



ELKHORN SOUTH DANCE TEAM

HOW TO RUN A PROGRAM AS A
NON DANCER

JESSICA
FAUSS

2025

ABOUT ME

Who I am and how I ended up here

What I do each month

WISH I KNEW

MONTHLY PLANS

Things I wish someone would have told me

How can I help you?

QUESTIONS

JESSICA FAUSS



ESDT

Dance background...none

Coaching experience tons

18 years of Volleyball coaching from intramural middle school all the way to Head Varsity

Dance coach/sponsor since October 2020




END OF FEBRUARY

WRAP UP

- State Dance is mid February
- End of the Year Banquet
- Hand out Letters
- Basketball Season??

LOOK AHEAD

- Post on Social Media
- Hold Clinics
- Parent Meeting




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UDA

ELKHORN SOUTH

DANCE TEAM TRYOUTS



CLINICS

FEB. 22

6:00-8:00 ESHS MAIN GYM

MARCH 16

2:00-4:00 ESHS MAIN GYM

MARCH 23

6:00-8:00 ESHS MAIN GYM

TRYOUTS


MARCH 24-26

3:45-5:15 IN ESHS MAIN GYM
LEARNING AUDITION MATERIALS

MARCH 27

AUDITION DAY
STARTS AT 4:00PM

PARENT INFO MEETING MARCH 6TH, 6:00PM ESHS COMMONS



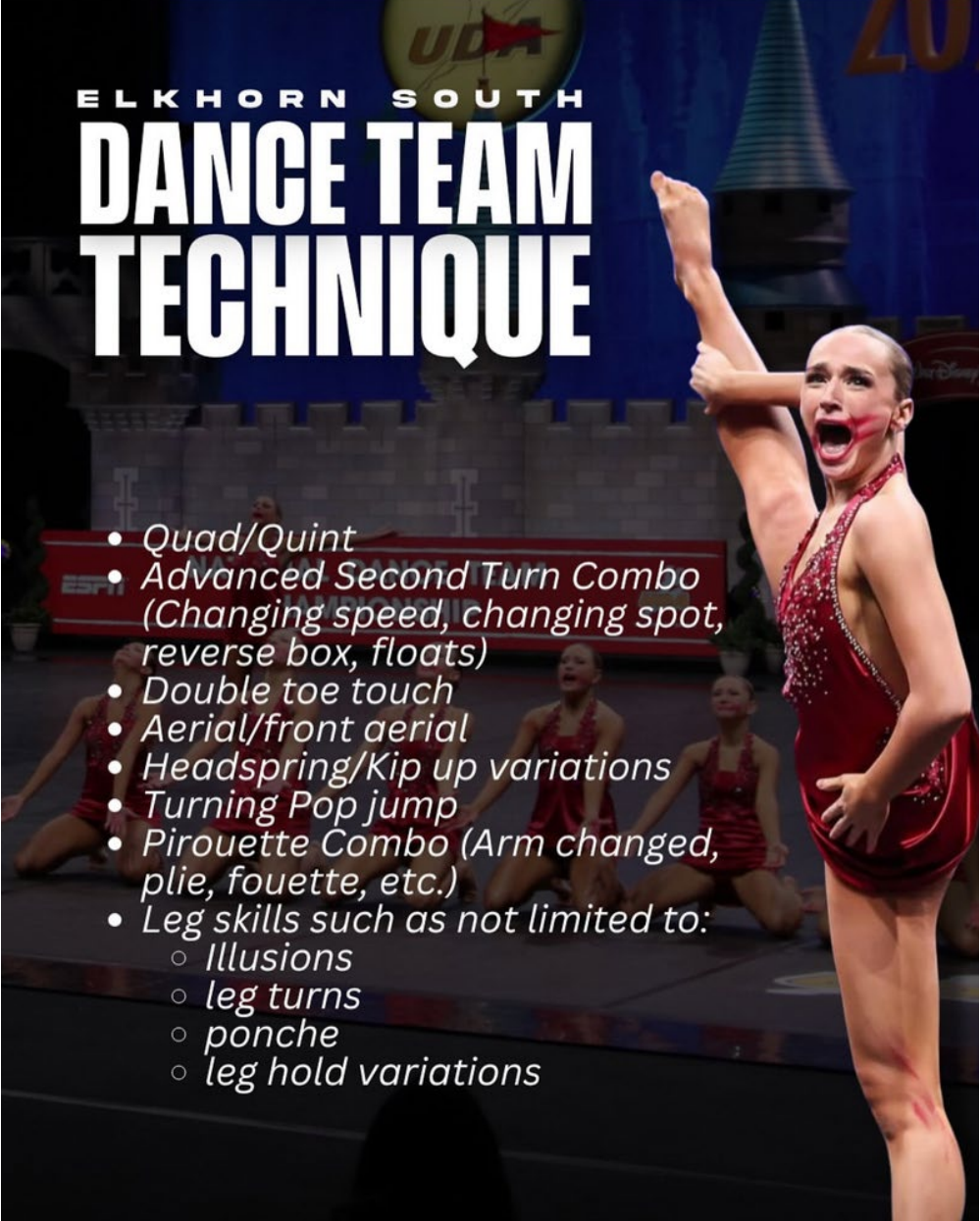
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UDA

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DANCE TEAM TECHNIQUE



- Quad/Quint
- Advanced Second Turn Combo (Changing speed, changing spot, reverse box, floats)
- Double toe touch
- Aerial/front aerial
- Headspring/Kip up variations
- Turning Pop jump
- Pirouette Combo (Arm changed, plie, fouette, etc.)
- Leg skills such as not limited to:
 - Illusions
 - leg turns
 - ponche
 - leg hold variations



MARCH

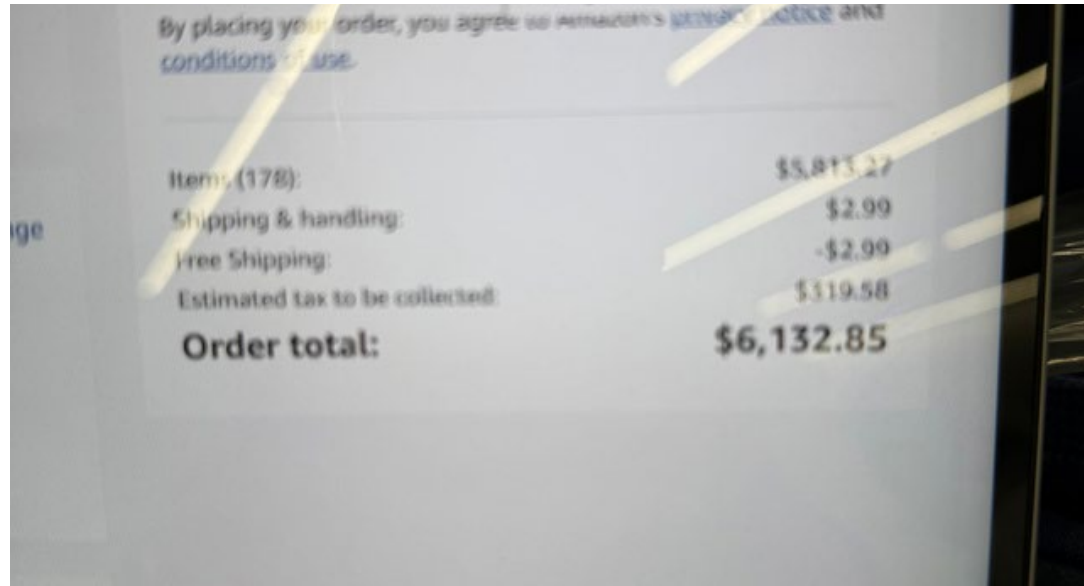
TRYOUTS

Parent Meeting:

Judges:

Tryout Score Sheets

APRIL/MAY



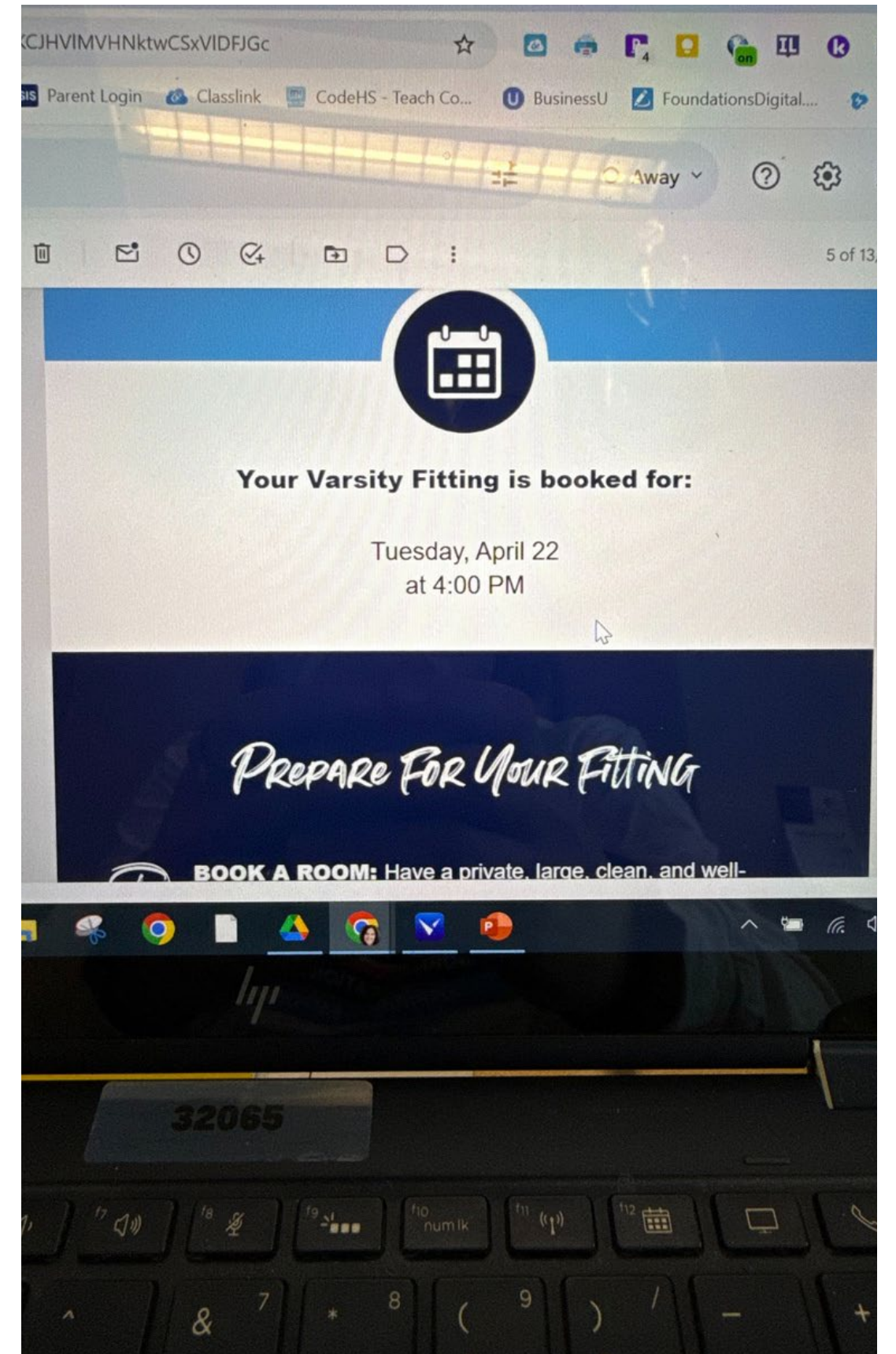
Parent Meeting

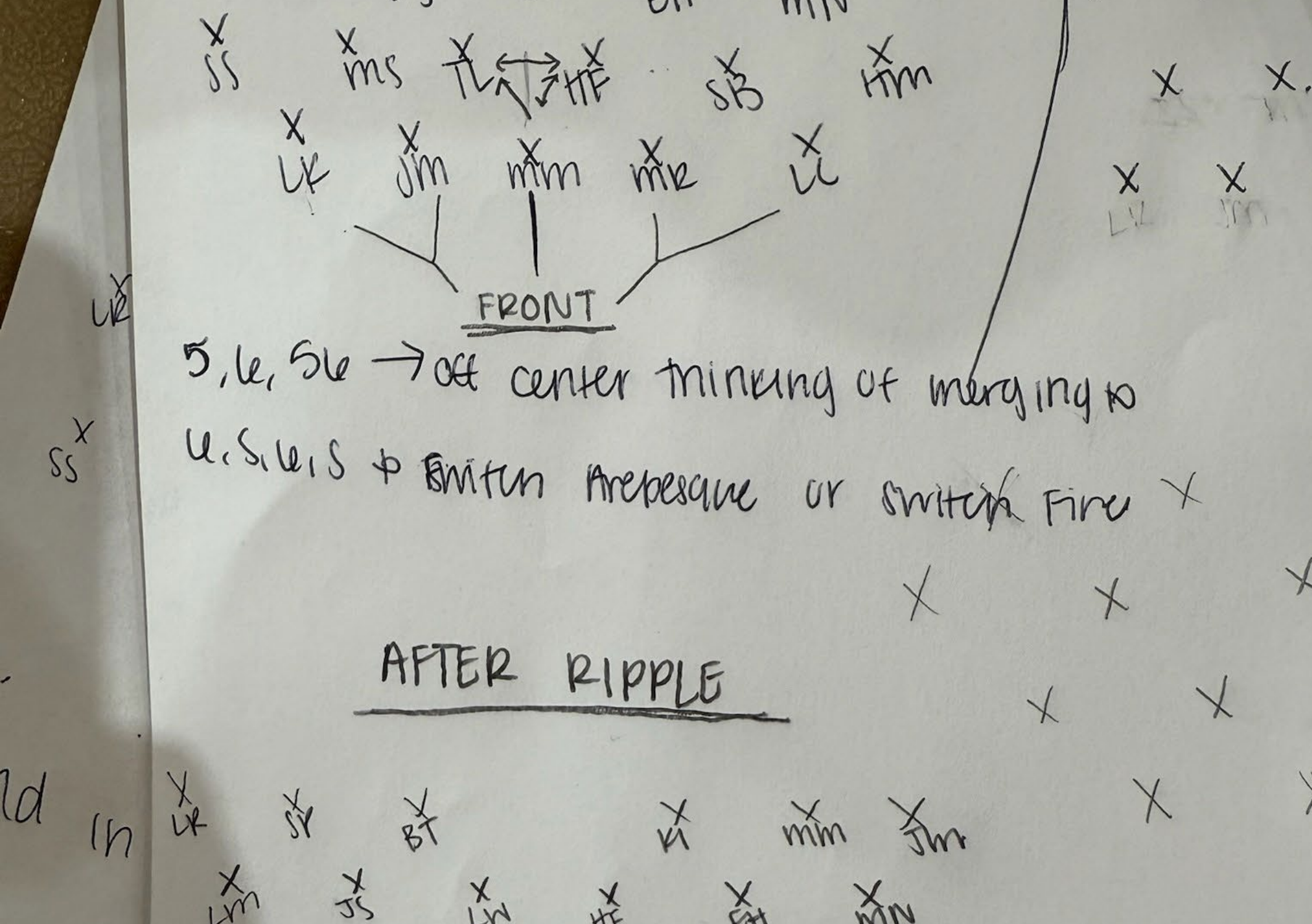
Varsity Fittings

Shoes if custom

Clothes for Camp etc

Reserve Gym Space for
Summer/ Fall





Practice

Monday-Thursday

6:30-8:00 am at a middle school

Monday: Conditioning

Tuesday/Thursday: Technique

Wednesday: Camp Dance

Summer is not Mandatory but high encouraged. If you miss you are responsible for making up and knowing what was covered

JUNE

JULY



Camp:

We attend UDA camp in La Vista. It is a Masters overnight camp

Choreography:

We hire outside choreographers for Jazz and Pom. Gameday is done in house by Amanda Dressler and Peyton Pyle



BACK TO SCHOOL
FOOTBALL SCRIMAGE
FIRST FOOTBALL GAME
MORNING PRACTICES



AUGUST

SEPTEMBER



MORNING PRACTICE
SUNDAY PRACTICE
FOOTBALL GAME
COTTON CANDY
HOMECOMING

OCTOBER



Senior Night
Morning Practice
Sunday Practice
Little Kid Clinic:
Preschool-8th Grade
Fundraiser:
Craft Fair



BASKETBALL GAMES
MORNING PRACTICES
SUNDAY PRACTICE
THANKSGIVING BREAK



NOVEMBER



DECEMBER

UNO



We compete at the UNO competition. It is typically a Sunday hosted by UNO

OMAHA REGIONAL



We started attending the UDA Omaha regional hosted at Gretna East.

HOLIDAY BOOTCAMP



We are fortunate to have our Choreographer come back and help clean our Nationals routine

JANUARY



UDA REGIONALS: CHICAGO

**UDA DANCE TEAM SEND OFF JANUARY 25:
HOSTED AT ELKHORN SOUTH CHARITY DONATION
MAKE-A-WISH**

**UDA NATIONALS DIVISION 2
SCHOOLS SMALLER THAN 1400
JANUARY 30-FEBRUARY 1**

EARLY FEBRUARY

UDANATIONALS DIVISION 1
SCHOOLS LARGER THAN 1400
FEBRUARY 6-FEBRUARY 8

ITENARY





1. How many things they are to keep track of that do not relate to dance.
2. The process for turning things at school. Gym Space...
3. Money
4. Parents
5. Music Licensing
6. Waivers
7. Fundraising



There is a Nebraska Coaches Band App. I do not run it but I think it is going to be a great resource for all of the coaches.

THINGS I WISH I WOULD HAVE KNOWN

THANKS



WHAT QUESTIONS CAN I ANSWER?