

# **Whitnall Varsity Game-Day Team**

**Tryout Clinic May 27th-28th Final Tryouts May 29th- 31st**

The Whitnall Varsity Game Day Team is a spirited and high energy performance team that brings school pride to life at some of the biggest events of the year! As a two-season sport, this team is dedicated to supporting Whitnall Athletics and school traditions through dynamic performances at football, basketball, and soccer games as well as Homecoming activities, pep rallies, and other school-wide events.

## **Season Overview**

The Game Day Team's season kicks off in July, running through the end of December. Starting with UDA Dance Camp in the summer, dancers learn and perfect their performance routines, game-day traditions, and sideline material that will be showcased throughout the year. This camp serves as a crucial foundation, preparing the team for a packed season of exciting performances.

## **Practice Schedule**

- Summer (July-August): The team practices twice a week, focusing on mastering routines, sidelines, technique, and building strong team chemistry.
- School Year (September- December): Practice shifts to once a week to maintain and refine performances while balancing school and other commitments.

## **What to Expect**

Athletes on the Game Day Team will experience the thrill of performing in front of their school, the community, stadiums, and gyms, leading crowd engagement, and fostering school spirit at every event. They will develop essential performance skills, enhance their dance technique and build lifelong friendships through team work and dedication.

This team is perfect for **experienced** and **inexperienced** dancers who love high-energy performances, crowd interaction, and supporting their school with passion and pride!

## **Contact**

Team Email: [whsdanceteam@whitnall.com](mailto:whsdanceteam@whitnall.com)

Coach Rachel Papez: [rpapez@whitnall.com](mailto:rpapez@whitnall.com)

Coach Julia Tilley: [jstasiewicz@whitnall.com](mailto:jstasiewicz@whitnall.com)

# **Whitnall Varsity Competition Team**

## **Tryout Clinic May 27th-28th Final Tryouts May 29th- 31st**

The Whitnall Varsity Competition Team is an elite, high-performance program dedicated to Pom, Jazz, and Hip-Hop, with a strong emphasis on technical training, conditioning, tumbling, and competition readiness. As a three-season sport, this team demands discipline, passion, and commitment, providing athletes with the opportunity to push their skills to the next level while competing against the best in the state and beyond.

### **Season Overview**

The Competition Team's season is a true test of dedication, beginning in June and running through February (subject to extension based on competition schedule). This extended season reflects the hard work and perseverance required to excel in the competitive dance world. The year starts with intensive summer training, setting the foundation for success with technique development, choreography sessions, and strength training. As the season progresses the team shifts its focus toward perfecting routines, enhancing performance quality, and preparing for competition season.

### **Practice Schedule**

- Summer (June-August): Practices are held three times a week, focusing on dance technique, endurance, tumbling, and routine development. This time is crucial for building strong fundamentals and team cohesion.
- School Year (September-February): Practices transition to twice a week, where dancers refine choreography, increase performance intensity, and ensure competition readiness. Additional practices and overall season may be added/extended leading up to major competitions.

### **What to Expect**

Members of the Competition Team experience high-level training and intense preparation for regional, state, and national competitions. This team is designed for dancers who are determined, hardworking, and eager to grow in a challenging yet rewarding environment. Being a part of the Whitnall Varsity Competition Team is more than just performing, it's about representing Whitnall with pride, embracing the grind, and striving for excellence in every routine.

### **Contact**

Team Email: [whsdanceteam@whitnall.com](mailto:whsdanceteam@whitnall.com)

Coach Rachel Papez: [rpapez@whitnall.com](mailto:rpapez@whitnall.com)

Coach Julia Tilley: [jstasiewicz@whitnall.com](mailto:jstasiewicz@whitnall.com)