




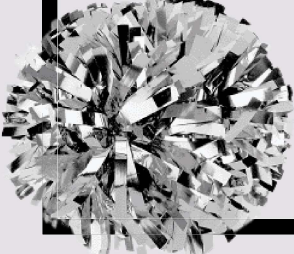
ACCP
Dance Team
KNIGHTS





Team Introduction

The Arizona College Prep High School Dance Team (Pom) is both a school performance and competitive team consisting of dedicated, respectful students who share a passion for dancing. Through daily hardwork, encouragement, and supportive to each other, they collaboratively work together with their coach to showcase dance pieces in a variety styles to their school and community.



Why Join the Dance Team?

TO NAME A FEW REASONS...

01

Dance Team is a great way to meet new, life long friends! By joining the dance team you are joining a community who strive to encourage each other to lift as we climb!

02

By joining the dance team you will learn the importance of hardwork and how hardwork directly aligns to greater success down the road both on and off the dance floor!

03

As a member of a high school dance team, you get to express yourself in many ways by dancing a variety of styles of dance and pump up your school while wearing some AWESOME costumes!

04

High school dance teaches you how to trust your capabilities and push yourself out of your comfort level. You will do this by learning a variety of new dance moves and performing a variety of styles of dance

05

You will learn other essential life skills needed to obtain and maintain a successful career after high school including: learning how to take and apply constructive criticism, the value of responsibility and accountability

PLUS MANY MORE :)

2022-23 DANCE TEAM *Tryouts*

Current ACPHS Students
May 9th-13th 2022

Incoming Freshman and
Transfer Students
July 25th-29th 2022

THE ACP DANCE
TEAM WANTS
YOU!

The Official Arizona College Prep
Dance Team Tryouts for 2022-2023

MAY 9TH - MAY 13TH
2:30 TO 4:30PM

Please scan the QR code to fill out the Tryout
Application



BRING YOUR
SCHOOL SPIRIT!

The ACP Dance Team is looking for
dancers with athletic ability and
dedication. The focus for the 2022-2023
school year is on jazz, pom, kick, pep
rally routines as well as working towards
Nationals!

FOR INQUIRIES, EMAIL COACH DERRICA
SYKES.DERRICA@CUSD80.COM



THE ARIZONA COLLEGE PREP HIGH
SCHOOL



**DANCE
TEAM
TRYOUTS**

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2:30 TO 4:30 PM

PLEASE SCAN THE QR
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TRYOUT APPLICATION



The ACP Dance Team is looking for dancers with athletic ability and dedication. The focus for the 2022-2023 school year is on jazz, pom, kick, pep rally routines as well as working towards Nationals!

If you have any questions please email
Coach Derrica at sykes.derrica@cUSD80.com



COMMUNICATION

EXPECTATIONS

Ensure your notifications for Band are on.

Check your weekly schedule on the Band app.

Stay up to date with any information posted on Band

Pose questions to your coach via the Band app or in person. Read the weekly newsletter.

If you are running late, not feeling well (fever, nauseous, etc), going to be out of town, etc please let Coach Derrica know in a timely manner :)



PRACTICES

IN SEASON

Take place during 1st hour Spiritline

Monday: 7-8:10am

Tuesday: 7-8:10am

Wednesday: 7-9am

Friday: 7-8:10am

SUMMER

July 6th-13th 2022 which will lead
into UDA camp July 14th-17th



AFTER SCHOOL AND SATURDAYS

On an "as needed" basis for
performances and competition
season when additional practice
is needed

DRESS CODE

PRACTICES

Wear the assigned clothing
Hair must be in pony tail or pulled back
Fingernails must be short
No jewelry
No hoodies or sweatshirts on the mat
Athletic or dance shoes should be worn based on activity



GAME DAY, HALF TIME, & COMPETITION PERFORMANCES

Hair must be worn as coach has requested
Make up must be done as coach has requested
No bra straps showing
No show white socks must be worn
No jewelry
Nails must be short
Bring your materials. Come dressed and ready!!!
Follow guidelines for travel attire

GAME DAYS

GAME TIME START PERFORMANCE WILL REMAIN THE SAME FOR THE SEASON UTILIZING THE FIGHT SONG, SIDELINES, CHEERS, AND HALFTIME

WEEK OF THE GAME COME TO PRACTICE WITH THE ASSIGNED DANCE REVIEWED FOR HALFTIME.

WEEK OF THE GAME COME TO PRACTICE WITH THE ASSIGNED QUARTER CHEER REVIEWED.

POSTGAME WILL CONSIST OF THE FIGHT SONG

ATHLETES ARE EXPECTED TO CHEER FREQUENTLY.

NO TALKING ON THE SIDELINES.

EACH COACH IS IN CHARGE OF THEIR ATHLETES' GAME DAY LOOK.

HAIR AND ATTIRE WILL BE DETERMINED BASED ON PERFORMANCES

MAKE UP APPLICATION WILL BE TAUGHT BY COACH.



SPIRITLINE

Committees

Athletes assigned to committees to run business for the squad and program:

Community
Service

Team Event

Social Media

Pep Rally

School Spirit



QUESTIONS?

Please email Coach Derrica at sykes.derrica@cusd80.com