



Sauk Centre Dance Team

PROGRAM GOALS

The goal of the Sauk Centre Dance Team is to provide the opportunity for students to dance competitively at their highest level. Sportsmanship, friendships, loyalty, and teamwork are all important ideals to the program.

- Be disciplined; give 110% effort in every practice, at competitions, and in the classroom.
- Contribute to the total team effort at all times
- Support your teammates and coaches
- Be responsible, deal with conflicts head-on by being open and communicating directly with teammates and coaches
- Be ready to compete, mentally and physically - and respect the challenges that come with competing
- Be honest with teammates and coaches
- Play with pride, poise, enthusiasm, and work to win.
- Be your best athletically and academically
- ATTITUDE is very important to a successful season!

ATTITUDE

Attitude is everything in sports and it is a choice. Dancers are expected to come to practices and competitions with a positive attitude and respectful regard for fellow teammates, coaches, and competitors. All athletes, coaches, and parents know what a negative attitude can do to a team. It is poison. If a dancer displays a negative attitude in practice or competition, it will be addressed immediately and consequences may occur.

COMMUNICATION

Almost all conflict is a result of miscommunication. If a dancer has an issue with a coach or a decision made by a coach, they need to talk directly to the coach. Follow the chain of command: Athlete to coach Athlete and parent to coach Athlete and parent to coach and AD If a dancer has an issue with another dancer, she must either talk directly to that dancer or ask the coach to join in a conversation. Talking poorly about another dancer or gossiping will not be tolerated. Deal with conflict in a mature fashion. Talking about other dancers and/or coaches in a negative manner may result in sitting out of a performance. It is the expectation of coaches that dancers will speak positively at all times about their teammates, the coaches and the decisions those coaches make, the Dance Team Program as a whole, their school, and our community.

PARENT EXPECTATIONS

Communicating with coaches: Your daughter's coaches are former student-athletes and know first-hand the joys and frustrations that can accompany the athletic experience. We are glad to talk to you about your daughter, but ask that you follow the chain of command: - Insist that your daughter works out and/or discuss issues directly with the coach (es).

- Insist that your daughter works out and/or discuss issues directly with the coach (es). Learning to deal with caring adult authority figures is one of the benefits of student activities.

- Discuss all concerns with the Dance Team coaching staff first before contacting the AD or other administration. Discussions should be face to face. No emails, texts or social media.

- Please be supportive of coaching decisions in regards to team placement or any possible cuts in Varsity. We make really tough decisions – always with the best interest of the team in mind – not just for the individual athlete. Please support those decisions.

- Be encouraging and positive. Always speak positively about the program, the coaches, the music, costumes, other dancers.... etc. Your attitude will set the tone for our year as much as an athlete.

Please help your athlete understand the difference between disappointing life experiences and devastating life experiences. Sports will hold some disappointments and those challenges and disappointments will make your daughters strong to face future disappointments and ultimately the devastating life experiences. Facing disappointments with courage and resolve will make your daughter stronger if you allow it.

PRACTICES

Discipline is the key to successful teams. Be on time and prepared to give 100% effort at every practice and at every performance. Coming unprepared, showing up late, lack of focus, lack of intensity, fear, excessive talking and bringing problems into practice interfere with team success. Be there ready to work and ready to be your best FOR YOUR TEAM. Excellence is never an accident. PRACTICE ATTIRE etc...:

1. Clothing that is fit to the body. No baggy clothing at practice.
2. MUST have dance shoes and tennis shoes at every practice.
3. MUST cover body appropriately.
4. Hair must be pulled back.
5. All dancers must wear sports bra for support.
6. All Dancers must bring a filled water bottle to practice.
7. No cell phones at practices.

ATTENDANCE

All practices, performances and competitions are mandatory. Practice times may vary depending on gym space and dancers may have morning practices, late practices, and/or Saturday practices. Practice over school breaks and Christmas break is also required. Please note: all dancers and parents are given a tentative season practice schedule and updates are provided weekly in advance via email and text. It is the dancer's responsibility to know their schedule. Injured dancers are required to attend practices and competitions as well, unless discussed with coaches. Excused absences must be cleared with the coach prior to the missed event. Absences will impact whether or not you compete. Missing practices hurts the

team as a whole and should be avoided at all costs. Remember, if you miss any part of the school day because of illness, you cannot practice with the team. The office will require proof of any appointments.

INJURIES

If you are injured, you must let one of the coaches know (preferably the head coach). We will set up an appointment with the athletic trainer. If the injury needs more care, the trainer will refer the athlete to a doctor. It is the responsibility of the athlete to rehab. If icing, taping or extra stretching is needed, it is the responsibility of the athlete to do these things before practice starts (including stretching) or after practice. If you are sitting out of practice because of an injury, you must have a doctor's note or note from the trainer.

PAPERWORK & ACTIVITY FEES

If you were in a fall sport, your paperwork is complete. If you were not in a fall sport you must fill out paperwork and make sure you have a physical on file at the school or you will not be able to practice/compete.

UNIFORMS, WARM-UPS, AND APPEARANCE

- All uniforms are provided and are considered property of the Sauk Centre School District. Dancers are expected to keep uniforms clean and mended. DO NOT WASH UNIFORMS UNLESS INSTRUCTED BY THE COACHES.

- Uniforms are only to be worn on the gym floor for performances and/or competitions. Dancers are not to wear uniforms at any other time. Dancers NEVER wear their uniform sitting in the stands, in the halls, or outside. When at events, dancers are expected to wear their warm-up attire in halls and in the crowd.

- All dancers will need to purchase their own shoes, tights, and makeup. A list will be provided by the coach. All Varsity Jazz and Varsity High Kick teams will need new shoes every year.

COMPETITION DAY

1. The bus leaves on time. If you miss the bus, you don't compete.
2. Dancers are not allowed to have their cell phones before or during the competition. Phones will be collected on the bus and then returned when the competition is done.
3. Dancers must have their hair done before getting on the bus.
4. There are times that dancers will need to have makeup done before getting on the bus, but most of the time we will have time to do makeup at the competition.
5. Girls must wear warm-up.
6. Must bring uniforms, shoes, tights, undergarments & make-up. Uniforms must be on hangers in garment bags
7. Do not get any piercings during the season.
8. No visible jewelry of any kind is allowed.

9. Fingernails shall be kept short and absolutely no nail polish.
10. Girls are not to go in the stands and sit with fans. They can sit and watch in designated areas as a team or stay in designated rooms.
11. After the competition, girls are to make sure the designated room is clean.
12. All dancers must ride home on the bus provided unless parents have signed permission