



Academy of Our Lady of Peace

2020-2021

Performance Athletics Informational Meeting

(updated with latest tryout/audition information as of 4/16)



A Prayer of Solidarity

For all who have contracted coronavirus, We pray for care and healing.
For those who are particularly vulnerable, We pray for safety and protection.
For all who experience fear or anxiety, We pray for peace of mind and spirit.
For affected families who are facing difficult decisions between food on the table or public safety, We pray for policies that recognize their plight.
For those who do not have adequate health insurance, We pray that no family will face financial burdens alone.
For those who are afraid to access care due to immigration status, We pray for recognition of the God-given dignity of all.
For our brothers and sisters around the world, We pray for shared solidarity.
For public officials and decision-makers, We pray for wisdom and guidance.
Father, during this time may your Church be a sign of hope, comfort and love to all.

Grant peace.
Grant comfort.
Grant healing.
Be with us, Lord.

Amen.



Our Mission

Founded and rooted in the Gospel values of the Catholic church and the charism of the Sisters of St. Joseph of Carondelet, the Academy of Our Lady of Peace

empowers young women in an innovative learning

environment that ***honors the individual while***

fostering community, and develops faith-filled leaders

dedicated to the “love of God and the dear neighbor without distinction.”



Department Staff

Karina Higginbotham
Athletic Office Assistant

Ms. Karen Hsu
Athletic Trainer

Mr. Chris Moeller
Associate Director of Athletics

Mr. Aarón González
Assistant Principal and Director of Athletics



Dancers & Cheerleaders as Student-Athletes

OLP Student-Parent Handbook

P38-40

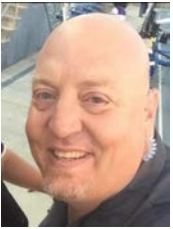
- **Eligibility**
- **Code for Student-Athletes**
- **Sportsmanship**
- **Student Athletic Contract**



OLP CHEER



OLP Cheer Coaching Staff



Mr. Casey Popp
Head Varsity Coach

(cpopp@aolp.org)
cell 619-606-1331



Mr. Eric Claxton
Head JV Coach

(eclaxton@aolp.org)
cell 619-757-8794



Virtual Tryout Details

- Cheer Material will be posted to the [AOLP website](#) under the Cheer Page with instructions and videos on April 20, 2020.
- Student-Athletes will be creating their own videos and submitting them for review. Videos will be due April 27, 2020.
- The video's will consist of three routines:
 - Dance - 4 eight counts By Julia "Lose Control" - Missy Elliott - Looking for your personality to come out in this piece.
 - Chant/Cheer - Sideline Game Chant By Caroline - Looking for crisp, sharp motions and a strong loud voice.
 - Jumps - Toe Touch, Hurdler, Pike By Livi - Looking for your best attempt at getting height and lift in your jumps. So balance and strength. A nice clean landing is needed.



Program Overview

The OLP Cheer Team is a performance and competitive team. We are looking for spirited and outgoing athletes, eager to learn and stunt, dance and jump at a high level.

JV & Varsity Teams

Performances:

- Assemblies/Rallies (*all-year*)
 - Open House (*Fall*)
- Saint Augustine Football Games (sideline & halftime) alongside OLP Dance Team (*Fall*)
- OLP & Saints Basketball Home Games (*Winter*)
 - Various OLP events (*all-year*)

Competitions Tryout Week of August 3rd:

- Throughout Southern California, competing against other high school cheer teams (*November - February*)





Competition Overview

<p><u>Jamz Bid Challenge</u></p>	<p>November 21, 2020</p>	<p>Anaheim Convention Center</p>	<ul style="list-style-type: none"> • General Spectator \$15 • Seniors 65+ \$10 • Children (6-15) \$10 • Children under 5 Free • Parking TBD
<p><u>CIF Cheer Championship</u></p>	<p>December 2020 (Specific date TBD)</p>	<p>Carlsbad High School</p>	<p>TBA</p>
<p><u>San Diego Showdown</u></p>	<p>January 23, 2020</p>	<p>Wyland Center Del Mar Fairgrounds</p>	<ul style="list-style-type: none"> • Admission \$15 • Parking \$8
<p><u>Jamz State Championship</u></p>	<p>February 6, 2021</p>	<p>Bakersfield Convention Center</p>	<ul style="list-style-type: none"> • OLP will Provide Transportation • General Spectator \$15 • Seniors 65+ \$10 • Children 5 and under FREE
<p><u>Jamz National Championship</u></p>	<p>February 19 & 20, 2020</p>	<p>Orleans Hotel & Casino Arena Las Vegas, Nevada</p>	<ul style="list-style-type: none"> • Transportation and Accommodations for student-athlete provided. • OLP Supervision provided during event



Cheer Time Commitment

Summer

Starting June 15th

(COVID-Restrictions Permitting)

Training & Preparation for Fall Season

- Tues/Wed/Thurs (3 days/week)
- 12:30pm-3:00pm
- No practice week of June 26th-July 14th

America's Finest Summer Camp

- July 31st- August 2nd (overnight camp)
- Crowne Plaza Mission Valley

School Year

Starting August 17th

Football

- Monday, Tuesday, Wednesday 6:00 am Practice with Thursday Games for JV and Friday Nights for Varsity

Basketball

- 1 or 2 Games Tuesday and Friday. Both STA & OLP
- Monday, Wednesday, Thursday 6:00 am Practice

Additional Practices

- Called as needed and are always taking the athletes academic into account



Our 3 Cheer Types

Sideline

Begins June 15th

**(COVID-19 Restrictions
Permitting)**

Cheering at games, rallies and school events. This is the All-American game day cheer experience. Supporting other sports in their games.



Traditional Comp Cheer

Begins August 3rd

Selected team who represents the school at the various chosen traveling comp events. These selection will be based on very detailed team needs, This is a high energy choreographed version of cheer.

STUNT Cheer

Begins February 15th

New Game Style of our sport of cheerleading. This has a referee and is timed, scored with an immediate winner. This is a head to head. in real time. version of cheer. This is a Title IX recognized sport at every level.



Cheer Cost For 2020-2021

(All anticipated costs INCLUDED...new to cheer this year)

SIDELINE CHEER - Games, Camp & Rallies

Returning Team Member \$1950

New Team Member \$2500

OLP & Saints Skirt & Top, 2 Bows, Rally Choreography, Music Editing, Jersey, 2 Shirts, Warm Up Pant, Warm Up Jacket, Hoodie Sweatshirt and Summer Camp

SIDELINE CHEER with FULL COMPETITION SEASON

All travel and hotels are now included in comp fee.

Returning Comp Team Member $\$1950 + \$900 = \$2850$

New Comp Team Member $\$2500 + \$900 = \$3400$

2 Local Competitions, 1 Travel State Competition and 1 Overnight Travel National Competition. VARSITY Only also has CIF Championship. Competition Choreography, Music Editing, Buses to Bakersfield and Las Vegas. Hotel Rooms in Las Vegas.



OLP Dance Team 2020-2021



OLP Dance Coaching Staff



Ms. Kelly Marshall
Head Coach



Ms. Tory Brown
Assistant Coach

Program Overview

The OLP Dance Team is a performance and competitive team. We are looking for highly trained, technical dancers specializing in Jazz, Lyrical, Ballet & Hip Hop.



JV & Varsity Teams

Performances:

- Assemblies/Rallies (*all-year*)
- Open House (*Fall*)
- Saint Augustine Football Games (sideline & halftime) alongside OLP Cheerleaders (*Fall*)
- OLP Basketball Halftime Home Games (*Winter*)
- Dance Showcase (*Spring*)
- Various OLP events (*all-year*)

Competitions:

- Throughout Southern California, competing against other high school dance teams (*January - March*)



Dance Competitions

We compete various group routines in Jazz, Hip Hop, Lyrical/Contemporary, & Pom.
Some dances will be full team routines & others will be by audition (small groups).

JV

- 4 Group Routines
- 4 Regional Competitions

Varsity

- 6 Group Routines
- Option to add Solos
(at an additional cost)
- 5 Regional Competitions
- WCE Nationals



Dance Showcase

- OLP Dance Team concludes the season with a Dance Showcase in the OLP Event Center
- Features our competition routines, as well as Dance Team student choreography and dances from our OLP VAPA dance classes





Time Commitment

OLP Dance Team is considered a year-round sport, beginning in June 2020 and ending in April 2021.

Since it is a year-round sport, OLPDT members are not allowed to participate in another sport at OLP.

Summer

Starting June 15th

(COVID-19 Restrictions Permitting)

Training & Preparation for Fall Season

- Tues/Wed/Thurs (3 days/week)
- 12:30pm-3:00pm
- No practice week of July 6th-10th

WCE Summer Dance Experience Camp

- July 17th-19th (overnight camp)
- Burbank Marriott

WCE Hip Hop Experience

- July 24th
- PV Peninsula High School

School Year

Starting August 17th

JV

- Tuesday, 2:30pm-5pm & Friday, 1:30-4pm

Varsity

- Monday, Wednesday, Thursday, 2:30-5pm

Additional Practices

- Throughout the Fall, both teams will have various Saturday rehearsals to learn competition choreography from guest choreographers (dates TBD).
- Starting in January during Competition & Spring Sing seasons, both teams should expect morning and/or evening rehearsals to be adjusted or added into the schedule. These will be communicated to OLPDT parents & dancers in early December.



Personal Commitment

In addition to being a big time commitment, the OLP Dance Team requires a huge personal commitment from each and every dancer and family.

It is expected that the OLP Dance Team is your #1 priority, and we are looking for dancers who are committed to fulfilling this obligation. Your dedication to this team is vital to the success of the entire team.

As an OLPDT member, you are also expected to maintain good academic standing throughout the entire season. Dance Team members will need to be independent and organized in their schedules, making sure to stay on top of their academics, Dance Team commitments (including rehearsals, performances, competitions, etc), and personal time with friends and family.

New next year: All OLP Athletes (Dance & Cheer included) will only be allowed to participate as a Chorus member in Spring Sing.



Dance Competition Overview

<u>WCE Summer Dance Experience Camp</u>	July 17-19th, 2020 (Overnight Camp)	Burbank Marriott
<u>WCE Hip Hop Experience</u>	July 24, 2020 (1 day Camp)	PV Peninsula High School Rolling Hills Estates, Ca
<u>WCE Dance Regional Competition</u>	January 16, 2021	Rancho Bernardo High School San Diego, Ca
<u>WCE Dance Regional Competition</u>	February 6, 2021	TBD - Glendale or Anaheim
<u>WCE Dance Regional Competition</u>	February 20, 2021	Corona, Ca
<u>WCE Dance Nationals (Varsity Only)</u>	March 26-28, 2021	Long Beach, Ca
<u>2 CADTD Regional Competitions</u>	Dates TBD	TBD
<u>OLP Dance Showcase</u>	Dates TBD	OLP Holy Event Center San Diego, Ca



OLPDT 2020-2021 Cost

All anticipated costs INCLUDED

Varsity: \$3,350

JV: \$2,950

- Paid via FACTS account
- Monthly payments available

What's included:

- Uniforms (*new next year*) & Competition Costumes (*group routines*)
- DT Official Jacket
- DT Official Duffel Bag
- DT Spirit Wear for Camp
- Summer Camp Registration, as well as:
 - Transportation
 - Hotel Accomodations (*WCE Summer Dance Experience, July 17-19*)
 - Lunch & Dinner Meals at camp
- Regionals & Nationals Competition Registration (*excluding solo add-ons*).
- Nationals Includes:
 - Transportation
 - Hotel Accomodations
 - Lunch & Dinner Meals at Nationals

Nationals is Varsity only



Audition Details



- Dance Material will be posted to the AOLP website under the Dance Page with instructions and videos on April 20, 2020.
- Student-Athletes will be creating their own videos and submitting them for review. Videos will be due April 27, 2020.
- The videos will consist of three routines:
 - Technique
 - Jazz/Pom Combination
 - Hip Hop Combination
- Further Information will be released shortly on the [AOLP website](#).

Audition FAQs

What to wear:

For Technique & Jazz Combo:

- Form-fitting dancewear (leggings, shorts)
- Hair in ponytail or bun
- No jewelry
- Jazz shoes or turners (half-soles)

For Hip Hop:

- Same as jazz, or feel free to add baggy sweatpants to help you feel a little more funky!
- Tennis shoes





Audition FAQs



What can I work on before auditions?

- Pirouettes on both sides (doubles, triples, quads)
- Battements & leg extensions (flexibility)
- A la Seconde turns (multiple rotations with strong, controlled center & upper body)
- Leaps - Right, Left, Center; Calypsos (single stag)
- Any acrobatic tricks you might have (aerial, back-handspring, kip up, headspring, etc.)
- A high level of performance executed through facials, body movements, and high energy
- Dynamic musicality choices



See you at auditions!!

Email Coach Kelly Marshall
w/ any questions:

kmarshall@aolp.org

Follow us on
Instagram for more
updates & to look
back on our amazing
past two years!

[@olpdanceteam](https://www.instagram.com/olpdanceteam)





COVID-19 Disclaimer: As with everything else in our world there are many unknowns at this time. Should government mandates and safeguards impact the above timeline, we will adapt and do our best to provide equitable and fair tryouts/auditions along with the very best program we can offer.

Please complete the interest form with your information to obtain the latest updates. [Interest Form](#)

Thank You!