



SHAMROCK

DANCE & STEP INVITATIONAL

SATURDAY, MARCH 23RD, 2019 AT
STONE MIDDLE SCHOOL

Dear Coaches, Advisors, or Sponsors,

The Stone Middle School Parent Teacher Student Association (PTSA) and Prowlin' Panther After-School Program are honored to host the inaugural **SHAMROCK DANCE & STEP INVITATIONAL** competition. This competition is strictly for kids that are in middle or junior high school (grades 6-8). We look forward to making your competition experience very rewarding and positive.

The competition will be held on **Saturday, March 23, 2019** in the Stone gymnasium at 11am. All registration forms and payments are due by **Friday, March 8, 2019**. More precise times and updated information regarding the event will be sent to the provided email address prior to the competition.

Admission is \$5 for spectators.

Enclosed are registration forms for all participants and the medical release forms. Please send in the signed medical release forms with your registration packet to ensure a quick and efficient registration process.

General Rules for all Competitors:

- School teams will compete against each other in each division and category.
- No distasteful movements or use of body language.
- We will follow the guidelines that are provided (A complete explanation of the Dance Rules is provided at the end of this document).
- **Time limit is 2 minutes and 30 seconds for ALL routines.** Time begins with the first note of music or cheer and ends with the last movement or note of music.
- All participants must wear shoes at all times. Tap shoes or shoes with soles that can potentially damage the gym floor will not be permitted.
- Teams may bring a master lock to use in the locker room. *Stone Middle School is not responsible for lost or stolen items in the locker room or changing areas.*
- Teams will not be able to register after Friday, March 8.
- **Registration fees are non-refundable.** Make payments to **STONE MIDDLE SCHOOL**.

Mail all registration forms to: **Stone Middle School**
ATTN: Nick Anderson
5500 Sully Park Drive
Centreville, VA 20120

If you have any questions you may email ShamrockDanceInvitational@gmail.com or call 703-631-5941

We look forward to working with you and your team!

Sincerely, Stone Middle School PTSA and Prowlin' Panther After-School Program



SHAMROCK DANCE & STEP INVITATIONAL

DANCE TEAM REGISTRATION FORM

Due: MARCH 8, 2019

Registrations will not be accepted after this date!

Please complete and return this registration form, along with team information sheet and medical release forms by Feb. 24, 2017. Checks/money orders should be made payable to **STONE MIDDLE SCHOOL**.

SEND TO: **Stone Middle School
ATTN: Nick Anderson
Sully Park Drive
Centreville, VA 20120**

You may also email your registration form to ShamrockDanceInvitational@gmail.com

Please Circle: School or Studio: _____

Contact Person: _____ (Coach Capt. Teacher Other)

Contact Address: _____

Contact Phone: _____ Contact E-mail: _____

Team Divisions: (Check one)

Middle School

Categories: (Check all that Apply)

Pom

Jazz

Step

Officer/Captains

Lyrical

Hip-Hop

Variety

Registration Fee:

This registration fee includes 1 routine category and entry fees for 2 coaches for \$100 fee.

School team fee = \$ 100

Each additional routine category is an additional fee of \$10.00 per routine (include DUET)

of additional categories _____ x \$10 = \$ _____

TOTAL REGISTRATION FEE \$ _____



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DANCE TEAM INFORMATION FORM

Please tell us about your team: Category: _____

School/Team Name: _____

Contact Person: _____ (Coach Teacher Advisor)

Contact E-mail: _____ Contact Phone: _____

Team Officers: _____

The registration fee includes 2 coach badges. Only coaches will be allowed in locker rooms and ready areas.

Coach #1 _____ Coach #2 _____

Number of team members (including officers): _____

Names of Team Members (please list alphabetically by last name or attach a team roster):

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
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| _____ | _____ | _____ |
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| _____ | _____ | _____ |



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DUET REGISTRATION FORM

Due: MARCH 8, 2019

Registrations will not be accepted after this date!

Please complete and return this registration form, along with team information sheet and medical release forms by March 8, 2019. Checks and Money orders should be made payable to **STONE MIDDLE SCHOOL**

SEND TO: **Stone Middle School**
ATTN: Nick Anderson
Sully Park Drive
Centreville, VA 20120

You may also email your registration form to **ShamrockDanceInvitational@gmail.com**

Please Circle: School: _____

Participant #1 Name: _____ Age: _____ Grade: _____

Participant #2 Name: _____ Age: _____ Grade: _____

**Please use age/grade of dancer on date of performance – March 8, 2019*

Registration Fee:

Each additional routine is an additional fee of \$10.00 per routine

of additional routines _____ x \$10 = \$ _____

TOTAL DUET REGISTRATION FEE \$ _____

This form may be duplicated



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MEDICAL RELEASE FORM

One form per participant must be turned in with the registration packet.

School or Studio: _____

Name: _____ Age: _____

Address: _____

Phone #: _____

Emergency Contact: _____ Relationship: _____

Phone #: _____

Allergies:

Previous Injuries/Medical Concerns:

Family Dr: _____ Phone #: _____

Insurance Company: _____

Policy #: _____

I give permission for my participant, _____, to receive medical attention if the need should arise while participating in the **2019 Shamrock Dance Invitational at Stone Middle School**. I release Stone Middle School, Stone Middle PTSA, Stone Prowlin' Panther After-School Program, Stone Middle School faculty, staff, and coaching staff from any liability during this event.

Parent Signature

Date

This form may be duplicated



DANCE TEAM CATEGORY DESCRIPTIONS

JAZZ: Combination of dance movements with an emphasis on body placement, style, control, extension, and uniformity. **Time limit: 2:30 minutes.**

POM: Emphasis on uniformity and utilization of strong/sharp pom motions and arm placement, as well as ground work and level changes for visual effect. Poms must be used for more than three fourths of the routine. **Time limit: 2:30 minutes.**

HIP HOP: Latest street-style progressive movements with an emphasis on execution, style, control, creativity, body isolation, rhythm, and uniformity. **Time limit: 2:30 minutes.**

OFFICER: Emphasis on use of technical skills, style, placement, timing, and uniformity. The routine may incorporate the use of poms or props. Only the team officers are permitted to perform in this routine. **Time limit: 2:30 minutes.**

STEP: Emphasis is placed on certain steps, such as clogging or tapping, rather than body position or gesture and includes clapping, stomping, and making noise on the body. **Time limit: 2:30 minutes.**

VARIETY: Routine should incorporate at least three of the following styles: pom, hip hop, jazz, and/or kick. Poms may be used. Emphasis should be placed on proper execution of each dance style performed. **Time limit: 2:30 minutes.**

LYRICAL: A lyrical routine incorporates ballet, modern and jazz technique as well as other expressive movements including hip-hop. It is, by definition, emphasizing and expressing the lyrics of a piece of music. Lyrical dances will gravitate toward a more fluid style of choreography that demonstrates connection to the story or ideas in the music. **Time limit: 2:30 minutes.**



DANCE GENERAL GUIDELINES

DANCE PARTNERING

- Dance partnering skills are permitted and are defined as an action in which two dancers use support from one another, but are not elevated for more than 5 seconds.
- Partnering skills are permitted and may maintain body-to-body contact.

CHOREOGRAPHY AND COSTUMING

- Suggestive, offensive, or vulgar choreography and/or music are inappropriate for family audiences and therefore lack audience appeal.
- Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine.
- All choreography should be age appropriate.
- All costuming and makeup should be age appropriate and acceptable for family viewing.

PROPS

Wearable and handheld items are allowed in all categories and can be removed and discarded from the body. Standing props are allowed, but participants may not be allowed to bear their weight prop. Examples are: chairs, stools, benches, ladders, boxes, stairs, etc. Signs are allowed that are not distasteful.

ANY PROP DEEMED INAPPROPRIATE WILL RESULT IN THE DISQUALIFICATION OF THAT TEAM IN THAT PERFORMING CATEGORY.