

TEAM CONSTITUTION

I. ORGANIZATION

- A. This Constitution has been written and adopted for the _____ (team name).
The team and its Constitution are governed by _____ (school name) High School and the _____ (team name) members.
- B. Henceforth, the name of the organization shall be _____ (team name).
- C. The purpose of _____ (team name) is to:
1. Create school spirit, pride and loyalty.
 2. Promote interest in school activities and perform at school games.
 3. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
 4. Teach teamwork and pride in a quality performance through maintaining high standards.
- D. A Coach will be hired by the (district name) Board of Education upon recommendation of the Principal.
1. The Coach will be responsible for the daily running and activities of the _____ (team name) team.
 2. The Coach will be responsible for administering all disciplinary procedures.
 3. The Coach, with the team leaders' approval, may place certain restrictions on team members.

II. ELIGIBILITY

- A. Each member must maintain a _____ grade point average.
- B. Each member must submit a completed Application Form and Parental Consent/Medical Release Form BEFORE the annual tryouts take place.
1. The form must be signed by the candidate.
 2. The form must be signed by the parent/guardian.
- C. The team shall consist of a minimum of _____ and a maximum of _____ team members.
- D. There will be no more than _____ team members listed as Alternate.
- E. There will be no more than _____ Team Leaders/Captains.

III. ATTENDANCE

- A. All students who participate in school activities must be in regular full-day attendance the day the activity is scheduled.
1. Full-day attendance is from the beginning of the first hour and remaining until the close of the last hour of classes.
- B. To participate in a practice, a student must attend school _____ hours.
1. This must be fully documented with the Attendance Secretary.
- C. If a member is ill and misses ANY activity, he/she must be at HOME or seeking medical appointments.
- D. If a member misses ANY practice, he/she will automatically be replaced by an Alternate for that particular performance.
1. An absence must be documented by the parent in writing with the Attendance Secretary.
 2. All doctor appointments, etc. should be scheduled so they do not interfere with team activities.

III. ATTENDANCE CONT.

- E. All Alternates will attend all practices and performances.
 - 1. Alternate performing order will be established on an alphabetical rotating basis.
 - 2. If an Alternate misses an activity, she will drop to the bottom of the rotating order.
 - 3. All absences must be documented in writing by the parent with the Attendance Secretary.
- F. All members must attend each activity in its entirety.
- G. Work is not considered an excuse for missing any activity.

IV. UNIFORM

- A. Each member will be expected to provide practice uniforms.
 - 1. A complete list will be given to each candidate at tryouts.
 - 2. Any financial problems should be discussed with the Coach.
- B. Performance uniforms will be provided through team fund raising and will be the property of the team.
- C. Each member will be required to maintain good condition and cleanliness of his/her uniform on a weekly basis.
- D. Each member will be required to have all uniforms cleaned and in good condition before the end of the year.
- E. Footwear and accessories such as makeup, bloomers, ribbons, etc. will be purchased by each member.

V. MEDICAL

- A. Each member must have a complete physical exam before the first scheduled performance.
- B. A copy of the school medical form can be obtained from the school nurse or athletic trainer.
- C. A member must also have a completed medical emergency form on file with the Coach.
 - 1. The Coach must have these forms in her possession at all times.
 - 2. The forms can be obtained from the school nurse.

VI. CHARACTER

- A. Team members should be leaders within the school and set a good example at all times.
- B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
 - 1. Smoking, drinking and/or drug use are grounds for suspension or dismissal by the Coach.
 - 2. Each member must abide by those standards set by _____ High School which are found in the Student Handbook on page.
- C. A member must be courteous and friendly to all other team members as well as the student body.
- D. A member must be courteous and friendly to other teams and visitors.
- E. A member must be respectful to the Coach and a credit to the school.

VII. POINT/DEMERIT SYSTEM

- A. Points or demerits will be used as a disciplinary tool.
- B. They will be given by the Coach at the suggestion of the Team Leader/Captain.
- C. Three points will result in the removal from a performance.
- D. Six points will result in suspension for two weeks.

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VII. POINT/DEMERIT SYSTEM CONT.

E. Twelve points will result in dismissal from the team.

F. One point will be given for:

1. Tardiness at any team activity.
2. Chewing gum in practice.
3. Chewing gum in uniform.
4. Uniform inspection.
5. Disrespect toward Coach or Team Leaders/Captains.
6. No identification on uniform or its accessories.
7. Inappropriate practice uniform.
 - a. This would include any piece of the uniform.
 - b. This would also include inappropriate hair.
8. Forgotten props or accessories.
9. Inappropriate performance makeup.
10. Absence which will also result in removal from performance.

G. Three points will be given for:

1. Unexcused absence.
2. Use of inappropriate language in uniform.
3. Gossiping in uniform.

H. Six points, or suspension, will be issued for violation of above infractions totaling six points for:

1. Smoking in uniform (some schools consider possession on school grounds, or at any activity, grounds for suspension, check your administration).
2. Lack of minimal grade requirements.

I. The following violations will result in automatic dismissal:

1. Drinking in uniform.
2. Drug use in uniform.

J. Suspension means not attending any team function for two weeks.

1. Upon resuming team activities, the member will become an Alternate for one week and be ineligible to perform.
2. After completion of the "Alternate's Week," the member can resume regularly scheduled activities.
3. Two suspensions, or twelve points, will result in dismissal from the team.

K. Any school detention or school imposed discipline will be frowned upon by the team.

1. School detention, etc. will not be considered an excuse for missing any team practice or scheduled activity. Three points will be issued for such violation.

VIII. TEAM LEADERS/CAPTAINS

The roles and responsibilities of Team Leaders/Captains are as follows:

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IX. BOOSTER CLUB

- A. When students become members of the _____ team, their parents automatically become members of the _____ Booster Club.
- B. The Booster Club will be governed by officers as denoted in the organization by-laws.
- C. By-laws will be written and voted upon by the organization's members.
- D. There will be functioning committees within the organization.
- E. Voting members of the organization will pay \$ _____ in annual dues.

X. CAMP

- A. All members are required to attend summer camp.
- B. Camp will be held at _____ from _____ to _____.
 - 1. Transportation will be provided for campers.
 - 2. Cost will be \$ _____, which includes instruction, room and board.

XI. FUNDRAISING

- A. All members are required to participate in all fundraising which is generated by the team and/or the Booster Club.
- B. There will be set goals for each member to attain in their fund raising activities.
- C. Fundraising itinerary:

**2017-2018
Tryout Packet**

Saint Thomas Aquinas High School

Spirits Dance Team

A tradition of excellence

SAMPLE TEAM CONSTITUTION



Prospective parents and dancers,

Thank you for your interest in our program. We invite you to get to know a bit more about our program by exploring the information provided in this packet as well as on our website.

The Saint Thomas Aquinas Dance Program is comprised of talented and dedicated dancers selected through a tryout process each spring. We perform at home soccer, football and basketball games throughout the school year as well as various community events and competitions.

Our season is truly year-round. As such, dance team must be considered the dancer's *extra curricular priority*. With that said, 100% of our team members are involved in numerous enriching activities and clubs in addition to dance team including school musicals, student council, outside studio dance companies and many, many more. We believe involvement in these activities is critical to each dancer's overall development, so long as it doesn't create a burden on their studies.

Academics are a top priority for our program. Finding a healthy balance between academics and extracurricular activities is a top priority for each dancer and the coaching staff is committed to helping each dancer reach their highest potential in all areas of their high school experience.

The Spirits are dedicated to performing at the highest level each time we take the field or the floor, bringing entertaining, challenging routines for our crowds to enjoy. The long tradition of excellence, set by teams that have come before us, motivates us to 'practice hard, dance harder' throughout our season, working as one TEAM. Some of our top priorities include supporting our fantastic athletic teams and exhibiting what it means to be a 'Spirit' on and off the field. However, being a Spirit is so much more than dancing on the sidelines.

In addition to performances and competitions, Spirits complete numerous hours of community service each year. We also find time to bond as a team through fun activities several times each semester. Please take a look at our Service and Team Bonding tabs on our website for some highlights.

If you have any questions at all about our program, please don't hesitate to let us know. And, if you're ever at a game or event, please introduce yourself. We look forward to hearing from you!

Dancingly,
Tara (Schroeder) Yantis
Head Dance Team Coach
tschroeder@stasaints.net

Program Snapshot:

Team Theme: FTG3 (For the Greater Glory of God); 2016: “One Team, One Dream”

Team Scripture: I Corinthians 10:31

Motto: Sparkle and Shine

Excellence Pillars:

- Spirit
- Performance
- Integrity
- Responsibility
- Innovation
- Technique
- Service

Traditions

- *S.O.A.R.* – Spirits on a Rampage is our battle cry. It is the conclusion of our team chant, that you’ll hear echoing a few minutes before each of our performance. It also represents our mission: To relentlessly pursue excellence on and off the field and to make a positive and meaningful impact on our classmates, neighbors and future Spirits.
- *S&S* – ‘Sparkle and Shine’ is our team motto. As a team, we strive to excellence in all areas. Whether it is on the football field or the basketball court, the classroom or the commons before school, Spirits truly ‘sparkle and shine’ in any setting, seeking to be their best at all times.
- *Stars* – The star is our trademark symbol. A tradition started many years ago, the Spirits wear a gold star sticker or gem near the left eye for every performance. Sometimes this is paired with the Aquinas shield under the right eye.
- *Big Sis/Little Sis* – Within each team, rookies are paired with veterans for mentoring throughout the season.
- *Families* – There are six dance team ‘families’ within our program, which are comprised of dancers from each grade. The purpose of dance team families is to further promote mentoring opportunities for our veterans and resources for our younger dancers.
- *Team Prayer* – Coming together as a team in prayer is an essential part of our preparation. We close each practice and enter each performance with student-led prayer.
- *Weekly Mass* – We attend mass as a team on a weekly basis.
- *Team dinners* – The Varsity squad parents host team dinners before each home football game and select home soccer games.
- *Football Tailgate* – One time each season, we come together as a program and host a family tailgate before a home football game.

FAQ:

1. *What are tryouts like?*

Tryouts for our program take place in March and typically last three days. Dancers are required to audition each year. Dancers will be required to learn and perform a team dance (incorporates jazz, pom, kick and hip hop) as well as a kick combination and across the floor technique progressions. Dancers are also required to complete a tryout application and will be asked to answer an interview question during the tryout process. The judging panel is comprised of dance professionals from a variety of backgrounds.

2. *How should I prepare for tryouts?*

While previous dance experience is not a requirement to audition for our program, most prospective dancers take studio class in preparation for our spring tryouts. Ballet, leaps/turns, hip hop and dance team prep classes are recommended for those dancers who are not already a part of a competitive studio program. We also host free prep classes each Spring in the month leading up to auditions.

3. *Can I be involved in studio dance AND high school dance team?*

Yes! Many of our dancers participate in outside studio dance at both competitive and recreational levels. These commitments should be carefully considered and balanced by each family. While there are typically some schedule conflicts between studio dance and high school dance team, Coaches make every effort to accommodate schedules with the intent of reducing stress on each dancer.

4. *What are practices like and how often does the team practice?*

We hold a regular weekly practice schedule that varies by team. Varsity practices three times a week. These practices incorporate a combination of conditioning, warm up, technique, team building, choreography instruction and cleaning. Additional practices/rehearsals are scheduled on an as-needed basis.

2016-2017 Regular Season Practice Schedule:

- Tuesdays 6:00-7:30am (both teams)
- Thursdays 6:00-7:30am (JV every other Thursday)
- Fridays 3:30-5:30pm (both teams)

All practices are mandatory. Please refer to the Attendance Policy for communication of any unavoidable absences.

5. *What happens if I need to miss a practice?*

Dancers who have a conflict with a practice or performance are required to send an absence request to the coach via email with as much advanced notice as possible. Please refer to the Attendance Policy for our communication process. Absences or tardiness to practices and performances earn 'strikes'. Dancers are responsible to learn choreography and cleaning points missed before the next practice. Dancers who miss the last practice before a game performance, or the week of practices before competition or Winter Finale, will not be eligible to perform under most circumstances – this will be managed at the discretion of the coach.

6. *Is there a Spring Show?*

Our performance season concludes each year with our annual Winter Finale showcase. Typically at the end of February, this 32-number show is comprised of our award-winning routines from the year. We invite our community, family and friends to enjoy this evening of entertainment!

7. *How much does it cost?*

Costs are outlined for parents at our pre-tryout and season kick off meetings. Costs vary by tenure with the program as we make every effort to consolidate costs year over year and select items that can be used for more than one season. We also do a number of fundraising activities that help the team with a number of costs that are not passed along to our families.

8. *Does the dance team compete?*

Yes! In addition to our performances throughout the year, we participate in several dance team contests per season. Tentative dates can be found on our team website calendar tab.

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Attendance Policy

SPIRITS STRIKE SYSTEM DETAIL

5 strikes = benched from a performance

2 benched performances = potential dismissal from the team

Strikes can be earned by the following examples *but are not limited to* the following examples.

1 Strike:

- Tardy for practice
- Tardy for game day report time
- Tardy returning from half time
- Practice uniform violation
- Game day uniform violation
- ANY excused absence
- Other instances at the discretion of coach

2 Strikes:

- Excessive tardy for practice
- Excessive tardy for game
- Other instances at the discretion of coach

Automatic 3 Strikes:

- Unexcused absence
- Disrespect to teammate or coach
- Other instances at the discretion of coach

“Positive Points” can be earned through communication with the coaches and at the discretion of the coaches. For example, One strike could be earned back through completing additional tasks outside of dance team responsibilities, as approved by the coaches.

Absence Request:

Requests for absence can be made via email to Coach Tara: TSchroeder@STASaints.net

A response with notification of excused or unexcused status within 48 hours of the request.

Request should include:

- Date of absence
- Reason for the conflict
- Plan to make up what was missed and how to get caught up

When dancers earn THREE strikes, a coach will email the parent of that dancer. At that point, an action plan will be developed to avoid future benching.

Coaches reserve the right to adjust the policy, if it becomes necessary, during the season. If any adjustments are made, parents and dancers are informed via email.

IMPORTANT DATES:

The team calendar is kept up-to-date and can always be accessed by visiting:
Stasaints.net > Activities > Dance > Calendar|Events

TRYOUTS:

- **Pre-tryout meeting:**
 - Monday, March 27 6:30pm
- **NEW this year - Tryout Prep Workshops:**
 - April 4, 6, 11, 13, 6:30am-7:30am
 - \$5 per dancer per session
- **Tryouts:** Sessions are scheduled on April 18 thru April 21 as follows:
 - April 18: 6:30-8:30pm - All material will be taught
 - April 19: 6:30-8:30pm - Material review
 - April 20: 6:30-8:30pm - Mock Tryouts
 - April 21: 6:30-end - Official 2017-2018 Tryouts
 - April 22: Results posted no later than 10am
- **Season Kickoff Meeting/Fitting Meeting**
 - Tuesday, April 25 6:30pm (Camp fee of \$349 due at this time)
 - We have already met with our vendors and are hoping to have sizing samples ready by this meeting. Dancers' attendance is mandatory to ensure sizing is completed appropriately and we can order all items in accordance with our timeline.

SUMMER PRACTICES: Tuesdays @ 6am

We are currently planning on Tuesday morning practices over the summer to prep for camp. The early morning time tends to work best for everyone, so that is what we have loaded on to the calendar. We have also loaded a few dates for service hour opportunities. Example: Our K-8th clinic is at the end of May.

CAMPS:

Please mark this on your calendars now and advise of any major conflicts. We'll be holding an intensive series of practices leading up to camp. Summer dance camp is mandatory and absolutely critical to our season - please try to avoid any scheduling conflicts and alert the coaching staff of any issues as soon as possible.

TEAM CAMP - NDA:

We're excited to announce that both teams will be again attending the National Dance Alliance Elite camp in Maryville University in Missouri. This is a 4-day over night camp and the same camp we attended in 2016. **The fee for camp (\$350) will be due at the time of the parent meeting in April. This payment is extremely important so we can hold our pre-registration spot for this very popular camp that WILL sell out.**

Camp dates are July 17-20.

BOOT CAMP:

Both teams will also be required to attend BOOT CAMP in August. The purpose of this camp is to prepare all routines, sidelines and Fight Song for the Fall season. Conditioning and technique will also be included. All dancers will receive a Boot Camp tshirt as part of the fee.

August 2: 6-9pm

August 3: 6-9pm

August 4: 4-9pm

August 5: 9am-3pm, showcase at 2:30pm

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GAMES:

We have loaded all of the 2017-2018 game schedules we have available as well.

COMPETITION/Perf DATES:

- **Old Settlers:** typically the 2nd weekend in September
- **ONE Love:** typically around the weekend of November 12
- **Kansas City Classic:** typically around the weekend of December 10
- **JCCC Guest Performance:** we typically request a December or January date. This is firmed up in mid-Fall.
- **Royals Fan Fest (Varsity only):** typically the last weekend in January or first weekend in February. We audition for this in the Fall and are alerted of selection in January.
- **KSPEC:** typically around the weekend of January 20
- **2018 ADTS National Championship (Varsity only):** Dates not yet released, but typically the week after Spring Break.

Dates NOT Set yet:

- Summer carwashes (typically 2-3 Saturdays during the summer)
- Annual Family BBQ (typically in May/June)
- Annual Dessert Party (typically in July/August)
- Winter Finale 2018 (typically the last weekend in February)

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ESTIMATED DANCE TEAM COSTS:

****All checks must be written out to STA DANCE****

2017-2018 ESTIMATED DANCE TEAM COSTS				
ROOKIE		VETERAN		
JUNIOR VARSITY			JUNIOR VARSITY	
Make up/Hairpieces	20		Make up/Hairpieces	20
Spirit Wear	130		Spirit Wear	130
Fall Spirit Pack	75		Fall Spirit Pack	75
NDA Camp	350		NDA Camp	350
Boot Camp	100		Boot Camp	100
White Sneakers	50			
Book Bag	40			
TOTAL	765		TOTAL	675
ROOKIE		VETERAN		
VARSITY			VARSITY	
High-tops	60		High-tops	60
Make up/Hairpieces	20		Make up/Hairpieces	20
Spirit Wear	130		Spirit Wear	130
Fall Spirit Pack	75		Fall Spirit Pack	75
NDA Camp	350		NDA Camp	350
Boot Camp	100		Boot Camp	100
White Sneakers	50			
Book Bag	40			
TOTAL	825		TOTAL	735

Other Costs: *These are costs that tend to come up over the year.*

- Jazz shoes \$60 (2x\$30)
- Incidentals (ie, sister gifts) \$50 (approx..)
- Winter Finale Tshirt \$15-\$20
- Contest Indiv. Entries \$85+/entry (Team pays for all team entries; solos/duos are paid by the individual)
- Donated items: Dancers donate bottled water and fruit snacks for our clinics.
- Varsity may potentially attend Nationals in 2017 – cost is estimated at \$500 for travel related fees and lodging. All other fees are covered through school budget and fundraising.
- Replacement items: If a dancer loses or damages any of her items beyond repair, she is required to pay for replacement.

PROVIDED BY TEAM/SCHOOL:

- All Game-Day Performance Uniforms and Poms
- Team Poster
- Practice tools (stereos, amp cords, CDs, team iPod, etc)
- Team Bonding Activities
- Winter Finale
- Professional dance instruction and choreography
- And More!!

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PAYMENT SCHEDULE:

****All checks must be written out to STA DANCE****

JUNIOR VARSITY ROOKIE: \$765

April 25: \$350

NDA Camp \$350

May 30: \$220

Spirit Wear \$130

Book Bag \$40

White Sneakers \$50

June 27: \$195

Fall Spirit Pack \$75

Makeup/Hairpieces \$20

Boot Camp \$100

JUNIOR VARSITY VETERAN: \$675

April 25: \$350

NDA Camp \$350

May 30: \$130

Spirit Wear \$130

June 27: \$255

Fall Spirit Pack \$75

Makeup/Hairpieces \$20

Boot Camp \$100

VARSITY ROOKIE: \$825

April 25: \$350

NDA Camp \$350

May 30: \$220

Spirit Wear \$130

Book Bag \$40

White Sneakers \$50

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<u>June 27:</u>	\$255
Fall Spirit Pack	\$75
Makeup/Hairpieces	\$20
Hightops	\$60
Boot Camp	\$100

VARSITY VETERAN: \$735

<u>April 25:</u>	\$350
NDA Camp	\$350

<u>May 30:</u>	\$130
Spirit Wear	\$130

<u>June 27:</u>	\$255
Fall Spirit Pack	\$75
Makeup/Hairpieces	\$20
Hightops	\$60
Boot Camp	\$100

THIS FORM MUST BE SUBMITTED BY FRIDAY, 4/21 NO LATER THAN 6:30PM

2017-2018 Saint Thomas Aquinas Dance Team Tryouts ACKNOWLEDGEMENT OF TRYOUT AGREEMENT

I have read the attached tryout packet and agree that by accepting a position on the team, I will commit to the payment fee schedule and time commitment required for participation.

I understand that dance team is a considerable time commitment and agree that my participation in other extracurricular activities will not interfere with my commitment to dance team. This includes, but is not limited to, studio dance, invitational sports teams and outside jobs. Participation in multiple school-based activities is encouraged and supported, however, all major school activity conflicts (performing arts, tennis, etc.) must be discussed and determined with the coaches on a CASE-BY-CASE basis in ADVANCE of tryouts.

By signing the below, we acknowledge receipt and review of the tryout packet. We understand the estimated cost structure, payment schedule and time commitment required of participation in the program. We also understand and respect that results of the tryout are final.

Dancer First Name	Dancer Last Name	Date
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Parent/Guardian First Name	Parent/Guardian Last Name	Date
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THIS FORM MUST BE SUBMITTED BY FRIDAY, 4/21 NO LATER THAN 6:30PM

SAMPLE TEAM CONSTITUTION

Millard West Dance Team 2017-2018 Constitution

I. PURPOSE

- a. Millard West Dance Team members shall build and promote school spirit and good sportsmanship and should represent MWHS in a dignified manner, which is becoming to the student body, faculty and administration.
- b. Members shall dedicate themselves and devote their energies and services to create and maintain school spirit.
- c. Members shall promote positive relationships among all MWHS students and faculty, as well as students from other schools.
- d. Members shall learn the value of commitment through fulfillment of all MWHS program requirements.
- e. The team will be called and commonly referred to as the Millard West Dance Team or MWDT.

II. MEMBERSHIP

- a. All members, freshmen-seniors, are selected through official tryouts. Race, religion or creed will not be a bar to membership.
- b. All members must have passed and be enrolled in the designated semester credits (as established by the Nebraska School Activities Association and Millard Public Schools). All members must maintain a 2.5 cumulative GPA, throughout the season in order to perform.
- c. Due to the rigorous practice and game schedule, individuals who participate in outside activities such as dance studios, gyms, club sports, school sports and swing choir, etc. need to clear any conflicts with the coach and sponsor. MWDT activities come before outside activities, but an absence can be worked out with coach, sponsor and member. We do encourage members to be involved in other school activities that will not require the member to miss excessive practices.
- d. All members must have a sports physical on file in the Athletic office and pay the \$60 activity fee by the first day of school in order to practice and perform.

III. SELECTION AND TRYOUTS

- a. All Students and parents/guardians must agree to abide by the MWDT constitution. Both dance team members and parents must sign and date the constitution.
- b. Any student may try out to be a member if physically able and if the student agrees to abide by the dance team rules and regulations. If anyone tries out with an injury, she will need to do as much as physically possible at tryouts and be judged on what she performs. No special treatment will be awarded to any person trying out.
- c. In order to try out, a candidate must:
 - i. Be enrolled in and passing at least 10 credit hours in each nine week term and must have earned 20 credit hours in the previous eighteen week semester and have a cumulative 2.5 GPA. Incoming freshmen need to print out grades from their current 8th grade year;
 - ii. Sign the dance team contract and have parent(s) sign the contract;
 - iii. Be in good standing with school policy.
- d. A former member who did not finish the preceding year in good standing is ineligible to try out for the following year. To complete the season in good standing, a member

SAMPLE TEAM CONSTITUTION

must have fulfilled all of their assigned responsibilities, financial responsibilities, and finished as an eligible and active member of the team.

e. Tryouts are held during March or April of each year.

f. Clinics are held before tryouts to teach routines to those who will tryout. The coach and outgoing seniors that do not have a sibling trying out will teach the tryout dances.

g. Selection is based upon scores from outside judges.

h. Judges of skill performance or other sponsors from area high schools, dance studios, and/or college dance teams will be used. Every attempt is made to have judges that do not know any of the candidates. Current coaches/sponsors of MWHS are required to conduct clinics and help with tryouts, but they do not judge. (Outgoing seniors who have younger sibling(s) participating in tryouts will not be able to learn the tryout material prior to the clinics.) Outgoing senior members will be asked to help promote the tryouts by making posters and taking flyers to middle schools.

i. Outgoing senior members will not be allowed in the gym during the official tryouts for MWDT.

j. Members selected will be notified the day after tryouts.

k. The school will not participate in any initiation or hazing ceremony. No “dress up” of any kind will be allowed at the middle or high school level following tryouts.

l. Only those individuals who tried out and did not make a team are able to have a discussion with the school sponsor to learn about areas in which the member could improve on in order to prepare for future tryouts.

m. Sponsors reserve the right to wait 48 hours after the tryout posting to respond to e-mails and telephone calls regarding tryouts.

n. All conversations regarding tryouts must go through the appropriate school communication channels. This includes school e-mail addresses and school telephone numbers. Sponsors will not respond to tryout questions/concerns on their personal phone lines or e-mail.

o. Two alternates may be used on the Varsity team during competition routines. Each Varsity member will perform in at least one competition routine. The coach will determine the alternates after camp. At which time the team member chosen as an alternate has 24 hours to respond with their intent to take an alternate position or resign from the team.

IV. THE DANCE TEAM

a. Varsity Dance Team Members

i. Varsity members can earn a spirit letter at the end of the season if all duties were performed throughout the year in a dignified manner.

ii. The Varsity team will be composed of freshmen, sophomores, juniors and/or seniors. This team may be composed of up to 20 members. Size of the team will be determined by the coach and the coach will notify the sponsor and Millard West Athletic Director before the team is announced.

iii. The Varsity team will perform for all home varsity football games, and all home varsity boys and girls basketball games, and all pep rallies.

iv. The Varsity team will perform at all district and state games, including football, and boys and girls basketball.

b. Junior Varsity Dance Team Members

i. Junior Varsity members can earn a spirit letter at the end of the season if all duties were

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performed throughout the year in a dignified manner.

ii. The Junior Varsity team will be composed of freshmen, sophomores and/or juniors. This team may be composed of 6-20 members. Size of the team will be determined by the coach and the coach will notify the sponsor and Millard West Athletic Director before the team is announced.

iii. The Junior Varsity team will perform for all home junior varsity football games, and all home junior varsity boys and girls basketball games.

c. Both JV and Varsity together make up the whole MWDT. Because MWDT is a school spirit squad, there will be additional obligations where you are asked to perform, participate and/or be present at various school activities such as Back to School Night, ACP Dance Field Trips, Activity Fair, feeder school events, etc.

V. CAMP

a. Summer camp is required for all members, as material learned is used throughout the year.

b. Practices for Varsity camp are held in the months of May, June or July. Dates/times are outlined by the coach. Attendance at these practices must follow the outlined dance team attendance policy.

VI. ATTENDANCE

a. Summer practices may be held in the school building if the coach/designated school representative is present.

b. Attendance at all activities is required. Promptness is essential.

c. A member must attend one half of all of the school day in order to perform at an event or practice on that day.

d. The team will practice at a designated time. The coach will determine any additional practices.

e. Meetings and practices can only be canceled by the coach or Athletic Director.

f. Excused absences include:

i. Personal illness or accident

ii. Funeral or death in the immediate family

iii. Special school activities which are approved in advance by the sponsor

iv. Religious holiday

v. Weddings in the immediate family

vi. Seniors are allowed to have two college visits per year as an excused absence.

However, this must be communicated with the coach prior to the absence to ensure that proper arrangements and coverage can be made.

vii. Dates will be given in advance for additional practices over winter break. Practices will not be held on or off campus during the Moratorium.

viii. Work, doctor appointments or any other type of appointment is not an excuse for missing required practices or performances.

g. In order to receive an excused absence from practice or performance a member must verbally communicate the absence to the coach prior to the absence, and the coach will notify the sponsor.

i. In case of illness, the member must be on the excused list from the school's attendance office.

ii. If not, a parent/guardian must notify the coach by telephone prior to the practice,

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performance or game, and the member, upon returning, must present a written note with the information stated above. The coach will notify the sponsor of all absences.

iii. An unexcused absence is automatically given if a parent notification does not occur within 24 hours from the missed event.

h. The sponsor and coach reserve the right to determine whether or not an absence is legitimate.

i. If a member feels that an absence should be excused, it is the member's responsibility to discuss the absence with the sponsor and coach, not the parent's.

j. After one unexcused absence the member may be benched.

k. Any member missing 3 individual games or performances (i.e. excused) may be required to leave the team.

l. Demerits are automatically given for unexcused absences.

m. When a member is absent, it is her responsibility to call a fellow member to find out what was missed and what is required upon her return (proper uniforms, meeting deadlines, etc.).

VII. SAFETY

a. Designated tennis shoes and jazz shoes should be worn at all practices and games.

i. No stunts can be performed on concrete.

ii. No practices can be conducted in school without a sponsor or coach present.

VIII. TRANSPORTATION

a. If transportation to games is provided by the school and/or parents, members must take that transportation to and from the event. If the school does not provide transportation to games, it is the member's responsibility to find transportation to and from the required event.

b. Driving Permit Slips: the district has permit slips which must be filled out by parent, dance team member, coach and sponsor in order for the member to receive any provided transportation.

IX. UNIFORMS

a. Each member is responsible for buying one's own uniform. A \$500 deposit for Varsity and \$400 deposit for Junior Varsity is required at the time of the uniform fitting. The balance is to be paid in FULL in order to receive any part of the uniform. Payments are only accepted in the form of personal check, cashier's check or money order. Checks will be made out to Millard West High School.

b. The uniform is chosen with the consultation of the members and the final approval of the coach, sponsor and the Activities Director.

c. Uniforms must be worn on the days a team is scheduled to perform or when showing support for the school's athletes.

d. The uniform must be worn throughout the entire scheduled event.

e. Every member will dress in a sponsor approved uniform on the day of the squad's event.

f. Rings, necklaces, watch and small earrings may be worn with the uniform during the day. The types and size of the jewelry worn will be monitored by the sponsor and Activities Director. Nose rings and other body piercing may not be worn while in uniform. No jewelry may be worn during a performance or game.

g. Jackets should be worn or carried.

h. No part of the uniform should be worn by anyone who is not a member unless they

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have approval from the sponsor.

i. New hip hop and jazz costumes are chosen every year.

X. CONDUCT AND OBLIGATIONS

a. Members are leaders and are to exemplify the best in scholastic achievement and moral character at all times.

b. Members are required to maintain a minimum 2.5 cumulative GPA. Grades will be viewed each grading period. If a member falls under the 2.5, they will be placed on probation. While on probation, the member will be expected to practice and attend all assigned duties and responsibilities. They may not perform but are required to be at the performance in uniform until they have shown proof that they have taken options offered by teachers to improve their grade. The member must show the sponsor an updated grade sheet/report card before she is allowed to dance once their grades fall below the 2.5 cumulative GPA.

c. Members need to be courteous, cooperative, responsible, mature and good role models.

d. Concerns should be aired with only the parties involved and only presented to the entire team by the sponsor and coach.

e. Members must avoid excessive visiting with friends, mocking other teams, using phones or fooling around.

f. No gum chewing, eating or drinking while on the field, court or practice.

g. No foul language or inappropriate gesture is allowed during athletic events or any other school related events where members are representing MWHS.

h. Good sportsmanship and spirit should be shown whether winning or losing.

i. Any conduct by a member that reflects poorly on MWHS or its athletic department may result in suspension/expulsion from participation in their team's activities. This action, if necessary will be administered by the Athletic Director working in conjunction with the sponsor and administration.

j. Poor representation displayed on social media sites (bullying, inappropriate language/situations, etc.) will not be tolerated. Any conduct that reflects poorly on MWHS or its athletic department will result in discipline.

XI. DEMERIT SYSTEM

a. During the year a member accumulating 45 or more demerits may be suspended/removed from the squad.

b. Suspension/removal will only take place after notifying the member and her parent(s).

c. Below is a list of the outlined demerits for specific infractions. The sponsor reserves the right to determine the appropriate amount of demerits for the specific violation with recommendation from the Athletic Director.

i. 5-10 minutes tardy to practice = 5

ii. 11+ minutes tardy to practice = 15

iii. Leaving practice without prior approval from coach or sponsor = 10

iv. Unexcused absence = 20

v. Not wearing the proper attire during performance/game or during the school day = 5-15

depending on piece missing

vi. Jewelry (rings, necklaces, nose rings, etc.) worn during an event that is not approved = 5 each item

vii. Poor representation (inappropriate language, bullying, pictures, etc.) on social media

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sites

(including, but not limited to Facebook, Twitter, Snap Chat, Instagram and any secret accounts) = 5-30 depending on severity

viii. Inappropriate conduct while in uniform representing MWHS = 15-45 depending on severity

ix. Being insubordinate or rude to the designated person(s) in charge or any MWHS staff member = 15

x. Disrespect shown to a team member at a practice or performance = 15

xi. Giving false information about an absence = 20

xii. Unsportsmanlike conduct at any event = 15-30

xiii. Being asked to leave an event by a coach, sponsor, MWHS staff member or any other authority in charge = 30-45

xiv. Referral to office for a serious school violation (see MWHS student handbook for appropriate punishment) = 45

d. If actions or issues occur during the year which are not described in the demerit system, the sponsor with approval of the Athletic Director may select other reasonable consequences. For example, community service, extra conditioning, extra sign making, working in the concessions stands, etc. including all the way up to suspension.

e. Disciplinary actions for accumulated demerits:

i. 15 = benched for the following performance/game

ii. 30 = benched for 2 performances/games

iii. 45 = may be suspended/removed from the team

f. A member will not letter if she has an accumulation of 45 or more demerits at any time.

g. This system is enforced from the day you have been announced as part of the squad, throughout the entire season (after dance banquet). This does include during the summer months when school is not in session.

XII. MERITS

a. Merits may be earned by a member of the squad through extra duties assigned by the sponsor. The privilege to earn merits is at the discretion of the sponsor. Merits must be requested and arranged by the member. It is not the sponsor's job to find merit opportunities.

XIII. AWARDS

a. All members in good standing at the end of the spring season will receive a MWHS Sprit Letter at the banquet.

XIV. GENERAL TRAINING RULES

a. Students participating in activity programs and athletics may face discipline that may include extra practice or conditioning being assigned, curtailment of participation in practice or suspension from performances and contests, as determined by the sponsor and recommended to the Athletic Director for review.

b. Students who participate in activities and athletics will follow all rules and regulations which are stated in the Millard West High School Student Handbook and the Parent-Student Handbook for activities.

c. Please refer to the Millard West High School Parent-Student Handbook for Activities which outlines all general athletic rules.

d. All violations of such policies will be reviewed by the sponsor and discipline will be

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administered with the recommendation of the Athletic Director.

e. Any organization related to student activities or athletics must abide by the general training rules. Violation of the training rules may result in a suspension from all practices and contests/performances for the remainder of the season or for up to nineteen (19) school days. The suspension begins at such time as a student is determined by the Athletic Director or principal, and the sponsor to have violated the rule and continues from that date. Proof of violation shall be defined as follows:

i. Admission of a violation of rules to a sponsor or a Millard Public Schools Administrator.

ii. Being observed in violation of training rules by school personnel.

iii. Being observed or cited by law enforcement.

iv. In all cases where a participant is removed from the team or organization before the end of

the season, she loses lettering privileges and any other honors or recognition awarded by the school pertaining to that activity.

XV. FUNDRAISING

a. All fundraising must be approved by sponsor and administration prior to committing to fundraisers.

b. 100% of individual fundraisers (sponsorships) will be credited to the member's account.

c. Car decals and dance clinic fundraisers will be divided equally between varsity team member accounts.

d. The sponsor may organize fundraisers where participation is not required by dancers or families

and where funds are used for purchases to benefit teams as a whole which may include, but is not limited to, social gatherings between the teams and between other spirit squads, shirts to support charities being recognized at games,

XVI. DUTIES OF THE SPONSOR

a. The sponsor shall have knowledge and approval of all activities and decisions made for the team.

b. The sponsor (or designated representative) will attend all meetings and game performances held during the school year.

c. The sponsor shall serve as a liaison between the team and the administration.

d. The sponsor and the administration shall have the final decision regarding team concerns and needs.

i. The sponsor will inform the team members of any benches.

ii. The sponsor has the right and responsibility to contact a parent in any situation where she feels it would be beneficial for an individual team member or the team. For example, Facebook issues.

e. Create a monthly practice schedule for junior varsity team.

f. Attend a camp with junior varsity team members.

g. Register, attend and be present for the state competition.

h. Manage the MWDT account and individual member accounts.

XVII. DUTIES OF THE COACH (Varsity Only)

a. Arrange or provide choreography of routines for all dance team competition routines.

b. Chooses Varsity camp with approval of sponsor and Athletic Director.

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- c. Monitor and attend all competition related functions.
- d. Create a monthly practice schedule for varsity team.
- e. Choose varsity competition costumes and camp wear with approval of sponsor and Athletic Director.
- f. Attend camp with varsity team.
- g. Help with fundraising activities to be determined by the sponsor.
- h. Contact a parent in any situation where she feels it would be beneficial for the individual member or team, and will also communicate these situations with the sponsor and Athletic Director.

XVIII. DUTIES OF THE PARENTS AND/OR TEAM MEMBERS

- a. To notify the coach of absences prior to or on the morning of an absence.
- b. Help provide transportation to practices and/or performances and games, if needed.
- c. Help with any fundraising activities.
- d. Pay for camp, uniforms, choreography fees, etc. See Estimated Annual Expenses. Only items listed will be required.
- e. Follow the proper chain when issuing a complaint: Go to sponsor and coach first, Activities Director second and principal last.
- f. Communicate with the sponsor and coach.
- g. Support the MWDT Constitution.
- h. Be willing to accept the sacrifices necessary to be a MWDT member – Be Flexible.
- i. If for any reason you are no longer a member of the MWDT, no refunds will be given and all expenses that are outstanding must be still be paid.

Revised March 27, 2017