

**NORTH CAROLINA STATE UNIVERSITY
DANCE TEAM 2010-2011**

FREQUENTLY ASKED QUESTIONS

What is the time commitment like? The NC State Dance Team practices 4 nights a week for 3 hours with one of those days dedicated solely to conditioning and weight training. In addition to practice, the dance team is at every home football game, Men's and Women's Basketball games and Gymnastics meets. Many of these events fall on weekends and during Thanksgiving Break, Christmas Break, and Spring Break. In addition, the dance team also performs at pep rallies, community events and must also participate in fundraising activities. Dance Team takes up a considerable amount of time but many members have been able to have part time jobs that are flexible.

Does the Team Practice in the summer? Yes. The Dance Team practices during one weekend in June and the week prior to NDA College Camp in August. There are also optional opportunities for Dance Team members to work at two paid summer camps that we host along with Edge Cheer and Dance.

How Many Girls do you take on the Team? There is no set number of girls that are allowed to be on the dance team. If you meet the skills requirements and are prepared to uphold the standards of the NC State Dance Team, then we have a spot for you! Each season the team usually consists of 25-30 girls who are split into two teams; Red Team and White Team.

What if I want to try out for the team but I cannot make it to the Spring Auditions? We strongly encourage everyone to attend Spring Auditions but if you cannot make it there are other options! We recommend that you submit an Audition Video if you would like to be eligible to participate in summer practice and NDA college dance camp. We also hold an audition in the fall, which takes place at the beginning of the school year in September. Those who audition in the fall miss summer practices and are behind on sideline and halftime material for Football Season.

Does the NC State Dance Team compete? Yes! Every year the Dance Team attends the NCA/NDA Collegiate Cheer and Dance Championship in Daytona Beach, FL in April. We are consistently ranked top ten in the nation.

What should I wear/bring to tryouts? All participants should wear long black pants or black boy shorts/black tights and a midriff sports bra/dance top for both tryout days. Bring your audition application, any jazz shoe of your choice, and don't forget water!

What should I expect from Practice? Staying in peak physical condition is a very important part of being a member of the NCSU dance team. Each practice begins with running 1-2 miles and ends with performing abdominal exercises. The remaining practice time consists of stretching, working on technique and learning and perfecting routines. Once a week, practice is devoted to workouts.