

# Lindbergh Flyerette Dance Team Tryout Information

## Season Overview

A detailed calendar will be shared with all Flyerettes and Flyerette families as soon as they make the team. During the spring, we practice for 2.5 hours twice a week. During the summer, we have a filled June (see important dates below) with July off. During football season in the fall, we practice for 2.5 hours three times a week. As we transition into the Winter season, our practices lengthen by 15 minutes with an extra practice the week of a competition. The coaching staff strongly encourages, but does not require, each Flyerette to enroll in a studio dance class. ***Our season concludes at the end of the Basketball Senior Night and the State Dance Competition for Varsity in late February.***

| Spring/Summer/Fall Season   | Fall/Winter Season  |
|---|---|
| <ul style="list-style-type: none"> <li>● <b>Practices</b> <ul style="list-style-type: none"> <li>○ <b>April - May:</b> 3:00 - 5:30 pm on Tuesdays and Thursdays</li> <li>○ <b>August - October:</b> 3:00 - 5:45 pm on Mondays, Tuesdays, and Thursdays.</li> </ul> </li> <li>● <b>Flyerettes Home Camp</b> (<i>May 26th - 29th from 9:00am - 2:30pm</i>)</li> <li>● <b>Gloria McBride Mini Camp</b> (<i>June 1st - June 5th 8:00 am - 3:00 pm</i>)</li> <li>● <b>UDA Camp Practices</b> (<i>Week of June 8th - 15th - 22nd 2 hour practices in the morning/early afternoon</i>)</li> <li>● <b>UDA Summer Camp</b> (<i>July 6th - 9th - St. Louis College of Pharmacy</i>)</li> <li>● <b>Home Varsity Football Games</b> (August-October)</li> <li>● <b>Sunday Night Lights</b> (October 11th)</li> <li>● <b>Various community/school appearances</b> (ongoing)</li> </ul> | <ul style="list-style-type: none"> <li>● <b>Practices (October-February)</b> <ul style="list-style-type: none"> <li>○ Mondays, Tuesdays, and Thursdays from 3:00 - 5:45 pm</li> <li>○ One additional practice on Wednesdays or Fridays the week of a competition (4 times a year)</li> </ul> </li> <li>● <b>Competition Choreography Sessions</b> (<i>May-October, specific dates TBD</i>)</li> <li>● <b>Yvonne Cole Lindbergh Invitational</b> (<i>Saturday, December 5th - all day fundraiser</i>)</li> <li>● <b>Home JV and Varsity Boys Basketball Games</b> (<i>December-February</i>)</li> <li>● <b>Local, state, and regional competitions</b> (<i>December-February</i>)</li> <li>● <b>National Dance Team Championship in Orlando, Florida</b> (Early February)</li> <li>● <b>Varsity: State Dance Team Contest</b> (Late February)</li> </ul> |

Junior Varsity and Varsity teams will be determined at the **March audition**. Coaches will determine if a dancer will be on the Varsity team, Junior Varsity team, an alternate to either team, or on neither team. In early August, skills will be reevaluated to decide **routine placements**. At that point, coaches will determine competition routine performing members as well as alternates for each routine. Placement will be based on skill and quality of performance. Membership on a competition team the previous year is not a guarantee of a similar placement in the current year. It is the coaches' hopes and expectations for all Flyerettes to be placed on the Varsity or JV competition teams; however, it is not guaranteed.

## Financial Overview

As with any performing group, there are expenses each team member must incur. The estimated costs are listed below. These numbers are based on expenses from the 2025-2026 season. Please know there are various fundraising activities planned and implemented by our parent group throughout the year to offset a portion of each dancer's costs. Payment due dates are also spread throughout the year to help families budget and manage their costs.

- **Costume deposit** ( white dress, football uniforms, etc.) for **new team members**
  - \$50 deposit refunded when Flyerette graduates or exits the program.
- **Uniforms** (practice wear, shoes, etc)
  - approximately \$800 - \$900 (can vary depending on quantity ordered)
    - Half of this amount will be due **mid-April**. The balance will be due on the first FOF payment **June 1st**.
- **UDA summer camp**
  - approximately \$350 per Flyerette
- **Monthly Dues**
  - approximately \$300 x 7 months = \$2,100
- **Additional Expenses**
  - extra practice outfits, extra tights, lipstick, jump rope, purchase of shoes as they become worn - cost varies

**TOTAL estimated cost for *returning* members** - approximately \$2,800  
**TOTAL estimated cost for *new* members** - approximately \$3,400

## Coaching Staff Information

### **Miranda Gelven**

314-729-2400 ex. 1711

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### **Elise Behrens**

314-729-2400 ext. 3030

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### **Abby Mather**

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## Flyerette Dance Team Audition Dates

- **Fight Song Video:** Visit <https://www.lhsflyerettes.com/tryout-information> to learn the Fight Song from our YouTube video. We expect applicants to learn the dance at home and come prepared to our clinics with clarifying questions.
- **Optional Clinics:** March 3rd and March 5th (Fight Song Review & Skills Practice)  
All clinics will run from 3:30 pm – 4:45 pm in the Lindbergh High School Multipurpose Room.
- **Mandatory Clinic: Monday, March 9th** 3:30 – 4:45 pm (Review Audition Week Expectations)  
All applicants must be present in order to audition for the Flyerette Dance Team.
- **Skills Audition:** Monday, March 23rd 3:30 – 5:30 pm (Fight Song & Skills). Dancers may leave after their audition.
- **Final Audition Choreography:** Tuesday, March 24th and Wednesday, March 25th 3:30 – 5:30 pm  
Dancers will learn a 1 minute long routine.
- **Final Audition:** Thursday, March 26th 3:30 – 6:00 pm  
Dancers may leave after their audition. The order of auditions will be shared with dancers at the choreography sessions as well as posted outside of the MPR.
- **Mandatory Dancer Meeting for the 2026-2027 Team:** Tuesday, April 7th; 3:30pm in the North Cafeteria at Lindbergh
- **Mandatory Parent Meeting for the 2026-2027 Team:** Tuesday, April 7th at 6:00pm in the North Cafeteria at Lindbergh

*No public videotaping during the clinics or auditions is allowed. All clinics and auditions will be closed to the public.*

## Optional & Mandatory Clinics Attire

Please wear clothes and shoes that are comfortable and appropriate to dance in. Do not wear any apparel that shows affiliation with any dance teams or dance studios. No jewelry or gum is permitted. **Tennis shoes or dance shoes must be worn at all times.**

## Audition Week Attire

- Plain black, fitted tank
- Any type of black shorts or leggings
- Hair in a neat, secured bun
- No jewelry or gum is permitted
- Tennis shoes or dance shoes must be worn at all times

## Advancement from Skills Audition to Final Audition

After the Skills Audition, invitations will be offered to applicants to attend the Final Audition on Thursday, March 26th. Invitations will be posted on our website at <https://www.lhsflyerettes.com/tryout-information> by 7pm on Monday, March 23rd and must be received in order to learn choreography for the Final Audition.

**The 2026-2027 team will be posted online by 10pm on Friday, March 27th at**  
<https://www.lhsflyerettes.com/tryout-information>

## Dance Skill Requirements

| Skill            | Minimum Requirement   | Goal as a JV Competition Member  | Requirement as a Varsity Competition Member  | Goal as Varsity Competition Member  |
|------------------|---|--|--|---|
| Pirouette        | Double turn   | Triple turn with added difficulty or combinations  | Triple turn with added difficulty or combinations  | Quadruple turn with added difficulty or with combinations   |
| Turns in Second  | Two eight counts of turns in second with proper turn technique.   | Two or more eight counts of turns in second with proper turn technique and added difficulty (arms, changing spots, etc.) | Three or more eight counts of turns in second with proper turn technique with added difficulty (arms, changing spots, etc.)  | Four or more eight counts of turns in second with added difficulty (arms, jumps, changing spots, etc.)  |
| Toe Touch        | 180 degrees – Chest lifted, controlled arm placement, toes pointed, legs straight, finishing with feet together   | More than 180 degrees – looks explosive, double toe touch  | More than 180 degrees – looks explosive, triple toe touch  | More than 180 degrees – looks explosive, triple toe touch with added elements of difficulty (for example, out of a turn)  |
| Firebird         | Controlled leap with extended front leg, pointed toes, proper arm placement, and back flexibility   | Controlled leap with extended front leg, pointed toes, proper arm placement, and back flexibility– looks explosive       | Controlled leap with extended front leg, pointed toes, proper arm placement, and back flexibility– looks explosive   | Controlled leap with extended front leg, pointed toes, proper arm placement, and back flexibility– looks explosive, execute out of turns in second  |
| Leaps            | Right, left and center leaps are 180 degrees with toes pointed, legs straight and chest lifted  | More than 180 degrees – looks explosive<br>Switch leaps, back leaps, switch center leaps                                 | More than 180 degrees – looks explosive<br>Switch leaps, back leaps, switch center leaps   | More than 180 degrees – looks explosive<br>Switch leaps, back leaps, switch center leaps  |
| Jump Combination |   | Two jump series with 180 degrees, controlled arm placement, and proper landing   | Three jump series more than 180 degrees, with controlled arm placement, and with added difficulty to the landing   | Four jump series more than 180 degrees, with controlled arm placement, and with added difficulty to the landing   |
| Leg Hold         | Leg hold above shoulders for 4 counts with proper hand placement  | At eye level for 8 counts with proper hand placement   | At eye level for two 8 counts with added difficulty and one rotations with leg hold turn   | Near nose for two 8 counts with added difficulty and two rotations with leg hold turn   |
| Kicks            | Kicks are eye level with proper technique: prepping with feet together, proper hook ups, chest lifted, not pulling down on neighbor's shoulder, sharp head movement | Kick height continues to increase with kicks snapping up and down with the tempo of the music                            | Kick height continues to increase with kicks snapping up and down, ability to execute more intricate combinations with changing tempos. All kicks are done with proper upper body placement. | Kick height continues to increase with kicks snapping up and down, ability to execute more intricate combinations with changing tempos. This includes continual fan kicks into cross body kicks as well as maintaining eye level on hinge kicks |
| Jump Split       |   | Split in the air before hitting the floor, straight knees, and land in split with pointed toes.                          | Increased height and control in jump and split   | Increased height and control in jump and split; upper body stays controlled   |
| Aerial           |   | Right, left or front aerial.   | Right aerial mandatory<br>Preferred left aerial and front aerial   | Multiple aerials with various preps.  |
| Splits           |   | Full right and left splits flat on the ground.   | Full right and left splits flat on the ground.   | Hyperextended left and right split with full middle split.  |

*This is not a complete list of technical skills that will be incorporated into our routines or required of our dancers. All competition team decisions will be made at the discretion of the coaching staff.*

## Additional Skill Requirements

- **Pom Technique:** demonstrates the proper placement of basic pom motions
- **Athleticism:** demonstrates a strong athletic ability in execution of jumps or leaps
- **Endurance:** demonstrates the ability to perform high-level cardio routines with ease
- **Acrobatics:** not a requirement to be on the team, but skills coaches recommend demonstrating if capable
- **Showmanship:** demonstrates a strong understanding of the importance of entertaining a crowd
- **Precision:** demonstrates the ability to crisply start and stop motions, incorporates vocals into a routine, and projects exceptional intensity to the audience
- **Memory:** demonstrates the ability to remember and execute routines
- **Team Player:** demonstrates a commitment to the team, understands the dedication it takes to work hard at every practice, and is intrinsically motivated to improve, regardless of skill level

## Important Dates for New Flyettes

- **Mandatory First Team Meeting:**  
Monday, April 7th; 3:30 p.m. in the North Cafeteria at Lindbergh High School
- **Mandatory First Parent Meeting:**  
Monday, April 7th from 6:00 p.m. in the North Cafeteria at Lindbergh High School
- **New Team Celebration:**  
We will be celebrating the new team at a date/time TBD  
All family members are welcome!

## Stay Connected with the Flyettes on Social Media!



Like us on Facebook!  
Lindbergh High School Dance Team

Follow us on Instagram!  
@lhsflyettes



# Flyerette Dance Team Audition Checklist

Parents, initial next to each item on the checklist that has been successfully completed by your dancer.

**Please have your dancer submit this page in person at the Mandatory Clinic on March 9th.**

\_\_\_\_\_ 1. In order to register for sports you must go to [www.registermyathlete.com](http://www.registermyathlete.com) and create an account. All Register My Athlete paperwork must be completed before you can participate in tryouts!

- Completed Register My Athlete profile. During this process, you will complete the following documents within Register My Athlete:
  - Physical completed and signed by a physician and dated July 1, 2025 or after if physical is good for 2 years. Some physicians mark only good for 1 year. Upload under the MSHSAA Physical Form section on Register My Athlete. If physical will expire need to get a new physical before tryouts begin. If you cannot get into your primary care doctor, you can go to Urgent Care.

[MSHSAA Physical and Paperwork.pdf](#)

- **Register for the 2026-2027 school year.**
- Pre-Participation paperwork to be completed by Athlete and Parent on Register My Athlete.
- \$35 activities fee payment.
- For Register My Athlete support, please call 435-213-1601.

All of the paperwork must be completed before you / your child can participate / try out.

\_\_\_\_\_ 2. All applicants must complete the online 2026-2027 Flyerette Application by **Monday, March 9<sup>th</sup>**. A link to this application can be found [HERE](#) or by accessing <https://forms.gle/YSqMDWnVSVNWfcZa9>

\_\_\_\_\_ 3. All applicants must email their teachers *as soon as possible* with the link to the online Teacher Recommendation Form, which can be found [HERE](#). The Teacher Recommendation Form **must** be electronically filled out by your Math, English, Science, and Social Studies teachers and one Elective teacher of your choice by **Monday, March 9th**. **Please make sure you include this due date in the email sent to your teachers!**

\_\_\_\_\_ 4. All applicants and their families must review the Season Overview on page 1 of this packet and visited the Flyerettes Calendar at <https://www.lhsflyerettes.com/tryout-information> for a full understanding of the commitment level expected of all teammates.

\_\_\_\_\_ 5. All applicants and their families must review the Financial Overview on page 1 and understand the financial commitment for the season.

**If I make the Flyerette Dance Team, I will honor my commitment for the entire season.**

\_\_\_\_\_  
Applicant First and Last Name PRINTED

\_\_\_\_\_  
Date

\_\_\_\_\_  
Applicant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian First and Last Name PRINTED

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

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Date