

Hebron H.S. Pre Drill Team Syllabus

Objectives:

In preparation for drill team tryouts, each student will have the opportunity to:

1. Learn skills needed for the tryout dance.
2. Learn dances in styles performed by Silver Wings.
3. Learn vocabulary used in Silver Wings practice and performance environment
4. Physically condition through running, dancing, and weight training
5. Mentally condition by being placed in realistic drill team situations and practice conditions.

Grading:

I. Daily 50%

1. Participating full out each day
2. Dressing out correctly daily
3. Running the mile
- 4.

II. Demerits 50%= See Demerit Lit

Running: Silver Wings run to be mentally prepared for the obstacles faced through out the year, to increase oxygen capacity, to be conditioned for physical demands placed upon the students for the drill team year.

III. Contest March 1, 2008. Each student will work a 4 hour shift at the Hebron MA/ DCC contest March 1st. This experience will provide first hand knowledge of how contest works behind the scenes as well as exposure to Texas teams and the various dances performed this contest season.

Class Rules:

1. Come to class each day dressed out correctly with pen, paper and class notebook.
2. Hair is to be secured out of the eyes, in a ponytail if possible.
3. Jewelry/ gum is not permitted in class.
4. Wear a cover up when not in class or with the director.
5. Wear comfortable, black work out clothes. A sports bra may be worn with a tank top over it. Completely cover up all "bra straps".
6. Encourage classmates to be respectful to everyone. This includes responding to the director with "yes ma'am" and "no ma'am".

Skills Mandatory for Silver Wings/ Sapphires :

Run a timed mile, flat splits on right and left, double pirouette right and left, jete', toe touch, axel, proper kick technique

*** I understand the expectations for my daughter in the Pre Team Class at Hebron H.S I understand taking and passing Pre Drill Team in no way ensures that I will be selected for Silver Wings or Sapphires.

_____ Parent Signature and Date

_____ Student Signature and Date