



STEVE LUCAS  
PHOTOGRAPHY

# CHASKA HAWKS DANCE TEAM GUIDE



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**HEAD COACH**  
**KRIS RYDLAND**

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## CHASKA HIGH SCHOOL DANCE WEBSITE

For the most current practice & competition schedules, news, team pics, and more... visit the CHS Dance website. Path: <https://chs.district112.org/athletics/teams/dance-team>

## PHILOSOPHY

The Dance Team is made up of unique individuals striving for a group effort of success. We need one another to develop physically, psychologically, and socially as well as for having fun and achieving our goals. This requires work, dedication, cooperation, positive attitudes, teamwork, and good sportsmanship.

## MINNESOTA STATE HIGH SCHOOL LEAGUE

### ENROLLMENT:

The High School recognizes Winter Dance Team as a competitive athletic activity. In order to be a member of the Chaska Dance Team, athletes **must have prior to the first practice** (approximately the third week of October for Winter season) **to be sure they are eligible:**

- Completed & signed Dance Team enrollment form (available from the Activities Office)
- Completed & signed MSHSL Rules Agreement form (available from the Activities Office)
- Paid participation/registration fee with the [Activities](#) Office
- Physical Exam Form on file that has been completed within 2 years (part of MSHL rules; available from the Activities Office)

### MSHSL RULES INCLUDE:

- Students must be making satisfactory progress toward graduation (determined by the school)
- Students shall not use a beverage containing alcohol, use tobacco, use or consume, have in possession, buy, sell or give away any other controlled substance. The penalty for a first violation is to lose eligibility for the next two consecutive contests or two weeks of the season, whichever is greater. Because Dance requires time (one to two weeks) to change formations, this **could result in being out of formations for a longer time.** The second violation results in six contests or three weeks, and the third results in twelve contests or four weeks.
- MSHSL rules regarding dress and safety (no midribs showing, no jewelry, no body markings, short fingernails, etc.) are updated yearly and given to coaches at required rules meetings.
- Athletes on competitive studio teams can not compete during the 16 week winter MSHSL season. A team member may compete in solo competition or compete as a member of a non-school team if that team's composition and dance style is significantly different from the high kick precision and jazz funk style used by high school teams. Students may attend camps or clinics and compete within the content of that camp or clinic in the same way that other athletes can compete on teams within the clinic. *See Bylaw 203.*
- MSHL Site: [www.mshsl.org/mshsl](http://www.mshsl.org/mshsl) See Dance Team, H/P (High Kick/ Precision); Dance Team, J/F (Jazz).

## TEAM GUIDELINES

In addition to the MSHSL rules, the school and team have guidelines based on some basic principles. These are the **PRINCIPLES** in which we believe:

1. School is a place for learning
2. Learning requires active participation
3. I am responsible for my actions
4. A team is interdependent on all its members
5. Respect is needed for those responsible for enforcing rules
6. I must respect myself, property, and others as I want to be respected
7. Fitness begins with body and spirit

These principles generate the following **GUIDELINES**:

1. Students must attend school to attend practice
2. Scheduled practices are mandatory. Hair, dental, and doctor appointments, as well as work and make-up tests are considered absences from practice.
3. All required forms must be turned in to the Activity Office. This must be done prior to the first practice.
4. Be prepared for practice. Give yourself enough time to get to practice **on time**. Have hair pulled back, any taping or injury preventive equipment such as knee pads on, **jewelry off**, and leave junk food (including gum) behind.
5. Listen to the speaker. Look at the speaker. We will teach one another dances, so we must listen to learn.
6. Make-up work is done outside of practice. If you miss a practice, get caught up **before** practice, not during.
7. Take care of the equipment checked out to you. You are responsible for the uniforms and they are expensive.
8. Athletes must ride the bus to and from scheduled competitions (even if your parents are at the competition).
9. You are students first and athletes second. Keep up with your studies and tell coaches if problems arise.
10. Represent your team and school well. Everything you say and do reflects on your teammates, coaches, and school. Use good judgment everywhere you go and represent Chaska with pride. Remember the judges are trained well - respect them.
11. Eat a healthy diet. Athletes need more calories than the average person; these should come from nutritious high energy foods, not junk.
12. Each member is an enforcer of these rules. If you have broken one of these or one of the MSHSL rules, come forth before someone else has to. You are responsible for your actions.



## **EXPECTATIONS / RESPONSIBILITIES**

### **TEAM MEMBER:**

- Inform coach and record on attendance calendar absences
- Demonstrate team concept - value everyone's contributions - motivate self and others
- Be coachable; learn to accept criticism without alibi and do your best to improve
- Communicate with coaches
- Attend all performances whether you perform or not
- Abide by set curfews before competitions
- Participate full-out in practice everyday or notify coaches of injury
- Have injuries examined by the trainer or doctor and communicate these with coaches

### **CHOREOGRAPHER:**

- Be creative and artistic
- Communicate and lead in teaching dances
- Commit to extra time

### **CAPTAINS:**

Captains will be nominated by all team members and will be selected by the coaches.

- Meet with coaches before or after practice once a week (Saturday)
- Accept trophy / plaque for the team
- Assist in leading the warm-up / stretch daily
- Assist in daily operation and direction of practices (counting, readying team)
- Serve as a leader of the group and maintain discipline within it
- Enforce all rules of the team and communicate with coaches and other team members
- Coordinate what is worn in school before a competition
- Make sure that the practice area is cleaned up after practice
- Communicate with the coaches any violations committed by fellow team members
- Be on time for all practices and performances
- Follow all MSHSL codes of leadership
- Lead in teaching dances along with choreographers
- Coordinate competition motivators
- Invite all members to outings and follow through
- Help collect money
- Assist in team social media and photography

### **PARENT:**

- Encourage your daughter and give positive statements about her performance
- Speak positively about the team and other team members
- Speak respectfully of, and to coaches and judges
- If a problem arises, notify the coach
- Model community values
- Assist with team activities; driving, competition committees, etc.
- Assure daughters arrive on time and are picked up in time from practice
- Attend competitions and parent meetings
- Watch email for important announcements
- Wear a fan shirt and cheer!

## SEASONS

### SPRING

**Tryouts / Team Selections** are held in the spring. Coaches and outside judges will judge tryouts. Athletes should come to tryouts with some preseason training to help their flexibility and strength. See criteria score sheets (High Kick and Jazz) for specifics. Based on the tryout scores, coaches will determine who is varsity, junior varsity, and not ready for the team. All tryout participants will find out their status after the final day of tryouts. All athletes who make the team will attend a parent/info meeting in the late spring regarding summer dance camp and clinics.

*Parent Tip: Come to the meeting with your calendars, check book, a notepad and pen. There is a lot of information given at the spring meeting. Make all attempts to attend. A summary of the summer opportunities will be given to the girls after tryouts. At the meeting you will have the opportunity to ask questions to confirm which opportunities are right for your daughter, and to sign up for these opportunities, often with a down payment.*

### SUMMER (JUNE TO MID AUGUST)

Summer dance camp is not mandatory, however it is highly recommended. Summer classes for technique and strength/conditioning will be offered and again recommended. Set goals for yourself for preseason training. There may also be a youth clinic late summer with a performance at an early season football game.

### FALL (PERFORMANCE SEASON; MID-AUGUST TO OCT)

Fall season is not mandatory, however it is highly recommended, especially if you are not participating in another fall sport. The purpose of the fall season is to promote and maintain school spirit through performances at various events and activities. It begins in mid-August and ends mid-October.

### WINTER (COMPETITIVE SEASON; END OF OCT TO FEB)

The purpose of the winter season is competition. It begins the end of October and concludes seventeen weeks later with the state tournament. Captains and choreographers will meet with the coaches two weeks prior to the season to work on choreography. During the winter season, no dance team member will perform or compete until that person has demonstrated the ability to do a given routine. This is determined by the coaches. Cuts may be decided upon at any practice and will include a verbal explanation from a coach. Decisions to move dancers from JV to Varsity or from Varsity to JV will be made at the coaches' discretion. Any team member taken out of any dance will practice with the team daily and is expected to fulfill all team guidelines. Coaches may suspend a dance team member from competing for other reasons such as attendance, performance consistency, attitude, injuries, or behavior.

## COMPETITIONS

### INVITATIONAL MEETS:

Coaches choose invitationals for their team based on when they are offered and what teams will attend. JV generally attends four to five invitationals per winter season and Varsity traditionally attends less because of the competitive Conference schedule. For information on the invitationals, see the host school website or [www.madtcoaches.com](http://www.madtcoaches.com)

### CONFERENCE MEETS:

The Metro West Conference Dance Team Coordinator (currently the CHS AD) prepares a schedule of four rounds of competition with two being in kick and two being in jazz followed by a Saturday conference tournament. The outcome of these competitions determines our team's overall team placement within the Conference and the number of All-Conference and Honorable Mention athletes recognized from our team. For more info see website.

**WHAT TO BRING:** Girls need to bring all pieces of their uniforms to competition, healthy energy food, and limit themselves to one bag plus a garment bag to keep uniforms from wrinkling. Captains will give a checklist to girls before their first competition to aid in packing.

**WHERE TO SIT:** Performances are given facing either the left or right side of a gymnasium. Watch for signs entering the gym, or refer to the program to identify which side of the gym the girls will be competing on so you will know where to sit. Sometimes Varsity will be on one side, and JV on the other.

**ADMISSION:** Usually there is an admission fee at all events. Each school sets their own admission, and they are typically \$5-8/ person. Programs are usually available for anywhere from \$0 to \$5 per program.

### HELPFUL WEBSITES:

[www.madtcoaches.com](http://www.madtcoaches.com)

some invitational meet info found here

[www.mshsl.org/mshsl](http://www.mshsl.org/mshsl)

Minnesota State High School League Site

## UNIFORMS

**FALL UNIFORMS:** Generally fall uniforms are less formal than the competitive season (dance pants, matching top). Coaches will explain how to care for them (gently wash, dry clean, etc.)

**WINTER UNIFORMS:** Checked out in the beginning of the competitive season, and checked back in at the end of the competitive season. Sequin uniforms are not dry cleaned by parents/dancers.

**WARM-UPS:** Used during Winter Season, and are mandatory. They may be reused from the previous year, or new ones may be purchased. If they are re-used, warm-ups are purchased for dancers who are new to the team.

*Parent Tip: Fundraising activities are important to raise enough money to allow for dancers to get new or repurposed uniforms every couple of years.*

## **LETTERING**

To earn a letter and stay in formations, a team member must maintain 90% attendance and be in at least **one competitive varsity competition**. A tardy, leaving early, or an injury or illness that requires sitting all practice counts for half a practice. So out of ten practices, you should not be tardy (or leave early) more than two times. All varsity dancers need to be at practice a minimum of nine out of ten hours of practice each week whether in kick, jazz, or both formations. Strive for perfect attendance. It is a great accomplishment! Any chemical use MSHSL violation results in ineligibility of a varsity letter. If the team advances to the state tournament, all varsity members on the official roster will letter.

## **PRACTICE SCHEDULE**

Being a dance team member requires a huge time commitment. Practices will meet for approximately 12-15 hours / week. Practices are scheduled during holiday breaks including Thanksgiving and Christmas breaks, as well as on scheduled days off from school. In addition to practice, we have 10-12 competitions during the 17 week winter season and 2-3 performances. Athletes and parents should discuss whether or not this commitment is agreeable in terms of time and your family's lifestyle.

**TENTATIVE VARSITY WINTER** weekly practice schedule is:

Monday-Friday in the HS Aux gym or the MSW gym 3:45-6:25 pm; Saturdays at the HS 7:10-9:30 am. *Check CHS Dance website for current information.*

**TENTATIVE JV WINTER WEEKLY PRACTICE SCHEDULE:**

Five days / week at MSE, MSW or HS cardio from 3:55-6:15 pm and Saturdays 7:10 – 9:30 am. *Check CHS Dance website for current information.*

Performance and competition dates will be provided at the beginning of the seasons and posted on the website.

*Parent Tip: Though rare, schedules do change due to unforeseen events. Make sure the Parent Communication Committee has all phone numbers and email addresses for SAME DAY communication. Communication could be necessary during the day for that evening, or in the evening pertaining to an activity occurring the following day.*



## **EXPENSE ESTIMATES**

Athletes provide for all of their personal wear items.

These will include:

Activity fee fall \$170, winter \$255

Team tee-shirt \$15

Black leos and shorts \$40

Black jazz shoes \$35

Tan jazz shoes \$35

Tights \$30

Support athletic shoes \$70

Team warm-up \$90

Ankle weights and thera-band \$20

Make-up \$70

Possible team competition trip \$80

Optional expenses may include team pictures, summer camp, studio classes, competition T-shirts, team sweatshirt or jacket, banquet, etc.

To reorder Mary Kay make-up, contact **KELLY HARRIS** at **952-556-7127**

*Parent Tip: Dancers may participate in Fundraising events to defer costs. Most fundraisers allow dancers to deposit money into their personal accounts. Fundraising activities are typically held in the summer and early fall so as not to distract dancers during the competitive season. There is a parent Fundraising Committee who organizes and communicates events.*

## **ALL CONFERENCE SELECTION**

Based on our finish in the Conference, we will have 2-9 athletes recognized for all-conference and honorable mention awards. Our nominees will be ranked by coaches based on the criteria developed by Conference dance coaches:

1. Tryout score / dance ability
2. Attendance
3. Academics
4. Positive Attitude
5. Positive role model
6. Team contribution / years on team
7. No suspensions or violations

All Conference awards are given out at the end of Conference Competition

## **GRIEVANCE PROCESS**

In order to help us pursue a solution to any conflict or issue that may arise, please keep these ideas in mind:

- If you have a conflict with another team member / coach, speak directly with that team member / coach about the issue.
- If someone complains about another team member / coach, ask that person, “Have you told her what you told me?”
- If you reach an impasse with a team member / coach, request a neutral third party as a mediator (captain). Both parties must agree upon the mediator.
- Attempt to “fix the problem not the blame” when dealing with another team member / coach.
- In practice and at dance team functions or meetings, names of individuals who are not present should not be mentioned in a negative or disparaging manner.

## **TEAM COMMUNICATION**

- Email is the primary means of team communication outside of practice. Parents and dancers should take a moment to check email every day for updates.
- Parent/ Dancer Contact information is collected yearly. If you have a change in your address, phone number or email, contact the Communication Committee as soon as possible to get it updated so you do not miss out on important information.

## **TEAM PHOTOS**

**WINTER PHOTO:** Taken typically late November



**WE WISH THE BEST OF LUCK TO EVERY ATHLETE AND LOOK FORWARD TO AN EXCITING YEAR!**

**COACH,  
KRIS RYDLAND**

**556-7100**

## **OTHER PARENT INVOLVEMENT**

### **DANCE VIDEOS/ DVDs/ PICTURES**

**DVDs:** We have been fortunate to have a parent compile performances on a DVD for sale at the end of the year (usually at the banquet). Bring your checkbook to the banquet if you'd like to purchase one.

**PICTURES:** Capture the moments throughout the year!

A slide show is put together at the end of the competitive season with pictures from parents. Closer to the end of the year, you will be reminded to send your pictures to the person who is coordinating the team slide show.

### **DANCE TEAM OPEN HOUSE**

In the spring, following competitive season, coaches and parents collaborate to put on a Dance Team Open House to allow prospective dancers the opportunity to learn about CHS Dance, and ask questions of coaches or parents. Booths at the open house may include:

- Meet the Coaches
- Bonding/ Motivation
- Performance/ Competition Season
- Expenses
- Off Season/ Summer Opportunities
- Tryouts
- Organized Parent Committees

### **DANCE BANQUET**

The competitive dance season culminates in a banquet (end of Feb/ early March). Both JV and Varsity dancers and parents are welcome to attend. The event is semi formal. It is organized by one or more senior parents. Parents usually make it their goal to raise enough funds during the year to cover the cost of all dancers' meals. Parents pay for their own meals. Near the event, an email is sent out requesting parents indicate whether or not they will attend. The email will include cost & payment instructions.

### **COORDINATION OF MISCELLANEOUS EVENTS**

Occasionally CHS is given the opportunity to host events. This may include a Conference event, an Invitational, or a MADT event. These events generally require a great deal of coordination, but the pay off can result in a significant amount of funds for the Team account, so they are usually well worth the effort. Coaches will notify parents if opportunities arise, and request assistance with coordination. Committees will be formed, and assistance will be requested from all parents to ensure a successful event.

## CHSDT Parent Volunteers/Opportunities

### Parent Coordinators:

1. Julie Rydeen
- 2.

- Find/assign committee leads and provide ongoing input/support to the activities of all committees
- Identify needs throughout the year for assistance/added committees; find/assign parent volunteers to meet those needs
- Primary liaison with coaches

### Communications & Treasurer

1. Bridget Boche
- 2.

- Collects and maintains current contact information for coaches, dancers and parents
- Collects fees; pays team expenses
- Email expenses/individual account balances with dance families
- Maintain checkbook, track individual dancer accounts, reports account activity to parent coordinators

### Fundraising/Toast of the Town

1. Julie Rydeen
2. Christy Mueller

- Maintains a list of viable fundraising options and selects approximately 4 per year (Toast of the Town, Butter Braid, booster club concessions, pizza, etc.)
- Plans and coordinates fundraising activities
- Maintain clear financial records to give to treasurer, detailing monies raised by the team or by individual dancers
- Report of fundraising successes and dollars raised

### Social Planning

- 1.. Tanya Schmieg
2. Michelle Engebretson

- \* Plans/facilitates social events for the team, parents and/or families (summer, fall and winter season)
- Makes a plan with the treasurer for financing social activities

### Booster Liaison

1. Julie Rydeen

- Coordinates with booster club regarding sporting events that we can work at to make money for the dance team.

### Team Meals (pasta dinner/team feeds)

1. Kari Fronius
- 2.

- Works with coach to determine any food needs during competitions and pasta dinners before competition
- Makes a plan with the treasurer for financing meals
- Coordinates parent volunteers to provide team meal deliveries at meets throughout the season

### Car Pooling

- 1.

- Creates car pool schedules and assigns parent volunteers (Larkin, Russian Ballet)

### DVD & Pictures

1. Patty Vannucci
2. Becky Carpenter

- Facilitates the preparation and slideshow presentation for the banquet
- Creates a team DVD for sale at the end of winter season

### End of Season Banquet

- 1.
- 2.

- Plan the banquet to be held after Winter Season for coaches, dancers and parents
- Coordinate with the treasurer for collecting fees and paying bills
- Maintain clear records of planning process to pass on for the next year
- Purchase coaches gifts (juniors coordinate/order senior gifts)

### Team Apparel, letters & Patches

1. Julie Rydeen
2. Tanya Schmieg
3. (patches)

\*Work with the captains and coach to design, order and distribute apparel for dancers/fans

# SOCIAL CONTRACT

## TEAM BOTTOM LINES

*Bottom lines are behaviors that do not work on this team*

- Racial, physical, or sexual harassment
- "Just kidding" or "Just joking" excuses for humor
- Personal or ethnic jokes
- Improper language
- Name-calling
- Ridiculing or laughing at others
- Aggressive or bullying behavior
- Put-downs

## OUR JOB

*Doing our job means using behaviors that work on this team*

- Actions that make this a safe place to be
- Actions that build trust
- Helping others be successful
- Being TOLERANT, OPEN, APPROPRIATE, DIRECT, RESPECTFUL, ACCEPTING, POSITIVE, AND PREPARED
- Responsibility Circle
- Grievance process
- Choose your attitude

## COACH'S JOB

- Regularly make coaching decisions
- Listen to ideas at timely moments
- Try hard to do well by the young adults in their care

## SOCIAL CONTRACT

This team is a safe place where mistakes are expected and where learning will be fun. Our goal is for all members to help each other be successful. On this team a positive and nurturing environment is everyone's job, not just the coaches' and captains'. Everyone on this team will strive to use behaviors that support "our job." All members will avoid violating the bottom lines. The coaches and the athletes alike should strive to be tolerant, open, appropriate, direct, respectful, accepting, positive, and prepared on this team. I understand and agree to work to follow the "bottom lines" and "our job" on this team. This social contract applies to all people on the team.

What can you personally do to help our team be successful?

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This form must be filled-out and returned before tryout scores will be tabulated.

*"I have read the dance team guidelines and agree that we can fully participate according to the rules set forth in the dance team tryouts and if selected, the team."*

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Athlete's signature