

Mead High School



Dance Team Manual 2023-2024



OUR MISSION

Our mission as the Mead high school dance team is to promote diversity, inclusivity, unity, and community through our passion for dance. We believe that dance is a universal language that can bring people together regardless of their background.

We strive to create a safe space that is welcoming and inclusive to all individuals who share our love for dance. We recognize and celebrate the unique strengths and talents of each team member, and we work together to create performances that showcase our collective creativity and skills.

Through our dedication to teamwork and collaboration, we aim to foster a sense of unity and belonging among each of our members. We encourage open communication and mutual respect, and we support one another both on and off the dance floor.

Finally, we believe in using our talents through the medium of dance as a tool to inspire, connect, and uplift those around us through our shared love for dance.

TEAM PURPOSE

1. To support the school and athletic programs on campus, inspire school spirit and pride by performing at home football games, basketball games, assemblies, and other performances designated by the school administration and/or the coach.
2. To be representatives of the school and community by engaging in all activities with prideful respect of the purpose for which our school and community exist.
3. To set good examples of proper conduct, sportsmanship, and leadership for the entire student body by abiding by and fostering general student cooperation in all school policies.
4. To represent Mead High School at dance/drill competitions throughout the state and/or country.
5. To promote friendship between members of our dance team, other teams on campus, and with schools that we compete and go to camps with.
6. To better develop the self-discipline, self-confidence, and organizational skills of each member.
7. To develop the potential of each member by mutually giving and accepting constructive criticism, praise, responsibility and leadership.

TEAM SELECTION

1. Requirements
 - a. Membership is open to freshmen, sophomore, junior, and senior students.
 - b. Applicants must have a 2.5 grade point average in order to try-out for the team as well as be on course to graduate with the proper amount of credits.
 - c. Applicants must live within the Mead High School attendance boundaries or have a legal transfer to attend Mead High School prior to the tryouts. A student will not be granted the right to attend Mead High School based upon making the dance team.
 - d. Applicants must have a signature of approval from a parent or legal guardian.
2. Tryouts
 - a. Tryouts occur May 15th- May 17th, 4:30 PM - 7:30 PM.

- b. Applicants must attend each day of tryouts to be considered.
- c. The coach determines the size of the team. There are a certain number of spots to fill each season.
- d. The coach will finalize the team selection based upon the scores given by a panel of qualified judges, and by the applicant's academic status, attendance record, and physical fitness assessment.
- e. A current dance team member is not guaranteed a position on the team the following year. Every student must go through the tryout process every year; membership is only contracted for a single academic school year.
- f. A selection of an alternate may be formed at the time of tryouts. An alternate may be promoted to a performing member of the team in the event of a member quitting, becoming injured, or being removed from the team if a replacement is necessary. A performance promotion is not guaranteed.
- g. There may be tryouts for specific performances or dances throughout the season especially for competitions. Not all dancers are guaranteed every performance.

MEMBERSHIP OBLIGATION

- 1. Members must be selected through an official audition process.
- 2. Members must complete a WIAA/Mead School District athletic eligibility packet with a current physical on file.
- 3. Members must purchase an ASB card.
- 4. Members must pay an activity participation fee established by the Mead School District.
- 5. Members, for each grading check, must maintain the appropriate academic requirements. In the event a member does not meet the academic requirements, the administration and athletic director will determine the course of action to be taken per school and WIAA policies.
- 6. Members may not receive any school suspensions.
- 7. Members must attend all scheduled practices, performances, and competitions.
Excessive attendance issues will result in probation or termination from the team.
- 8. Members must be in good standing with staff, administration, and must maintain an attitude and decorum about themselves that is positive in nature and is in the best interest of the team and Mead High School.
- 9. If a member of the team is unable to perform for a good portion of the year, due to severe illness or injury, they may remain on the team provided an alternate plan of participation is created and approved by the coach, athletic director, and counselor.
- 10. Members must uphold all rules and guidelines stated in the Mead HS Dance Team Manual, Dance Team Agreement Contract, and WIAA Athletic Eligibility Packet. Failure to comply will result in dismissal from the team.

CODE OF CONDUCT

- 1. Members commit to performing their best according to the set standards; members are to refrain from poor excuses for a failure to perform.
- 2. Each dancer must understand the importance of self-discipline and self-motivation in the effort to improve.
- 3. All members must demonstrate professionalism: dependability, preparedness, punctuality and productive work habits at all times.

4. Members will not argue; members are to control their tempers at all times; members are to avoid showing disgust at another member. Members are to have utmost respect for one another *at all times*.
5. No member shall be guilty of attracting undesirable attention to themselves, the team, the school or community by fighting, cheating, using profane language, using drugs, drinking alcohol, smoking or vaping. ***Involvement in ANY of these activities will result in probation and may be grounds for dismissal from the team immediately.***
6. Members are to do their best when accepting responsibility and when given a job to do.
7. Members must be courteous to all other dancers in order to contribute to a non-competitive and supportive learning environment. This team is a safe space. There will be ***zero tolerance*** for negative energy or disrespect on this team, ***you will be removed.***
8. Each member is expected to give their full cooperation to the coach and those designated as captains of the team, and to all members of the team, at all times. If there is a question of authority, or abuse of authority, it is to be handled in a mature manner by setting up a time to talk to the coach directly.
9. Each member shall participate in all dance team activities; selective participation is not an option.
10. When competing; members are to accept the decisions of the judges without comment, especially in public; members are to accept defeat gracefully and victory with modesty.
11. Members are to respect excellence in teammates and competitors.
12. Members are to extend all courtesies to other schools in any event the team attends or hosts. ***This dance team is a reflection of Mead High School.***

PRACTICES

1. Members must dress in appropriate practice clothing suitable for dance movement.
2. Members must silence cell phones during practice and refrain from social conversations during class, especially when the coach is teaching or other team members are dancing.
3. Members must attend all scheduled practices and any additional practices scheduled by the coach.
4. All absences must be cleared through the coach.
5. The coach must be notified ***prior*** to a tardy or absence.
6. Members are not to leave a practice early unless otherwise cleared with the coach in advance.
7. An unexcused tardy or absence is unacceptable and may result in suspension from practice or the next performance.
8. Missing a practice, or acquiring too many tardies, during the week of a performance, may result in suspension from that performance. The suspension is dependent upon the absence/tardy being excused or unexcused and the impact it has on the team.

ATTENDANCE

DANCE TEAM IS A YEAR-ROUND ACTIVITY -

When one team member misses practice it greatly affects the progress of the entire team.

Excused absences:

- Illness that does not allow you to sit out and observe practice
- Family emergency
- Doctors recommendation

If an illness or injury has become a continuous issue of absence or non-participation, a physician's verification will be required.

When the member feels they are able to participate again, a doctor's note of permission to resume the activity is necessary for the member to once again participate.

- Extended vacation

A member's absence for an extended vacation will be excused only if a four-week notice is given. If a member fails to notify the coach four weeks prior, the absences may result in suspension from upcoming performances.

Unexcused absences:

- Work (this includes babysitting)

It is the responsibility of a member to notify their employer of practices, performances, and competition dates and times.

- Make up tests or labs

Missed schoolwork can be made up during lunch or after school. If a dance team activity is the reason for missing the class, an exception will be made.

PERFORMANCES

1. In order for members to be eligible to perform on a school day/evening, they must attend all scheduled classes for the day. Members may leave school for doctor, dentist, or orthodontic appointments, but they must clear it through the attendance office and a note from the medical office must be submitted upon returning to school. It is suggested these appointments are scheduled on non-performance days.
2. Performances include but are not limited to school assemblies, football games, basketball games, competitions and fundraising events.
3. It is possible that a member might not perform with the team at every event. Reasons for a member to be excluded from performing might include:
 - Missing too many practices
 - Not knowing the performance material
 - Academic probation/suspension
 - School disciplinary action
4. All performances are mandatory unless otherwise stated by the coach.
5. All members must report on time to all performance events.
6. An unexcused absence from a performance will result in a disciplinary action; as determined by the coach. Possible termination from team.
7. An unsatisfactory performance displayed by a member out of disrespect and/or malice will result in removal from the team.

8. District transportation is required to and from all off campus performance events. Parents may transport their own student if prior arrangements have been made with the coach, or if the coach designates it as alternate travel for the team. Parents must sign their child in or out at the time of the arrival or departure. Parents carpooling a student other than their own is not allowed.

COMPETITIONS

1. The decision to participate in competitions is determined by the coach, athletic director, and administration.
2. The coach will decide what competitions to attend and in which categories the team will compete. Approximately 4-6 occur each season. Number may vary.
3. Members are to attend school on Fridays in order to compete on Saturdays.
4. It is possible that a member might not compete with the team at every competition. Reasons for a member to be excluded from competing include:
 - Missing too many practices
 - Not knowing the performance material
 - Academic probation/suspension
 - School disciplinary action
5. If a member is not able to compete, they are still required to attend the competition in support of their teammates.
6. All competitions are **mandatory** unless otherwise stated by the coach.
7. All members must report on time to all competition events.
8. An unexcused absence from a competition will result in a disciplinary action; as determined by the coach. Possible termination from team.
9. District transportation is required to and from all away competitions as a team. Parents may transport their own student home if prior arrangements have been made with the coach, or if the coach designates it as alternate travel for the team. Parents must sign their child out at the time of the arrival or departure. Parents carpooling a student other than their own is not allowed.

APPEARANCE

1. Team Image
 - a. Members must follow the guidelines in the Mead High School student handbook regarding school dress and physical appearance during school hours and at school activities.
2. Practice Apparel
 - a. Members may wear leggings, shorts, or spunks.
 - b. Fitted tops, leos, tee shirts, or a sports bra w/tank top may be worn.
 - c. Members are to have a set of practice jazz shoes (tan and black) and dance sneakers. The coach will specify what kind of dance shoes will be needed for the year and for the competition season.
3. Performance and Competition Appearance
 - a. Hair must be worn in the manner specified by the coach or captains.
 - b. Members are required to purchase all makeup.
 - c. No jewelry, of any kind, is allowed for a performance or competition (NFHS Rule).

APPAREL/COSTUMING

1. Personal Team Apparel
 - a. The coach will establish what personal apparel items are needed for participation. This may vary from year to year.
 - b. Members must be prepared to pay the entire cost of the apparels needed.
 - c. A list of apparel items that will need to be ordered through the school, and also self-purchased, will be provided prior to the competition season.
 - d. Dance team apparel must be kept neat and clean at all times. Members must assume the necessary expense for upkeep.
 - e. If a member loses or damages any of their personal dance team apparel it must be replaced immediately.
 - f. Dance team apparel is not to be loaned out to non-dance team members.
2. Performance & Competition Costumes
 - a. The coach will establish what costumes are needed for performances and competition. This will vary from year to year.
 - b. Members must be prepared to pay the entire cost of the required costumes.
 - c. All costuming for the school year is to be kept in the specified dance team storage area. If costuming is taken home from a performance or competition, it is to be returned the next school day.
 - d. Costuming is to be placed in a garment bag when traveling to and from events.
 - e. In the event a costume is stained, or in need of repair, inform the coach immediately.
 - f. In the event a costume is damaged because of neglect on behalf of a member, the member will be required to pay for the replacement of the garment; this includes paying for a rush order and delivery charges.
 - g. No eating or drinking while wearing a costume, unless the uniform is covered with other garments such as sweats.
 - h. Performance and competition costuming must be respected at all times and are not to be loaned out.

FINANCES

1. Members must pay for all personal dance team apparel and costuming. Prices will vary from year to year.
2. Members must pay for choreography and dance camps. Prices will vary from year to year.
3. Items ordered through the school will not be distributed until full payment is made.
4. Payments are to be made at the school business office. When making payments, it must be specified for the dance team, to ensure it is placed in the correct account. It is recommended you acquire a receipt and save it.
5. The coach maintains individual account records for members. Questions regarding a student's account balance should be directed to the coach.
6. Fundraiser money is always deposited at the school business office. Fundraiser profits are recorded on each member's account statement.
7. Donations are to be taken to the school business office. The business office will provide two receipts, one for the recipient and one for the donor.

8. Families are to make payments on time. If a financial hardship should arise, contact the coach for accommodation options.

TECHNOLOGY AGREEMENT

1. Members are not to post negative comments or photos degrading others through texting or any other social media network; it is cyber-bullying and it will not be tolerated.
2. Members are to post appropriate pictures of themselves on all social media postings. Pictures may not be sexual in nature or reflect sexual acts/behaviors. A request to immediately remove such pictures will occur.
3. A posting, either by dialog or photograph, depicting involvement in illicit behavior, smoking, vaping, drinking alcohol, or using drugs is a violation.
4. Posting video of dance team competition material is prohibited on any social network except for a private network site established by the coach.
5. Parents and students are prohibited from creating, establishing, or administering any other Mead High School Dance Team web links, websites, group pages, or any other form of social media sites representing the team.
6. Cell phone usage is not permitted during a practice or any other event specified by the coach. Cell phones are to be silenced so they do not disrupt. During a break, permission may be given for cell phones to be checked, but usage will be limited and students are not to leave the facility to make a call without the coach's permission. Violation will result in the cell phone being taken from the student and returned at the end of class. Multiple violations will result in the phone being taken and turned over to an administrator.

COMMUNICATION

1. The coach will obtain each member's email address for individual and group communication purposes.
2. Members may schedule meetings with the coach directly to discuss any personal matters in-person.
3. Members will be asked to download the BAND app and join the MHS Dance group where daily information will be posted.
4. Members will email or message the coach on BAND prior to being tardy or absent from a practice or team event. All absences that are not considered an emergency must be notified **two weeks in advance**.
5. It is each member's responsibility to notify parents of any crucial information pertaining to schedules, upcoming events, payments, deadlines, etc.
Communication is to occur between only the coach and team members.

All unforeseen situations, not outlined here, will be dealt with in a manner decided upon by the school athletic director, school administrator, and the dance team coach as deemed necessary. Inappropriate behaviors not only reflect on the individual, but can also tarnish the image of the entire team and the school; therefore, decisions will be made based on the good of the school first, the team second, and the individual third. All members are not only expected to uphold the code of conduct but also the spirit of it. A dance team member should be a positive and productive student of the school and member of the team.

BEFORE MAKING THE DECISION TO AUDITION

Please carefully consider the following: Dance team is a major commitment. Activities throughout the year long season are subject to change but consist of 0-hour practices 4-5 times per week, mandatory summer choreography camps, fundraisers (dance clinics, car washes, etc), football games, basketball games, assembly performances, competitions (local and out of town), Districts, State, and any additional practices needed throughout the year. This dance team involves a lot of time, hard work and dedication. The demands upon a student's physical and mental energy are crucial. All dancers must be able to successfully balance school and dance. Your other various commitments must be taken into consideration *before* making the decision to try out. Dance team must take priority over other activities. **When one team member is absent, the entire team is negatively affected.** When choosing to try out for the Mead High School Dance Team you are fully committing to all that is listed above.