***Lake City Tiger Dance Team Handbook***

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**Mission:** The Tiger Dance Team is a group of dancers who proudly promotes school spirit, dedication, and respect. Being a part of the Tiger Dance Team will encourage self-confidence, leadership, and teamwork while striving to uphold the vision of Tiger Athletics. We will consistently work hard as individuals and as a team to perform with our hearts and above all, have fun.

**Qualifications and Selection of team:**

* Members are expected to remain on the Tiger Dance Team the entire winter season unless dismissed for a rule violation.
* Members must be eligible to participate in accordance with the MSHSL and the Tiger Athletic Department.
* The number of dancers on a team is determined by the coaching staff each year, but must follow MSHSL guidelines.
* All dancers and parents must read through the handbook and agree to the terms at the start of each season.
* Members must fill out all required forms and information to register for the upcoming season and have all of them turned in prior to the first day of practice.
* A Tiger Dance Team member must be able to give freely of her time for any dance team activity throughout the season. Practices and performances will be after school, evening, and on weekends. Practices and/or performances may be scheduled during holiday breaks, and scheduled days off from school. Practice cannot be held on Sundays.
* The tryout process for Varsity will take place in the fall or spring with a panel of qualified judges to evaluate the dancers. An exception will be made if an individual is new to the district and was not attending the school during the time tryouts were held. Other rare exceptions may be acceptable. If a new dancer enters the season and has not tried out, they will be evaluate by the coaches and placed appropriately. They will not be given a permanent position on Varsity at the start of the season.
* All dancers are required to tryout every year and will receive an individual score. No scores or judges sheets will be distributed however can be discussed individually with the dancer/coach.
* Auditions are closed to public, including parents & friends of the candidates.

**Responsibilities:**

Every member of the Tiger Dance Team is expected to display positive sportsmanship, a positive attitude and be a valuable team member. Each dancer will be held responsible for their own actions both in and out of practice and performances and must follow all MSHSL guidelines. A positive representation of the Tiger Dance Team is very important and nobody is guaranteed a permanent position on the team.

**Captains:**

* The Tiger Dance Team shall have captains which are determined by the coaching staff.
* A captain must be an experienced dancer and have good leadership skills.
* Candidates will be evaluated on their attitude, leadership skills, conduct, and team dedication.
* A captain shall serve as a leader of the group and maintain discipline within it.
* A captain must enforce all rules of the organization and communicate freely with coaches and team members.
* A captain must assist in the direction and daily operation of practice and help run daily stretching activities.
* A captain must help ensure that all team members are on time for practice and performances.
* A captain must coordinate what is worn at competitions, performances and during the school day.

**Vacancy:**

In the case that there is an open position on a team, a person may be chosen by the coaches to fill that vacancy. Scores, attitude and dedication will be considered factors when deciding.

**Choreography:**

Any team member interested in choreography will be considered to assist in the choreography of the routine. Choreography of the routine will occur during the first two weeks before the season starts and will require outside dedication from everyone involved. Commitment is a large part of assisting with the choreography. All choreography members must attend all scheduled times outline by the superior captains or coaches.

**Performance and Competition Requirements:**

* Not every member of the team will dance at every competition. Cuts may be made based on coach’s discretion and will only be discussed with the dancer.
* No dance team member will perform or compete until that person has demonstrated the ability to perform the required routine. This is determined by daily evaluations in practice and performances during the competition season. The coaching staff will determine which dancers will compete.
* All spots and formations will be approved and decided by the coaches. Formations and spots may change on any given day in accordance with daily evaluations of each individual dancer.
* The coaches may suspend a dance team member from competing for other reasons such as attendance, precision of routine, attitude, injuries or other negative behavior.
* Curfews may be set by the coaching staff before any competition. The coaching staff will announce if any such curfew will be implemented. If the curfew is not met, the dancer will forfeit the next scheduled performance or competition.
* All members will sit with the team at performances and competitions. Permission to leave must be obtained from the coaches before the day of the event.
* At performances every dancer is required to be in their uniform, fully zipped when anywhere other than the team dressing room.
* Boyfriends have absolutely no place at practice, before a performance/competition, etc. PDA is never considered appropriate, especially at performances or anytime in uniform.
* No body piercings or jewelry of any type can be visible during a performance or competition. They must be removed prior to loading the bus in the morning or if impossible taped down for safety and according to MSHSL guidelines.
* Hair must be able to fit in a bun and hair must be a natural hair color.
* Breakfast Club: Each competition we will make up breakfast bags for the girls so they have healthy snacks for competition days. Each dancer will sign up for 1-2 items throughout the season as a donation.

**Practice and Attendance:**

* All practices, competitions, performances and team events are mandatory!
* All dancers are required to schedule all appointments, work, etc. around dance team practice.
* Dancers are required to attend practice if she was in school for the entire day. The only exceptions to not being at school the entire day is school sponsored activities, funerals, or dentist/doctor appointments. NOTE: If you call in sick to school, for any amount of time, you will not be able to practice that night.
* Religious holidays, school sponsored activities, funerals or family emergencies and personal illness are the only EXCUSED absence. If illness occurs often, determined by the coach, the dancer will be required to present a doctor’s note upon return.
* An excused tardy is arriving after 3:35 to practice with a note from a teacher.
* An unexcused tardy is arriving after 3:35 to practice without an excused note or leaving any more than 5 minutes before practice is finished. A dancer may also receive an unexcused tardy if they are not in proper dance attire, ready to practice at 3:35. They must have their hair pulled back and a water bottle with them. No jewelry, gum, candy or cell phones are allowed.
* Dancers are expected to be on time for practice. After three (3) unexcused tardies, the dancer will have to forfeit a performance and may possibly lose their place on the team. If a team member knows in advance that it will be necessary to be late to practice, they must contact the coach ahead of time. If they do not know that they will be late, they must bring a note will validating their tardiness.
* Notify the coach via voicemail PRIOR to a last minute absence for approval. You must contact the coach through telephone or email if you are going to be absent. Telling a friend to tell the coach, texting, or any other form of communication is neither reliable nor acceptable.
* If a dancer is unable to perform for one (1) week then their spot will be filled until they recover. They are not guaranteed their spot back after they recover.
* Absences in excess of three (3) practice days may result in formation changes.
* When a team member is absent, it is her responsibility to find out what was missed and be prepared the following day.
* If you have an inhaler you must communicate with the coaching staff the proper placement of it during practice.
* If you have obtained an injury, you must communicate that to the coach.
* Dancers are expected to be attentive and cooperative in practice. Repeated disruptions such as talking will result in a removal from practice.
* Dancers must give only constructive criticism.
* No visitors or parents are allowed to attend practice without the coach’s permission.
* Dancers must take care of themselves and stretch responsibly to prevent injuries. Injuries can be prevented through proper stretching and conditioning.
* Dancers are not allowed to give blood on days of practice or competitions.

**Practice Etiquette:**

* Be ready to practice promptly, wearing appropriate attire and shoes. Hair (including bangs) should be pulled away from the face to avoid distractions. Bring kneepads for excessive knee-floor work.
* Be quiet during all instruction, including warm-ups, dance reviews and new step instruction. Hands must be raised to ask questions in order to run a productive and efficient practice.
* Participate fully in all practice activities. Full-out performance is expected every day. Please notify coaches before practice of any injury that may prevent full-out performance. All injuries must be brought to the coaches’ attention immediately. The coach will set up an appointment with the school trainer for attention to the injury.
* Make every effort to correct mistakes that are identified by the coach and/or fellow team members.
* Stay for the entire practice. Late arrival and/or early departure exceeding five (5) minutes will count as an unexcused tardy.
* Tell the coach ahead of time if you will be missing a practice and learn any information or dance material from that practice. It is important to contact coaches and/or captains regarding important information missed. If after missing practice you do not attempt to learn missed moves, spots in formations, etc., you will not receive a spot to dance.
* Dancers will treat fellow team members, captains and coaches with respect in and out of practice. Any dancer exhibiting disrespectful behavior may be asked to leave practice and will be suspended from practicing with the team. She will also be suspended from the next performance or competition, whichever may occur first. This will lead to an individual conference with the coaches, an incident report will be filed with the office and the report will be sent home to the parents. If more than one incident report is filed due to behavioral problems, it may lead to dismissal from the team.

**Attire:**

* Dancers are required to follow the school policy for the dress code. If this is not followed the dancer will be prevented from performing.
* Dancers should dress appropriately for cold weather and wear tights/nylons or socks.
* Dancers must dress up the day before a competition and the day of performances.

**Academics:**

Each semester, dancers must maintain appropriate grades. Grades will be checked and a dancer will be removed if their grades are not above the required level outlined Lake City Public School guidelines. Mr. Iberg, Assistant Principal, administers academic eligibility.

**Lettering Policy:**

* A letter is earned by the dancer, not given by the coach. In order for a dancer to earn a letter she must:
	+ Attend every performance and competition
	+ Be on the Varsity Team.
	+ Follow all terms in the Lake City Tiger Dance Team Handbook
	+ Have no unexcused absences or tardies throughout the year.
* Any member who has quit the team or has been dismissed may not letter.
* The coaching staff will determine those members who have earned a letter.

**Trainer:**

* If a dancer is in need to see the trainer, they must talk to their coach about the injuries prior to the day they would like to be seen by the trainer.
* The coach will make the determination as to whether or not a visit to the trainer is needed.
* If a visit to the trainer is needed, the coaching staff with notify the Activities Office ahead of time with the name of the dancer.
* The dancer must follow the rules/request that the trainer gives, including not dancing.
* If the trainer pulls the dancer from practicing at 100% the day before a competition, the coaching staff reserves the right to fill their position with another dancer.
* No dancer may go down to the trainer without prior approval from the coaching staff, which must be before the day of the visit.
* The trainer is available on Mondays and Wednesdays.

**Anti-Bullying:**

* There is a no bullying policy. Bullying of any kind, whether it be at practice, online, or at school, will lead to serious consequences and can end in dancer losing her spot on the team. We take it very seriously. We want a positive environment. This means no negativity on any social network about teammates or coaches also.

**Parent Involvement:**

Parents are encouraged to play an active role in supporting the Lake City Dance Team. We ask that parents come to all the performances and competitions to support your daughter and the rest of the team. We ask that parents help coordinate fun activities for the Team. Our home invite is a great opportunity to contribute and support the booster club and our dance program.

***PARENT ISSUES:*** If you as a parent have an issue regarding your dancer or the coach, please feel free to address the issue. We first ask that your daughter attempt to address the issue with the dancer or coach. If it is not resolved we then ask that you address the issue with the coach assigned to the team your daughter is on. If the issue is still not resolved, please feel free to contact the head coach, Sunday Robertson after addressing the issue with Coach Sunday, you continue to feel there has not been a resolution to the issue; Coach Sunday will set up a meeting with the Activities Director and those involved. We would like every dancer to have fun and feel they have personally succeeded while in dance. We feel it is very important to have a strong communication line between parents, dancers, and coaches. If you have any concern, big or small and would like to talk, please feel free to do so. Thank you for your support of the Tiger Dance Team. We appreciate it!