

SETON VARSITY & JV DANCE TEAMS

2025 UDA Nationals DII Small Pom National Champions



The mission of the SHS Dance Teams is to live up to the expectations that we set for ourselves, including being a number one team in Seton's, our parents', our friends', and our own eyes. We will always be friendly and inspiring representatives of Seton High School, Seton Dance, and our City of Cincinnati. We will always do what is right for our team, Seton Athletics, and Seton High School. We will be champions in every way!

Coaching Staff:

Jill Lamey '98, Program Director
Blair Durbin '18 & Paige Dixon, Varsity Coaches
Jodie Finke Kitchell '08 & Abby Hoeweler '19, JV Coaches

Season Timeline:

Informational Meeting – Tuesday, March 25th @ 6:30 in Halo Café
Tryout Prep Classes – Monday & Wednesday evenings beginning March 31st
* We also offer several Master Classes - see www.shsdance.org for a full schedule
Tryouts – April 28-30th (learning nights) & May 3rd (final tryout & team announcements)
Practices – They begin almost immediately after tryouts.
* We start at 2 days a week over the summer months and then pick up to 3 (JV) & 4 (Varsity) days a week when school starts. Both teams add in Sundays in January.
Seton Athletics Kids Dance Camp – June 16-18th @ Seton 6:00-8:00pm
UDA Summer Camp – July 13-16th @ Great Wolf Lodge (Mason, OH)
* The week of practice prior to camp is mandatory for all varsity team members
July-August – Choreography Season
November-January – Competition Season
UDA Nationals (Varsity) – Jan. 30-Feb 1st @ Walt Disney World in Orlando, FL
JAMfest Nationals (JV) – Feb. 6-8st (tentative date) in Louisville, KY

Tryout Information:

Following is a list of elements that will be part of the tryout combos and/or the girls will be asked to demonstrate at final tryouts on May 3rd.

- Jazz Walk Sequence
- Splits (both legs)
- Jeté (both legs)
- Second Leap (both sides)
- Triple Pirouette
- Turns in Second (5 w/whip triple)
- Advanced Turn Sequence (taught at auditions)
- 2 '8-count' showcase of special skills (pom, jazz and/or hip hop) of dancers choosing
- Toe Touch
- Double Toe Touch
- Calypso
- Firebird
- Quad Pirouette
- Aerial (right preferred)
- Turning Varsity
- Forward Roll
- Headstand
- Headspring
- Kip-up
- Stall (any)

Girls must be present all sessions (unless previous arrangements are made).

Audition combos (pom, jazz & hip hop) will be taught, along with a review of all the elements above dancers will be asked to demonstrate at final tryouts.

The final numbers chosen for both the Varsity & JV teams will be determined by the number of girls who are able to perform the above elements technically correct AND demonstrate a superior level of dance, showmanship, and passion. Dancers will have a meeting with the coaches and informed of tryout results on Saturday May 3rd.

NOTE: Being selected for the Varsity team does not guarantee performing at competitions, events or nationals.