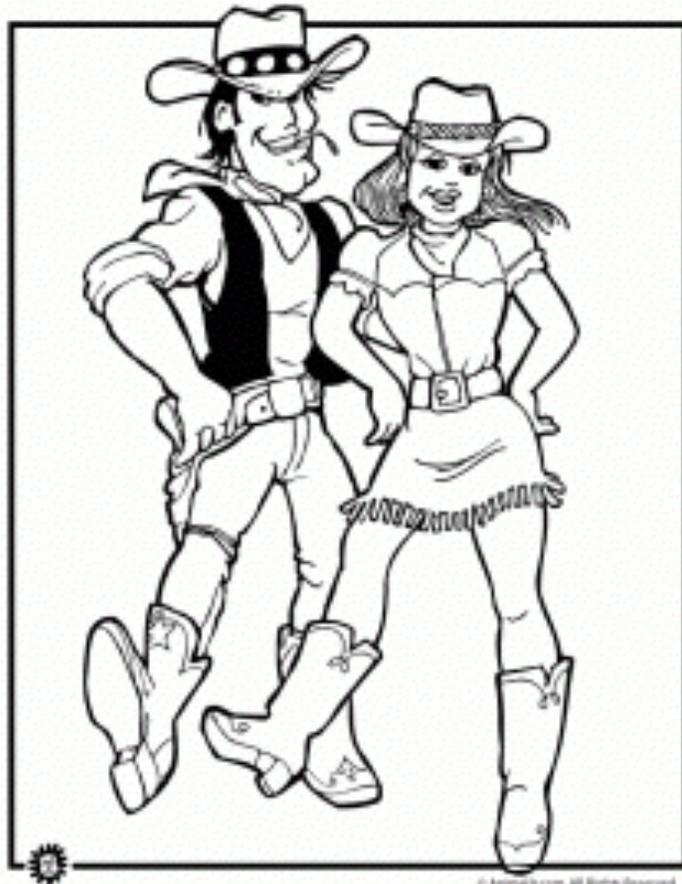


Cowgirl Dance Team Guidelines



Dance Team Core Covenants

1. Accountability

- * accept responsibility for your actions
- * come prepared to practice and performances with proper equipment
- * be on time
- * contact the coach as soon as possible if you're going to be late or absent from practice or performance.

2. Team Unity

- * be loyal to the team and teammates
- * support teammates through the good and bad
- * don't gossip about team issues or teammates

3. Be the first to praise and last to be discouraged

- * mental toughness
- * leaders cannot be easily discouraged, moody, or unpredictable
- * spread words of praise

Dance Team Structure

1. Ultimately all decisions are made by the coach.

2. Choreographing will be done by all members. The music and dance must be completed and approved by the coach before teaching the routine.

*The choreographer's responsibilities include:

-Preparing music and props as needed

-Make music available to team members for copying

-Selecting uniform to complement routine

-You will need to fulfill ALL of the following in order to receive a letter. (The following obligations have been required since the 2011-2012 season).

*Attendance at camp.

*Have **no more than 2 unexcused** absences from practice.

*Attendance at all performances.

*If you are ever benched, you will not letter.

*If you choose not to perform, you will not letter.

*One excused absence will be provided the coach is notified at least 1 month prior to the performance, which will be missed.

-These obligations are required starting the 2015-2016 season.

**** If any dancer misses more than 3 performances for any unexcused reason they will be suspended from the team and not allowed to try out the following year.**

To perform, you must attend at least half of the practices preceding the specific performance as well as attend the day prior to a performance.

Cowgirl Dance Team

Purposes of AHS Dance Team:

- Promote and uphold school spirit.
- Represent AHS to the highest degree at all times.
- Promote friendship between all team members ad cheerleaders.
- Be the best dance team possible.

1. Membership

Is open to any individual who will be a freshman, sophomore, junior or senior at AHS. The membership total may vary from year to year and will be set according to the number of persons trying out and the percent of points received during tryout.

-Membership restrictions: (unless cleared with coach)

***Freshman volleyball players are only eligible for the winter squad.**

***Freshman and JV basketball players are only eligible for the fall squad.**

*** If part of the cheer squad dancers are eligible for either winter or fall depending on what cheer squad you are on.**



2. Grades and Eligibility

It is of utmost importance to keep your grades up and to be eligible. Activity eligibility will be used. Students must be passing 6 classes of full academic weight in order to remain eligible. If you are ineligible, you will come to practice but will sit out any performance that occurs while ineligible. Remember you are part of a team and you will be letting the team down if you are unable to practice and perform because of grades.

3. Practices

During the season practices will be usually held Tuesday Wednesday Thursdays after school at the high school. The practices will take place in the high school gym, at the football field or at the Community Center. Practices will be scheduled during the week as needed by the performance schedule, but normally are held Tuesday, Wednesday, Thursday. Some practices may be scheduled at other times besides those listed above. It

will be your job to make arrangements to be there. Dance team must take priority over other activities from August to March. Jobs and other activities should not interfere with Dance Team activities.

4. Uniforms

You will be issued uniforms that have been purchased by the school. It is your responsibility to take pride in your uniforms by hanging and storing them properly. You will also be issued a team duffle bag in which to store and transport your team gear. Repairs that are needed on your uniform while in your possession will be charged to the student. The uniform needs to be neat and clean before wearing. It will be the dancer's responsibility to maintain the cleanliness of the uniform when she has it and to turn it in at the end of the season neat and clean on hangers. If your uniform is lost or stolen, you will be required to pay for it.

Dancers will need to purchase shoes, warm-ups, t-shirts, and other small accessories.

DO NOT LOAN UNIFORMS or any team apparel including t-shirts and warm-ups. Dancers are not to use any part of their uniform for anything other than dance. Do not use your uniform as practice clothes. Uniforms are costly. If the uniforms are worn for other occasions than performances or team events, they will wear out more quickly.

The dance coach will select all uniforms with input from team and approval of administration as needed.

5. Grooming

You will be expected to wear performance make-up for performances. This is different make-up than you would wear on a normal day and should be worn darker so that your face is more visible to the audience. Performance make-up colors will be determined by the coach before the season and includes eyeliner, eye shadow, mascara, lipstick, and blush. To minimize illness and infections within the team, please plan to purchase your own make-up. Permanent and unusual hair colors and styles will not be allowed (for example: blonde hair

with blue streaks). Team members will be expected to wear their hair away from their faces.

You may not wear jewelry to practice or a performance. This includes: earrings, bracelets, necklaces, watches, rings, belly rings or any other piercing. KSHAA rules states this clearly and the wearing of jewelry could result in penalty for our athletic team. For this reason, if you plan on getting a piercing, please do so at a time when you will not have to take it out for practices or performances. Tattoos must be covered with flesh colored tape and must not be visible during performances.

6. Performances

Performance dates will be given out at the beginning of the season. You will be asked to dress up or wear war-ups on performance days. We will do football and basketball performances. We will do at least 2 outside of AHS performances (ie: Abilene Tri-County Free Fair Parade, State basketball tournament) and possibly attend a festival.

7. Transportation

All members must travel to and from all activities in vehicles provided by the school. Parents who are at our of town events may request to transport their daughter home, but a face-to-face contact must be made with the coach. A written form must also be signed. If a member's parents wish to have her ride home with someone other than themselves, they must send a written request to the coach the morning of the performance and it will be forwarded to the Athletic Director for his approval.

8. Fund Raisers

All members will be expected to participate in all fund raising activities. These will be for uniforms and to help with camp costs.

9. Tryouts

Prospective members will be selected following an instruction time and tryout performance in April.

*Candidates will be judged on poise, facial expressions, appearance, grooming, precision of motions, kicks, jumps, leaps, turns, and a dance taught to them.

*The panel of judges will consist of the dance coach, selected faculty members, and possible members of the community with dance experience.

*Part of the score will consist of teacher evaluations, and written interview questions and test scores.

10. Routines and Music

Will be choreographed by dance members with approval of dance coach. Members will sign up for a certain date to perform their dance. All music must be appropriate for all ages.

11. Lettering

Dance team members will receive a letter and a "Dance" pin for completing their first year in good standing. This will include participation in all performances, practices, camp, and fund-raising activities. Each subsequent year will be represented by a gold bar. Replacement pins may be obtained from the coach for a \$1.00 fee. Replacement gold bars are \$0.50.

12. Practice Rules

It is important to attend practices because dance is a team effort. Academics are also important. If you miss practice and attend school, it will be considered an unexcused absence. If you attend practice and miss school, the office will be notified.

- Members must dress out for ALL practices. This means proper pants, tops, and the dance shoes they will be using for that performance.**
- practice attire is limited to form fitting pants or shorts and tank tops and t-shirt. (No sweatshirts, sweatpants or scarves etc.)**
- dancers must always have shoes on during practices per KSHSAA Rules.**

-during practice members will be attentive and respectful of other members who are teaching the dance.

-Constructive criticism / suggestions that serve to benefit the entire squad and that are given in a polite manner are welcome. Acceptance of criticism / suggestions is expected in the same manner.

-If you are just not feeling up to par or are injured, you need to come to practice and watch and learn the routine.

-If you must miss practice, the coach must receive a note or phone call from the parents **prior** to practice.

-Any unexcused absence from practice will result in 3 points being given and action taken as needed through the point system explained later in this handbook.

-If any points are awarded for any reason the dancer will also be required to do stair laps for the amount of point received.

-Member must not leave practice early unless given prior approval from the coach. Leaving early will be considered a tardy and you will receive 2 points. You should plan appointments for non-practice times. This includes make-up tests with teachers. Teachers are generally available at 7:30am, during seminar, and after school until 3:30pm. Please make appointments to meet with them during these times, NOT during dance practices.

13. Performance Rules

- You are required to present a KSHSAA physical examination form completed by a physician to the school office before attend camp

- You will also be asked to complete a medical consent form and sign agreeing not to use alcohol, drugs, or smoke.

14. Discipline

All disciplinary action will be conducted on an individual basis and may result in temporary or permanent suspension from the team for any of the following reasons

- Undesirable or illegal behavior
- Unsportsmanlike conduct at school or other events
- Uncooperative and/or poor attitude on the team or in the classroom

- Violation of school or KSHSAA rules
- Violation of team rules

Disciplinary Points

Points will be given for unsatisfactory conduct and the member will be required to run stair laps for the amount of points received as well as given a disciplinary slip showing that she acknowledges the infraction and the consequences. If points total 10 or more, parents will be notified and required to sign the disciplinary slip and return it to the coach

- Tardy to practice or performance = 2 points
- Unexcused absence from practice = 3 points
- Absence from performance = 5 points
- Jewelry/tattoo/clothing = 1 point
- Disrespectful = 2 points

Consequences/disciplinary action

5 points	Conference with dancer
10 points	Dancer benched from a performance and inform parents
15 points	Dancer benched- conference with parents
20 points	Suspension from team

Because all situations may not be foreseen and thus not outlined here, each will be dealt with in a manner decided upon by the coach and the administration, if deemed necessary.

15. Camp

Dance team members are required to attend camp to letter. The team will attend a KSHSAA approved camp. The camp will be four days. Members failing to meet the payment deadlines will forfeit their reservation to camp and possibly their position on the team. All dance camp and team payments are required before camp in order to participate in camp and season practices.