

Dance Team Rules and Policies

Team Philosophy: To develop successful dancers by working on each athlete's individual and team skills while promoting school spirit through performances and competitions. The dancers will understand that all actions in and out of practice should positively reflect the pride of our team, school and community. This program focuses on hard work, discipline, intense dancing and the enjoyment of teammates.

Individual Goals: To achieve personal best as a dancer, including mastering technique and effective team membership.

1. Demonstrate great sportsmanship
2. Develop commitment to the team
3. Increase school spirit and support for Panther Athletics

Team Membership: The team will consist of SLP high school students and students attending Westwood Middle School. Competitive season tryouts are held in April. A second tryout is held after the completion of the fall season. The coaches will choose participants according to their tryout score. This score is based on skill level, technique, showmanship, potential dance ability, and attitude. Team membership may be revoked at any time for failure to uphold the standards of the Pantherettes Dance Team and the Athletic Participation Standards set forth by Spring Lake Park High School and the Minnesota State High School League. Chronic tardiness and absences from practices and/or performances will result in a review of member's dedication and membership.

Dress Code: Members must wear appropriate dance attire. Jazz shoes, jazz pants, tanks and t-shirts are recommended. Sweats or other bulky clothing is not allowed. Hair must be pulled back from the dancer's face during all practices. Jewelry that may interfere with the dancer's ability to perform is not allowed. Tennis shoes may be required for conditioning purposes.

Conduct: Dance team members are representatives of Spring Lake Park High School to numerous schools as well as the community. Respect and courtesy to coaches, classmates, opposing teams, officials and parents is expected. Team members that behave inappropriately will have a conference with the coaches. Common sense will prevail in all decision making. Use of any tobacco product and/or drinking of any alcoholic beverage will not be tolerated at any level and severe consequences will be given. Team members who have repetitive conflicts with other team members and/or coaches will have a conference with the coaches. This may result in disciplinary action or dismissal from the team.

Language: Offensive and/or abusive language will not be tolerated at any time. If an offense occurs during practice the dancer will be asked to leave practice immediately and an unexcused absence will be recorded.

Captain Selection: Captain Elections will occur at the close of the competitive season. Any junior or sophomore interested in a captain position may fill out a captain questionnaire. Qualified candidates have been with the team for a minimum of four consecutive seasons

(two years), have demonstrated leadership skills and a strong dedication for the team. All team members will vote for captains, however, the coaches will make the final decision. The announcement for captains will be made at the competitive season banquet.

Competitive Season Cuts: Cuts will be made by the coaches. The cuts will be based on dance performance, attendance, attitude, skill and ability. All dancers cut from a performance/competition are to continue participating during practice. Two weeks prior to a competition a dancer may receive a written notice of the skills they individually need to improve on before competing; one week prior to a competition the cuts will be made to determine who will be competing.

Attendance and Punctuality: Dancers are expected to attend all practices, performances, competitions, fundraisers and meetings – on time. Therefore:

1. The maximum number of absences before performances/competitions is noted on the calendar. If a dancer is absent over the maximum allowances they will be suspended from the next performance/competition.
2. If a dancer misses more than one-fourth of a practice they will be counted absent for the day (after 3:30pm).
3. All tardies will be accounted for and consequences will be given.
4. Three unexcused absences will result in revocation of team membership. Please contact one of the coaches in advance if you are planning on missing a practice.

Cut and/or suspended dancers must attend all performances, fundraisers and meetings and participate at all practices.

Fundraising: Fundraising is an essential part of team membership. Team members are strongly encouraged to enthusiastically participate in all fundraising events. Parents may be contacted to volunteer for certain events.

Academic Standard: This is outlined in your SLPHS Academic Participation Standards. Any dancer with a cumulative or one-trimester GPA below 2.0 will be suspended from the team.

Varsity Coaches: Alyssa Hadsall: lyssa.britt@gmail.com Heather Holasek: heather@slppantherettes.com and Emily Yund: emyund@gmail.com

JV Coaches: Caitlin Nolby: nolby006@umn.edu, Rachel Palmer: palme336@umn.edu

Dancer: _____ **Date:** _____

Parent/Guardian: _____ **Date:** _____