

2025-2026 SMITHTOWN EAST WHISPERETTES **VARSITY KICKLINE PROGRAM**

“25th National Small High Kick Champions”

Coaches: Sarahbeth Cook & Michele Marciante

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Welcome to our try out information page. All the information listed below, will help prepare your child for a smooth tryout process, with the needed effort put forward. If you have any questions for either coach please feel free to leave us a message at the athletic office or email us. We will get back to you as soon as we can. We look forward to seeing everyone at tryouts. Good luck and enjoy your summer!

TRYOUT INFORMATION

NOTE: *The Smithtown East Whisperette program begins in August and runs till mid-March. We are a competitive sport attending both local and national competitions throughout the season. Our program requires a full-time commitment. A waiver will need to be signed stating that both you and your child understand the requirements in order to become a member of this program. **No previous spot is guaranteed!** Everyone must audition, even a previous team member. More information will follow.*

****Students MUST have a cleared Sports Physical in order to participate!****

DATE	TIME	LOCATION
Tues. 6/3	4:30-7:30PM	HS East Old Gym
Wed. 6/4	4:30-7:30PM	HS East Old Gym
Thurs. 6/5	4:30-7:30PM	HS East Old Gym

Parent Meeting

Wednesday, June 4th 7:30PM

At least one parent must attend this meeting to go over program rules and expectations. Waivers will be signed during this time

All girls must attend and participate in **ALL** daily practices to be eligible to audition on the final day of tryouts (**Wed. 6/5**). That is the day the girls will be judged on the routine they have learned.

REQUIREMENTS

- You must be entering 9th grade to tryout.
- You must have a cleared sports physical by **AUGUST**. This needs to be DONE (clearance) before summer practices begin, NOT the day of. No exceptions will be made. You will not be permitted to practice without this.
- Both team members AND parents must be committed and support the Whisperette schedule and rules.
- You must hand in the parent/student contract to audition on the final tryout date. You will not be permitted to tryout without it. No excuses.
- You MUST have fun and LOVE being a Whisperette ☺.

KICK:

- You must have a **right** and **left split**.
- You must be able to do a **leg lift** and **jump split**.
- You must be able to do a **headstand** and **headspring**.
- You must be able to do a **right aerial** (*competition kick*).

POM & DANCE:

- Required Turns
 - Right side, double/triple (2/3) pirouette
 - Left side, double/triple (2/3) pirouette
- Turn Combo
 - Prep 6, 7, plié 8
 - Four a la seconds, opening on 1, 3, 5, and 7, plié 8 double/triple turn 1-3
- Required Leaps
 - Right jeté
 - Left jeté
 - Right open second leap
 - Left open second leap
 - Right Calypso
 - Left Calypso
- Advanced Skills
 - Front Walkover
 - Back Walkover
 - Aerial (Left)
 - Front Aerial
 - Kip Up
 - Additional advanced turn combos, jump/leap combo

IMPORTANT TIPS FOR TRYOUTS

- Stretch everyday prior to tryouts.
- Work on building your stamina by some kind of cardio workout.

- Bring plenty of water daily.
- Please bring any inhalers or meds if needed.
- HAVE FUN! ☺

DRESS REQUIREMENTS: *for Wednesday the 5th only*

- Black fitted Tank Top
- Black shorts (no writing on them)
- Black tights (full tights, no ankles showing)
- Black Jazz booties (please borrow before buying)
- Hair must be in a low bun, middle part. Please pin any loose hair away from your face.
- Light make-up, enough to brighten your face
- **NO JEWELRY!**
- SMILES ☺

WHAT TO BRING:

- Water Bottle
- Light Snack
- Practice Poms
- Jazz Shoes
- Sneakers

Official practice will start August 18th. Full season schedule will be handed out during summer practice.

In order for our program to run consistently and successfully

DAILY, WEEKEND AND HOLIDAY PRACTICES ARE MANDATORY TO PARTICIPATE IN THIS PROGRAM. More information and scheduling will follow.

VARSIITY CAMP: Camp is when the girls will be learning some of their performance/competition routines ☺

WHAT TO BRING:

- Water Bottle
- Light Snack
- Practice Poms
- Jazz Shoes
- Sneakers
- Yoga Mat/Beach Towel

DATE: TBA

TIME: Please hold 8:00AM-2:00PM

LOCATION: TBA

Varsity Summer Practice Schedule: Please bring a Towel and Water

Begins on Monday, 8/18-8/29

TIME: 7:00-10:00AM

LOCATION: **BACK FIELDS (Boys Phys. Ed Office)**

Please hold afternoons (5:00-8:00PM) Two-A-Days may be necessary

WHAT TO BRING:

- Water Bottle
- Light Snack
- Practice Poms
- Jazz Shoes
- Sneakers
- Yoga Mat/Beach Towel
- Ankle Weights (2.5lbs each weight 5lbs. TOTAL **Yes4All- found on Amazon**)
- Resistance Bands (**Fit Simplify- found on Amazon**)

Varsity Fall Practice Schedule:

Begins on Thursday, 9/4

TIME: Please hold 3:30-7:00PM (***Practice will be 2 1/2 hours within that time block***)

**Remainder of the schedule will be given out during Summer Practice.*