

2025-2026 Raiderette Information

Head Coach: Erin Astuto / Assistant Coach: Rosey Walker
elastuto@wsfcs.k12.nc.us

Qualifications/Requirements:

- All dancers must be enrolled at Reagan High School for the 2025-2026 school year.
- All dancers must make a 1-year commitment to the team. April 2025 - April/May 2026.
- Complete the proper physical forms through DragonFly. There are no longer any actual papers you need to submit; everything must be completed online through DragonFly.
 - [Register Here with Reagan High School Athletics](#)
 - [The Parent's Guide to DragonFly](#)
 - [How to Print Doctor's Forms from DragonFly](#)
 - Please email any DragonFly/physical questions to our athletic trainer, Emily Dyer
edyer@wakehealth.edu
- Must have a 2.0 unweighted GPA
- Complete paperwork/Google Forms.
- All dancers must be available to attend all practices throughout the school year.
- Must attend all assigned try out days to be eligible, *unless with special permission from the coach.*
- All dancers are *strongly* encouraged to enroll at a local dance studio and dance class here at RHS.

Season Cost

Although the basic uniform is provided by the school, the dancer must be willing to purchase additional items such as: Nike shoes, warm-ups, bag, undergarments, makeup, bows, and practice clothes. All of these items are used weekly for months – we also repeat most clothing for at least two years (approx. \$300-400 every 2 years).

Camp is also expensive (\$450). Money will be needed each semester for meals before each game. We are willing to assist parents with payment plans, but please know that this sport DOES cost extra money. All dancers are required to participate in our fundraisers.

Time Commitment:

- August – November (Football Season) practice every Monday, Tuesday, and Thursday 3:50-5:20PM, and game days.
- November – February (Basketball Season) practice every Monday, Tuesday, and Thursday 3:50-5:20PM, and game days.
- Raiderettes perform at all HOME and AWAY Varsity Football games and majority of all HOME Varsity Men's and Women's Basketball games.
- **Only 1 HOME and 1 AWAY football game and 1 MEN'S and 1 WOMEN'S basketball game are allowed to be missed during the year. These absences must be excused by the coach.**

Important Dates:

- Spring Practices (all practices are 3:55-5:30pm): TBD
 - Choreography Dates: TBD
- Parent Meeting: TBD (usually after a spring practice)
- July 15th - 17th: Home Routine practices & camp prep 9am-2pm
 - Family & Friends Showing on Thursday, July 17th 1:30pm
- July 21st - July 24th: **Mandatory Dance Camp at Wake Forest University (\$450)**
 - Failure to attend camp could result in dismissal from the team
- August 4th-8th: 4pm-7pm practices and team bonding
 - Freshman Orientation (daytime) and definitely Open House 6pm-8pm at some point during that week
- August 13th: First day of school and normal practice times begin (M, T, Th 3:55pm-5:20pm)
- August 8th or 15th: Team Bonding (planned by captains)
- August 22nd: First Football Game at home
- September 29th or 30th: Spike Leukemia volleyball game
- Future Raiderette Clinic (times TBD) - will be the Saturday before the game
- Future Raiderette Game - home game TBD
- December 6th: Winston Salem Parade
- I will get the football schedule out as soon as it is confirmed by the state and the county!

Important Tryout Dates:

- Thursday, March 20th: Online Interest Meeting

- Wednesday, April 2nd: Application & Paper Due
- Monday, April 7th: [Captain Applications](#) Due by 5pm
- April 8th - 11th: Tryouts in the RHS Gym 4pm - 6pm each day

****REMEMBER: You must have a physical that meets the current requirements before you are allowed to dance at tryouts!****

Tryout Process:

- [Application](#): Due Wednesday, April 2nd
- [Written Paper](#): Due Wednesday, April 2nd
- In Person Tryout
 - **Physical must be completed and turned in before tryouts**
 - April 8th: Check in, warm up, across the floors, learn short dance and a pom routine
 - April 9th: Check in, warm up, finish learning routines
 - April 10th: Check in, warm up, individual technique and skills, mock auditions
 - April 11th: Check in, audition both dance and pom routines, callbacks if necessary (this is the only day we will be in the dance studio)
 - Final judging is based on attitude/character, interview, physical fitness, presentation, showmanship, dance memorization, execution, teacher recommendations, and the written paper.
 - **What do I wear?**
 - Any color leotard, biker shorts, or black leggings
 - Hair in bun
 - Stud or small hoop earrings (nothing that distracts from your dancing)
 - Jazz shoes or half-sole turners
 - No necklaces, bracelets, rings, or watches
 - If you are not properly dressed, you will not be allowed to practice or audition
 - Final audition day dancers should wear a black leotard with black leggings with stud earrings
 - **What do I bring?**
 - Water bottle
 - Great attitude and work ethic

Communication After Tryouts:

You may send an email to the coach the week after the team is announced if you would like feedback from tryouts. In your email please include the following:

- Name, Grade
- How do you feel your performance went the week of tryouts?
- How was your attitude toward yourself and others during tryouts?
- What do you need to improve on?
- How will you continue working on your dance technique from this point?
- Add any questions you would like the coaches to answer