



# **Ursuline Academy Dance Team**

**Program Handbook**

**2022-2023**

## **MISSION STATEMENT**

Our mission is to establish a dance team that employs the values of Ursuline Academy in order to grow students into confident and capable young women. We seek to provide Ursuline students with an opportunity to be a part of a team that shares the art of dance through performance and competition. Through an inclusive team atmosphere and positive coaching, we hope to empower our dancers by developing their work ethic, teamworking skills, and self-confidence in a fun and welcoming environment. We expect our dancers to make a commitment to the team to support each other's growth and to develop and refine group dance routines for school and community performance as well as local competition.

## **TRYOUTS**

We believe that it is very important that everyone attends tryouts. This policy ensures that all students have the same opportunity and are held to the same standard. It allows the coaches to start official practices immediately after the tryout process and begin preparing for the season. Earning a UA uniform is an important process in understanding and appreciating the privilege of representing an Ursuline team.

**Tryouts are mandatory for all grade levels but that does not mean every school year will have cuts.** The selection process is based on ability, commitment and the number of students trying out. Dance requires a particular level of skill, commitment, expectation, and desire. Earning a spot on the UA dance means you worked for it, you sacrificed, you put in the effort and you achieved a goal to become part of a UA team.

**Trying out for multiple teams/activities during the fall season is permitted and communication is the key.** All activities are unique and being prepared to try out for multiple sports and programs requires planning and an understanding of the expectations, skills and conditioning needed. Communicate with all coaches in advance if you are trying out for more than one team.

Any injury keeping you from trying out will need a doctor's note indicating the injury and the expected recovery time. If a later tryout is needed the coaching staff will make the arrangements. If the injury will last more than 3 weeks, the administration will meet with the coaches to discuss the situation.

## **PRACTICES**

Dancers are expected to be at all practices and to attend all performances and competitions. Practices will generally last 2 hours and will be held 2-3 times per week.

Practice attire should include leggings and a full-coverage tank top or t-shirt. Exposed midriffs or low cut tank tops are not acceptable. Hair must be pulled back off the face.

## **PERFORMANCES**

Dancers will have the opportunity to perform at the halftime of at-home basketball games, as well as other school functions. Performances will always be scheduled with at least one month notice.

## **COMPETITIONS**

Teams will average between 2-3 competitions per school year, taking place between January and March. Competitions will typically take place in the tri-state area and will usually not necessitate overnight accommodations. Competition schedules will be finalized before Thanksgiving Break, with the exception of Nationals. Nationals are typically held in Indianapolis and are not open to all teams. A spot at Nationals is earned through scores at regional competitions.

## **SIGN-UPS FOR TRYOUTS**

Sign-ups will open in August around the first day of school.

## **SUMMER CLINICS**

The UADT Coaches will run summer programs for middle school and current students. The 2022 clinic will take place the week of July 25th, 2022. All students are encouraged to attend the clinic. Preseason is not mandatory but highly recommended as a way to learn more about the program.

## **SPRING BREAK**

All Spring team members are excused from practices from Holy Thursday through the Tuesday after Easter. All team members must be at practice the Wednesday after Easter.

## **TRANSPORTATION**

Transportation is not provided to practices and competitions. Parents should coordinate travel arrangements with other families.

## **FEES**

Once your daughter is selected to a team you will receive an email regarding the fee and payment online. The fee for a single dance team member is \$270.00 payable prior to the start of the season. There is an additional fee of \$120.00 for siblings.

Aside from the initial fee, the only financial obligation that a dancer and her family has is for shoes and makeup. Shoes needed for the team will be announced in the fall, and the total price per dancer per season will not exceed \$100. Shoes may be reused in future seasons. Dancers will need to provide their own basic set of makeup (foundation, blush, eyeliner). Additional makeup will be provided for them.

### **ACADEMIC ELIGIBILITY**

Ursuline Academy has established the following policy for Athletic Eligibility, which the Dance Team will be following. **All dancers must pass all classes and maintain a minimum quarter GPA of 2.0.** Eligibility is determined at the end of each quarter. If a dancer fails to meet either of these standards at the end of each quarter there will be a meeting to evaluate the student/athlete's status with her team. Students that are placed on probation may continue to practice and play with their team, but their grades and class participation will be checked weekly. If they are not making progress, they will be declared academically ineligible. Ineligible students may not participate in practice or dress for any performances or competitions. If a student is ineligible during a tryout they will not be permitted to participate during that season. **It is the responsibility of the student/athlete and her parents to regularly check grades and communicate with the teachers and counselors.**

### **DANCE STUDIO CROSS TRAINING**

Dancers are permitted to attend classes or programs hosted by another dance studio. Dancers are not permitted to be a member of a competitive dance team aside from Ursuline. Exceptions to this rule include dance teams competing in an alternative dance style, such as Irish or Bollywood Dance. Please speak with the coaches regarding applying for any exceptions.

### **URSULINE ACADEMY DANCE TEAM RULES**

1. Disrespect toward any administrator, teacher, coach, official or teammate will not be tolerated. Abusive or foul language is not acceptable. Any violation of these expectations can result in suspension or dismissal from the team.
2. If you are suspended from school, you will also be suspended for the same length of time from your sport. You may not attend school sponsored practices or games and your continued status with the team will be evaluated.
3. Rules regarding unexcused absences from practices and contests will be determined and distributed by the coaching staff at the seasonal sport meeting. If a student is habitually absent, they may be removed from the team.
4. You are expected to be at all practices and contests.
5. Dancers are responsible for any costume, warm up, or equipment issued to them. Costumes are not to be washed unless given specific instructions to do so. Poms should be stored in bags of appropriate size or hanging so as not to crush the poms.
6. Costumes should be worn at games only during the season in which they are distributed. They are not for personal use and they should not be given to any other students.
7. Student/athletes are expected to be at school the entire day to be eligible to participate in a performance. Families should contact the Coaches to get approval for doctors' appointments or special situations that occur outside the school day.
8. Seniors with early dismissal privileges may leave at their approved time.
9. Student/athletes must be at school for at least ½ of the school day to participate in practice on that day.

### **SUBSTANCE USE / ABUSE**

Any student who sells, distributes, or buys any drug or counterfeit controlled substance including but not limited to alcohol, other intoxicants, illegal drugs, controlled substances and inhalants at school or school sponsored functions will be expelled and her parents and police will be notified. Any student/athlete while representing Ursuline at a game or team sponsored function that possesses, uses, or is under the influence of illicit or counterfeit controlled substance including but not limited to alcohol, other intoxicants, illegal drugs, controlled substances and inhalants at school or school sponsored functions will be suspended from the team and from athletics for the remainder of the year.

### **EXCUSED ABSENCE**

- Sickness
- Death in the immediate family
- Special family functions (weddings, family reunion etc. - NOT VACATIONS)
- College Visits (These visits are excused for seniors but playing time may be altered)
- Standardized Test
- Kairos or Junior Retreat
- Sophomore and Freshman Retreats
- Practices will be adjusted for these Ursuline functions: Winter Dance, UA Prom, Father/Daughter Dance, Spring Dance, Auction and Ursuline Sports Awards
- Any other absence that receives prior approval from the Coach

### **UNEXCUSED ABSENCES**

- Detention
- Co-curricular Choices
- Vacations
- Habitual Absence (this may include excessive absence due to illness / may be dismissed from a team)

### **RIGHT TO AMEND**

The performing arts department and the coaches retain the right to amend this handbook as necessary. Parents and students will be notified if changes are made.