



2022-2023 Tryouts: Aug 31st, Sept 1st, Sept 2nd
 BU Events Center @ 7:00-10:00 pm

BUDT is a team who creates & executes high energy, crowd pleasing, dance routines performed at all Men and Women's home basketball games. Dance styles consist of Jazz, Pom, and Hip-Hop. We are looking for teammates with talent, technique, enthusiasm, potential, and dedication! All dance backgrounds are welcome to tryouts. I look forward to meeting you & creating an amazing team for our 2022-2023 Season!

TRYOUT Info & Breakdown

- Please email back a completed copy of our Tryout Waiver & proof of vaccination prior to day 1 (9/1)
- Please bring a printed headshot/picture of yourself (it will not be returned)
- You will be given a try-out number on the first day, please wear it at all times!
- **Three Day Tryout Breakdown:** You will need to be present *all* three days. If you have any extenuating circumstances or conflicts please speak to Coach prior to or on Day 1 of tryouts!
 - **Day 1: 7-10pm**
 - Short Warm Up
 - Demonstrate technical skills across the floor
 - Learn try-out routine choreographed by Senior Captains
 - Routine will consist of: Jazz, Pom, and Hip-hop, along with a section of *your own* choreography
 - **Day 2: 7-10pm**
 - Short Warm Up
 - Technical skills across the floor
 - Finish learning/reviewing routine
 - Casual One on One interviews with Coach (if necessary)
 - **Day 3: 7-10pm**
 - Perform try-out routine in groups of 2 or 3 for final assessment
 - You will also be evaluated individually on the on the following:
 - Double pirouette –R/L *Triple or Quad + Optional
 - Splits- R/L
 - Toe-Touch
 - Grande Jete- R/L
 - Leap Combination
 - A La Seconde/Fouettes- Optional
- Final Day, please come ready to PERFORM! Wearing an appealing dance outfit (fitted dance pants, shorts, tank top, sports bra, etc), Game Day Ready hair, make up, etc. **Remember facial expressions, eye contact, charisma, and how you carry yourself all play into your performance! Most importantly, HAVE FUN!!
- Results will be emailed & posted Saturday morning to our Facebook page: Binghamton University Dance Team and our Instagram: @binghamtonudanceteam

DANCE TEAM GUIDELINES

COMMITMENT

- Your commitment is extremely important to the overall success of our team. If you are a member of any other on campus organization, please be aware that Dance Team should be your *first priority* after other extra curricular activities. You will not have permission to miss practices, games, or appearances due to conflicts with outside groups or organizations. If classes or tests conflict with practices or performances, please email your conflicts to Coach ASAP. We pride ourselves on having high attendance at performances as well as academically successful team members.
- Our competitive team members (and alternates) will be selected by Coach from our annual roster and *must uphold* their regular season responsibilities in addition to their competition requirements.
- BUDT & BUDT Comp Teams are **not** Club Sports or Student Groups. We are a division of Athletics- our Roster is FINAL. After Tryouts, if you have been chosen as a member of our team and you respond to coach confirming your decision to commit to the team- ***you are expected to uphold your commitment for the duration of the school year.*** If extenuating circumstances arise and you are no longer able to fulfill your commitment to the team please speak to Coach as soon as possible!

IMAGE

- As a member of our team you are representing yourself, the Dance Team, and Binghamton University (in or out of uniform); therefore it is imperative that you be mindful of how your image is displayed on campus and on social networking sites (Facebook, Twitter, Instagram, etc). Any disparaging images or actions displayed on or off campus will be immediately dealt with and could result in dismissal from the team.
- You are responsible for being mentally, emotionally, and physically present for practices, performances, and events. You must be able to successfully execute our choreography and entertain our crowd. You must be aware of your body language and face in order to exude a positive and energetic spirit during performances, events, and appearances. You must be polite, courteous, and open-minded at all times. You are a smart, talented group of young people who can inspire others with your hard work and positive attitude.

PRACTICES

- All Team Members are required to attend 2 practices per week:
 - THURS night 9:00pm-11:00pm
 - SUN 2hrs (times vary pending Event Center availability) between 10AM-5pm
- Competitive Team members are required to attend an additional technique practice:
 - TUES time/location may vary, 8:30-10:30PM Events Center or Dance Intentions on Vestal Parkway

*Additional BUDT practices may be scheduled pending games/events/school breaks.

*Extra practices or technique classes may be scheduled for the entire team if necessary.

*All Competition Team practices/workouts are open to the entire team to attend optionally.

ATTENDANCE

- Attendance is very important and will be taken at every practice, game, event, etc.
- If you miss practice the week of a game/performance (without a previously communicated valid reason), you will **not perform** routines and will not have a spot in our formation...however; you **must** still attend in full uniform and participate in sidelines and cheers.
- Unexcused absences from practices or games will not be tolerated...you should always contact coach if you're going to be absent. Being unaccounted for during games or practices may jeopardize your spot on the team. Missing practice to study or to drive back from weekend trips are NOT valid excuses.
- If you have an excused absence from practice please communicate with another teammate and learn the material you've missed prior to the next practice.

GAMES

- You are required to perform at **all** Men's and Women's Home Basketball games.
- You must arrive **on time** to the Spirit Squad tent **one hour prior** to game time, **ready** to perform (makeup on, hair done, uniform on, already stretched...So you might actually need to get there an hour and a half early if you need to do any of that)
- No jewelry is to be worn that is not considered part of the uniform.
- When at games, you are there as a member of the dance team. You must dedicate the *full* hour before the game as well as the *entire* game itself to your team.
- If you are late to a game and miss our "walk thru" (without a previously communicated, valid reason) you will not perform in the routines that day. You will still be expected to participate on sidelines and throughout the game in full uniform.
- After each game we will meet as a team quickly before you are dismissed. Please do not leave to see your family/friends until you are dismissed. (Dance Team OUT)
- Over Winter Break, in January- you are required to attend at least 2 BU Home Games at the Events Center. It is extremely important to maintain our spirit squad presence during the entire basketball season.
- If *any* piece of your uniform is forgotten at a game/performance you will sit out...no excuses. That includes earrings!

UNIFORMS

- Dance Team uniforms are property of BU Athletics. They must be returned at the end of each season. (With the exception of the items you purchase.)
- Keep a separate 'Dance Team Bag' always prepared with all uniforms (shoes, poms, makeup, hair accessories, safety pins, etc.)
- Remember you are representing our team & reputation every time you are in uniform or in your Team Jacket. Even when you go to Walmart in your team apparel. Be nice.

All Dance Team Members will be responsible for purchasing:

- ❖ Black and Tan slip on Jazz shoes approx. \$25 each
- ❖ Black high waisted Leggings approx. \$25
- ❖ Dance Team Earrings approx. \$9
- ❖ Dance Team Warm Up Jacket & Backpack- Prices TBA

Competitive Team members will be financially responsible for their own:

- ❖ Transportation and accommodations to/from competition venues
- ❖ Any additional costumes, hairpieces, shoes, tights, etc.
- ❖ Any additional team warm up gear
- ❖ Competition Fees

Binghamton University's Competitive Dance Team:

Making The Team:

Our competitive team members (and alternates) will be selected by Coach from our annual roster and *must uphold* their regular season responsibilities in addition to their competition requirements.

Technical requirements:

In addition to technical requirements the ability to perform and captivate an audience by utilizing **power, confidence, and eye contact** is extremely important!

- **Flexibility:**
 - Right, Left, and Middle Splits, Battements, Tilts, Leg Extensions/Heel Stretches front and/or side, Arabesque/Ponche, Layouts, Leg Extension Pirouettes
- **Leaps and Jumps:**
 - Split Leap, Arabesque Jump, Firebird, Turning Jete, Turning Back Attitude, Middle Leap, Turning Disk/Middle Leap, Toe Touch, Tilt Jump, Switch Leaps, Switch Tilt, Switch Arabesque
- **Turns:**

Chaine Turns, Pique Turns, Soutenu Turns, Triple and Quad Pirouettes in Passe and Coupe, A La Seconde Turns, Fouette Turns, Combinations from a la seconde/fouette, Changing spots in second.
- **Hip Hop/Acro Skills:**
 - Headstands, Handstands, Front Head Springs, Kick-ups, Broncos/Rubberbands, Round offs, Cartwheels to/off the floor, Front/Back Walkovers, Aerial Cartwheels, Aerial Walkovers.

We will compete as a Division 1 Jazz Team at two regional events. In the future, we would like to attend our first nationals!



With these all of these guidelines understood and followed, it will be a very successful and enjoyable year for everyone on BUDT! Your dedication & commitment is vital to the success and productivity of the team as a whole; with that and some hard work we will make this upcoming year amazing!

Thank you and I look forward to meeting all of you!

-Coach Erin