

# So You Think You Can Dance

Join the LCHS Dance Department

HOW DO I GET INVOLVED???

# DANCE



Photo: Nikki Carran

Sign up for a Dance 1 class OR try out for the Fillies Dance Team

# Dance as a Fine Arts

## LCHS Dance Department

- Dance I:
  - > Credit: 1
  - > Grade: 9 - 12
- This course is offered a fine arts credit.
- **7103 Dance I**
- The course contains fundamental skills in ballet, modern, jazz, folk, character and ethnic dances.
- The course also includes elements that relate to physical education.

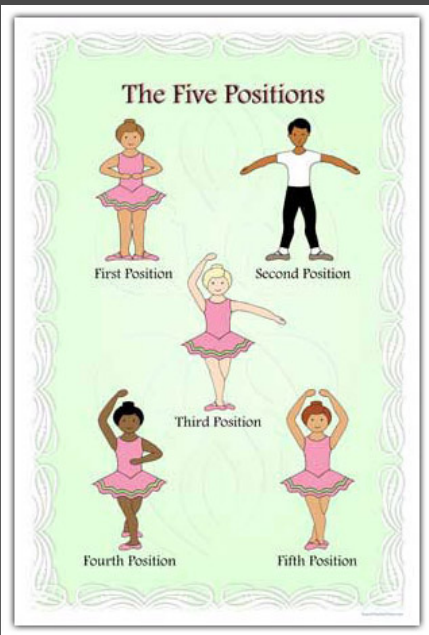
- Dance II, III, & IV :
  - > 7113, 7123, & 7133
  - > Credit: 1
  - > Grade: 10 - 12
- These courses offer a fine arts credit

## Fillies Dance Team

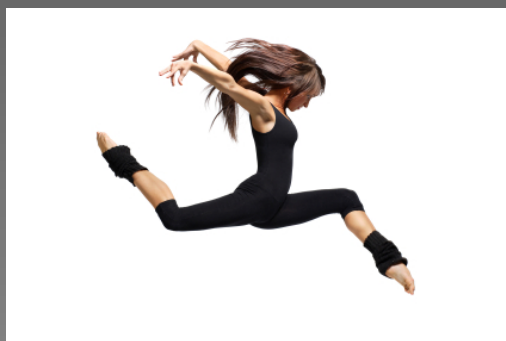
- Prerequisite: Placement is based on competitive tryouts, which occur in the Spring. *(The extracurricular activities of dance team may receive a one year substitution credit from physical education (6553 PE Substitution Dance))*

# LCHS Dance Department

## BALLET



## JAZZ





# LCHS Dance Department

## Hip Hop



## Cultural Dance



# LCHS Dance Department

Modern

Tap



# Fillies Dance Team

## WHO ARE THE LAMAR FILLIES?

- They are a group of highly motivated, respectable, and disciplined young ladies.
- The purpose of this team is to encourage quality performance, high academic standards, fine personal qualities, and loyal school spirit.





# Fillies Dance Team

## WHAT IS THE BENEFIT OF BEING A FILLIE?

Learn/improve on dance technique

Opportunity to perform and travel

Gain confidence

Build leadership, self discipline, and time management skills

Have an incentive to keep a high academic status

Make lifelong friends





# What do the Fillies Do?

- Practice Monday-Friday 6:45 AM – 8:50 AM
- Perform at football games and pep rallies
- Compete at the regional, state, and national level (spring semester)
- Visit elementary schools
- Host Dance Clinics
- Spring Show
- Summer Camp
- Appearances at community events



Just some of what the Fillies have done so far this year.





# So...Do you think you can DANCE??



Talk to your counselor about signing up for Dance next year.

Or try out for Fillies, Try Out Meeting in February.

Or talk to Mrs. Sury, the dance teacher & director.

Twitter: @LCHSDanceDept

Facebook: LCHS Fillies Dance Team

Websites: LCHS Ms. Sury's Teacher Page  
LCHS Extracurricular Fillies