaining full time status as an undergraduate student (12 credit hours or more), all members must perform in academics with a 2.5 or higher GPA each semester. If the member's GPA is below a 2.5, they will be ineligible for the dance team. No scholarships are available at this time.

Team Cost

Members of the CMU Dance Team are responsible for paying for their CMU spirit packs including performance top, practice wear, warmups, team shirts, team travel bags, team shoes, pom-poms, and other necessary dance team costs. The cost of the team fees is \$750.00 for new members. The spirit pack is charged onto the members' student

accounts where tuition is charged. Members are responsible for their own tan jazz shoes and tights throughout the year.

Uniforms

All performance uniforms for the CMU Dance Team are property of Colorado Mesa University except for the performance top you pay for in your spirit pack. Other performance uniforms including tops, skirts, dresses, flannels, hip hop pants, leggings, etc. are owned and paid for by the University. Members are responsible to treat their performance uniforms with respect and cleanliness. Members are responsible for checking out and checking in their performance uniforms during the scheduled times to do so. Upon the circumstance that a member loses or doesn't return a piece of performance uniform/s, it will result in charges onto their student's accounts.

Dance Team Course Credit

Members of the CMU Dance Team are required to enroll in a 1 credit course each semester. Additional information is provided once the final roster is selected on how to enroll.

Practice and Attendance

Practice schedules will be determined by availability of facilities and class schedules. Practices, games and scheduled appearances are **MANDATORY**. Dance Team member duties are a priority, second only to academics. Good communication and effective time management are required. If a member misses practices or performances, it must be excused with proper documentation. Unexcused absences from practices and excessive missed practices (2 maximum) will result in the member being released from the program or replaced. Any member who misses the final practice prior to a performance will be pulled from the performance and be benched during the event. Upon the event that the member is benched, they will be required to attend and support their team at the event. Any issues with this policy will lead to the member being released or replaced.

Alcohol, Tobacco, and Social Media Policy

Team members are expected to be outstanding, law-abiding citizens. This expectation is foremost when it comes to the use of alcohol and representation of self through social media. The CMU Dance Team is a highly visible group within the community and the behaviors of members are under constant observation in and out of uniform. Dance Team members are often an easy target for criticism regarding their conduct particularly if indulging or over-indulging in alcoholic beverages. With this in mind, the dance team will adhere to the following policies:

- Members of legal drinking age shall not procure alcohol for underage squad members at any time.
- Members may not purchase, possess, or consume alcohol during any part of an away trip regardless of age.
- Members shall not consume alcoholic beverages before or during an event or practice, regardless of age.
- Members shall not draw negative attention to the program or University due to inappropriate drinking behavior regardless of age. This includes observations in public, photos, Facebook posts, tweets and other media.
- Members may not smoke or use other forms of tobacco/vaping/e-cigarettes while in uniform.
- Members should not be depicted using alcohol, drug, tobacco or vaping/e-cigarette in social media in or out of uniform.
- Language, video and images of members on social media and in person should always positively represent Colorado Mesa University.

- If an illness or injury due to drinking prohibits a member from participating in any event including practice, games or appearances, that member will be subject to disciplinary actions.

Travel

Traveling is a privilege and reward, not a right of membership on CMU Dance Team. Many factors are considered when assigning travel opportunities including, but not limited to, contribution to team activities, attitude and commitment, work ethic, academic performance and seniority. The number of travel opportunities available is determined at the discretion of CMU Dance and CMU Athletics in accordance with budget guidelines, University regulations and the NCAA regulations.

Communication

Communication regarding CMU Dance Team matters will be conducted between the student and coaching staff. This includes requests for feedback after the tryout process. Parents/Guardians will be contacted only in the case of an emergency or immediate need. Questions and concerns directed to any member of the coaching staff from parents or other related parties regarding CMU Dance Team matters will be re-directed to the student. Email, text messaging, and the band app are common forms of communication used by the coaching staff. All members are responsible for reading email communications and responding within a reasonable amount of time.

Personal Responsibility

All members must maintain their skills and a healthy physicality throughout the year. If, in the opinion of the coaching staff, a member is unable to perform skills or remain healthy and physically fit (for reasons other than injury) corrective actions will be taken until improvements are made at the satisfaction of the coaching staff. Any CMU Dance Team member may be dismissed from the team for any of the following reasons:

1. Attitude
2. Lack of ability
3. Poor attendance and/or tardiness
4. Personality conflicts or inability to work as a team
5. Inability to follow rules and procedures
6. Representation of self through social media inconsistent with team values and expectations
7. Insubordination or other behaviors deemed inappropriate by the coaching staff and/or administration
8. Best interest of the team as determined by the coaching staff and/or administration

CMU Dance Team members may also be dismissed for other reasons not listed above, as determined by the coaching staff and/or the administration.

Failure to comply with team rules and expectations or other verbal directions may result in disciplinary action, up to and including suspension and/or dismissal from the dance team, at the discretion of the coach and appropriate administrators. The severity and frequency of the violation(s) will be considered when making final decisions.



2025-2026 CMU Dance Team Tryout Participant Agreement

The participant agreement form acknowledges that you have read and accept the guidelines presented in the summary above. Applicants (and their parent if the applicant is under age 18) must read and sign the participant agreement form before they are allowed to participate in any part of tryouts. PLEASE INCLUDE THIS FORM WITH YOUR APPLICATION.

As an applicant for the Colorado Mesa University Dance Team, I understand that I have chosen to be a candidate and fully understand the rules and expectations of the Dance Team program. I also recognize and accept the inherent subjective nature of the audition process. The goal of the audition process is to choose a team that best fits the needs and vision of the program, and all decisions are final.

If I am chosen to be a member of the Colorado Mesa University Dance Team, I understand this is a one-year commitment. I agree to uphold the guidelines of the program from the moment I am selected throughout the academic year.

In the spirit of excellence, I agree that the needs of the Dance Team will take priority second only to academics. I understand that each member is an integral part of the success of the CMU Dance Team,

and I choose to put service to the CMU Dance Team. I understand that the CMU Dance Team is a highly visible representative of the University, and it is the responsibility of all members to uphold the standards of the program and the University. **Membership on CMU Dance Team is a privilege, not a right.** I agree that if the coaching staff and/or administration should determine that I have violated the terms of this Agreement, consequences may include disciplinary action, up to and including suspension from activities and performances, loss of travel privileges, immediate dismissal from the Dance Team and loss of benefits that accompany membership on the team.

My signature below indicates that I have read and completely understand the Summary of the Rules and Expectations for 2025-2026 CMU Dance Team provided to me. I recognize and agree that any interpretation of the Rules and Expectations made by the coaching staff and/or athletics shall be binding as it applies to me. I understand that Colorado Mesa University and the CMU Dance Team is in no way responsible for any injuries that could occur during the tryout process.

Printed Name _____ Date _____

Signature of Applicant _____

Parent/Guardian Signature (if applicant is under 18) _____

Date _____



2025-2026 CMU Dance Team Tryout Registration Form

Name: _____

Mailing Address: _____

Cell Phone #: _____

Email: _____

Major(s)/Minor(s): _____

Height: _____

CMU Email: _____

CMU ID # (700#) _____

Academic Standing as of Fall 2025:

FR SO JR SR 5th year SR

Parent/Guardian Name(s), Address, Email and Phone Number:

In case of emergency contact name, relationship and cell phone #:

Please complete the academic information from FALL 2024; use 'N/A' for not applicable: All applicants must plan to be full time undergraduate students throughout their year on the team and your cumulative GPA must meet or exceed 2.5.

Incoming freshmen: High School GPA _____ Name of High School _____

Current CMU students: Cumulative GPA _____ Earned Hours _____

Transfer students: Transfer GPA _____ Earned Hours _____

Name of Transfer School _____

List ALL social media site handles and usernames over which you have control (Instagram, Snapchat, Facebook, Twitter...etc.)

REFERENCES

Please provide two references. The first is preferably a previous dance instructor or coach. The second must be someone with whom you have worked before that is NOT related to you (This person may be a supervisor, manager, school counselor, teacher, volunteer coordinator...etc.).

| Current Coach or Instructor | Email Address | Phone Number |
|-----------------------------|---------------|--------------|
|-----------------------------|---------------|--------------|

| Name of Reference #2/ Job Title | Email Address | Phone Number |
|---------------------------------|---------------|--------------|
|---------------------------------|---------------|--------------|

2025-2026 CMU Dance Team Sizing Form

Name _____

Height:

Weight:

T-shirt: XS S M L XL XXL

Tank Top: XS S M L XL XXL

Long sleeve shirt: XS S M L XL XXL

Sweatshirt: XS S M L XL XXL

Sports Bra: XS S M L XL XXL

Regular Bra: _____

Jacket: XS S M L XL XXL

Sweatpants: XS S M L XL XXL Added Length: YES NO

Leggings: XS S M L XL XXL Added Length: YES NO

Tennis Shoes _____