Antioch Middle Bears

Dance Team Handbook

Dance Directors: Judi Jno-Finn-Harris & Ranique Jackson

Principal: Dr. Bryan Seay

Athletic Directors: Dr. Vanessa Thomas & Marquese Jones

AMS Dance Team Expectations:

As an Antioch Middle School Dance Team Member, you are expected to be:

- An example of school spirit
- A positive communicator
- A hard worker
- A dedicated team member
- An outstanding member of the school and local community

General Policies:

- The success of any group is directly related to its discipline. We want each member of our team to be self-disciplined. This includes:
    a. Treating your teammates, fellow students, faculty, and entire community with respect.
    b. Remember that you do not only represent yourself and your family, but you directly represent the school and our dance team program in every action.
- The dance team program will abide by the rules and regulations set forth in the Metro Nashville Public Schools handbook.
- You will follow all school policies on dress code, and they will be strictly enforced.
    a. You must wear the correct outfit assigned for each practice.
    b. For games you must have the correct uniform, hair, and accessories. Remember we are a team, and we always want to look like one.
    c. Game days: Dancers will wear dance team shirts to school for home and away games, to display school spirit.
- Be on time. Please notify the coach BEFORE practice if you are going to be late.
- Class Behavior: You need to be always respectful to all teachers and classmates. There will be severe consequences for not following school rules.

REQUIREMENTS AND RESPONSIBILITIES:

Tryouts are held on **August 20th-22nd, 2024** from **4:30pm-5:45pm** in small gymnasium. The dance team will practice **Tuesdays, Wednesdays and Thursdays from 4:15pm-5:45pm** unless stated otherwise by the coach. Practices may be scheduled during the Spring break.

Always be ready for practice 15 minutes prior to actual starting time. You are to have proper shoes to wear to practice. If you forget practice attire, this will prevent you from practicing and dancing in the next game. Parents must pick you up no later than **6:00 PM**.

ATTENDANCE

- Dance team members are expected to be at every single practice, game, and event. Occasionally, special circumstances do arise, and it is at the coach's discretion to determine whether an absence will be deemed "excused."

- Coaches must be notified of an absence ahead of time. **Excused absences** are limited to family emergencies and sickness. *Sick notes must also be accompanied by a doctor's excuse that includes doctor-approved return date.

- The only time an event should be missed is when it is PREVIOUSLY excused by the coach.

- Routine doctor/dentist appointments, family birthdays, other extracurricular activities, jobs, vacations, outside dance, etc. are NOT to interfere with AMS dance team. Occasionally, special circumstances do arise, and it is at the coach's discretion to determine whether an absence will be deemed "excused."

- REMEMBER: You are an *ESSENTIAL* part of a squad that needs your FULL participation! Excessive absences, tardiness, and/or not being picked up in a timely manner may result in suspension or removal from the team.

- Dance team members with game suspensions, injuries, etc. who are unable to perform, will sit in uniform with the coach for the entire game. Any injuries during practices or games must be made known to the coach.

- You are still expected to come dressed to games or to watch practice if you are injured. You may not participate in practices or games without an appropriate doctor's note.

BEHAVIOR:

- All dance team members must adhere to all Metro Nashville Public Schools policies. Smoking, consumption of alcoholic beverages, drugs, consistent use of vulgarities, cutting class, excessive absences, dress code violations, failure to follow electronic device policy, poor sportsmanship and /or cheating could result in expulsion from the team for that season.
- Disrespect between teammates and/or to the coaches will not be tolerated; this includes parents.
- Understand that it is each dance team member's responsibility to be always a positive role model. All material displayed on social networking sites (such as Facebook, Instagram, and Twitter, etc.) must be appropriate. Refrain from displaying any inappropriate pictures, language content, etc. Refrain from saying anything that can be taken as a negative outlook on our team, the members of our team, coaches, other teams, our school, or our community. Similarly, do not use e-mail,text messaging, phones, or any other form of communication, verbal or non- verbal, in negative means. Any conduct deemed inappropriate will result in disciplinary action that may lead to immediate suspension from the team.
- Dancers who are dismissed from the team (or quit during the season) are still responsible for dance team financial commitments. There are no refunds. Girls who are dismissed from the team or quit during the season are ineligible for tryouts during the next season.
- Coaches reserve the right to bench or remove you from the team if they believe your behavior has earned the punishment.

ACADEMICS:

- It is expected that all dance team members put academics in the forefront of their school career. Therefore, if questions arise as to participation with dance team interference with academic success, we will revisit your involvement with the team.
- Coaches will monitor grades. Girls must maintain a 'C' (70%) average on all progress reports and report cards.
- Proper conduct in class is a necessity.

Financial Responsibilities:

All members will have to pay the **uniform fee of $150.00** if selected to be a part of the dance team. **The fee is due September 10, 2024.** Each player will be responsible for submitting fees by the designated deadline. This will include the cost of dance uniforms during the completion of the season. If students are unable to pay their fee of $150.00, we will offset the cost through fundraisers. This will require a conversation between the player, family, and coaches.

Parents/families will be responsible for dance shoes, undergarments, and hair accessories etc.).

There are several financial responsibilities that come with athletics. To help offset some of the expenses, the team will be required to participate in certain fundraisers as specified by the coach. 100% participation is expected because the profits will be added to the team account.

INJURY/ILLNESS:

- Injuries or illnesses that occur during practice or games must be made known to the coach immediately.
- After an injury or contagious illness, dance team members **MAY NOT** return to practice without an appropriate doctor's note.

PARENTAL EXPECTATIONS:

An effective program cannot be run without you!

Parent/Guardian meetings will be held as needed by the coach. The first meeting will be on **Tuesday September 10th, 2024, at 6:00 pm in the library.**

Other parent meetings may be in person or virtual, as specified by the coach.

- Encourage your athlete to follow all the rules. Help the coach build a commitment to the team.
- Please attend parent meetings and be aware of dates and financial commitments.
- Always support the coaching staff when controversial decisions are made (the coaches need your support to keep good morale on the team).
- Stress the necessity to make a commitment to the team; practice is important. Dance team is one sport that can be as demanding. The coach will work with girls on their dance schedules, however practices before performances are non-negotiable.
- If a dance team member is interested in participating in other sports, please contact the coach to discuss options.

PARENT COMMUNICATION GUIDELINES

Issues Not Appropriate for Discussion with the Coaching Staff:

-Parents will be communicated with through **GroupMe.** This will include updates and reminders about games and practices.

While the Head Coach is committed to open communication between staff and parents, there is a certain protocol that I ask to be observed. In particular, the time before and after games and events are dedicated to our dance team members. It is not appropriate for a parent to approach a coach to discuss concerns at this time. The Head Coach will be happy to set up a meeting/phone call to address parent concerns at a time that will not interfere with the attention required by our athletes. An exception to this request is an incident when a player is injured -- the Head Coach will be available immediately after agame to discuss the situation and any concerns with parents. It is important for parents to understand that as a coach, I have been hired to make decisions based on what I believe to be best for the team as a whole and for all players involved with the program.This understood, I am available to discuss parental concerns with the exceptions, of items that concern other members of the team.

WHAT YOU CAN EXPECT FROM YOUR COACH:

- To be as fair and honest as possible.
- To treat athletes as individual members of the team.
- To be loyal to our athletes
- To provide leadership and training necessary to achieve our goals.
- To push each athlete to their limit, working harder and challenging them more than ever.
- To make all decisions based on what is best for the team.

UNIFORMS AND APPEARANCE:

- Uniforms will be worn to games and other activities to promote school spirit. The coach will determine what attire will be worn to school, games, and events.

- Absolutely NO jewelry (including tongue, belly, and facial piercing), gum, and/or colored nail polish are permitted during any game or activity.

- Dance team shoes are a part of the uniform and must be worn at all games. Flip-flops, open-toed sandals, and UGGS are not permitted at any time while in uniform unless given permission by coach for special circumstances such as weather issues or dangerous walking ground.

- Your stomach and/or rear cannot be shown at any time, excessive rolling of shorts, pants, skirts, or shirts is not allowed.

- Dance team members will be expected to care for and maintain their own uniform. All uniforms should be machine washed for proper care in cold water and allowed to air dry. Do not apply iron to any part of the uniform. Please makesure the uniform is clean for every game/performance.

- Dance team members are not permitted to primp in front of the crowd. Applying makeup, brushing hair, applying lotion, etc. needs to be done prior to the game(or practice) and in the bathroom or locker room only.

- Dance team members will purchase a team bag which they should bring to every practice and game. In this bag there should be all parts of the uniform, as well as bows, sports bra, shoes, water bottle, snack, and any other items they may need during the event. ONLY the team bag is permitted at games and if items do not fit in the dance bag they should not be brought.

- Dance team members pay a uniform rental fee at the beginning of each season. At the end of the season, all uniforms as denoted by the coach should be returned to the team.

CELL PHONE USE:

- Cell phone use is prohibited during all dance team activities and practices unless coaches give permission.

DISCIPLINE

- Regular practice times are very important to the overall organization and preparation of our team; however, I will work with girls on outside dance commitments. Please notify the coach of conflicts well in advance.

- Practices before performances are non-negotiable. Illness with a doctor's note and family emergencies will be considered at the coach's discretion. Any dance team member who is absent from practice or leaves early from practice before a performance will not be allowed to perform and will sit with the coach during the performance.

- Benching/Suspension from games or dance team is at the discretion of the coach and is deemed appropriate for the following:
    a. Unexcused absence from a practice, game, or other mandatory event.
    b. Disciplinary Action from the school, including, but not limited to, detention and suspension
    c. Uncooperative attitude with fellow team members or coach, such as disrespectful or disagreeable and not willing to work as a group.
    d. Wearing uniform incorrectly, not wearing or bringing uniform, and/or notupholding proper behavior while in uniform (i.e. profanity).
    e. Insufficient knowledge of routines.
    f. Delinquent financial balances.

- The following actions may subject the team member to immediate dismissal from the squad:
    a. Smoking, drinking, and/or doing drugs
    b. Fighting
    c. Causing problems in the community or school (fighting, instigating, and bullying/cyber bullying)
    d. Long-term suspension or expulsion from school
    e. Insubordination
    f. Multiple unexcused missed games and/or practices

- The coach understands that new and outside problems may/will arise. I will use my discretion to fairly work with the dance team member individually case-by-case. All decisions are **FINAL**. Parents or students arguing with the coach is considered insubordination and is grounds for dismissal from the squad.

PRACTICE POLICIES

- Each dance team member needs to come to practice ready to work and with a positive attitude.
- Coach will determine practice attire.
- Practice will combine conditioning and traditional dance practice.
- No phones will be allowed during practice.
- No one will leave practice without permission from the coach.
- There will be no horseplay during practice or games.
- Each dance team member should practice routines outside of practice to ensure sufficient knowledge of ALL dances or routines.
- If a dancer does not have sufficient knowledge of a routine(s), extra practice times will be assigned at the coach's discretion. If the routine is still not mastered by the dance event date, it will be at the discretion of the coach to bench the dancer from a performance(s).

GAME DAY POLICIES

- Dance team members will arrive early, dressed in uniform, with hair and make-up done. This time is to be used for stretching, warming up, and to review game material.
- Dance team members will stay together as a squad throughout the assigned event.
- During the playing of the National Anthem, all squad members will be in formation determined by the coaches, at attention, with NO TALKING!
- Do not chew gum or use your cell phone/text during games.
- Dance team members must never mock or taunt teams, players, coaches, officials or fans.
- Be familiar with all dances and routines, and game rules. Be ready to be enthusiastic at appropriate times.
- Please make sure your dancer has timely transportation from events

Contact Info:

The schedule will be provided for dance practices and games. Any changes, coaches will notify student-athletes by announcements at school, and parents will be called/emailed. If you need to contact the coach for anything, please call, text, or email.

Head Coach:	Assistant Coach:
Judi Jno-Finn-Harris	Ranique Jackson
615-479-0288	804-774-5869
jsfinn@mnps.org	Ranique.Jackson@mnps.org

DANCE TEAM HANDBOOK CONTRACT:

It is understood that I, the dance team member, will be held accountable for knowing and abiding by the rules and regulations outlined in the Dance Team Handbook Contract. I have read the handbook and agree to abide by these rules and policies. I am aware of the consequences (up to and including removal from the squad) if I choose not to follow the rules. In addition, I understand that if I do not fulfill my responsibilities, I am subject to disciplinary consequences that are outlined in the agreement. In signing, I have read, understood, and agreed to fulfill the AMS Dance Team Handbook Contract to the best of my ability and to contribute to the growth and success of the team this season. As a parent/guardian my signature acknowledges that I understand the rules and regulations of Antioch Middle School student athletes.

Dance Team Member name:

_____

Dance Team Member signature

_____ Date _____

Parent/Guardian signature

_____ Date _____

*This handbook is a working document and subject to change. When changes are made, parents and athletes will be given a new document to read and sign.