



2023-24 DANCE TEAM HANDBOOK

Team Information

The purpose of the St. Joseph's Academy Dance Team is to provide students with an opportunity to participate as a dancer on a competitive team while developing sportsmanship, character, and competitiveness through the art of dance. Participation on the Dance Team, as well as other extracurricular activities, is a privilege, not a right. As a member of the Dance Team, you represent your school; your conduct and actions in the classroom, on the court/field, and in the community should not deviate from the regulations and code of conduct set by your school and the Athletic Department. Team members must show determination, dedication, and desire to be a productive member of this team.

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Fall and Winter Dance Team Commitment

It is important that you understand the commitment you make for the Dance Team includes fall and winter.

We are a team, and it is expected that you are at all practices, performances, camps, and events. The following list should give you an idea of the time commitment. This is not a list of all practices or mandatory events.

Athletics play an important role in helping the individual student develop a healthy self-concept, as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, as well as participants, develop pride in their school. Our primary goal in each athletic endeavor is to win with honor, dignity, and class. However, winning is not our only goal, nor is it the only measure of a successful program. Win or lose, building character, instilling values, and developing leaders are the true measures of our success. The Dance Team at St. Joe is selected on a tryout basis.

Fall Season

1. Team auditions June 5 & 6, 2023.
Parent and full team meeting June 7, 2023.
2. Practices (June- October)
 - a. Summer Practices (TBD)
 - There will be no practice July 1-9, 2023 and July 30-August 6, 2023.
 - b. School year practices for the fall will be Monday, Tuesday, and Thursday
3. UDA Camp (July 16-19, 2023)
4. Choreography weekends
(Dates TBD, likely in October)
5. Angel Fest 10/14/23 (10:00 a.m.-1:30 p.m.)
6. DeSmet football game (Date TBD)
7. Various community/school appearances

Winter Season

1. Practices (November- February)
 - a. School year practices for the winter will be Monday, Tuesday, and Thursday
 - b. Extra practices will be added the weeks prior to competition. It is at the coaches discretion to assess the team and add additional practices. These could be before school or on additional days.
2. Basketball games (December- February)
3. Local and state competitions (December- February)
4. National Dance Team Championship
(February 1-5, 2024)

DANCE TEAM STANDARDS AND EXPECTATIONS

Membership Requirements

1. All members must be eligible, as stated by MSHSAA, and must have their physicals and annual history form completed and uploaded to your SchoolAdmin account by May 26th, 2023.
2. Dance team members must maintain an acceptable grade point average. Any team member whose grades fall below acceptable levels will be placed on probation and become a non-performing member until the grades have improved.
3. Dance Team members may not participate in any other school sports or activity that interferes with practices or performances during the Fall and Winter seasons.
4. All Dance Team members are expected to attend dance team camp.
5. All members are required to attend all team competitions including the National Dance Team Championship.
6. All members are required to maintain the minimum required technical skills at all times.
7. Dance Team members are required to attend all mandatory practices and functions listed on the team calendar.

Dance Team Requirements

**Specific skills and expectations are listed at the end of the document.*

Pom Technique: demonstrates the proper placement of basic pom motions

Athleticism: demonstrates a strong athletic ability in execution of jumps or leaps, and other acrobatic skills

Endurance: demonstrates the ability to perform high-level cardio routines with ease

Showmanship: demonstrates a strong understanding of the importance of entertaining a crowd

Precision: demonstrates the ability to crisply start and stop motions, incorporates vocals into a routine, and projects exceptional intensity to the audience.

Memory: demonstrates the ability to remember and execute routines

Team Player: demonstrates a commitment to the team, understands the dedication it takes to work hard at every practice, and is intrinsically motivated to improve, regardless of skill level

Competition Alternates

In the event the 2023-2024 team includes competition alternates, the alternate will follow all guidelines and rules of a team member, including: attending all practices, games, and choreography weekends.

Alternates will be included in all school performances and reevaluated before choreography weekends and before competitions. A team member is considered an alternate if their dance requirements are not up to team standards for competition.

DANCE TEAM STANDARDS AND EXPECTATIONS

Injured Reserve

1. Any member who gets injured during the course of the year or is unable to participate fully in the program will be placed on injured reserve. During this time, the individual is to consult with a doctor to determine the appropriate rehabilitation procedures and relay all information to the coach in a timely manner.
2. Any member who is injured during a practice, performance, or competition must inform the coach immediately. The team member should follow up with her family physician or specialist.
3. A member placed on injured reserve must bring a written evaluation of the injury and the approximate time required for rehabilitation from a doctor or professional.
4. While a member is on injured reserve, she will not be allowed to participate in practices. This time is to be used for member rehabilitation activities. If rehabilitation activities do not take place during scheduled practices, then the dancer is to attend competition practices and choreography sessions.
5. Members placed on injured reserve will still participate in non-performing activities.
6. Members must turn in a doctor's note to be released and become a fully participating member.

Benching

1. Any member who has accumulated 4 or more demerits, will be benched from a performance.
2. Any team member displaying a non-productive attitude may be benched for a performance.
3. Any team member over 10 minutes late to a performance will be benched.
4. The benched member will still be required to attend the performance and practices and wear the uniform, however they will not be allowed to perform.

**Benching is different from being suspended from the team in the way that team members who are benched are still at all practices and performances. Suspended members are not allowed to attend any team events.*

Cuts

1. All members must meet a standard of excellence in order to perform at any event. It is at the coach's discretion which members meet that standard of excellence. If a member does not meet that standard of excellence, then they will be unable to perform at that performance, but they are still required to attend and wear a uniform.
2. There will be many practices to prepare for competition season. If at any point in time a team member is not up to the team's standards of excellence for being competitive, they may be cut and become an alternate team member.

DANCE TEAM STANDARDS AND EXPECTATIONS

Demerits

1. Demerits are issued at the discretion of the coach.
2. Each unexcused absence is one demerit.
3. The following EXCUSED absences will not result in a demerit:
 - a. severe illness (must send email or GroupMe to notify coach)
 - b. family vacation (all family vacations for the upcoming school year must be reported to the coach via email by July 1st)
 - c. death in the family
 - d. make-up tests
 - e. tutoring (please schedule tutoring sessions around your practice schedule)
 - f. school field trips
 - g. weddings
 - h. family emergencies
 - i. extraordinary life event

A parent must notify the coach in a timely manner for an absence to be excused. Preferably before the absence, if possible.

It is the team members responsibility to make up ALL material covered during the missed practice.

4. The following are UNEXCUSED absences and will result in a demerit:
 1. work
 2. doctor's appointment (with exception to extraordinary circumstances)
 3. could not get a ride
 4. family punishment (grounded)
 5. homework
 6. hair/nail/beauty appointment
 7. birthday party
5. College Visits: All college visits need to take place on the Thursday, half-days when practice is cancelled. These dates will be given as soon as they are announced by the administration. Any other absences due to college visits will be considered unexcused.

Regardless of whether excused or unexcused, members must attend the practices preceding a performance in order to be eligible to perform at that week's event. Dancers must attend school the day of the event or the last day of school before the event (if the event falls on a weekend).

Demerit

1

Offense

- Unexcused absence
- Failing to participate in a scheduled performance (coaches must be notified via email 2 weeks in advance)
- Not wearing the appropriate performance uniform or if it is not clean
- Leaving behind, losing, or misplacing any piece of the uniform, poms, or headpiece
- Displaying unacceptable and/or uncooperative behavior toward officers, coaches, or instructors

DANCE TEAM STANDARDS AND EXPECTATIONS

Demerit

1/2

Offense

- Tardiness to any practice, game, performance, or meeting
- Arriving to practice or performance not ready (for performances, that includes hair and make-up)
- Leaving early from a practice or performance (practices are over when the team is dismissed)
- Not wearing the correct practice uniform
- Cell phones that are audible, visible, or in use at practice, team meetings, or any performance
- Talking or disrupting during practice

5. When a member accumulates **three** demerits throughout the course of the year, a formal written letter will be sent to the parents, Principal of Student Affairs, and Athletic Director.
6. When a member accumulates **four** demerits throughout the course of the year, she will be benched from one performance and a meeting will be held with the dancer, her parents, the coach, and the Athletic Director.
7. When a member accumulates **five** demerits throughout the course of the year, her membership will be terminated.
8. Some demerits may be worked off, at the coach's discretion.
9. It is the responsibility of the dance team member to keep track of the amount of demerits they accumulate. The team member may inquire at any time as to the number of demerits that have been accumulated.

CONDUCT RULES:

1. The use or possession of tobacco, alcohol, or drugs, on or off school premises, will not be tolerated. *Use of any of these will result in removal from the Dance Team for the remainder of the school year.*
2. Any student who engages in a criminal activity will be denied participation on the Dance Team. Any civil infraction (whether pursued by civil law authorities) or conduct by a team member that is determined by the coach and/or school administration to be detrimental to the program, school, or school district will result in dismissal from the team.
3. Other rules of conduct will be the same as those listed in the Student Handbook and Athletic Handbook for all school activities. Any violation or deviation from the student code of conduct lists in the student handbook will also be reason for removal or denial of participation on the Dance Team. *It is YOUR responsibility to take the initiative to read your student handbook and athletic handbook to know what the rules are and abide by them.*

DANCE TEAM STANDARDS AND EXPECTATIONS

Appropriate Behavior

All team members are expected to uphold appropriate behavior. If your actions are not deemed appropriate and do not coincide with this organization's guidelines, you will be denied participation on this Dance Team. This includes but is not limited to swearing in uniform.

Dedication

1. There is a level of commitment and excellence required to be a part of the Dance Team. You must have a desired level of commitment not just for yourself, but for your entire team.
2. You are responsible for knowing, practicing, and having mastery of all performance material.
3. Outside practice time is 100% necessary for this team to succeed.
4. It is highly recommended for Dance Team members to take technique classes outside of dance team.
5. If at any time you are not doing your part as a productive member of this team, you will be suspended from the Dance Team.

Practice Attire

All team members will be required to wear a practice uniform to all practices. This is very effective increasing team precision.

1. Practice uniform *NEW* we will be purchasing matching tops this year for camp
2. Athletic tennis shoes and pulse jazz shoes
3. Poms
4. Ankle weights

Performance Uniforms

1. Dance Team members are required to purchase the team uniforms, shoes, poms, and any other item necessary for Dance Team performances and practices.
2. Uniforms/warm-ups must be kept clean and in good repair.
3. All team members will wear the required team hair and team make-up to all performances.
4. Members may not wear any jewelry during a performance and only french or nude nail polish.

Chain of Command

When a situation occurs that raises concern, the following steps in the order listed below should be used to resolve the situation:

1. Dance Team member will request to meet privately with the coach.
2. Parent will contact and/or arrange a meeting with team member and the coach.
3. Parent will contact and/or arrange a meeting with the team member, the coach, and the Athletic Director.
4. Parent will contact and/or arrange a meeting with the Principal of Student Affairs. The coach will be present.

Finally

- No spectators, parents, or friends may observe practices.
- Depending on the infraction, we reserve the right to immediately dismiss a dancer from the team.
- Any deposits/money put toward fees, uniforms, warm ups, t-shirts, registration fees, or any other item is non-refundable.



Dance Team

PLEASE KEEP A COPY OF THE ST. JOSEPH'S ACADEMY TEAM INFORMATION FOR YOUR RECORDS AND TURN IN THE FOLLOWING SIGNATURE PAGE.

Team Member's Name _____

I, the parent/guardian of the above named, have read the St. Joseph's Academy High School Dance Team Information Packet and understand all of the requirements in order for my dancer to participate, as well as the ramifications if this contract is broken. I fully comply with all rules and regulations within this Dance Team Code of Conduct. I also realize this is a team effort and I will be called upon to help in some way throughout the year with things that are within my capacity to help. I will make every effort to do my share of assisting on behalf of my daughter. I understand I am required to be present for parent meetings or have someone present on my behalf.

_____ Parent/Guardian Signature

As a member of the SJA High School Dance Team, I have fully read the Information Packet and Code of Conduct and understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules and realize the consequences of poor behavior or inappropriate actions may be severe. I will do all I can to uphold the honor and tradition of the St. Joseph's Academy Dance Team and respect my team members, school, and coach always. I understand that my character matters.

_____ Dance Team Member Signature

Should I _____ (Dancer's name) choose to participate in another sport during the dance season, I will notify the coach of the Dance Team and the coach of the sport I have signed up for. An agreement must be reached by both coaches, my parents, and I, acknowledging that there is dual participation, and that any conflicts in practice times or events must be discussed with all parties involved - resolution agreed upon in writing or I understand that suspension from the Dance Team will be deemed necessary. If I am selected to compete with the Dance Team, I understand that there will be no exceptions made and I MUST be present for ALL practices in their entirety in the weeks leading up to a competition.

_____ Dance Team Member Signature

Skill Chart	Minimum Requirement	Requirement as a Competition Member	Goal as a Competition Member
Pirouette	Double turn	Triple turn with added difficulty or combinations	Quadruple turn with added difficulty or with combinations
Turns in Second (a la seconde turns)	Demonstrates ability to complete one eight count of turns in second.	Proper execution of one or more eight counts of turns in second with proper turn technique with added difficulty	Two or more eight counts of turns in second with proper turn technique with added difficulty
Toe Touch	180 degrees – Chest lifted, controlled arm placement, toes pointed, legs straight, finishing with feet together	More than 180 degrees – looks explosive	More than 180 degrees – looks explosive, double toe touch with added elements of difficulty (for example, out of a turn)
Firebird	Controlled jump straight front leg, pointed toes, proper arm placement, and back flexibility	Controlled jump with extended front leg, pointed toes, proper arm placement, and back flexibility– looks explosive	Controlled leap with extended front leg, pointed toes, proper arm placement, and back flexibility– looks explosive
Leaps	Right, left, and center leaps are 180 degrees with toes pointed, legs straight and chest lifted	More than 180 degrees – looks explosive	More than 180 degrees – looks explosive Switch leaps, back leaps, switch center leaps
Jump Combination		Two jump series with 180 degrees, controlled arm placement, and proper landing	Three jump series, more than 180 degrees, with controlled arm placement, and with added difficulty to the landing
Leg Hold	Leg hold above shoulders for 4 counts with proper hand placement	At eye level for 4 counts with proper hand placement	At eye level for two 8 counts, with added difficulty and one rotations with leg hold turn
Kicks	Kicks are eye level with proper technique.	Kicks are at 180 degrees with proper technique.	Kicks are over 180 degrees with proper technique.
Splits	Right or left splits flat on the ground.	Full right and left splits flat on the ground.	Full right, left, and center splits flat on the ground.
Kip-Ups	Must be able to perform kip-ups.	Must be able to perform kip-ups.	Must be able to perform kip-ups.
Cartwheels	Must be able to perform right and left cartwheels with straight legs and pointed toes.	Demonstrated ability to perform one handed cartwheels with straight legs and pointed toes.	Aerial cartwheels and side sumi trick.
Head-Springs	Demonstrates potential to execute a headspring landing in the squat position.	Demonstrated ability execute a headspring landing in the squat position.	Full headspring to a squat or stand.