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# MINNESOTA STATE UNIVERSITY DANCE TEAM

## *RECRUITMENT PACKET*

### OPEN TO 2025 & 2026 GRADUATES

Minnesota State University | MSU Dance Team  
[maverickdanceteam@gmail.com](mailto:maverickdanceteam@gmail.com) | [www.maverickdanceteam.com](http://www.maverickdanceteam.com)



Future Maverick,

Thank you for expressing your interest in the esteemed MSU Dance Team! We are thrilled to announce that we are currently in the process of recruiting exceptional individuals who will graduate in 2025 and 2026, as well as transfer students.

Our program is seeking dancers who embody the very essence of excellence and dedication. We are in search of disciplined, passionate, reliable, and optimistic dancers who are ready to embark on a remarkable journey with us. Ideal candidates will exhibit self-motivation, mental toughness, and a team-first mentality. At our core, we hold a deep appreciation for the athleticism required to become a competitive dancer, cherishing the process as much as the ultimate outcome.

As coach, I place the utmost importance on the relationships I cultivate with the athletes. I have an unwavering commitment to fostering an environment where the dancers continuously push themselves to surpass their personal bests, both inside and outside the studio. My ultimate objective extends beyond producing well-rounded athletes; I aim to develop well-rounded young adults who are equipped to thrive in the world. Character development, leadership skills, and individual responsibility are values I actively instill within our dancers.

If our program and philosophy resonate with your aspirations, I kindly request that you thoroughly review this comprehensive packet. By doing so, you will gain insights into the numerous benefits and requirements necessary to be considered for a desired position on the Minnesota State University Dance Team. I understand that your decision on where to attend college is very important and am thrilled you are interested in MSU! I am excited to get to know you, watch you dance, and look forward to meeting you soon.

If you have any additional questions, please reach out to [maverickdanceteam@gmail.com](mailto:maverickdanceteam@gmail.com)

Go Mavericks!  
Madison Hebrink  
Minnesota State University Mankato Head Coach



# *Commitment*

## **SUMMER:**

- Welcome Weekend in June
- Pre-Camp Practices (July – early August)
- UDA College Camp (early August)
- Pre-School Practices (Mid August- end of August)

## **FALL:**

- Practices 2-3x per week
- Lifting/team training 2x per week
- Home Football Games
- Home Men's Basketball Games + select Women's Basketball Games
- Nationals Practices (Winter Break)
- Practices 6x per week (Some twice a day)
  - Home Men's Basketball Games + select Women's Basketball Games
- UDA Collegiate National Championship

## **SPRING:**

- Practices 1-2x per week
- Home Men's Basketball Games + select Women's Basketball Games

## **Financial Commitment:**

- Approximately \$1,000 - Dues are subject to change depending on team fundraising. Payments will be made in three installments throughout the season.



## *Official Recruit Video*

### **Minnesota State University Dance Team Recruitment Guidelines**

Prospective Student-Athletes for MSUDT are strongly encouraged to submit an official recruitment video. Please provide all material in a clear and concise video format where the dancer's full body can be seen in the frame. Videos should be filmed head on and horizontally, as if the dancer is facing the coaching staff. **ALL SKILLS LISTED MUST BE RECORDED AND SUBMITTED AS ONE CONTINUOUS TAKE; DANCERS MAY DO EACH SKILL TWICE IF NEEDED.**

### **INTRODUCTION:**

A short introduction that should include your name, hometown, dance background, and why you want to be on the Minnesota State University Dance Team.

### **SKILL SHOWCASE:**

#### **Turns:**

Right side triple (3) pirouette

Right side quadruple (4) pirouette

Right side max pirouettes

Left side double (2) pirouette

Leg Turn

Two turn combos showcasing a variety of a la seconds, including changing spots, floats, variation in arm and leg placement, speed and pirouette elements

Turn Combo 1: two 8-count minimum

Turn Combo 2: four 8-count minimum

#### **Leaps:**

Single toe touch

Double toe touch

Right and left jete

Right and left open second leap

Right calypso

Right and left firebird

Switch Arabesque (either side)

#### **Acro:**

Right and Left Aerial

Front walkover

Back walkover

Kipup

Headkip



## *Official Recruit Video*

### **Extra Skills**

- Front aerial
- Flexibility
- Advanced turn combos or advance jump/leap combo

**SHOW ME ANYTHING YOU FIND MAKES YOU STAND OUT**

### **JAZZ SOLO:**

One minute long, can be self-choreographed, a portion of a past routine, or footage from a recent competition.

### **POM SOLO:**

One minute long, can be self-choreographed, a portion of a past routine, or footage from a recent competition.

Videos should be uploaded to YouTube or Google Drive, and a link to the video can be emailed directly to Coach Madison Hebrink at [maverickdanceteam@gmail.com](mailto:maverickdanceteam@gmail.com)

### **LETTER OF RECOMMENDATION**

While your skills as an athlete are important, I am also interested in learning about your character as a person. Your Letter of Recommendation should come from a coach or adult in your life (non-family member) that knows you very well. This person should be willing and able to speak to your work-ethic, character, and personality. Letters can be emailed directly to Coach Madison Hebrink at [maverickdanceteam@gmail.com](mailto:maverickdanceteam@gmail.com)

### **TIMELINE**

- December 1st: Early submission due (All candidates who submit prior to December 1st will be eligible for an invite to our private clinic DATE TBD)
- December 10th: Private clinics invites sent out

If you have any questions about our recruitment process, email Head Coach, Madison Hebrink at [maverickdanceteam@gmail.com](mailto:maverickdanceteam@gmail.com). I look forward to meeting you and thank you again for your interest in our program! **GO MAVS!**