



Recruitment Packet

for the 2026-2027 season applicants

Updated 5/2025

University of Redlands | U of R Dance Team

danceteam@redlands.edu | @uofrdanceteam

Future Bulldog,

Thank you for your interest in the University of Redlands Dance Team! We are currently recruiting student-athletes who are talented dancers, dynamic performers, and passionate ambassadors of school spirit. Our team represents the University of Redlands at athletic events, in the community, and on the performance floor. Additionally, we are looking for future Pom Squad members who are positive leaders, dedicated team players, and excellent students. Please review each section of this packet carefully to understand the benefits, expectations, and requirements for joining the University of Redlands Pom Squad.

We can't wait to see your Redlands spirit—Go Bulldogs!

If you have additional questions, please reach out at alessandria_reder@redlands.edu

Go Dawgs!!

U of R Dance Team

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How to be considered for a spot on the U of R Dance Team

Dancers should complete the following steps to be considered for U of R Dance Team recruitment:

Step 1: Complete [Recruitment Application Form](#) including Dance Video link with specific skills & styles as listed (see page 4 for details)

Step 2: Plan to attend a U of R Dance Team Clinic or participate in a College Dance Combine that we are attending. Check out our Instagram page for options, or view our intended list of combines on our social media accounts.

Dance Video Requirements

We have chosen to participate in the newly adopted [Common Dance Team Recruiting Video](#). Upload videos to a Google Drive folder saved as "Your Name", copy link to share, and paste into Section 5 of the [Recruitment Interest Form](#). In sharing the link to your folder, be sure that settings for ALL VIDEOS are set to "Anyone on the internet with this link can view." See below description of videos.

Recruitment Process Timeline

High School Freshman/Sophomore/Junior Year:

Attend clinics and combines

Summer between Junior/Senior Year:

Complete [Recruitment Application Form](#)

Senior Year, Fall:

Complete [Recruitment Application Form](#)

Apply to U of R - *no application fee*

Attend U of R Recruitment Weekend - *October 24th-26th*

Attend U of R Dance Team clinics - *@uofrdanceteam*

Senior Year, Winter/Spring:

U of R coaching staff extends offers for signed U of R Dance Team positions

Late recruits may still complete [Recruitment Application Form](#)

Non-recruitment dancers plan to attend In-person Tryouts - *details in bio!*

Attend U of R Discover trip - *talk to your admissions rep about a trip to campus!*

Attend U of R Dance Team Tryout Prep clinics

Senior Year, Spring:

U of R Dance Team In-person tryouts in April

U of R Dance Team roster announced

What to Expect

Please check your email for updates on the status of your recruitment submission. Additional steps including a zoom interview and further videos may be requested of you.

In April, a traditional tryout opportunity will be held on campus for unsigned incoming applicants. All recruits and non-recruits are eligible.

Completing the Recruitment Application

Recruitment Application

The Recruitment Application is essentially your resume. Please answer all questions honestly and to the best of your ability. If you do not yet have a student ID number, you may apply for free and your admissions counselor can provide you with a reference number.

Two Letters of Recommendation

Recommendations should be from a current coach or dance instructor. If this is not possible, a previous coach or instructor will be accepted. We will not accept letters from friends or family. Letters of recommendation must be emailed directly from the reference to our coaching staff at danceteam@redlands.edu and should include ALL of the following:

- Role they had in your life and duration of your relationship with them
- Evaluation of your abilities, character, and contributions; examples of your strengths
- A growth area in which they have witnessed you work through/you are currently working on
- Summary that explains why they would recommend you for the U of R Dance Team
- Contact phone number and email address for further reference

Dance Video Requirements

Upload videos to a Google Drive folder saved as "Your Name", copy link to share, and paste into Section 5 of the Recruitment Interest Form. In sharing the link to your folder, be sure that settings for ALL VIDEOS are set to "*Anyone on the internet with this link can view.*" See below description of videos.

Recruitment Dance Videos Descriptions

Videos

Create a video compilation with the below items. Each video must be recorded in ONE TAKE. Videos that have been spliced or edited beyond what is instructed, will not be considered.

Introduction Video

- Name and age
- Hometown
- High School graduation year
- Intended/current major
- Short personal statement about who you are and what makes you unique. Can include academics, interests and hobbies, volunteerism, etc.

Skills Video (must be recorded in ONE TAKE)

- Max # of right parallel pirouettes
- 4 eight-counts of an a la seconde turn combo to include at minimum 2 of the following: around the world, reverse around the world, floats, variety of working legs positions (attitudes, pencil, etc.)
- Jumps:
 - Right jeté, Switch leap of your choice, Leap/jump in second position
 - Right and/or left aerial
- Headspring
- Bonus skills may be included: Front Aerial, Front Handspring, Back Handspring, Back Tuck, 540, Side Somi, Aerial Snapdown (or variation), Head spin, Advanced leg-hold turn, Advanced leg or back flexibility skill or trick

Hip Hop Video

- :30-:45 seconds of hip hop choreography, you may use choreography from a clinic or combine, or any other combination you feel confidently displays your ability

Contemporary Jazz Video

- :30-:45 seconds of contemporary jazz choreography, you may use choreography from a clinic or combine, or any other combination you feel confidently displays your ability

Solo Video (optional)

- Style and attire of your choice

Attire Requirements

- Crop top (female)- rhinestones or other embellishments are permitted
- Hair MUST be worn down, styled for Performance and out of your face (except for Skills Video)
- Make-up should be performance/collegiate game day ready
- Single stud earrings only, all other jewelry removed
- Footwear appropriate to movement style

Recruitment Weekend Anticipated Schedule of Events

Dancers may be invited to attend our Recruitment Weekend. Participation in the Recruitment Weekend is not mandatory to be considered for recruitment; you may attend any of the Fall dance team clinics for consideration. There is limited space for this event and it does not guarantee an offered position.

October 24th-26th, 2025

Friday – Welcome to Campus

4:00 PM – Arrive & Check-In

Meet the team, receive welcome packet, and join for opening remarks and games

5:30 PM – Dinner at the Commons with team members

6:30 PM – Technique Workshop (across-the-floor, breakout groups, stretch)

7:45 PM – Movie & Chill Night at the studio

Saturday – Dance, Campus Life & Team Culture

8:30 AM – Warm-Up & Choreography Class (jazz/pom combo)

10:45 AM – Technique Drills & Conditioning Stations

12:00 PM – Lunch with dancers at Commons

1:30 PM – Guided Campus Tour

2:30 PM – Admission & Team Q&A Sessions

4:30 PM – Team Spirit Mixer (games + optional downtown ice cream trip)

6:00 PM – Explore campus, optional photoshoot, or 1-on-1 chats

Sunday – Mock Audition & Send-Off

9:00 AM – Breakfast at Commons & Mock Audition

11:30 AM – Audition Tips & Coach Panel

12:15 PM – Farewell Lunch, Team Poster Signing & Group Photo

1:30 PM – Optional 1-on-1 Feedback Sessions

2:30 PM – Swag Pickup & Goodbye Station

Benefits for U of R Dancers

- Custom-designed uniforms
- UDA College Dance Camp
- Involvement in U of R NCAA athletic events including U of R Basketball, U of R Football,
- Customized training program developed by our own Strength & Conditioning coach
- Access to U of R athletic training facilities.
- Opportunity to compete Division III at NDA College Dance Nationals in Daytona, FL
- Opportunities for professional development and networking within University partnerships
- Opportunities for leadership roles within team or smaller squads
- A solid support network that fosters personal purpose and growth from the challenge of a dynamic dedicated team

Requirements of U of R Dancers

- Must be accepted into a full-time, traditional ground-based academic program at U of R
- Must have a current physical and carry medical insurance as listed in Sports Medicine packet
- Must maintain a C (75%) or above grade in all classes at all times in order to participate
- Must complete summer workouts and technique regimen completed in home town
- Must commit to an average of 20 hours per week during the season
- Must be a responsible adult and treat dance team commitments like a job where you are accountable, timely and disciplined
- Must audition for selection of the U of R Dance Team Nationals squad
- 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 and WAC as they pertain to dance teams
- Must abide by all U of R student-athlete policies, medical insurance coverage, and behavioral conduct standards as they pertain to the spirit program
- Must abide by all U of R Policies including guidelines set by Residence Life, Student Conduct, Academic Policies, and Housing Operations
- Expected Character qualities:
 - Mature & positive attitude, honest, respectful & dependable
 - Appropriate personal conduct, on and off the performance floor
 - Growth mindset, accepting instruction from coaches & student leaders
 - Strong dedication to academic excellence
 - Commitment to being a leader-of-self and servant leadership

Financial Obligations

Four (4) \$200 non-refundable fees are due throughout the season. Dance team members are required to purchase certain personal items including jazz shoes, undergarments, and cosmetics as listed in the Policy & Procedure handbook. Dancers selected to participate in Nationals competition may be required to purchase some of their costuming attire. Participation in team fundraising activities.

Time Commitments & Expectations of U of R Dancers

- Attend week long Summer Practice at U of R - End of August
- Move into U of R Housing – End of August
- Attend all season practices and workouts - August through April
- Commitment of 15+ hours per week can be expected with practices, workouts, games, appearances, team building, fundraisers, and community outreach.
- Regular weekly schedule includes strength/cardio training 3 times per week, dance practice 3 times per week, and required study hall hours.
- Missed practices, games or events are NOT permitted unless there is an emergency situation
- Perform at basketball games, Football games, sub teams, select camp/community events
- Be available for all games that might be scheduled over school breaks