



Conroe High School Golden Girls Drill Team

Try Out Information & Application

*Mrs. Bond, Director
(936)709-5713*



Dear Golden Girl Candidate Parents,

I am pleased that your daughter is interested in auditioning for the CHS Golden Girls Drill Team. It is an organization that is deeply rooted in tradition and excellence and I am truly proud to be a part of it. Being a drill team member has been the highlight of many young lady's high school memories. It affords the opportunity for self-development in many areas: goal setting, high standards and morals, maturity, responsibility, dependability, and self-discipline. Members will also learn the value of hard work, conformity, and sacrifice. As a parent of a prospective Golden Girl, it is important that you realize the commitment and dedication required for all young ladies once they make the team. Membership requires a sincere commitment from the family of a member as well. You will be asked to be both supportive and positive. Once your daughter is a member, you will be asked to join the Booster Club. The Booster Club performs many of our fundraisers. ***Parent support is essential to the success of this organization. Much will be expected of both you and your daughter.***

Drill team try outs can be a very stressful time for some girls. For those who are extremely concerned about being accepted, the pressure can be tremendous. I understand this and will do everything necessary to prepare your daughter for the actual audition process, and I hope that you will do the same at home.

You should discuss with your daughter the possibility of not being accepted on to the drill team. Help her keep her life in perspective. Although drill team may look glamorous from the outside looking in, there is a great deal of dedication and time involved in membership. Please do not encourage your daughter to try out without seriously thinking about this decision and knowing that your family is ready to make at least a full one year commitment to this organization. I encourage you to take the time with your daughter to read over all the following information. Please discuss the advantages and disadvantages of auditioning and of membership to an extracurricular organization. Be sure she is emotionally prepared for the outcome of auditions, whatever it may be.

In order for you and your daughter to better understand the audition procedure, I have prepared the following information packet for you. I hope that this packet will help clarify the "rumors" you may have heard and help in your understanding of this incredible organization. Please note important dates and forms that need to be filled out and returned **on time**. Also, please note that TRYOUTS WILL BE CLOSED TO OBSERVERS and there will be NO VIDEO CAMERAS ALLOWED IN THE GYM. Parents are to wait outside of the building when picking up their daughter after rehearsals and tryouts.

I wish you and your Golden Girl Candidate the best of luck!! If you have any questions, please call me at my office at (936) 709-5713 or email me at abond@conroeisd.net.

Sincerely,

Mrs. Amanda Bond
Golden Girls Director

The Golden Girl Organization is a precision drill team that serves as a school spirit group, as well as a community service organization. The Golden Girls organization is deeply rooted in tradition and is highly competitive. Candidates will be taught all that they need to know for the actual tryout process at the 3 day choreography workshop, however, dance ability, whether natural or acquired through training is a necessary factor.

A Golden Girl Candidate should have:

- Dance ability, poise, flexibility, and presentation
- An outstanding work ethic– being a Golden Girl is a major commitment of time and energy.
- Good grades and a good rapport with teachers and administrators
- A flexible schedule and an open calendar– rehearsals are daily from 6:30am and twice after school beginning in August. There are commitments during the summer months, weekends, and competition season is very hectic. **THERE IS NEVER AN OFF-SEASON!!**
- A positive attitude, be self-motivated, and have a sense of teamwork.
- Leadership ability– you will represent Conroe High School and our community.
- The ability to follow rules and to pay the consequences when the rules are broken.
Golden Girls is a highly structured organization.

Some important points to remember...

- There is no set number of Golden Girls. We want quality over quantity. If there are 40 new girls who have the necessary skills and abilities... they will become a part of the team. If there are only 10, then only 10 will be added.
- Golden Girls is a successful organization due to its structure and regulations. There are rules to follow and our expectations/ standards are high. You will need to meet specific standards in order to maintain membership in Golden Girls.
- Membership in Dancing Dolls, Bulldog Babes, or any other junior dance team does not guarantee you a spot on Golden Girls. And just because you *weren't* on Dancing Dolls or another dance team, doesn't mean that you won't make Golden Girls.

Stretching Tips and Other Important Hints *(start as soon as possible!!)*

- Perform some form of aerobic warm-up (for 3-5 minutes) before stretching. Walk around the block or walk/run up and down the stairs. Get your blood pumping before expecting your muscles to stretch like rubberbands.
- Stretch every day. Take at least 10 to 15 minutes to actually stretch.
- Get to know a current or past Golden Girl. Let them help you with “Golden Girl” military arms, high kick style, and basic jazz movements.
- Stretch all muscles... quadriceps (front of thigh), hamstrings (back of thigh), calves (gastrocnemius), shins, triceps and biceps, sides of torso, lower back, neck, etc.
- Start doing pushups (bent kneed or straight) to build your upper body and abdominals.
- Don't push yourself to the outer limits. Listen to your body. Take a hot bath and stretch every night of audition week. It will help your muscles to heal.
- Practice smiling and holding your head high. **Be proud of who you are and your talents.**
Show the judges how much you want to be a Golden Girl !! ☺

What it Means to be a Golden Girl

- I. Cost:** There are expenses incurred throughout the year by Golden Girls, ranging from extra tights to big/little sis gifts. To cut back on costs, Seniors and non-returning members usually sell their clothing at half-price. Please let Mrs. Bond know or contact a former G.G. if you are interested. These costs are only for their first year. After that, costs are *dramatically* lower for clothing and accessories as we continue to use the same leotards and tights.
- A. Clothing / Accessory Expenses (\$200 - \$600)**
- | | | |
|---|---|---|
| <input type="checkbox"/> 4 leotards | <input type="checkbox"/> 2 pairs of tights | <input type="checkbox"/> 23 pairs of jazz pants |
| <input type="checkbox"/> wind shorts (opt.) | <input type="checkbox"/> jacket | |
| <input type="checkbox"/> 2 pair jazz shoes | <input type="checkbox"/> GG sweatshirt | |
| <input type="checkbox"/> team bag | <input type="checkbox"/> performance makeup | |
| <input type="checkbox"/> knee pads (opt.) | <input type="checkbox"/> other misc. | <input type="checkbox"/> <u>Team camp</u> (for all members) |
- B. Individual/ Optional Expenses (\$50 +)**
- | | | |
|---------------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> tennis shoes | <input type="checkbox"/> pictures | <input type="checkbox"/> other misc. |
|---------------------------------------|-----------------------------------|--------------------------------------|
- C. Booster Club / Activity Account Fundraiser Requirements (\$450 +)**
There are usually 4-6 fundraisers to help meet these goals. **DON'T PANIC WITH THIS COST!!**
ALL CAN BE RAISED THROUGH THE FUNDRAISERS!
- II. Team Camp:** Team camp is an additional cost of around \$300. This camp is mandatory for all team members. During this camp we learn many of the field routines, pep rally routines, and overall drill team fundamentals and techniques. It is also a very important time for the team to unify. This week of camp will be **June 21st – June 23rd** and practices will be scheduled **June 18th – June 19th from 8am-12pm** for pre-camp. The cost includes room and board, food, a pizza party, and transportation to the camp.
- III. Summer Rehearsals:** This happens beginning in August. The Golden Girls rehearse from 8:00am to 3:00pm, working on all field routines, pep rally routines, stand routines, etc. Absences from any of these weeks will result in demerits and the loss of performance privileges for one game per absence. Family vacations are not excused. You have the rest of the summer to enjoy yourself. By August, you are an active Golden Girl.
- IV. Football Season:** The Golden Girls perform at all varsity football games and several pep rallies during the season. Each girl is required to attend all games and pep rallies during the season. Each girl is required to attend all games and pep rallies, even if she is not performing. The girls do audition for each performance (3 chances to make each routine) and not everyone will make every dance.
- V. Parades and Clinics:** Throughout the year, the Golden Girls participate in various parades and community activities. These are also a requirement as our community is very important to us. We also host a Junior Dance Workshop Fund-raiser in the winter.
- VI. Contest Season:** Each spring (Feb/March), the Golden Girls participate in two to three competitions. One will be in the Houston area, the other may be out of town (Dallas, Galveston, San Antonio). These events entail a considerable amount of practice hours throughout January, February, and March. The actual competitions will involve an entire weekend. Transportation to and from these events is provided for the Golden Girls. Costuming is provided by the girls/parents through fundraising. Parents are encouraged to attend all of our contests.

- VII. **Basketball Season:** The Golden Girls usually perform at 2-3 varsity basketball games. Each drill team member is required to attend the games, in uniform, even if she is not performing.

General Information

Golden Girls Tryouts

Golden Girl “Hopeful” Candidates

Will perform 1 dance (encompassing jazz, military, and kick technique)

Will perform right and left splits

Attire for auditions

“Hopeful” Candidates: Black leotard (any style), Black jazz pants (any style, but full length), black jazz shoes, black socks or no socks, Hair in a low pony-tail (part on the right), No jewelry, No nail polish

** Look your best!! Look professional!! Feature enhancing makeup is suggested.

Important Dates

March 2 <i>Tuesday</i>	“Hopeful” Audition Informational Meeting – 6:30pm – LGI – CHS All questions will be answered regarding tryouts! Hear testimonies from current members and parents on how they handle the time and financial commitments!
March 15-19	SPRING BREAK!!!
March 23 <i>Tuesday</i>	Applications, medical release form, & a copy of 2 nd term report card are due. Peet candidates and Washington candidates may turn everything in to their <i>Jr. High’s Main Office</i> . CHS candidates turn in directly to Ms. Kincaid or her box in the main building mailroom
March 29-31 <i>Monday-Wednesday</i>	<i>Choreography Workshop</i> (when you learn the tryout dance): “Hopeful” candidates 5:00-6:30pm (CHS Small Gym) “Hopefuls” should come dressed to dance and meet in the small gym at CHS. Leotards and dance pants, or comfortable shorts and tops are acceptable. Hair MUST be pulled back. No jewelry is allowed. Please wear dance sneakers, bare feet, or jazz shoes.
April 1 <i>Thursday</i>	Tryouts: CHS Small Gym 5:00pm- ??? (Everyone will need to stay until the last candidate has auditioned as there may be “call backs.”) Results: posted by 9pm, Thursday, 1 st (East Glass Doors of CHS)
April 6 <i>Tuesday</i>	Mandatory <i>Orientation Meeting</i> for new members and at least one parent/guardian – Cafeteria 6:30pm Information will be given regarding Vendor Night and what to expect, Fundraising Opportunities
April 13 <i>Tuesday</i>	<i>Booster Club Meeting and Vendor Night</i> (only night to purchase clothing – one adult representative must be present for each girl to make purchases and pay Booster Club fees, etc.– more details TBA)

NEW MEMBER (Company D) REHEARSALS *These are mandatory!!!
You will be performing in the 2009-2010 Spring Show as an 10-11 Co. D member!**

April 6, 13, 20, 27
Tuesday

New Member (known as Company D) Rehearsals 5:00pm-6:00pm
Drill Team Room

April 27th: \$150 DUE FOR TEAM CAMP (Checks made out to CHS)

April 30, May 1
Friday, Saturday

“Welcome to the Jungle” 2009-2010 Spring Show
7:00pm CHS Auditorium
10-11 Company D members will perform! This will be your first performance
as a Golden Girl!!!

May 4, 11, 18
Tuesday

New Member (known as Company D) Rehearsals 5:00pm-6:00pm
Drill Team Room

May 18th: \$150 DUE FOR TEAM CAMP (Checks made out to CHS)

June 18, 19
Friday, Saturday

Mandatory Team Rehearsals for Camp 8:00am-12:00pm

June 21, 22, 23
Monday-Wednesday

Mandatory Team Camp at the Hilton Hotel North (near Bush Intercontinental)
***We will leave early on the 21st from CHS and we'll be taking a bus as a
team!!! We will be done by 5pm on the 23rd and carpool back to Conroe!!!

August 9-13
August 16-20

Golden Girl Mandatory Rehearsals (8am-3pm daily-weekdays)
Golden Girl Mandatory Rehearsals (4pm-6pm daily- Tentative times!)

CONROE HIGH SCHOOL GOLDEN GIRLS DRILL TEAM TRYOUT ELIGIBILITY FORM

REGISTRATION DEADLINE: WEDNESDAY MARCH 23, 2010, 4:00 P.M.

APPLICANT'S NAME: _____ STUDENT I.D.#: _____

APPLICANT'S NEXT YEAR CLASSIFICATION: Circle one-- 9 10 11 12

NOTE: You DO need to provide a copy of your 2nd 9 weeks report card and you must meet the following guidelines to pass the academic portion of the membership requirements:

- A. A CANDIDATE MUST HAVE A MINIMUM **grade point average of 70.**
- B. Prospective members **shall be entering grades ninth (9) through twelve (12).**
- C. Prospective members **shall display good conduct in accordance with citizenship grades.** This shall be verified by the student's most recent grade report.
- D. A candidate must not have been academically ineligible for more than two grading periods during the application year.
- E. A candidate who was academically ineligible for the 2ND nine weeks (i.e., received a 69 or below in any class for the 2nd nine weeks), must submit along with this eligibility form copies of her 3-weeks progress reports for each class in order to determine eligibility. The student must be passing all classes with a 70 or above at the time of the 3-weeks grade report in order to retain eligibility to practice. Failure to present 3 weeks progress reports for each class will result in the candidate's inability to participate in before or after school practices. (This is in accordance with Texas' "No Pass/No Play" Rule that is currently in effect. HB 72)
- F. A candidate who is academically ineligible for extra-curricular participation during the grading period in which auditions occur and has not failed three or more classes during the current school year, may audition to become a Golden Girl but may not attend before or after school rehearsal. In the event that the candidate is selected to become a Golden Girl, she will be placed on an academic probationary status. If she does not regain her eligibility during the next grading period, she will forfeit her right to membership and another candidate may be selected to take her position.
- G. **IF YOU HAVE RECEIVED ANY INCOMPLETE (I) GRADES, ALL GRADE CHANGES MUST BE COMPLETE AND POSTED IN ORDER TO BE CONSIDERED ELIGIBLE TO PARTICIPATE IN PRACTICES.** *An incomplete grade is not considered to be a passing grade.*

I understand that in order to be considered as a candidate for the Golden Girls Drill Team, I must first meet the minimum academic requirements as listed above. If it is found that my grade report and/or grade point average do not meet these minimum academic requirements, I will not be eligible to audition for the 2010-2011 Golden Girls Drill Team. I also understand that the decision of the audition judges is final and will agree to adhere to the policies of the team the day I become a member.

Candidate's Signature

Parent/Guardian's Signature

**Conroe Independent School District
Conroe High School**

Permission Slip and Medical Release For Golden Girl Auditions

_____, a student at Conroe High School/Peet Junior High/Washington Junior High, is now under my control and in my custody. I hereby give my consent for the above named student to participate in the Drill Team auditions without a physical examination. I recognize that Conroe Independent School District, its trustees, agents, and employees have sovereign or governmental immunity under Texas law. I understand that the District, its trustees, agents, and employees are not waiving any sovereign or governmental immunity that it or they have under Texas or other applicable law.

I, _____, the parent/guardian of _____ authorize the sponsor to give permission for any emergency medical services deemed necessary for my child. I understand that any medical expenses incurred will be my responsibility.

The following pre-existing medical conditions or allergic reactions to medication are provided for your information:

The following other pertinent information is also provided for your information:

Medical Insurance Yes ___ No ___ Company _____
Physician's Name _____ Telephone _____
Emergency Telephone Numbers _____
Parent/ guardian address _____
Telephone _____ Student's DOB _____

I, the undersigned, have read this Release and Permission Form and understand all of its terms. I have executed it voluntarily and with full knowledge of its significance. This Release and Permission Form is executed on my behalf and behalf of my child/ward, _____. This Release and Permission Form is effective while my child is participating in dance team auditions.

SIGNED this ____ day of _____, 2010

_____ (parent/guardian)

This should be turned in to Mrs. Bond on or before March 23, 2010

"THE CONROE GOLDEN GIRL SEASON"

Many people are unaware that the Golden Girls work ALL YEAR and not just during football season. Here is a calendar of events so you can see the time commitment for being on the team.

JULY/AUGUST

- ◆ 2 weeks prior to school starting we begin summer rehearsals
- ◆ Fund Raisers
- ◆ Community Pep Rally: "Meet the Tigers"

SEPTEMBER

- ◆ Football Games
- ◆ Junior Golden Girl Clinic

OCTOBER

- ◆ Football Games
- ◆ Homecoming Parade/Pep Rally

NOVEMBER

- ◆ Football Games
- ◆ Possible Playoff Games

DECEMBER

- ◆ Golden Girl Winter Workshop
- ◆ Christmas Parade
- ◆ Contest Cuts
- ◆ Christmas Party

JANUARY

- ◆ Basketball games
- ◆ Practice for contest (6:00am)

FEBRUARY

- ◆ Basketball games
- ◆ Contest Practices (6:00am and 6:00pm-8:00pm)
- ◆ Team Contest

MARCH

- ◆ Team Contest
- ◆ Golden Girl "Hopeful" and Gigi Tryouts
- ◆ "Gold Rush" Bike Ride Fundraiser

APRIL

- ◆ Mili/SoCo Tryouts
- ◆ New Member Rehearsals
- ◆ Spring show practices
- ◆ Spring Show

MAY

- ◆ Banquet
- ◆ New Member/New Team Practices

JUNE

- ◆ Officer Camp (San Antonio)
- ◆ Team Camp (Houston Area)

*******PRACTICES*******

Every day 6:30 am (some 6:00 am in January and February) when preparing for performance, contest, try outs!

During football Season 3:00-5:00pm on Monday and Wednesdays

The Golden Girls are involved with volunteering in community activities; they may attend dance conventions, and take field trips to watch dance performances when the opportunity arises. **We are a VERY active group!**