

***College
Dance***



**VARSITY
SPIRIT**

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Iowa State Dance Team

Preparing for a College Dance Team

Where do you find information?

- *University website
- *Personal contact to coach
- *Social Media Outlets
- *Attend clinics
- *Visit the college
- *Varsity Website

Requirements

- *Technical Skills
 - Turns
 - Leaps
 - Jumps
 - Flexibility
 - Acro
- *Physical Fitness
- *Style versatility
- *Letters of Recommendation
- *Interview
- *Application

The Right Fit

Academics

- *GPA
- *Test Scores ACT/SAT
- *Applying
- *Course requirements – what is needed for entrance and scholarships

Scholarships

- *The Process
- *How they are awarded
- *Create a resume and videos

Finding the right fit

- *Career/Major/Academic fit
- *Size of the school
- *Distance
- *NCAA/NAIA/JC Eligibility requirements

Do Your Homework

What are the expectations of the Program?

- ***Understand the Level of Commitment***
 - * ***Weekly practice hours***
 - * ***Games, Performances, Competitions***
 - * ***Holiday expectations***
 - * ***Fundraising requirements***
 - * ***Summer requirements***
- ***Academic eligibility***
- ***Overall Program Skill & Style level***

Do Your Homework

Try Outs

- *Date of Try outs*
- *Any Prep Clinics Available*
- *Any Necessary paperwork or Admissions*
- *Contact Coach*
- *Attend College Combine/Clinics*
- *Reference Letters*

Advice from a College Coach

- **Be Prepared—Don't wait**
- **Work on all styles**
- **Technical skills #1**
- **Game Day & Competition styles**
- **Presentation – hair, make up, clothing**
- **Social Media**
- **Interaction with others**
- **Sell Yourself**



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Open Discussion