USI DANCE TEAM VIDEO TRY-OUTS 2013-2014

Contact Amanda Mueller by email (amanda_mueller@hotmail.com) or phone (812.483.6228) to schedule a phone interview before starting on your 2013-2014 tryout video.

Please state the following during the opening portion of your video tryout:

1. First and Last Name
2. City and State of Residence
3. What does DANCE mean to YOU?
4. Why do you want to be on the USI Dance Team?

The 4 segments of Video Tryout should include the following styles & elements:

**Segment 1:** Perform a 30 second minimum jazz dance in either contemporary jazz, street jazz, modern, lyrical dance. You can also choose to perform a jazz section from a previous high school team or studio routine. The jazz dance should not proceed 1 minute in length. Throughout the jazz segment, we look for beautiful lines, extension, strong technique & style.

**Segment 2:** Perform a 30 second minimum pom dance which includes all major pom motions (i.e. high V, Low V, T, ½ T, diagonals & touchdown arms). Feel free to include high jumps, tricks as well as showcasing gymnastics skills to compliment pom choreography. The pom dance should not proceed 1 minute in length. While reviewing the pom segment, we look for sharp motions, athleticism, and an overall good understanding of pom technique.

**Segment 3:** Perform a 30 second minimum hip-hop dance which captures the essence of hip-hop. Feel free to perform whatever hip-hop style suits you the best! The choreography and music can be girly, hard-hitting, stylized or a blend of different hip-hop styles. The hip-hop dance should not proceed 1 minute in length. Use the hip-hop section to show-off your personality and performance ability. Feel free to incorporate tricks, jumps and lots of attitude!

**Segment 4:** Execute the following technical skills:

1. Splits (right, left, middle)
2. Leg Hold to the Front (right and left leg)
3. Heel Stretch (right and left leg)
4. Double Pirouette
5. Triple Pirouette
6. Fouette Turns (3 in second into a double)

7. Axel
8. Split Leaps (right & left)
9. Straddle Leap (right & left)
10. Switch Leap (right or left)
11. Toe Touch

Optional Skills: Turning Disk (turn into second), Turning c-jump, additional fouette combination, tumbling (back handsprings & aerials)

Bonus Skills: Leg-hold turn, Quad pirouette
Please submit your video via email to amanda_mueller@hotmail.com or mail to the USI Athletics Office address listed below.

University of Southern Indiana
Athletics Office - Attn: Amanda Mueller
8600 University Blvd.
Evansville, IN 47712

The USI Dance Team is looking forward to receiving your video!