



DANCE TEAM
HANDBOOK 2022-2023

Welcome to the Marina High School Dance Team! As a member of this team, you will be asked to enter into a commitment with the other members to make this team a priority. This document has been designed to help you understand the dedication, responsibilities, and expectations we are looking for in the members of our dance team. Being a Viking spirit leader is an honor and a privilege and being a member of this team requires a significant amount of time and dedication. In order to create an organized and successful dance team, our administration, coaches, dancers, and their families must be aware of and *compliant* with the Marina Dance Team's requirements and expectations. We recommend that you keep these pages for your record, but please return the signed contract form on **Tuesday, May 31st**. Returning members can bring the form to practice while new members can bring it to the uniform fitting that night.

If you have any questions regarding this contract or the Viking Dance program in general, they can be directed to our advisor or the coaching staff:

Faculty Advisor	Christine Krueger	ckrueger@hbuhsd.edu
Head Coach	Kaitlin Morris	mhsdancekaitlin@gmail.com

Overview of Responsibilities

Dancers:

1. Follow and abide by the MHS Dance Team Handbook and school rules.
2. Attend all practices, games, rallies, and events.
3. Work cooperatively with other team members and coaches.
4. Have a positive attitude.
5. Represent Marina High school and the dance team in a positive manner.

Parents/guardians:

1. Attend parent meetings.
2. Attend dance team events.
3. Drop off and pick up your child in a timely manner.
4. Participate in and support all fundraisers.
5. Support your child in this program and help them abide by the rules set forth in this contract.

In order to build an effective program, there must be trust between our coaches, advisors, dancers, and families. If our head coach and advisor feel, at any time, that a disciplinary action calls for a warning, two will be given before the dancer is removed from the team (unless otherwise stated below). Warnings will be documented and signed by the advisor, the dancer, and the parent/guardian. The advisor holds full capability of removing a dancer from the program without warning if the dancer's behavior warrants it. This includes any type of unacceptable behavior such as drinking, drugs, bullying, or inappropriate behavior on social media.

Communication

The team will communicate through the Band app and our schedule will be shown through Google Calendar. It is important that push notifications are turned on so that dancers do not miss important updates or messages from their coaches and peers. General information will be sent to parents via email and we also encourage joining the Google calendar.

Dancers must *communicate directly* with their coaches and the advisor if they have a question or concern. We want to instill in our dancers the ability to advocate for themselves as they learn to take on the responsibilities of becoming young adults. However, if there is a bigger or more personal problem that arises, parents can communicate with the advisor and coaches.

Academic Commitment

In order to participate on the Marina Dance Team, students must have a GPA of 2.0 or higher on their most recent report card and that GPA must be maintained throughout the year. Academics are important to the advisor and coaches; however, dancers must learn to prioritize and do all necessary academic and extracurricular work outside of practice time. Dancers will be provided with dates of events in advance so that they can plan to make up their work effectively.

Test Make-Up Policy: Leaving practice to take quizzes or exams will not be permitted. Therefore, students must make up any quizzes or exams before school, during lunch, or after dance team practice. Since our team is considered a graded class, this policy is similar to how you cannot simply leave your math class to go take an English exam.

Attendance

Attendance is a crucial element of having a successful dance program, therefore dance team members are expected to stay for the entirety of all practices and events. We realize that many of our dancers love to be involved in as many activities as possible and we encourage students to explore these activities outside of their dance team commitment. We cannot excuse every dancer who is involved in another activity or sport because we would never have a full, complete practice. **When one member is absent, the rest of the team is affected. Please do NOT schedule doctor, dentist, hair, nail, etc. appointments during practice or other dance team events.**

In the event that a dancer must be absent from a practice or event, ALL absences MUST be reported to the coaches BEFOREHAND. Dancers who miss practice are expected to learn any material that they may have missed on their own time.

As mentioned in the Parent/Student Agreement section of the tryout packet, dancers are not able to participate in any other 6th-period class, activity, or Marina sports team that will conflict with their team member responsibilities. If a dancer wishes to join an additional sport at MHS, the schedules must not conflict and the dancer must get written approval from their parent, our advisor, coaches, and from the other sport's coach.

Emergencies: If a dancer is dealing with an extreme illness, surgery, or death in the family, the dancer will not be penalized for their absence, but please let the advisor/coach know if this is occurring. A strict attendance policy is important for a solid program, however, we understand that there are times when an absence is unavoidable.

Educational Credit

Members will be placed in Dance Team as their 6th-period class and will receive physical education credit for the first two years of being on the team. For any additional year(s), dancers will earn elective credit.

Grading System: A letter grade of A, B, C, D, or F will be given each semester.

All students will begin with 500 points each semester, which equals an A in the class. Dancers who follow the guidelines regarding attendance, attitude, participation, and preparedness will maintain that grade throughout the semester. However, points can be deducted from a student's grade for any of the reasons listed below. If a student's grade begins to slip due to multiple infractions, the coach will schedule a one-on-one advising meeting with the student to review the Dance Team guidelines and determine the best way for the student to move forward in a positive direction.

Points can be deducted due to the following:

- Constant lack of participation or dedication
- A pattern of being tardy for practices, games, competitions, and/or events
- Unexcused absences (from practice, game, competition, event)
- Leaving early (from practice, game, competition, event)
- Disrespect and use of unacceptable language or behavior towards coaches, staff, and peers
- Not wearing the proper attire for practice and/or consistently forgetting to bring proper attire
- Uniform violation/incomplete costume at school, games, rallies, and/or competition
- Arriving at an event with incomplete hair and make-up
- Wearing excessive jewelry for a performance (hoop earrings, multiple bracelets, necklaces)
- Disrespect during National Anthem
- Not turning in paperwork on time (i.e. signed contracts, permission slips, fundraiser forms)
- Cell phone use without permission at practices, games, and events
- Chewing gum or eating without permission; either while dancing is a safety hazard

Practices

As designated on the Google calendar, every practice, unless otherwise stated, will extend past the 6th-period bell and it is necessary that all dancers remain present. Appropriate notice will be given in the event that it is decided to have additional practices or if existing practices must be canceled.

Attire:

- Hair pulled back
- Jazz shoes (sometimes tennis shoes)
- Appropriate dance attire that allows for successful movement and abides by school dress code

Cell Phone Policy: Students will not be allowed to use their phones during dance team practice unless given permission by a coach. Once the first 6th-period bell rings, the student's cell phone should be silent and put away. If the dancer needs to contact anyone, they can do so before or after practice. There is a **zero-tolerance policy** for having cell phones out while other dancers are changing. *If cell phones are used while fellow dancers are getting changed for practice or at competitions, then those devices are subject to confiscation by the coaches and our advisor.*

Games/Events

Dance team members are expected to show up on time and stay for the entirety of each game or until excused by the dance coaches. As a representative of Marina High School and the dance team, dancers are expected to be respectful and friendly while in the stands and on the field/court.

Attire: On most game/rally days you will be wearing your uniform (or other designated dance team apparel) to school. Dancers must be completely ready when they arrive at a game, competition, or other events (unless told otherwise). *Do NOT expect to have extra time to put on make-up or fix your hair.*

Grooming: Whenever a dance team member arrives at an event they must look presentable with the specified hair and make-up. If hair is pulled back, then it is to be slicked without whispies (i.e. hairsprayed or gelled down). **Dancers must not dye their hair unnatural colors because it distracts from the uniformity of the team.** For competitions, nail polish must be removed from one's fingernails unless it is a nude color.

Jewelry: Unless part of the costume, dancers are NOT to wear jewelry to games or events (i.e. necklaces, bracelets, hoop earrings). However, earrings are permitted as long as they are studs.

UDA Summer Camp

As stated in the audition packet, our summer camp is **mandatory**. Personal summer trips need to be scheduled around team time commitments. This camp is essential as dancers learn *numerous* routines that will be performed throughout the course of the year at various school events and halftimes performances. If there is a conflict, please contact the coach.

This time at camp is also where we start bonding as a new team, lasting friendships are made, and our coaches get a more in-depth look at each dancer's skills which will ultimately help determine the course of our competition season.

The payment that was collected at tryouts covers the entirety of the all-inclusive camp experience: technical training, hotel, food, and transportation.

Competition Teams

Competition teams will be determined separately from the initial dance team tryouts. At the beginning of the school year, competition teams will be established and placements will be determined by skill and determination. Starting from the very first practice, dancers will be observed and evaluated with these teams in mind. *Please note that our coaches are intentional about being cost-effective and minimizing expenses wherever possible, but there are additional costs required for all competition team members. **However, we strive to have every member involved in at least one competition routine.***

Once competition teams are established they will each meet with an outside choreographer to learn the routine(s). Advanced notice will be given once dates are set with the choreographers and it is essential that dancers attend their specified choreography rehearsals. These rehearsals are subject to take place outside of normal school day hours. Once routines are taught, the teams will work with our coaches to perfect the routines and ensure that they are ready for competition.

We will compete in local Varsity Spirit Dance competitions which typically occur on weekends beginning in January and ending in March. Depending on when we are scheduled to compete, it may be an all-day event in which our competition team dancers are required to remain present. Specific competition dates are still TBD but we will send out information about them as soon as we know.

Injuries

Dance is an intensively physical sport. In order to complete all components of the dance program, dancers should be in good health. Accurate physicals are required. It is our responsibility to maintain the health and safety of each dancer. *It is crucial that the advisor and coaches are aware of any limitations that a dancer may have.* Without specific information and communication between dancer, parent, and doctor - we will assume that each dancer is in appropriate physical condition. Unless told otherwise, the coaches will enforce complete participation in all practices and events. Unfortunately, if a dancer becomes injured during competition season, competition fees will NOT be reimbursed as they are based on the number of girls and everything is paid for in advance.

Dancers are expected to perform the following on a regular basis:

- Running/Jogging
- Strengthening and conditioning exercises
- Jumps, kicks, turns, & leaps

Doctor's Note: If the injury is extensive (injured for three or more days), the coaches will require a copy of a doctor's note that states the reason for which the dancer is required to sit out.

Sitting Out: Due to the nature of the sport, dancers may be injured during the course of the season. If a dancer incurs an injury (dance-related or otherwise), they will be sitting out of practice/events until they are completely healed. *That dancer is expected to still be actively engaged and is required to complete alternative assignments to compensate.* If a dancer is sitting out, it is NOT a time to be completing assignments for other classes or to be on their cell phone. The injured dancer is expected to learn and catch up on all missed material on their own time.

Social Media Behavior

While being a member of the Marina Dance program, all members are representatives of our school to their peers and our community. Because of this, the following expectations explain the type of behavior that the school, your advisor, coaches, and teammates expect of you. Actions that violate this contract will yield a consequence and possible removal from the team. However, if a dancer commits any of the following violations in uniform or dance team apparel, they will automatically be removed from the team and must file an appeal to be reinstated.

1. No pictures will be displayed on ANY social media site or on the Internet in any form, which reveals poor decisions by you regarding drinking alcohol, taking/smoking/ingesting illegal drugs, or vaping/cigarettes (including prescription drugs not prescribed to you) and inappropriate/risqué behavior with anyone (regardless of relationship).
2. No foul language and inappropriate "talk" will be posted by you to ANY social media site or on the Internet in any form either as a response or original post.
3. No negative or bullying-type comments against another person will be posted by you to ANY social media site or on the Internet in any form, neither as a response or original post. Direct texting to bully or attack another individual will not be tolerated either.
4. Inappropriate behavior that occurs over the weekend, summer, winter, and/or spring break that causes your reputation to damage that of our entire program will not be permitted.
5. No "SnapChats", text messages, or similar methods of communicating, involving nudity, inappropriate behavior/dress, and or illegal substances will be permitted.
6. No pictures of you in inappropriate and/or provocative attire will be posted on ANY social media site or on the Internet in any form.
7. No inappropriate pictures of others will be posted by you to ANY social media site or on the Internet in any form. These pictures include but are not limited to drunken behavior, illegal substances, inappropriate girl/boy behavior, or risqué behavior among groups or partners.
8. If social media is used for anything regarding Marina High School, it will be used to promote the school or our dance team events and present positive information. No posting/responding online to any negative messages regarding Marina Dance Team or Marina High School.

Marina High School Dance Team Contract 2022-2023

Please fill out and return this completed contract to one of the coaches by
Tuesday, May 31st

By signing below you agree to the following:

- We understand and agree to uphold the academic commitments of the MHS Dance Team and understand that, as a class, everything is done for dance is worth education credit and therefore counts towards the overall grade in the class.
- We understand the details of the grading system and point deductions.
- We understand that attendance is vital and agree to withhold the policies of absences.
- We understand the importance of being punctual and prepared for all practices and events.
- We understand that dancing is an intensely physical sport, and that physical conditioning is essential in order to remain a healthy member of the team.
- We understand and agree to uphold the injury procedures.
- We understand that to earn a place on a competition team is an honor, not a requirement, and we understand that being a member of a competition team comes with added responsibility.
- We understand and agree to uphold the rules, responsibilities, commitments, and communication standards of being a dancer.
- We understand exactly what is expected of our team and their behavior on and off-campus as well as on social media.
- We understand that violations of any of the stated rules may result in disciplinary actions and/or removal from Dance Team.

Student Name (Printed)

Student Signature Date

Parent Signature Date