

ROCKERS DANCE



TEAM

*Do you love to dance? Do you love being part of a team?
Do you love to compete?*

Who are the Rockers?

- Middle School Pom Dance Team
- Team members can be in 5th, 6th, 7th or 8th grade
- Team members can be from Hillsdale, RiverVale, Montvale & Woodcliff Lake
- Coached by the National Championship dance team, Pascack Valley

What is a Pom Dance Team?

- Teams that participate in competitive dance
- Have a choreographed routine
- Includes leaps, turns and lifts
- Performs with poms

Information about Rockers Season:

- Practices are held 2x a week at Pascack Valley High School
- Technique class is held 1x a week at a dance studio
- Season is September through February
- Attend 5-6 Local Competitions and State Competition

Come see us perform:

- February 9, 2020 at the Sweetheart Competition hosted by the Pascack Valley Dance Team at Pascack Valley High School (Times to be determined)
- February 13, 2020 at Pascack Valley High School gymnasium at 7:00pm (Free event)

Get ready to Try-out for the 2020/2021 Season:

- April 2020 (dates and times TBD)
- Students currently in 4th, 5th, 6th or 7th grade

If you have any questions, or would like more information
regarding try-outs please email:

RVROCKERSDANCE@GMAIL.COM

