

**AUSTIN
PACKER DANCE
TEAM**

JV/VARSITY Rules and
Expectations
2023-2024

AUSTIN PACKER DANCE TEAM CONSTITUTION

As a member of the Austin Packer Dance Team, you will be expected to know and follow the guidelines set to allow our team to run efficiently. Dancers and Parents must read through all of the information. It is important for both dancers and parents to know what is expected. After reading, sign the back pages to acknowledge that you understand how our team is run and to state that you can abide by all team rules/policies. Return the signature page to your coaches.

Our Team:

The purpose of the team is to:

- Develop dance skill.
- Promote interest in school activities, represent Austin High School, and be a highly competitive team in the state of Minnesota.
- Develop responsibility, teach self-respect, encourage hard work, and develop character.
- Teach teamwork and pride in a quality performance as a student and an athlete through maintaining and enforcing high standards.

The Coach is hired by Austin High School:

- The Coach will be responsible for the daily running of activities. The coach makes decisions based on what is best for the *team*- not what is best for just one individual dancer.
- The Coach will be responsible for administering disciplinary procedures. This will be administered according to the Austin High School guidelines and at the coach's discretion as she sees fit.

Eligibility

- **To be eligible---You must be fully registered. This means having a current physical on file with the Athletic Office (within the last 3 years.), fee paid, and correct paperwork turned in to be eligible to start practice on Oct. 23rd.**
 - o It is the responsibility of the dancer and parent(s) to ensure that you are fully registered. Failure to do so may result in being sent home from practice.
 - o Middle School students will need an additional MOVE UP form signed by a parent, the coach, and the Middle School Principal or Athletic Director.
 - These forms will be available in the Ellis Athletic Director's office for all Middle School Dancers that have made either JV or Varsity.
 - They must be returned to the Austin High School Activities Office.
- Dancers must be in good academic standing as set forth by Austin High School.
- Each team member must follow the Austin High School Student Handbook at all times. Any non-compliance with school rules may result in dismissal from the team.

Practice

Timeliness

- We will start ON TIME. You should not have to be asked to "Get moving"---be ready and self-motivated!
Early is on time, on time is late.
 - o Please call if you have a problem/emergency and you will be late.

Attire/Water Bottles/Cell Phones

- Dancers are expected to wear appropriate attire at practice. Shorts, dance pants, tanks, supportive cross-trainer tennis shoes (new within the past 6 months) in combination with dance shoes, t-shirts, supportive undergarments, etc... no street clothes (jeans, etc..).
- SHOES—dancers will wear appropriate shoes at practice or may be asked to sit out.
 - o BOTH dance shoes and tennis shoes are required for practice.
- Hair must be neatly pulled back and not falling out.
- Knee pads are highly recommended
- Jewelry and gum are NOT allowed at practice, performance, or competition.
- Water bottles are needed each day, filled before practice.
 - o Water bottles should NOT be shared
- Cell phones are not to be used during practice.
 - o Use of cell phones during practice may result in the phone being taken away until a parent is able to retrieve it.

- A suggestion—eat a healthy snack before practice-- no junk please.

Effort and Participation:

- Dancers are expected to put forth 110% effort at all times.
- Dancers are expected to display coachable attitudes through both words and body language. Say “thank you” whenever anyone gives you a critique. This is the polite way to show that you appreciate that person taking time to help you improve.
- It is the dancer’s responsibility to improve. A coach can instruct you on how to kick, but we cannot kick for you!
- Excessive talking/failure to follow through regarding expectations will result in consequences at the coaches’ discretion.
- Every team member being attentive and positive during every practice is imperative to a successful season.
- Please speak to the head coach immediately if you are feeling ill or think you have an injury.

Attendance:

- Dance is a team sport. Every athlete has an important role within the team structure. The entire team suffers if one athlete is not at a practice, competition, etc. All members must attend each activity in its entirety.
- All practices, fundraisers, performances, and competitions are mandatory.
- All team members are expected to ask permission from a coach to leave practice for any reason.

Absences

- If a member is ill and misses any dance team activity, she must be at home or seeking medical appointments.
 - o If you are mildly ill/injured, you are still expected to attend and encourage your teammates.
 - o Dancers with injuries must provide a doctor’s note. She must also be cleared with a doctor’s note before she may resume active practice.
- If you are absent from a practice, *you are responsible* for learning missed material in a timely manner.
 - o **When compensating for an absence, coaches will make decisions based upon what is best for the team.**
- A team member may be pulled from or replaced by another team member for a performance or competition if too many practices are missed.
 - o One practice is often “too many” due to the nature of our sport.
- An unexcused absence may result in suspension from an upcoming performance or event. It will be up to the coach’s discretion.
 - o **Unexcused absences include, but are not limited to-** Personal grooming appointments, driver’s training, optional church events, volunteering, and appointments which can be made evenings/weekends.
 - o Only the reasons listed below will be a valid excuse from any APDT practice/performance/activity:
 - Personal illness verified by a parent call/email/text PRIOR to practice or event.
 - Family emergency. Please contact coach at earliest convenience.
 - Special school activity---fieldtrips, concerts, etc...
 - The coach must be notified *at least 2 weeks* in advance. Be accountable for yourself!
 - Vacation *with parents*
 - Notify coach *at least a month* in advance.
 - Make up sessions with teachers---bring a teacher note.

EVEN EXCUSED ABSENCES MAY TAKE YOU OFF A COMPETITION TEAM OR MAKE YOU INELIGIBLE FOR AN EVENT. THIS IS DETERMINED AT COACH’S DISCRETION.

- Three unexcused absences may result in dismissal from the team.
- Three unexcused tardies result in one unexcused absence.
- You will receive a season calendar. There may be adjustments/additions as needed and determined by coaches or facility conflicts.
- Practices will typically be 2-4 hours in length. The calendar will note any changes in practice length.

Work

- Work cannot interfere with dance team responsibilities.
- Work is not considered an excused absence or a reason to come late or leave early from a dance team activity.

Notification of Absences

- Please contact the coach immediately upon knowledge of a future missed practice, performance, fundraiser, competition, etc.
 - o The dancer/parent is expected to CALL, EMAIL or TEXT the head coach before the missed event with the following information:
 - The dancer name
 - The date/time she will be absent
 - The reason she will be absent
 - o The coach may excuse any absence or tardy at her own discretion.

Dancer Expectations and Strikes

- Packer Dance Team members should be leaders within the school and set a good example at all times.
- Each member must abide by the standards set by Austin High School.
- Each member must put forth her best effort and attitude at all practices, performances, fundraisers and competitions.
- Each member must be aware that her individual choices and words reflect how the community, parents, school administration, school faculty, and students view the team, not just the individual dancer.
 - o It is important that we all work on a positive individual and team image. We are judged by the actions/words of a few.

Friends/Boyfriends

- Friends and boyfriends are not allowed at practice, at our practice area before performances, at hotels we are staying at, etc...Make that clear to them ahead of time. When at dance practice or with the team, your focus is **your team**.

Chemical Violations:

- MSHSL rules and Austin High School regulations will be followed for all chemical violations. Violations will be dealt with by administration.

Respect Authority

- Consequences, not punishment: Coaches make decisions based on the good of the team, and not upon the personal preference or feelings of any individual dancer or coach. Dancers are not punished; they are held responsible for their actions and are asked to deal with known consequences for those actions no matter whether those actions involved intentional wrong doing or not. Accepting and dealing with consequences is an important part of maturing into responsible young adults.
 - o These consequences are designed to minimize injuries, produce a highly competitive team, create a more stable and positive environment for each dancer, and to help build strong, responsible young adults.
- Challenging the authority of a coach or person in charge are grounds for dismissal from the team. The head coaches, along with the assistant coach(es) will make all team decisions.
- Each team member must be aware that if a coach has to speak with her or reprimand her for inappropriate behavior; including poor attitude, disrespect, non-compliance, etc...the athlete will receive a written strike.
 - o After 3 written strikes a dancer may be dismissed from the team.
 - o Strikes will start over at the start of each season
- The coach will determine which action to take each time she determines that disciplinary action is necessary. We are a highly disciplined team, and a lot is expected from each dancer.
- All disciplinary action is at the coach's discretion.

Respect Teammates

- Any abusive or negative behavior (by a dancer or a dancer's parent) toward a team member or coach at practice, fundraiser, performance, competition or with any media (i.e. Chat Rooms, Facebook, email, Twitter, Instagram, etc.) will be grounds for dismissal.

Respect Self

- Maintain a proper diet to sustain the intensity we are asking your body to perform at. Eat Nutritionally.

- Make sleep a priority.
- Time management! This is an important life skill.
 - o Most healthy high school students have more than just dance team in their lives. Plan ahead to create ways to balance everything. Prioritizing is the first step in maintaining balance. During the season, dance team should be a top priority after Academics.
- Drink lots of water!
- Coaches are trained to watch performance and to help you improve. Correction is given because we believe you are capable of improvement. You need to believe you are capable as well.

Social Media

- Please refrain from placing team videos on Youtube, Facebook, etc.... also refrain from commenting on other teams, dancers, or competition results on your Facebook page.
- APDT Varsity Parents have a Facebook group—you may request to join at APDT Varsity Parents.
 - o No negative comments/posts are allowed on the page. You may be removed from the page if this occurs.
- There is also an APDT Varsity group. Dancers may join for team updates, motivation, etc.
- There is a JV group for JV parents and dancers.

Be Responsible

- We know Social Media is a great way of staying in touch, posting pictures and keeping up with what is going on. Please remember what you post is not only representing yourself but the rest of the team and their families as well. Absolutely no disrespecting your teammates, your coaches, or any member of other dance teams. This could result in discipline and possible removal from the team. If you wouldn't put it on the front page of the newspaper don't post it online.

Character

- Dance Team is a competitive, athletic sport. Dancers are expected to give 110% effort at all times.
- Attitude plays a key role in a person's ability to improve and enjoy what they are involved in. Dancers are expected to have a positive attitude in both speech and behavior.
- Find something you like about everyone and focus on that.

Statements of Compliance

1. I will demonstrate pride and dedication at all times to the Austin Packer Dance Team.
2. I will give 110% in my effort, attitude and behavior at all practices and dance team activities.
3. I will maintain respect for and cooperate with the coaches, team leaders and team members.
4. I am aware that my individual choices effect how we are viewed as a team.

Placements- Varsity & JV

- Each dancer will be given a high kick spot to learn for choreography. This will either be her "own spot" or a "shared spot". Dancers with a shared spot will be learning the same spot in the dance as another dancer. Both working to compete in the spot.
 - o Spots can, and often do, change throughout the season. Dancers may be asked to learn multiple different spots during the season dependent on what is *best for the team*.
 - o Dancers with their own spot are not guaranteed that placement throughout the season.
- Competitive placements will be made for each individual competition dependent on what is *best for the team* each week.
 - o Dancers will receive feedback/critiques from coaches throughout the season. Dancers are encouraged to approach the coach with questions/concerns about placements.
- Due to our high level of competition, there may be dancers who do not dance competitively throughout the entire season.
 - o By joining our team, you acknowledge this and understand it.
 - o If you are not dancing competitively, you are still required to attend all practices and team events.
- Placements are made primarily on ability. Continuous strong effort and improvement are imperative, but these alone will not secure a competitive spot.
 - o Every dancer is told and shown what is needed to be on the competitive floor. Coaches can instruct and give feedback, but it is up to the dancer to get there.

- Age is not a determining factor on who dances competitively. We are one team of dancers—sometimes girls peak at different times and gain skills at different times. We will choose those with the best physical and mental abilities at the time of placement.
- If we feel any dancer is in danger of being injured or injuring another member on the floor, she may be pulled from a competition or a performance for safety reasons.

Jazz

- Varsity dancers wanting to be on the Jazz team must tryout (tryouts will be held after the season starts). Not everyone that tries out is guaranteed to make the jazz team.
 - o JV dancers will be allowed to tryout for Varsity Jazz by invite only. This will be decided on by the coaching staff.
- There will also be a tryout for JV Jazz this year.
- Coaches will decide the best placement for each dancer whether it be varsity, JV or B-Jazz.
- The process for JV and Varsity jazz placements are the same as for kick.
 - o Not everyone is guaranteed to dance competitively on the JV or Varsity jazz team.

Section Roster (Varsity)

- The MSHSL requires only 6 alternates be on the “official squad roster” for Sections and the State Tournament. Dancers will be rostered first on competition readiness. Followed by attitude, work ethic, attendance throughout the season and years on the varsity team. Non-rostered dancers will still attend the section tournament (and state if we advance), but will not be on the floor during performance or award ceremony. This is the same as for all other high school league sports. Non-rostered athletes are considered spectators for the day.
- This decision will be made by the coaches.

Concerns about Placements:

- Sometimes there are dancers or parents who feel their dancer was treated unfairly or was not evaluated correctly at the time of placements. This is a very difficult job for coaches, because all of our dancers mean so much to us and all of the girls work hard. However, we must make placements based on what is *best for the team* in a given week.
 - o We watch our team for 10+ hours a week and know what is needed to remain competitive.
- First, a dancer is encouraged to come to a coach in the event that she needs more information to understand her placement. If necessary, parents may respectfully inquire to also gain information.
 - o Inquiring about why will not change the placement of the dancer.
 - o We will never discuss a dancer or her placement with another teammate or parent.
- Below are the criteria we look at when determining placements...

Kicks	Choreography	Skills	Mental/Physical Strength
Form/Technique- Feet pointed, knees straight, strong upper and lower bodies, no hunching, etc. Must remain strong and consistent throughout routine.	Knowledge/Memory- few to no errors consistently in practice and on the performance/competition floor. Knows formations & Transitions.	Form/Technique- Must be strong and correct throughout entire routine	Effort- Dancer's ability to push through workouts and routines even as demands become more intense.
Height- Must remain at the level of the team consistently throughout the entire routine. Above shoulder height.	Confidence- Cannot see "thinking" on the dancer's face. Correct & consistent facial expressions and projection.	Strength/Power- There is obvious power behind all movements, strength is shown in the height of jumps, core strength is shown in the execution of turns	Injuries- Doctor's note necessary whether temporary or permanent—must have a plan in place—must be actively seeking treatment if problems are chronic.
Consistency- Kicks are above shoulder, on both right and left legs, on "basic" and difficult kicks throughout the entire routine.	Placement/Control- Movements must be consistently precise and strong. Dancers cannot "stick out" due to incorrect placement.	Consistency- Skills are automatic—consistent—can be counted on to "hit" in performance/competition.	Physical limitations -(i.e. asthma) Do not affect your ability to execute the required choreography, kicks/skills, and do not regularly take you out of practice time.
Timing- Kicks follow the beat of the music pulling up/snapping down on count during the entire routine.	Stamina- Must be strong and precise from beginning to end and in between. No "weak" areas.	Placement/Control- Body is in control of the skill being executed, all body parts in place, skill hits the beat Dancer has strong body placement.	Dependability- We need to be able to count on you. If we constantly question whether or not you'll be able to pull through a practice, performance, or competition—this is a major concern for our team.

Dancer Goals

- Flexibility—all routines require flexibility
- Flat splits
- Kicks (basic and difficult) CONSISTENTLY high, both legs with correct form—40-65 in a routine.
- Strong skills are a must. This includes russians, leg grabs, double/triple turns, and other routine elements. You must demonstrate these with ease.
- Presentation---we are judged on our presentation. This includes- smiles and use of face, confidence, and posture.
- Tight, strong, and exact movements.
- Energy/physical fitness---you must be in shape, the routine must flow with ease
- Memory—You must know your routine and adapt to changes quickly
- Work on constantly improving—"I'm good enough," is not the attitude we work by. "I want to be my best" is the attitude we expect.
- Attitude---attitude plays a part in whether or not you compete. Leave poor attitudes at the door. Ask yourself each day, "What can I do to make this practice positive and time well spent?" Your mood is contagious!
- Attendance—your attendance, excused/unexcused absences count!
- Healthy eating is suggested. Garbage in, garbage out. This is true! You need more calories than the average person. Get those calories from healthy, high energy foods,--not junk! You are an athlete in training!
 - o No junk food allowed before performance or competition.

Lettering/Big 9 Awards/State Tournament Awards/Leadership

- Awards are earned by the dancer, not given by coaches.

- You must be on the varsity team, participating in practice daily, in order to earn a varsity letter. You may have no MSHSL violations. All rules and guidelines in the constitution must also be respected and followed throughout the entirety of the season.
- You must be on the JV Team, participating in practice daily, in order to earn numerals. You may have no MSHSL violations. All rules and guidelines in the constitution must also be respected and followed throughout the entirety of the season.
- Big 9 Awards are selected based on a predetermined criterion.

Competitions:

Travel:

- We will be traveling throughout the season. When we travel as a group, it is very important that dancers are on time to meet the bus!
 - o We generally meet at AHS near Taco Johns.
- **Team members must travel to and from events with the team.** If for some reason a parent wants to take their daughter from an event, it will only be permitted with prior permission of the AHS Activities Director and notification to the coaches. *At the event, a coach must see you leave with your parents. This is for your safety.*
 - o If a dancer is leaving with *anyone* other than a parent (i.e. uncle, grandparent, family friend) a special permission form needs to be filled out and turned into the Activities Director *at least 24 hours* in advance.
 - Forms can be retrieved from Activities Office or via Activities Director email.
- The night before competition--- 10:00pm curfew
 - o This may change to an earlier time upon coach’s discretion based on loading time.

Hotels:

- Some events such as camp and the State Tournament require an overnight stay at a hotel.
 - o Only dancers are allowed in the hotel rooms. Friends, dancers from other teams, parents, family, etc are not allowed to be in any rooms.
- Dancers are expected to be in their rooms at room check and remain in their rooms the entire night until wake up call.

What to Bring:

- Each event requires that we bring different items, but in general, this is what must come with each dancer to competitive events. These should be packed in a garment bag and dance bag (duffle).

<i>Costume(s)</i>	<i>Water Bottle</i>
<i>Dance Shoes</i>	<i>Practice clothing</i>
<i>Tights (extra pair(s) as well)</i>	<i>Healthy food</i>
<i>Required make-up/hair items</i>	<i>Repair items (Safety Pins, Double stick tape, etc)</i>
<i>Mark time pants/tank</i>	<i>Blanket/Pillow</i>
<i>Warm up</i>	

Optional: Money, camera, MP3 player, cell phone charger

Costs

- As with any sport or activity, there are costs involved in being a part of this team. The following items are required:

<i>Athletic fee</i>	<i>Cross trainers/Running Shoes</i>
<i>Warm-ups</i>	<i>Practice wear/supportive undergarments</i>
<i>Required make-up</i>	<i>Dance bag—duffle (either a team duffle or any of your choice)</i>
<i>Hair items—STRONG gel, bobby pins, hair nets, brush/comb, bun donut, hair spray</i>	<i>Tights</i>
<i>Mark time outfit--- team leo/black pants</i>	<i>Dance shoes for practice/performance</i>

<i>Dance shoes for performance/competition---should be in GREAT Condition, not worn through, etc.</i>	<i>Dance show t-shirt</i>
<i>Section/state gifts for dancers (Varsity)</i>	

Optional: *Team jersey (varsity only), other t-shirts as they come up, summer camp, etc.*

Fundraising

- Fundraising is an important part of dance team costs. Our costumes cost a lot of money! We are continuously fundraising for necessities for the team (costumes, professional music cuts, garment bags, etc). Parents are expected to take their turn and help with program needs. With everyone's help, we can make a lot of work seem minimal. When only a few help, a huge load falls upon a small group of dedicated parents.
- Our main fundraiser has been bingo every Thursday night at the Eagles Club. You are asked to work 4-5 times per year. They are, in return, generous with dollars to help us fund new costumes.
 - o If a parent continuously does not show up for his or her shift they may be required to pay a portion of their dancer's costume fee.
- The annual APDT show is another big fundraiser. Parents are expected to sign up to work a spot at the show.
 - o Sign up sheets will be at the Season Start Parent Meetings.
- Other fundraisers include: Working concessions at the High School, Pizza Ranch Fundraiser, Perkins Fundraiser and Selling Youngkers Cards.

Parents

- Your support and encouragement are vital to our team! Thanks ahead of time for ALL you do!!!!!! ☺

How to support your dancer and her team

1. Come to performances/competitions
2. Cheer loudly, like all good dance parents!
3. Support our team-- whether we win or lose!
4. Positive talk/comments--Tell your dancer often how proud you are of her improvement
5. Support the coaching staff
6. Clap politely for competitors—appreciate all the hard work ALL teams put in
7. Show respectful behavior and actions while representing the team and your daughter
8. Help out or volunteer when you have time

Contact Information

Kayla Sellers- Varsity Head Coach	Kayla.sellers@austin.k12.mn.us	438-0564
Alyssa Abrego- Varsity Assistant Coach	Aka.alysakay@gmail.com	440-3439
Baylee Sjogren- JV Head Coach	bjpssoftball16@gmail.com	279-8440
Paige Leibeg	Paige.leibeg@austin.k12.mn.us	
Breanna Feifarek	Breanna.feifarek@austin.k12.mn.us	
Katie Carter- Austin High School Activities Director	Katie.Carter@austin.k12.mn.us	460-1825
Kelly Joseph- Austin High School Activities Secretary	Kelly.joseph@austin.k12.mn.us	460-1825
Kelly Lang- Ellis Athletic Director	Kelly.lang@austin.k12.mn.us	460-1521

Austin Packer Dance Team 2023-2024

Strike # _____

Date _____

Dancer _____

Reason _____

Coach Kayla Sellers

Date

Dancer

Date

Parent/Guardian

Date

Austin Packer Dance Team

2023-2024

Strikes Rules:

- I. If the coach has to speak with a dancer or reprimand her for attendance, inappropriate behavior or language, including, but not limited to: disrespect, defiance, insubordination, poor attitude, etc. three times, then that dancer may be removed from the team.

The head coach will provide the dancer with a written account of the strike, which must be signed and dated by the head coach, the dancer, and a parent/guardian of the dancer.

Any and all questions regarding strikes should be taken immediately to the head coach.

I have read, understand, and agree to the terms stated above:

Signature of Dancer _____

Date _____

Signature of Parent/Guardian _____

Date _____

Austin Packer Dance Team Rules and Expectations

2022-2023

DANCER

I _____ have read and agree to follow all Rules and Expectations for the Austin Packer Dance Team.

I agree to abide by all rules and criteria listed in the Austin Packer Dance Team Expectations Packet and the Austin High School Student Handbook.

I understand that non-compliance with any of the expectations/information written in the Austin Packer Dance Team Expectations Packet will result in any consequence that the coach deems necessary and may result in my dismissal from the program.

Signature of Dancer

Date

PARENT(S)/LEGAL GUARDIAN

As parent(s)/legal guardian of the above named student, I (we) agree to the terms set forth in the Austin Packer Dance Team Expectations Packet.

I (we) agree to and will encourage my (our) child to support in word and action all rules and regulations written in the Austin Packer Dance Team Expectations Packet.

I (we) pledge to cooperate with the coach and administration to see that my child complies with these standards.

Furthermore, I (we) understand the nature and violation of these standards and the resulting consequences.

Signature of Parent/Legal Guardian

Date

Signature of Parent/Legal Guardian

Date