

# Dance Team Handbook

## **PURPOSE**

The purpose of the Fort Calhoun High School Dance Team is to promote and uphold school spirit within the school and community through performances, competitions, and events, as well as represent Fort Calhoun High School as positive role models in and out of uniform.

## **DANCE SEASON**

The dance season will begin with the coordination of tryouts, typically scheduled in April. Summer practices will begin when the current school year is concluded. Fall practices will begin in August and will continue through the winter season (February). Dancers will be expected to dance at all varsity football games as well as all varsity basketball games. Competition season will typically begin in November and continue through February. It is important to note that during competition season there may be additional practices and showcases to ensure readiness at the competitive level. Our dance season will end with an end of the banquet where team members will be recognized for their dedication and celebrate the dance season.

## **SELECTION PROCESS**

The Fort Calhoun Dance Team will be selected after a tryout process. Tryouts begin with practices where participants will learn a routine and practice technique. The actual tryout will take place in front of three judges. Participants will be judged on technique, routine memorization, performance, and teacher evaluations. Judges will be chosen by the coach. The number of dancers to make the team will be determined where there is a natural break in scores by the coach. There will be no pre-determined number of team members. Each participant must be entering grades 9-12 at Fort Calhoun High School to be eligible to tryout.

## **ELIGIBILITY**

Team members are students first and will be responsible for maintaining passing grades throughout the full dance season. Any team member that is failing a class becomes ineligible from practice and performances until the grade becomes passing. Team members will also meet with the coach to develop a plan of action to get the grade back up.

Team members must meet attendance requirements as set forth by the Fort Calhoun School District. Team members must follow all expectations as outline in the Fort Calhoun School student handbook and the Fort Calhoun Athletic handbook.

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## COMMUNICATION

Communication between coach, team members, and parents is of utmost importance. Communication between coach and parents will primarily be through email. It is the responsibility of the team members to communicate with their parents any information that is received as most communication will be through team members and coach.

The Band app will be used for various forms of communication between team members and coach.

If a team member will not be at a practice or performance, I will need written form of communication. (Email, letter, text) If absences become an issue, I will request the communication come from a parent.

## ATTENDANCE

The key to a successful year is the building of teamwork. Teamwork is built through the attendance of practices and performances.

Practices are mandatory. The coach needs to be notified if a member will miss a practice **before** the day of unless you become ill during the day. Failure to notify the coach of an absence before the day of results in an unexcused missed practice. Any unexcused missed practice may result in a suspension of the team member for the next performance.

If a dancer misses a practice before a performance, they will not be eligible to perform at the next performance.

More than 2 unexcused absences will result in suspension from a performance.

Excused absences- Illness, medical emergencies, funeral, religious holiday, unexpected emergency, family vacation, other school obligations that the team member is involved in. Excused absences must be communicated to the coach, and reminders must be provided by the dancer.

Unexcused absences- Illness, medical emergencies, funeral, religious holiday, unexpected emergency, family vacation, or other school obligations that the team member is involved in without notifying the coach. In addition to work/ job, and extra-curricular activity outside of school, and doctor/ dentist appointments.

Being dishonest about an absence will result in having a meeting with the coach and possible consequences including suspension.

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## PRACTICE

Each team member must be on time and ready for each practice. If a team member is going to be late the coach needs to be notified. Failure to notify the coach and more than 10 minutes late equals an unexcused missed practice.

The first ten minutes are important to properly warm up the body and get ready for practice. Missing this time could result in injury.

Team members need to be in correct shoes, athletic clothes, and have the correct poms. Hair needs to be pulled up and out of their face at the time of the start of practice.

No phone rule at practice and performances. Phones need to be put away and in the team members bag during practice/ performance times. If a team member is on their phone, they will get one warning. If a second warning needs to be given then the practice or performance will be considered an unexcused missed practice/ performance.

No food during practice- including gum.

Team members are expected to stay for the whole practice. Missing part of a practice will result in lost points.

Team members will be respectful of themselves and others as well as maintain a positive manner at all times. Failure to do so will result in lost points.

Team members will always give the task at hand 100% and without complaint.

## PRACTICE SCHEUDLE

### Summer

Practice will run throughout the whole summer with breaks here and there. Any vacations, camps, practices, etc. need to be turned in as soon as possible in order to set a summer practice schedule. It is possible that we will start practice before the school year ends.

In the fall, we work around school sports such as volleyball, softball, and cross country. Therefore, practices are usually at night and not after school.

For basketball/ competition season, November- February we will practice Tuesday and Thursdays after school 3:30-5:00pm. When there are multiple games a week, we will move practice to a Monday. During competition season there may be added practices—especially right before a competition so we can get into a gym. All practices are mandatory!!! I keep an updated calendar and send it out to dancers and parents as far in advanced as possible!

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## **PERFORMANCE**

Team members will be expected to know the routine that is being performed by the practice before a performance. If a member does not know the routine at this time, they will not be permitted to perform the routine at the performance. This ensures all team members strive for their very best throughout the entire year. They will still be expected to be at the performance and “performance” ready. It will be up to the coach’s discretion if a team member will perform or not perform.

Performance ready- Team members are asked to arrive in correct uniforms/ performance attire. Failure to wear any part of the uniform, or not having proper shoes or undergarments, will result in the team member not being able to perform/ participate. There will be no putting on makeup, doing hair or changing on the field, court, or bleachers. The coach will determine what uniforms will be worn.

No jewelry may be worn during performances (necklaces, nose rings, anklets, and body piercings, unless okayed by the coach). Team earrings if applicable are the only piece of jewelry allowed at games and performance unless noted by the coach.

No visible tattoos (must be covered).

No gum chewing or candy.

Hair must be in the appropriate style set by the coach. We are a team and need to look like a team.

## **FUNDRAISING/ COSTS**

Fundraising will be done throughout the duration of the year to ideally relieve some financial obligations. We will do one big fundraiser each year that will benefit each dancer individually. Money raised from this fundraiser is kept individual- each team member will receive the profits they individually have earned.

Team fundraising will contribute to entry fees for competition, choreography, music, tights, etc. depending on how many funds are raised. Team fundraising may include but is not limited to sponsor shirts, car washes and an elementary dance camp.

## **UNIFORMS**

All uniforms are purchased by the dancer. Each team member is responsible for their uniform. Uniforms are required at all events and should not be loaned out to non-dance team members.

Total uniform cost for new members is estimated at \$900. Account balances for uniform costs will need to be paid to the high school office by June 1, 2023. Uniforms will be handed out shortly after this date.

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Uniforms may include but are not limited to:

From Varsity:

- Team Dress Uniform
- Team Leggings
- Team Coat
- Team Rhinestone Warm Up Jacket
- Team Backpack
- Team Poms
- Team Bows

From other sources:

- Tan Jazz Shoes
- Black Jazz Shoes
- Tan Turner Shoes
- Team Tennis Shoes
- Team Socks
- Team Earrings
- Camp attire/ Team shirts ordered every year

Uniforms for game Days at School- The coach and/ or captain will determine what uniform is worn on these days.

## **CAMP**

Team members will attend an overnight dance camp put on by the Universal Dance Association during the summer.

The Dance Team will be attending camp at the Embassy Suites in Lincoln, June 19<sup>th</sup>-22<sup>nd</sup> 2023 for an overnight dance team camp. Estimated cost for camp is \$500. The first payment of **\$100 is due April 14<sup>th</sup>**. The rest of the **balance is April 28<sup>th</sup>**.

## **COMPETITION**

Team members will be expected to participate in the state wide dance competition put on by Universal Dance Association for high school dance teams in February of 2023 as well as one or two other local competitions before state. If a team member does not plan on being a part of the competition team, they need to notify coach ASAP. The categories for competition are Pom, HipHop, Jazz, and High Kick. The Fort Calhoun Dance Team will compete in two categories determined by the coach. Team members will try out to be in the state routines. Team members need to prepare to have team tricks by July 1st to be eligible for both competition dances. If team members are not able to perform team tricks, they will be eligible for one competition dance. Tryouts for state routines will be November 1<sup>st</sup>, 2023. Extra practices will be mandatory by team members for competition. Extra practices may be scheduled on the

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weekend as competition season begins. A practice calendar will be handed out prior to the beginning of competition season.

\*Team members that are involved with high school girls' basketball will not be eligible to participate on the competition team.

## **MISCELLANEOUS**

Any team member that voluntarily quits throughout the year could possibly not be eligible to be a part of the team the following year.

Calendars are subject to change and will be updated regularly.

Use Social media responsibly. Inappropriate posts to social media may result in consequences from the coach.

The use of alcohol or drugs will not be tolerated. Refer to the Fort Calhoun High School student handbook for penalties and information, but understand consequences from this dance program do not stop with the student handbook.

If a team member is injured it is their responsibility to report the injury to the coach.

Proper behavior while in and out uniform and/ or representing the dance team is expected.

Always speak highly of one another and your program.

## **LETTERING**

All team members will be eligible to letter. Team members will need to earn 175 points in order to earn a varsity letter.

## **POINT SYSTEM**

The coach has the right to add or deduct points as she feels necessary. Inappropriate behavior regarding conduct of sportsmanship will be dealt with individually as it occurs. Every dancer begins the season with 0 points.

Positive:		Negative:	
Practice	+2	Incorrect Uniform	-5
Football Performance	+5	Not ready for practice/ performance	-2
Basketball Performance	+5	Ineligible	-5
Locker Stickers/ Posters	+2	Unexcused miss	-5
Team Fundraising Event	+5	Phone 1 <sup>st</sup> warning	-2

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Attending Camp	+10	Phone 2 <sup>nd</sup> warning	-5
Attending State	+10	Missing part of practice	-1

\*Locker stickers are 2 points for each club made. Posters are 2 points for each poster made.

## CAPTAINS

Captains will be chosen after a captain tryout. It is up to the coach's discretion on the number of captains and or co-captains per year. Captain responsibilities are as follows;

communicate with coach about practices, performances, etc., call out and lead sidelines during basketball, choreograph and organize the homecoming pep rally dance, answer any and all questions from teammates, be a leader with stretching and making sure teammates are ready for performances, run social media accounts for the dance team, help keep a positive environment throughout the season, schedule team dinners and bonding activities throughout the dance season.

**Be positive. Be responsible. Be respectful. Be present.**

I \_\_\_\_\_ have read and understand the Fort Calhoun Dance Handbook and point system for the 2023-2024 school year.

Dancer Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_