

ATCHISON COUNTY COMMUNITY HIGH SCHOOL

DANCE TEAM HANDBOOK

2017-2018

This Dance team is an organization whose function is to perform precision routines for entertainment, promote school spirit, to provide an arena for performance and promote cooperation among ACCHS students, while maintaining the following rules:

Article I: Team Captain

Section I: To become an ACCHS dance captain you must:

- Be a Senior at ACCHS
- Choreograph a short routine, four 8 counts, to any song that you choose and perform your routine for the dance coach.
- Write a short essay including:
 - o why you should be the captain
 - o what you believe is the role of a captain
 - o how you believe a captain should work with the dance coach
 - o your years of dance experience

Section II: The captain(s) will assist the coach in sending out texts to the girls, helping run the practice when needed, and duties as needed from the coach. This will be upon coach's discretion.

Section III: A captain will be relieved of her duties if she does not follow the handbook guidelines and rules, is disrespectful to the coach or to another dance team member. You are the leader and a role model for the entire team and if you do not act as one, you will be removed from the captain position and become a member of the team. This will be considered at the coach's discretion

Section IV: The coach will make the decision of who the captain(s) will be.

Article II: Practices and Attendance

Section I: In order to allow participation in sports by the dance team members, summer practices and a camp will be used to learn technique and new routines in addition to school year practices. Summer practices and the camp are not mandatory. However, the coach is to be notified in advance if you are unable to attend. It is highly recommended that you attend as you will learn routines that will be performed throughout the dance season. During the school year, (beginning with the start of school sports practice) practices will be mandatory. Special practices may be scheduled as deemed appropriate by coach. At the start of sports practice, criteria for lettering will take effect.

Section II: All dance team members are required to be at every practice unless previously excused by coach. Tardiness and missed practices will result in consequences. The dance coach MUST be notified IMMEDIATELY if you will not be able to attend practice. If the coach is not notified ahead of time, that dancer will not be able to perform at the next performance, or at coach's discretion.

Section III: All dance members HAVE to be in attendance at the last practice before a performance in order to dance. Dancers will be doing their final preparation and cleaning up

before the performance at this practice. The ONLY excuse that will be accepted is a school activity. This decision is at coach's discretion.

Section IV: Excused absences are as follow:

- Death in family
- Family business pre-approved by coach
- Illness/Health issues
- Doctor appointments pre-approved by coach
- ACCHS school activities that have been on the calendar
- Final decisions are made by coach

Section V: All students must have the following completed before participating in the first practice:

- Physical Evaluation Form
- Concussion Protocol Form
- Substance Abuse Agreement

NOTE: Jobs and outside, non-school activities are not an excuse for missing practices or performance. The coach reserves the right to excuse or not excuse any missed practices or performances. Remember to think of the other members of the team before you decide to miss for any reason.

Article III: Performances

We are a team. We will all dress and look like a team. As an individual, we will not be making a decision based upon our personality or style, we will make decisions to look and act as a team.

Section I: If a team member, for whatever reason, has not been able to practice a routine sufficiently to perform it well, the coach reserves the right to not allow that dance team member to perform that routine.

Section II: We will have a meeting time for each performance. At that time, we will stay together as a team so we can successfully prepare for our performance. At that time, all girls will need to meet and be completely ready to dance. If you are not ready to dance at that time, you will not perform that night and will sit by the coach for the performance.

Section III: The dance coach will provide the dance team members with a schedule of what to do with their hair and makeup (special eye makeup etc.). If the dance team member does not come to the performance with those requirements unless previously discussed with coach, the dancer will not perform and will sit by the coach for the performance.

Section IV: Appropriate undergarments should be worn with uniforms. No bra straps or underwear should be visible at any time. If any of these are showing, that dancer will not perform and will sit by the coach for the performance.

Section V: Dance team members must be in full attendance the day of a performance to performance that night's routine unless excused by the principle. This is in accordance with KSHSAA and school guidelines requiring attendance during four consecutive class periods.

Section VI: A dance team member must pay off all debt before performances. If the dancer does not pay off the debt before the performance, that dancer will not perform and will sit by the coach for the performance.

Article IV: Varsity vs. JV

Section I: At tryouts, the dancer will be judged based on attendance at tryout practices, overall appearance, showmanship, timing, technique, knowledge of dance, flow of movement, awareness on floor, and a kickline. Dancer must score 60 points or higher out of 90 points possible to be a Varsity dancer.

Section II: All participants will be on the dance team as a member of the Junior Varsity or Varsity squad.

Section III: The Junior Varsity members will not perform at Varsity games but will practice with the Varsity squad to improve their dancing skills. Junior Varsity dancers will be expected to practice with the Varsity squad and will continue to practice until they are ready to perform at the Varsity games at coach's discretion. The criteria for moving from Junior Varsity to Varsity is knowing the dance, being able to perform the dance proficiently, and coming to all practices. Junior Varsity dancers will perform at Junior Varsity home football game(s), depending on the number of games.

Section IV: The Varsity will perform at all home Varsity football and basketball games.

Section V: As a Varsity team member, the dancer cannot have more than 1 unexcused absence. On the 2nd unexcused absence, the Varsity member will be moved to Junior Varsity and will not perform until the dancer is ready to perform at the Varsity level. On the 3rd unexcused absence, the dance team member will be removed from the Dance Team.

Section V: As a Junior Varsity squad member, the dancer cannot have more than 2 unexcused absences, at coach's discretion. On the 3rd unexcused practice, the dance team member will be removed from the Dance Team.

Article V: Fundraisers

Fundraisers will be used to pay for camp, uniform costs, etc. as coach deems necessary for the dance team.

Article VI: Grades

Dance team members, as athletes, are required to hold a cumulative 2.0 GPA, must maintain a "C" average or better and be a student in good standing in at least 5 subjects. If the dancer is declared ineligible because of grades, the dancer will be ineligible to dance for the next semester of the school year or year after.

Article VII: Awards/Lettering

An award will be given to all squad members in good standing at the end of the school year. To be in good standing, a members must have attended 90% of practices and participated in 90% of performances. This decision will be under the coach's discretion as consideration will be given for severe illness, injury, family emergencies, etc. In addition dance team members must not have violated any other policies of the dance team.

Article VIII: Tryouts

Section I: Tryouts will be held at the end of the dance season of the present year. A dancer that has been on the ACCHS dance team for 3 years and is a Senior will automatically be on the team and will not be required to tryout. These dancers will still be required to help with tryout practices and the actual tryout.

Section II: Requirements to tryout are:

- Attend half of the tryout practices. Individual situations will be considered at coach's discretion.
- Perform the performance, with a partner chosen by the coach, to the dancers fullest ability.
- Wear a PLAIN white shirt along with PLAIN black shorts. You must wear short black socks with your dance shoes unless you do not have dance shoes. If you do not have dance shoes you are required to wear tennis shoes with the short black socks. The dancer MUST have her hair completely pulled back so that it is not in your face.
- All of this clothing must be school appropriate.

If there are any questions or concerns please feel free to call me. I do not work at the school, so if I am unable to come to the phone, leave your name and number and I will return your call as soon as possible.

Paige Boos (913) 370-0466

I have read all of the above and agree to the terms & conditions of the Dance Team Handbook.

Student's Signature

Date

Parent or Guardian Signature

Date