



Glencoe - Silver Lake

Pantherette Dance Team

2023-24 Parent Handbook





Dear Pantherette Parents & Guardians,

Welcome to the Glencoe Silver Lake Dance Team! We hope you and your dancer enjoy the experience of dancing, and along the way, learn some valuable life lessons as well. We are so excited for another year of dance!

Thank you so much for attending our meeting, reading all of the enclosed material, and showing an interest in the team! We want to take this opportunity to encourage you to become an active supporter of the GSL Pantherette dance team. It is with PARENT support that our program is possible.

Our desire is to see that your dancer has a quality athletic experience. If we can ever be of service, do not hesitate to reach out. We pledge to you our combined efforts to see that your dancer is given the best opportunity to learn more about themselves while they enjoy the camaraderie of his/her teammates. This handbook will help you understand the commitment involved in being a member of the GSL Pantherette Dance Team.

If you have any questions we have not covered, please either raise the question during the meeting or reach out to either coach to have your questions answered. We are thrilled to get to know you and your dancer throughout this journey!

Sincerely,
Bertina and Sam



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Coaching Staff

Bertina Schraw - Head Coach



Coach Schraw (Mama) has been coaching the Glencoe-Silver Lake Pantherette Dance Team for 10 years. She is a 2008 graduate of New London- Spicer. She danced for the NL-S Blackcats, was a senior captain, and received the West Central All Conference Award. Coach Schraw also danced for the Main Pointe School of Dance for twelve years. She trained in ballet, pointe, tap, jazz, hip hop, and modern. She also taught ballet, tap, and jazz classes at the Main Pointe School of Dance. After graduating from NL-S she attended Southwest Minnesota State University to pursue a degree in Elementary Education. She was a four year member of the SMSU Dance

Team and a two year captain. She has now been teaching for Glencoe-Silver Lake for 11 years and is currently a second grade teacher at Lincoln Elementary.

When Coach Schraw is not coaching, she enjoys spending time with her husband Tanner; and two kids Eastyn and Londyn. They love spending time at the lake, outside, reading books, cooking together, watching hockey, and dancing together!

Contact Information: School - (320) 864-2652 Cell - (320) 905-4282

Email - BSchraw@gsl.k12.mn.us

Samantha Rhodes - Assistant Coach



Coach Sam was a 4 year member of the Pantherette (formerly Synergy) Dance Team, and a senior captain. She performed and competed in both the Kick and Jazz categories during her time on the team, and was even coached by Bertina for her senior year. She obtained a degree in Psychology from SNHU, but currently focuses on only dance and homemaking. Her strengths are in the Kick category, especially pertaining to attention to detail and jumps. The 2023-24 season will be her 9th season returning as a coach.

When she isn't coaching, Sam loves to travel, read, cook, do crafts, go shopping, and take her family on adventures. She is supported in her coaching career by her husband Aaron, and her kids Chloe, Carson, and Emmett.

Contact Information: Cell - (952) 288-6059

Email - samantha.kl.rhodes@gmail.com



Team Information and Commonly Asked Questions

Difference Between JV and Varsity

The difference between varsity (V) and junior varsity (JV) is primarily the skill level. There are higher skill expectations for V, and there is a higher level of commitment as the season is longer. V dancers also are eligible to letter in the sport of dance. In many cases, the V dancers have been on the team longer and are a bit older, or have more dance experience. This is not always the case, as we will offer a V position to a rookie if they meet expectations. The V dance team has more competitions, since the section tournament is a varsity level event only.

The JV dance team focuses a lot on the basics of dance. Counting, technique, stage presence, and other beginner dance elements are touched on at a much deeper level. Anyone that does not make the V team is offered a position on the JV squad. This means that we think you can learn alot from going back to the basics, and is a great spot for beginners or those who have never danced before. JV dancers are so, so important as they are our future varsity dancers!

Communication

Band/Parent Band

Our primary method of communication is through the Band app. This allows for all of our information to be sent to everyone at the same time, including practice videos, reminders, schedule changes, and so forth.

Please note primary communication will be through the dancers. Once your child enters 7/8th grade most communication will be through **them**, and they will be expected to **share with you**. All communication about performances, costumes, make up, practices will be communicated with the dancer. If the dancers are unsure of something, they should reach out to the captains. If the captains do not know the answer, they will reach out to the coaches. We will also regularly post information to the dancer/parent band, so if you are unsure check there first!

Parent Band



Dancer Band





Summer Practices

Summer practices are a crucial part of the growth and development of the team. They are not required, but we do encourage all of our dancers to attend. We work on technique skills, conditioning, and flexibility, as well as learn a bit of a routine to put all of our skills together. Summer practice allows us to stay physically strong in the off season, and continue to work on our skills without the usual pressure of the season.

Times and dates will be shared at the end of the year banquet!

Fees and Registration

Registration

Register your dancer through the Glencoe-Silver Lake Activities office. Registration can be done and paid online. This must be completed in order for a dancer to participate at practice.

<https://gsl-ar.schooltoday.com/oar/register>

Physicals

All Dancers must have a physical every 3 years. This must be done **before the first practice** of the competitive season. You can drop them off with Lori Harms in the Activities Office. If you have not already, **MAKE THE APPOINTMENT TODAY!** This is very frustrating for dancers when they cannot participate due to not having a physical on file. Please don't wait.

School Athletic Fee

As in other sports, dancers are required to register and pay an annual athletic fee to join the dance team. This is paid once a year, prior to the start of the season. It can be paid online or through the Activities office. The fee is \$115 for 7/8th grade and \$155 for 9-12th grade. There are payment plan options and reduced activity fees for those who qualify. Please reach out to Lori Harms for any questions regarding registration, physicals, and athletic fees.

Lori Harms

Phone: 320-864-2455

Email: LHarms@gsl.k12.mn.us



Lettering Policy

A letter is earned by the dancer.

A letter indicates loyalty, commitment, and dedication to the team and to G-SL Activities. It means being a team player and a good citizen. It is much more than being the “**STAR**” or the best dancer.

In order to letter, the athlete must complete the entire season.

In order to letter, the athlete must be on the Varsity Team and have danced at all performances, these include both competitions and basketball games.

COACHES DISCRETION: A coach may decide to letter or not to letter an athlete with the approval of the Activities Director.

Performance Time

While we always want all of our athletes to perform, performance time is up to the coaches discretion. If any dancer is not up to performance level expectations, the coaches do have the right to not allow a dancer to perform. Please know we do not take these decisions lightly, as it makes it challenging for all of their teammates when a dancer is not performing.

Banquet

The dance team banquet is a time when we gather to celebrate the season. All dancers and their parents/families should attend. This is a time of celebration to recognize the hard work and achievements of our dancers and as a thank you to the parents for their commitment and support!

At the banquet, dancers can expect to receive their letters and any other awards the team is giving out for the season. More information about postseason events will be given at this time.



Equipment List

Bring to Practice

- ☐ Water Bottle *filled prior to practice
- ☐ Jazz Shoes
- ☐ Tennis Shoes
- ☐ Resistance Band
- ☐ Pony Tail Holders

These items are expected to be at practice daily. Dancers should show up with their hair in a bun. This is to prevent distraction and messing with their hair during practice. Proper footwear is also expected and necessary to help prevent injuries.

Competition Packing List

- ☐ Warm Up Top
- ☐ Black Leggings
- ☐ Tights (2 pairs minimum)
- ☐ Jazz Shoes
- ☐ Water Bottle
- ☐ Makeup
- ☐ Bun Form
- ☐ Bobby Pins/Bun Pins
- ☐ Hair Net
- ☐ Costumes

A more comprehensive list will be printed and given to the dancers before each competition. All hair items should match the color of the dancer's hair (blonde hair ties for blonde hair, brown bobby pins for brown hair, etc). Tights and shoes are needed before dance photos are taken.

Performance Makeup

- ☐ Eyeshadow
- ☐ False Lashes
- ☐ Blush
- ☐ Lipstick
- ☐ Makeup Brushes

Competition makeup is meant to be heavy, as it needs to be seen from the judges' perspective. Since facials are a crucial part of a score sheet and are heavily focused on for dance team, things like false eyelashes, blush, and lipstick are necessary. Typically performance makeup is a bit lighter, such as without false lashes since there are no judges. Dancers choose the level of foundation and face makeup they wear, but the eyes and lips are considered part of the costume for dance team purposes.

Dance Shoes and Tights

Please Purchase the following by November 15th, 2023
***We will wear them for pictures**

Kick and Jazz Shoes

Brand - Type:

Capezio - Adult “E” Series Jazz Shoe (Slip-On)
-Tan (All teams will use tan shoes)
Make sure they are fitted well, **NO LOOSE Shoes!!!**

Websites available:

www.discountdance.com
www.capezio.com
Amazon

***Step ‘n Stretch-locations in Burnsville and
Minnetonka, MN**

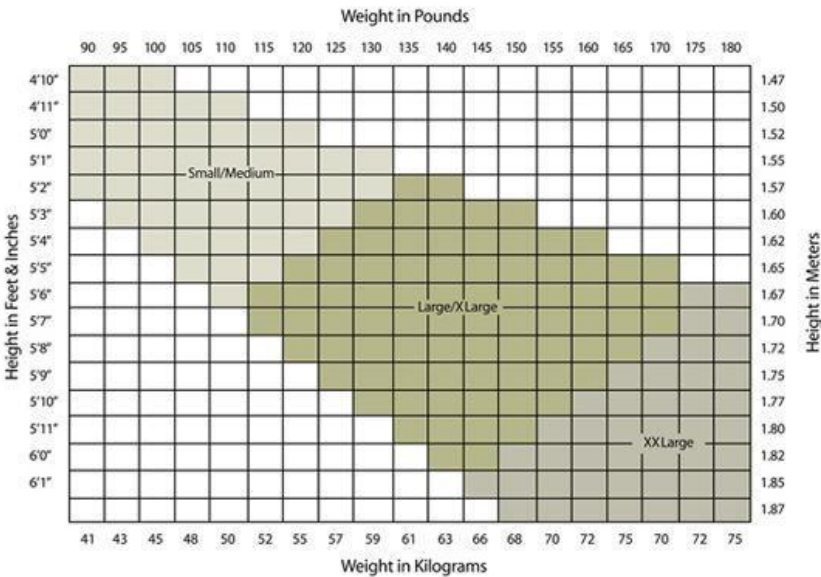
Tights

Brand - Type:

Capezio Adult Ultra Soft Transition Tights or Body Tights

Website:

www.danskin.com
Amazon
3-4 pairs of Light Suntan
***MUST BE DANCE TIGHTS**
*Target/Walmart do not carry the
Correct tights. You will have to
Purchase the correct ones.





Varsity and Junior Varsity Opportunities

Each dancer has the opportunity to try out for the varsity team, if they choose to do so. It is not a requirement. Tryouts are typically the first week of practice. We will teach skills and a portion of a routine that is performed for the coaches. Each dancer will receive a phone call from the coaches with their team placement. This system is used for both Kick and Jazz. One varsity spot does not guarantee a spot on both varsity level teams.

Alternates

An alternate is someone who is very close to the varsity level, but may need a bit more time or practice in a certain area. Alternates will learn the varsity routine and take the place of another dancer if someone is sick, injured, or otherwise missing from the routine. Having a hole (missing dancer) does not guarantee that the alternate will be pulled into the routine. This is a case by case basis that is up to the coach's discretion. If an alternate is not performance ready, they will not be pulled in.

Alternates are a crucial and valuable part of the team. They often know many parts of the dance, and are willing to learn new parts on very short notice.

Varsity Kick Skills List

- ☐ 8 count of A-La seconde' turns
- ☐ Minimum of a double pirouette with good technique
- ☐ Flat Splits on both legs
- ☐ High Toe Touch
- ☐ Excellent Leaps
- ☐ Leg Hold
- ☐ High Kicks-fans full rotation, placement & control, strong upper body, snapping kicks down, snappy heads, neck in line with body
- ☐ Hinge Kicks-no dropping knee
- ☐ Endurance-need to look as good at end of dance as beginning
- ☐ Strength to provide control over all moves
- ☐ Core Strength
- ☐ Strong Confidence and Facials

Varsity Jazz Skills List

- ☐ Strong A-La seconde' turns
- ☐ All Varsity kick skills listed
- ☐ Open second leap
- ☐ Surprise leap
- ☐ Calypso
- ☐ Firebird
- ☐ Triple Pirouette
- ☐ Turn Timing
- ☐ Turn Technique-shoulders down, no dropping heel, high passe', straight base leg, no hopping, great spot in correct place



Expectations of a Pantherette Team Member

Attendance

Excused absences –

- Absences will be excused only if they are one of the four following reasons.
 1. Personal illness or accident (confirmed with attendance office)
 2. Funeral or death in the family
 3. Religious holidays
 4. Special school activity
- Players (or parent/guardian) must notify the coach if the player will be missing a practice for any reason **IN ADVANCE**. If you have the flu/go home sick, please notify the coach so she is aware of your absence.
- Missed practices will be excused if the coach is notified **beforehand** and if practice is missed due to an **unavoidable issue such as an illness**.
- If a team member is absent from school due to illness, they will not be allowed to participate in any dance activity that day.
- When a team member is absent, it is their responsibility to find out what was missed and be prepared the following day.
- If a team member misses a practice one day prior to or on the day of a performance, excused or not, **they may not perform in the performance if they do not meet performance expectations**.
- **All performances are mandatory for dancers**.
- A missed practice for other reasons will result in the dancer **missing out on the next performance**. It is very challenging to work on formations and routines if the entire team is not present!

Tardies-

- Team members are expected to be at all practices, performances, and competitions **on time**.
- A tardy will be excused if the team member arrives to practice no later than 15 minutes with a pass from a teacher. If the team member knows in advance that she will be tardy, she should contact the coach ahead of time.



Responsibilities

- Team members are expected to follow MSHSL and **school policies**, be **good role models**, be **on time**, keep **grades up**, make **good decisions**, be **coachable**, have a **positive attitude**, and **display positive sportsmanship and behavior**.
- Team members are expected to be ready **promptly for practice**, wearing appropriate attire (**including tennis and dance shoes**) with **hair pulled back into a bun** out of the face. Dress appropriately.
- Team members are expected to be **respectful to coaches and teammates** in and out of practice and **through social media**. Any team member exhibiting disrespectful behavior may be asked to leave practice. Being asked to leave practice due to behavior counts as an unexcused absence.
- Team members are expected to **participate fully** in all practice activities. **Full-out performance is expected everyday**. Please notify the coach before practice of any injury that may prevent full-out performance.
- **If a dancer sits out due to an injury, they may not return to practice unless there is a doctor's note. If a dancer sits out from practice, they will not be allowed to perform in the next performance. This is for the safety of the dancer.**

Volunteer Opportunities

Parents can become as involved as they are comfortable with. We realize everyone has different circumstances that determine how much time they can commit. The exception is our winter mini meet, Jan. 4th. We do ask that each family volunteers to work this event. Parents will be sent a sign up prior to the competition. You may choose a job you feel comfortable with.

Listed below are some volunteer opportunities:

- Flower Sales: Mini Meet Jan. 4th
- Photo/Video Coordinator: Take/share photos throughout the season at competitions.
- Team Meals: Host the team for a team meal.
- Snacks/Fire Ups for Competitions: send along healthy snacks or little motivators for competitions for the dancers
- Egg My Yard: Volunteer to stuff easter eggs and deliver to families for our spring fundraiser
- Banquet: decorate/plan for favors for our end of year banquet

*other opportunities will come up throughout the season and will be shared via the Band App/Email. If you have ideas on ways you'd like to help/be involved, please reach out!



Sign-Off Form

Dancer Name _____

By signing below I am confirming I have read the attached packet and understand and commit to the responsibilities required to be a member of this team. I am committed to attending practices and following the rules and guidelines set up for the team. I agree to represent myself as a member of this team in a positive manner. I agree to consider the impact of my actions and decisions on my entire team. I will treat team members and coaches with respect.

Dancer Signature _____ Date _____

I have read the above packet and agree to allow my child to participate in the Glencoe Silver Lake Pantherette Dance Team. I understand that it requires a great deal of time and dedication and I support my dancer’s efforts. I also agree to provide transportation to practices as necessary. I understand that the team will be divided into Varsity and JV dancers. I agree to be supportive of the judges and coaches decisions.

Parent Signature _____ Date _____

***This form is for your record. Please turn in the loose form given to you, do not remove from the handbook.**



Dancer Nutrition

Food is Fuel! Do not expect to perform on an empty tank! Think about your body as a car. You need gas to fuel it!

Carbohydrates are your body's most easily accessible fuel source!

Simple Carbs- used by your body right away. Fruit, gatorade, sugary foods

Complex Carbs- Remain in your body for numerous hours. Pasta, bread, potatoes, crackers, pretzels.

It is important to get a combination of both types of carbs!

Protein is responsible for rebuilding muscle after exercise. Milk can be just as effective as expensive protein powders at delivering necessary amounts of protein. Lean proteins are best: chicken, turkey, venison, lean beef, fish, nuts, eggs, and yogurt!

Fat is used as a fuel source during long-duration exercises and also helps you feel fuller longer!

Water is essential for all organs and muscle function.

Your muscles cannot fully work if they are dehydrated. Strive for a gallon of water on high exertion days! Hydrate a week prior to a competition. Drink water early in the day, not right before we perform!

Pre-Practice/Pre-Performance Meals

Try to eat within 2 hours of the event. Have both simple and complex carb foods like fruit and a bagel or oatmeal and juice.

Pack a lunch and snacks that work for you!

Post-Workout Meals

REFUEL! Try to get nutrients in your body within an hour of working out! Yogurt, milk, fruit, veggies, etc.

Good Nutrition is important every day! Not just on performance days!



Year at a Glance

October

- Practice Begins Oct. 23rd

November

- Saturday Practices Nov. 11th & 18th (8-12:00)
- Pictures Nov. 16
- Parent Showcase Nov. 21st
- St. James Competition Nov. 30th

December

- Hutchinson Competition Dec. 2nd
- Kick Conference (Hutchinson) Dec. 14
- Holiday Dance (Basketball Game Performance) Dec. 21

January

- Home Invite! Jan. 4
- Jazz Conference (Rockford) Jan. 11
- New Ulm Mini Meet Jan. 18
- Conference Champs (Holy Family) Jan. 20
- Basketball Performance Jan. 23

February

- Lakeview Competition (V Only) Feb. 1
- Sections (V only) Feb. 10
- Kids Camp Feb. 15
- Banquet Feb. 20

March

- Egg My Yard Fundraiser
 - Egg Stuffing: TBD (usually about a week before Easter)
 - Delivery: Sat. March 30th

June

- Summer Practices
- Just for Kix Camp (Storm Lake, IA) June 24th-27th

July

- Summer Practices
- Team Bonding



Pantherette Dance Team, @pantherettedanceteam