



Lufkin Middle School Cheer and Dance Programs

2017

Objective of LMS Dance/Cheer Program

- ▶ The LMS Dance and Cheer electives provide an avenue for preparation and a bridge to the LHS programs while maintaining the integrity and intent of the middle school curriculum standards.
- ▶ The LMS Dance and Cheer Program is designed to provide students with creative expression and performance skills along with critical evaluation.
- ▶ Dance and Cheer students engage in perceptual thinking and mastery of movement principles while developing self-discipline and healthy bodies.
- ▶ In addition, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle.

This meeting will cover:

- ▶ Classes offered in 6th grade
- ▶ Classes offered in 7th grade
- ▶ Classes and teams offered in 8th grade
- ▶ Extra classes that are available after school in the spring
- ▶ Tryout meeting dates for LMS Dance and Cheer
- ▶ LMS Dance Team (after school)

6th Grade: Fundamentals of Cheer and Dance

- ▶ This class is one semester in length and is offered first and second electives.
- ▶ This class is designed to introduce students to the basic elements of cheer and dance techniques.
- ▶ Students will apply a variety of concepts on a daily basis which include rhythm and timing along with movement and coordination.
- ▶ Specifically, students will learn basic skills such as cheer motions, jumps, and spiriting. In addition, students will learn basic dance technique such as leaps, turns, and kicks.
- ▶ Students may have the opportunity to perform at a pep rally and a fine arts showcase.

7th Grade: Cheer or Drill Prep

Cheer Prep

- ▶ This class is one full year in length to be held second elective.
- ▶ Will provide instruction to girls who are interested in trying out for 8th grade cheerleader.
- ▶ Students will learn basic cheer technique such as motions, jumps, and spiriting.
- ▶ Students may have the opportunity to perform at a pep rally and fine arts showcase.

Drill Prep

- ▶ This class is one full year in length to be held first elective.
- ▶ Will provide instruction to girls who are interested in trying out for 8th grade drill team.
- ▶ Students will learn basic dance technique such as turns, leaps, and kicks.
- ▶ Students may have the opportunity to perform at a pep rally and a fine arts showcase.

8th Grade: Teams or Combo Class

8th grade Cheer Team

This class is one full year in length to be held first elective.

This team requires a tryout in the Spring.

This course is designed to enhance specific cheerleading skills for performance purposes.

Cheerleaders will perform at LMS football and basketball games as well as pep-rallies, community/school events and local competitions.

8th grade Drill Team

This class is one full year in length to be held first elective.

This team requires a tryout in the Spring.

This course is designed to enhance specific dance skills for performance purposes.

Drill team will perform at LMS football and basketball games as well as pep-rallies, community/school events, local competitions, and the Panther Pride Spring Show.

8th grade Dance and Cheer combo

This class is one full year in length to be held second elective.

This class does NOT require a tryout.

This class provides instruction to girls who are interested in trying out for LHS JV Drill Team or Freshmen Cheerleader.

Students may have a performance opportunity at a pep rally or fine arts showcase.

LMS Dance Team

- ▶ We will continue to offer the LMS Dance Team for 6th and 7th grade students.
- ▶ This program is designed to provide an avenue for all students to develop dance skills and techniques, increase leadership skills, and build great friendships.
- ▶ This team does not meet as a class period, practices are held after school and on weekends.
- ▶ Informational meeting and sign up will be held later this Spring.

Extra Classes! Extra Practice! Extra Help!

- ▶ In addition to these classes offered at LMS, Lufkin ISD is proud to offer Spring Technique Classes for both Dance and Cheer!

Monday Drill Team Clinics

- ▶ Free dance clinic open to all current 7th and 8th grade students.
- ▶ Clinics will be held at LHS on the following Mondays: February 6th, 13th, 27th and March 6th from 4:15-5:15.
- ▶ Transportation will be provided from LMS to LHS but you **MUST** have your own ride home from LHS at 5:15.
- ▶ Students will learn dance and kick technique to prepare for team tryouts.
- ▶ These clinics are **NOT** mandatory for tryouts. Attendance at the clinics does not mean that you will make the team.
- ▶ You must submit the form by the due date in order to participate in the clinics.

Wednesday Cheer Clinics

- ▶ Free cheer clinic open to all current 7th and 8th grade students.
- ▶ Clinics will be held on February 1st, 8th, 15th, 22nd, and March 1st from 4:15-5:15.
- ▶ Transportation will be provided from LMS to LHS but you **MUST** have your own ride home from LHS at 5:15.
- ▶ Students will learn basic cheer skills including motions, jumps, dance and crowd involvement.
- ▶ These clinics are **NOT** mandatory for tryouts. Attendance at the clinics does **NOT** mean that you will make the team.
- ▶ You must submit the form by the due date in order to participate in the clinics.

LMS Drill Team Tryout Meeting Date!

TRYOUT MEETING FOR
CURRENT 7-11TH GRADE
STUDENTS WILL BE HELD ON
WEDNESDAY MARCH 7TH AT
6PM AT LHS.

LMS DRILL TEAM TRYOUTS
WILL BE HELD ON APRIL 13.

LMS Cheer Tryout Meeting Date!

MANDATORY TRYOUT
MEETING FOR CURRENT 7-11
GRADE STUDENTS WILL BE
HELD ON FEBRUARY 13TH AND
15TH AT 6PM IN THE LHS
CAFETERIA.

CHEER TRYOUTS WILL BE HELD
ON FRIDAY MARCH 10TH.

Questions????

- ▶ Please contact Mrs. Patricia White, LHS Student Activities Director
- ▶ 936-633-7838
- ▶ pwhite@lufkinisd.org