



Tryout Packet 2026-2027

**In-person Tryouts on C-N Campus:
April 24th – 26th**

**Full Team Orientation & Official Signing Event:
April 26th**

Spirit Program Mission:

Our mission as christian coaches is to help our athletes reach their full potential as confident Christ-like leaders in all their future endeavors.

Description of Dance Team:

The C-N Dance Team is present at many athletic team competitions, and within the community. The C-N Dance Team is under the supervision of C-N Athletics, and C-N dancers serve as representatives and ambassadors of Carson-Newman University. Dance team performances include a variety of Jazz, and Game Day Pom choreography and skills, performed together as a whole team or as smaller squads contingent on the situation.

Benefits

- Scholarships available to all eligible team members
- Branded practice attire, shoes, warm-ups, and bag
- Custom-designed uniforms
- DTU College Dance Camp, travel, lodging and meals fully funded
- Involvement in C-N NCAA athletic events including C-N Basketball and Football games
- Access to C-N's athletic weight rooms
- Customized training program developed by our own Strength & Conditioning Coach
- Access to C-N's athletic training facilities and our own assigned Athletic Trainer for any team-related injuries, injury prevention, and post-activity treatments
- Opportunity to compete DTU or UDA College Dance Nationals in Orlando, FL
- Opportunities for leadership roles within team
- A solid support network that fosters personal purpose and growth from the challenge of a dynamic Christian dedicated team

Mandatory Requirements

- Must be accepted and enrolled in a traditional academic program at C-N prior to tryouts.
- Must have a current physical (in past 12 months)
- Must be enrolled as a full-time student at Carson-Newman University, have and maintain a 2.0 GPA to be eligible for scholarship, and maintain a C (75%) or above grade in all classes at all times in order to participate.
- Must attend all time commitments listed.
- Must complete summer workouts and technique regimen.
- Must commit to an average of 6+ hours per week during the season for practice, workouts, games, events and various functions.
- Must be a responsible adult and treat dance team commitments like a job where you are accountable, timely and disciplined. Must possess excellent time management skills.
- Must demonstrate responsibility regarding health and wellness, nutrition, safety, and injury prevention – utilizing our athletic trainer to maintain full health & functionality.
- Must abide by all rules and regulations set by NCAA Division II as they pertain to collegiate dance teams.
- Must abide by all C-N student-athlete policies, medical insurance coverage, and behavioral conduct standards as they pertain to the spirit program.
- Must abide by all C-N Policies including guidelines set by Residence Life, Student Conduct, Academic Policies, and Housing Operations.
- Must maintain a mature & positive attitude. Be honest, respectful & dependable.
- Must exhibit appropriate personal conduct, on and off the performance floor.
- Must be willing to learn, accept instruction from coaches & captains, respect all decisions of coaches & captains and respect the integrity of the program.
- Must possess a strong dedication to academic excellence and show commitment to being a servant leader.

Financial Obligations

Four (4) \$200 non-refundable fees are due throughout the season – May 15th, July 15th, Sept 15th, Nov 3rd. Dance team members are required to purchase certain personal items including jazz shoes, undergarments, and cosmetics as listed in the Policy & Procedure handbook. Dancers participating in nationals competition may be required to purchase some of their costuming attire. Participation in team fundraising activities include: leading clinics, ETeams, Varsity/Maximum events.

Mandatory Time Commitments & Expectations

- Attend summer workouts and technique classes
 - OR follow set home workout/dance technique regimen if you live outside the area or when you travel outside the area
- DTU Camp
- Full team moves into C-N Housing (all athletes & all first year parents attend meeting on campus that evening) – Aug 8
- Attend C-N Dance Team Pre-camp, DTU or UDA Collegiate Dance Camp (date TBD), photoshoots, community outreach, athlete orientations, and C-N Welcome Week activities – August 24-28
- Attend all season practices and workouts - August through April

- Commitment of 6+ hours per week can be expected with practices, workouts, games, appearances, team building, fundraisers, and community outreach.
- Regular weekly schedule includes strength/cardio training 2 times per week, dance rehearsal 3 times per week. Exact practice dates & time will be announced at tryouts.
- Missed practices, games or events are NOT permitted unless there is an emergency situation per Policy and Procedure manual.
- Perform at home football games, men's and women's home basketball games, and select university & community events as assigned.
- Be available for all games that might be scheduled over Christmas break.
- Schedule priorities with academics and the dance team in mind.
- Return early from Christmas break to prepare for Nationals.

At check-in on April 24th, you will be required to have completed or turn in the following:

Audition application- The audition application is a google form linked here: <https://forms.gle/Vvw6t1s8Zq2NSo5Z6>

A link to the form may be requested from Coach at tking@cn.edu

Reference letter from current dance coach or instructor. (Can be emailed prior to audition date to Coach Trea: tking@cn.edu)

DANCE CHOREOGRAPHY & SKILLS FOR TRYOUTS

Suggested skills to prepare for tryouts:

- Turns: right side triple pirouette (minimum), turns in second
 - Left side double pirouette
- Variety of advanced leaps and jumps
- Inversions: right/left aerial cartwheels, headsprings
- Flexibility & high range of mobility in leg extension and back
- School spirited rallying; energetic and entertaining freestyle ability, vocals
- Outstanding dance performance and engaging presence
- Confident interview presence and conversation skills

Other required choreography:

Athletes may be required to audition a 4x8

- **4x8:** Prepare a 4 eight-count combination that can be done to any upbeat dance song. Style and skills incorporated should give the judges a quick snapshot of who you are as a dancer and performer.

If you have any questions on the above technical skills or assessments, please attend our Tryout Prep Clinic! We will review the scoring rubric for each of the skills and demonstrate proper performance of the athletic assessments.

ANTICIPATED AUDITION SCHEDULE

Friday, April 24th @ 5:00 - 7:00 PM

- 5:00-5:30pm Check-In & warm-up/stretch on your own
- 5:30 warm-up routine
- Learn material- fight song, sideline ditty, time out routine

Saturday, April 25th @ 8:30 AM – 12:00 PM

- 8:30-9:00 am Check-In
- Interview Panel
- 10:00 Rallying Crowd Appeal
- 10:30 Begin material audition
- Team list will be posted on MSAC door by 1:00pm

Sunday, April 26th @ 2:00PM – 4:00 PM

- Full team orientation
- Team building activities & recordings
- Uniform and practice/camp attire fitting
- Official Signing event for incoming athletes

REQUIRED TRYOUT ATTIRE

Friday, April 24th

- Black spandex shorts or bikers; no low-rise waist; no briefs (female)
- Black athletic shorts (male)
- Fitted athletic tank top or conservative crop in C-N colors; no logos (female)
- Fitted athletic tank top in C-N colors; no logos (male)
- Jazz shoes, and/or turners for dance audition
- Hair MUST be worn slick back, middle part, mid-pony (No unnatural colors permitted)
- Make-up should be collegiate **Game Day** ready
- Bottom-hole stud earrings only and all visible tattoos covered

Saturday & Sunday, April 25th & April 26th

- Black ankle length, high-waist leggings (female)
- Black pants or athletic shorts (male)
- Conservative BLACK crop top. (female), BLACK t-shirt or tank top (Male)
- Jazz shoes, and/or turners for dance audition
- Hair MUST be worn slick back, middle part, mid-pony (No unnatural colors permitted)
- Make-up should be collegiate **Game Day** ready
- Bottom-hole stud earrings only and All visible tattoos covered