South Saint Paul Dance Team

Rules and Expectations

2026-2027

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SSP Dance Team Commitment Contract

As a member of the SSP Dance Team, you will be expected to know and abide by the guidelines set. Dancers and Parents, please 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 your understanding. Return the signature page to your coaches.*

Purpose and Mission

The purpose of the South St. Paul Dance Team is to promote school spirit, involvement, teamwork, dedication, create a strong work ethic, and respect, and to represent the school and community at all dance team appearances and competitions.

A successful team is a result of two things: mutual respect among team members and a common vision about where the team is going.

The mission of the South St. Paul Dance Team is to provide dancers with a successful and meaningful experience in a positive and healthy environment. Team members have personal goals of high academic achievement, increasing their dance ability, learning effective time management, forming strong relationships, practicing positive sportsmanship, and learning to become a valuable team member. The success of the team is due to the incredible dedication from the dancers, coaches, and parent involvement. Dancers should exhibit great sportsmanship, positive attitudes toward teammates, competitors, schools, and parents. The dancers have the utmost respect for their coaches and one another.

Selection and Eligibility

All student-athletes (male, female, non-binary) in grades 7th-12th are eligible to try out for the South St. Paul Packer Dance Team. Candidates must attend an audition workshop/try out to be familiar with the necessary material for assessment.

- All dancers must try out every year.
- Dancers making it past the tryout process will be placed on the South Saint Paul Dance Team roster.
- Each dancer must be in good physical condition due to the vigorous nature of the sport.
- Each dancer must meet the academic eligibility requirements stated by the Minnesota State High School League and South Saint Paul High School.
- Membership will include participating in the summer, fall, winter, or all three seasons.
- Members must pay an activity fee designated by the High School Athletic Department for the fall and winter seasons.

Expectations

Every member of the South St. Paul Dance Team will be held accountable for their actions at all times. This includes outside of practice. If their actions are not in the best interest of the team or will in any way jeopardize the goals, expectations, reputation, and well-being of the team, they will be penalized.
DO RIGHT! You know the difference between right and wrong. Take personal responsibility to be a strong, trustworthy, and valuable team member.

- **Respect:** All dancers must show respect to all coaches, team members, administration, and faculty. Always respect the school facilities and property. A dancer not displaying all levels of respect will be asked to leave and the absence will count as unexcused.
- **Communication:** To provide a comfortable and successful environment. All lines of communication must be open between coaches, captains, team members, and parents. This is strongly encouraged, if not expected.
- **Dedication:** It is expected that when a dancer is in practice that they are giving 100% of their effort at all times. Furthermore, they must be at all practices and events fully prepared, excited, and ready to go.
- **Support:** All coaches, dancers, and parents are expected to show support to our program as a whole.
- **Pride:** Show pride in your role as a member of the dance team and as a representative of South St. Paul High School. It is an honor to be a part of this program.

Length of Season

Summer- June & July.
Fall- Early August through early October.
Winter- Competition season will start on October 26th and end with the banquet.

Roles and Responsibilities

1. **Coaching Staff**

    a. Duties

        - Oversee all aspects of the program.
        - Organize all tryouts and placement of dancers on teams and formations.
        - Maintain discipline and organization.
        - Establish and enforce all schedules.
        - Remain in charge of all dancers during practices and events.
        - Assist dancers in choreography & make final decisions on choreographed moves.
        - Coordinate the formations & make final decision on routine formations
        - Maintain communication with all dancers, parents, and other officials.
        - All decisions made by coaches are final.

2. **Choreographers**

    a. Qualifications
        - Possess the ability to be creative.
        - Knowledge of different styles of dance and technique
        - Member of the team in which choreography is being used.
    b. Selection
        - Coaches will determine the choreographers for each routine.
        - Coaches reserve the right to remove a choreographer due to lack of effort or commitment.
    c. Duties
        - Responsible for choreography for selected music.
        - Meet at specified times with other team members to create the routines.
        - Additional obligations outside of scheduled practices
        - Select members who will teach routine.
        - Help coaches to prepare for practices.

3. **Managers**

    a. Duties
        - Responsible for maintaining the Team's equipment at all events.
        - Responsible for taping of routines and practices
        - Assist Coaches and teammates as needed.
        - Organize equipment and costumes for events.
        - Attend all performances and wear team attire.
        - Must follow all other rules as a member of the dance team.

4. **Parents**

    a. Duties
        - Support and encourage their dancers' involvement with the Dance Team.
        - Respect authority and decisions made by coaches.
        - Serve as role models for positive attitude, dedication, and great sportsmanship.
        - Support the team with pride and dignity regardless of team scores or results.

6. **Dancers**

    a. Duties

- Be leaders within the school and set a good example at all times.
- Abide by the standards set by South St Paul High School
- Put forth their best effort and attitude at all practices, performances, fundraisers, and competitions.
- Respect themselves, their teammates, and their coaches
- Have PACKER PRIDE regardless of team scores or results
- Push each other to be the best student-athletes possible

Team Selection Process

1. Tryouts
    - Tryouts and assessments will be held within the first week of the season.
    - Each dancer will receive a score sheet that will provide feedback regarding team placement.
    - Dancers will be selected as Varsity Jazz, Varsity Jazz Alternate, Junior Varsity Jazz, Junior Varsity Jazz Alternate, B-Squad Jazz, Varsity Kick, Varsity Kick Alternate, Junior Varsity Kick, Junior Varsity Kick Alternate or B-Squad Kick.
    - Team selection does not guarantee the dancer will compete with the team they have been placed on.
    - Dancers may also be placed in a rotating position.
2. Cuts
    - Dancers must meet and maintain the criteria to compete. If the coaches deem the dancer no longer maintaining a competitive level, they may be cut.
    - If a dancer is cut from formations, there is no guarantee they will be put back in. Additionally, if a dancer misses practice 7 days prior a competition or is asked to leave practice, they will be cut with no guarantee of being put back in; at the coaches discretion.
    - Before a dancer is cut from a routine, they will be given a verbal warning of their standing.

No placement is final. As coaches we make decisions we think are best for the team. If needed we may switch spots, placements, and teams

Practices

1. Practice Etiquette
    - Be ready to practice promptly by the start time. All practices are MANDATORY! Tardiness is not accepted without a note from a parent, teacher, or administrator. Early is on time, and on time is late.
    - Please notify coaches prior to an absence via email, phone call, or text. Notices less than 24 hours must be a phone call to the HEAD COACH.

- Please schedule all work, appointments, family events, etc. around dance team practice during the winter season.

2. Attire/Water Bottles/Cellphones
   - Wear the appropriate practice attire and shoes. Sweats are acceptable for warm-up. After the warm-up, dancers can be wearing leggings, running shorts, or booty shorts for bottoms. For the top, they must wear a tank top, a fitting t-shirt, or a fitting long sleeve, supportive undergarments, etc. Tennis shoes and jazz shoes are required every day.
   - Hair must be pulled back in a pony or bun. Hair needs to be ready to go before practice and stay without falling out during the duration of practice. No re-doing hair multiple times. No scrunchies as binders.
   - No gum or jewelry.
   - Bring a water bottle every day. Do not share water.
   - Fuel your body with nutritious food prior to practice if needed.
   - NO CELL PHONE USE AT PRACTICE
   - Be quiet during all instruction, including warmups, dance reviews, and new step instruction. Hands must be raised to ask questions in order to run a productive and efficient practice.
   - Please bring inhalers, and other medications or required braces to practice each day as necessary. Please bring a doctor's note to the coach at the beginning of the season containing specific instructions of what to do in case of an emergency.
   - Please bring a doctor's note on any physical therapy issues and/or exercise necessary.
   - No visitors, parents, or guests are allowed to attend practice without the coaches permission. This is the same with the dancers getting ready for games and meets! Parents this means all practices are closed, please don't just “drop by” it disrupts practice. If you need to stop by for some reason, please let the coaching staff know by email, prior to that day's practice. No one but dancers in multipurpose, the PAC, or the Cafeteria.
   - A dancer may be asked to leave the practice if they are not prepared for practice or if their behavior is unacceptable. This will count as an unexcused absence.

Attendance Policy

Only the reasons listed below are excused absences from any dance team activity. Limit: 2 excused absences per person, per season.

1. Personal illness or accident (confirmed by the attendance office).
2. Funeral or death in the family.
3. Religious holidays.
4. Special school activity with the permission of the coaches at least 1 week in advance.
5. Any major contagious illness (as noted by a doctor).

*COVID RELATED ABSENCES MUST HAVE PROOF OF A TEST TO FOLLOW. Tests must be taken as soon as possible (within 24 hours of symptoms/absence).

- Students who miss part of the school day due to illness must be in attendance by 10:02am in order to participate in a contest or practice on that day.
- Absences in excess of 2 practice days may result in formation changes or cuts if the dancer is not able to demonstrate the ability to do a given routine.
- If a team member is not in school due to illness, she will not be allowed to participate in any dance activity that day.
- A team member should contact a coach via telephone or email before being absent from a practice or performance.
- When a team member is absent, it is their duty to find out what was missed and be prepared for the following day.

All dance team members are required to attend all performances, games, and competitions, whether they perform or not. Failure to attend will result in an unexcused absence. Team members will be dismissed from the team if there are any additional unexcused absences. Unexcused absences may include, but not limited to, skipping practice, work, excessive tardiness, doctor appointments, studio practice, hair/beauty appointments, sporting events, vacations, family events or behavioral incidents.

Consequences for missed practices:
Absence 5 days prior to a meet/competition: Pulled from the dance. No exceptions.
Unexcused tardiness 5 days prior to a meet competition: Pulled from the dance

One unexcused absence will result in the ineligibility to receive any team, conference or state awards.| Two unexcused absences will result in ineligibility to letter for the season. Anything beyond this will be at the coaches discretion and the dancer may be removed from the routine.

If the dancer makes the decision to quit, they will no longer be part of the team, and they will not be able to participate in any further dance-related events. Uniforms and/or team items must be returned right away. They will not be allowed to try out for the team again until the next school year.

Communication

BOUND and BAND will be the main form of communication for coaches to communicate with dancers and parents.

Team BANDS- Coaches will post updates, schedules, questions, videos, etc. in the BAND. All dancers must watch the required videos in full and within the time frame directed by the Coaches.
Coaches have visibility into who has watched practice videos and how much of the video was completed. If a dancer does not meet the requirement of watching film, it is the coaches discretion as to what they will need to do in order to make up that time.

In addition to the team BAND, there will also be individual BANDS specific to the teams (B-Squad, JV, Varsity). It is the dancer's responsibility to meet the requirements for all teams they are part of.

Notifications must be turned on for the BOUND and BAND app and should be reviewed daily throughout the season(s).

Parents BAND- This is a great way to stay updated with the schedule. The head coach will post weekly updates in the app. Parents can communicate with other parents and help with any questions.

Concerns/Conflicts

- Please go to the coaches **FIRST** with concerns! This will lead to a quicker solution. The coach can direct you to the right person if it deals with the Booster Club. Talking to other parents about what might be a half-truth or rumors only creates confusion.
- Any concerns must be brought to the coaches by the dancer first. We will not respond to any parent emails/phone/text without talking to the dancer first.
- Parents must wait 24 hours to contact the coach after a discrepancy.
- Coaching decisions on placements will be discussed with parents, but thoroughly discussed with dancers. Placements are not final. Every dancer has to earn their spot. A dancer's seniority or how long they have been on the team WILL NOT play a factor in whether they are or are not dancing.

Fundraising

- Each dancer is expected to take an active role in all fundraisers. Coaches are encouraged to show support but are not required to have an active role in any fundraising activity.
- The Booster is responsible for all fundraising activities for the dance team. The coaches are not the contact or authority on any matters.

Substance Abuse Policy

- The use of alcohol, tobacco, or illegal drugs will NOT be tolerated.
- All MSHSL rules will be strictly followed and enforced.
- If a dance team member gets a 2nd violation, they will no longer be a part of the Dance Team.
- If a dancer has a violation, they will serve the consequences of the school's policies on substance abuse.

Scholastic Eligibility

In order to participate on the South St. Paul Dance Team, each participant must make satisfactory academic progress. To be eligible for participation, a student must meet a 1.70 Grade Point Average (C average) the previous 6 week marking period. A student who has failed to meet the 1.70 Grade Point Average (C average) will be placed on academic probation according to the following conditions:

1. Academic probation.
    a. The student is permitted to practice or rehearse, and may compete or perform in a contest or performance during the period of academic probation (3 weeks).
2. Regain Eligibility or Ineligible
    a. Following the three week period of academic probation, if a review of the students academic performance indicates the student is performing at a satisfactory level, eligibility will be regained.

If the review indicates the student is failing to meet the 1.70 Grade Point Average (C average), they cannot regain eligibility or participate in games or events until the end of the 6 week grading period.

In order for a dancer to letter, a 2.50 Grade Point Average must be maintained throughout the winter season.

Minnesota Association of Dance Teams (MADT) states that All-State Academic Team awards will be given to teams holding a 3.33 Grade Point Average. Senior Academic All-State Awards are given to seniors holding a 3.85 Grade Point Average.

Clarification: If a student is ineligible at the end of a 6-week grading period and is still ineligible at the start of the next 6-week grading period, they do not get to go back on academic probation. A student must first regain eligibility to be eligible for academic probation.

**If a student becomes academically ineligible at the end of the school year, that student will serve the above-mentioned academic probation during the first three weeks of the school year. Probation and ineligibility do carry over from one school year to the next.

Transportation

All participants must complete and sign the School District's Transportation Agreement Form prior to participation. Participants must travel to and from out-of-town contests in transportation provided by the school unless prior arrangements are made by the parents or legal guardians for exceptional situations. Participants will only be permitted to leave out-of-town contests or events with their parents or legal guardians if a signed parent or guardian note is turned in to the Activities Office by noon of the day of the event. A duplicate copy will be forwarded to the coach.

Participants will remain with their squad and under the supervision of the coach or advisor when attending away contests. Participants who do not ride on the team bus will not be allowed to participate in the contest unless there are extenuating circumstances as determined by the overseeing administration. All regular school bus rules will be followed.

Lettering Policy

- Each member must have never been placed on probation or academic leave of absence to receive a letter for the season.
- If a dancer is strictly a JV dancer, they will not letter.
- A dancer must compete with the varsity team at least 4 times.
- A dancer must maintain a 2.5 Grade Point Average.
- Volunteer for 1 JPDT practice
- If a dancer decides to quit at any point in the season, they will not letter.

Selection of the award is left to the coaches discretion. Any 2 unexcused absences by a dancer will result in ineligibility to letter.

Award Eligibility

Varsity Team Participants may be eligible for several awards given at the end of the season. Team Awards such as Best Kick, Most Valuable Dancer, etc. will be voted on by the dancers at the end of the season. Other awards are chosen by coaches and/or the conference. Dancers must be competing in both kick and jazz to be eligible to receive these awards. The awards and qualifications are as follows:

- All Conference
    - Final team standings in the conference tournament will determine the quantity of all-conference awards given.
    - Dancer must be a Junior or Senior member of the Varsity Team.
    - Dancer must have been a member of the Varsity team for more than one year.
    - Dancer must display leadership qualities.
    - Dancer shows continuous effort and maintains a good attitude.
    - Dancer sets a positive example amongst the team
    - Dancer must have assisted in the choreography of routines.
    - Dancer must have at least 90% attendance and/or performance time.
    - Dancer can be awarded an All-Conference award in consecutive years.
    - Award presented at the End of Season Banquet.
- All Conference Honorable Mention
    - Final team standings in the conference tournament will determine the quantity of all-conference awards given.
    - Dancer shows continuous effort and maintains a good attitude.
    - Dancer sets a positive example amongst the team.
    - Dancer who has demonstrated great improvements on the Varsity Team.
    - Dancer has been on the Varsity team for more than one year.

        - Dancer may be from any grade level.
        - Dancer must have at least 75% attendance and/or performance time.
        - Dancer can be awarded an Honorable Mention award in consecutive years.
        - Award presented at the End of Season Banquet.
- All State Jazz and Kick
    - This award is given through the Minnesota Association of Dance Teams, MADT.
    - Coaches nominate a maximum of two dancers in each category, and videos submitted are evaluated by skill level by MADT and dancers qualify to participate in the All-State Dance Event in March.
    - Dancer shows continuous effort and maintains a good attitude.
    - Dancer sets a positive example amongst the team.
    - Exceptional Skill Level in performance and technique.
- All Tournament Team
    - This award is given through the Minnesota State High School League, MSHSL.
    - If the State Tournament FINALS are reached, TWO dancers are recognized during the Finals Award Presentation.
    - Dancer shows continuous effort and maintains a good attitude.
    - Dancer sets a positive example amongst the team.

Social Media

The South St. Paul Dance Team has a zero-tolerance policy for any negative comments, actions, imagery, etc. posted to ANY social media site regarding any dancer, coach, parent, school administrator, opponent, official, or the public. This policy applies to dancers and parents. We expect all dancers to uphold the expectations set by the program across all forms of social media. If a dancer does not meet these expectations, the consequences may include being removed from the dance, event, or team. All consequences are at the coaches discretion. The goal is to promote a positive program.

Booster Club

By your student being a part of the South St. Paul Packer Dance Team, you are a member of the South St. Paul Packer Dance Team Booster Club. The Booster Club is in place to assist the coaches and team with fundraising, volunteering, handling money, and supporting the program.

The Booster Club Board does not make coaching decisions and will not deal with coaching issues. All concerns other than fundraising, volunteering, and handling money should be addressed with the coaching staff.

The South St. Paul Packer Dance Team Booster Club strives

- To promote and publicize the South St. Paul Dance Team as a sport in the South St. Paul High School attendance area.

- To encourage good sportsmanship and develop team unity in the South St. Paul High School Dance Teams, Varsity, Junior Varsity, and B-Squad.
- To develop a sense of pride and tradition in the South St. Paul High School Dance Team.
- To provide a positive and supportive environment for team members and their coaches.

South St Paul Packer Dance Team
Commitment Contract

As a member of the South St Paul Packer Dance Team, I am committed to everything stated below:

- **Academic Commitment** I will maintain a GPA of 1.7 or greater.
- **MSHSL Commitment** I will abstain from the use of alcohol, tobacco, or illegal drugs.
- **Citizenship Commitment** I understand that at all times I am representing the South St Paul Dance Team and South St Paul High School. Therefore, I will conduct myself in a respectful manner, as I am a direct reflection of my coaching staff, teammates, and school.
- **Athletic Commitment** I will attend all practices and performances, competitions, and team events. I will maintain a healthy lifestyle by getting plenty of rest, eating well, and exercising.
- **Practice Commitment** I will come to practice on time, ready to dance every day. I will try my hardest every day and be open to trying new things and open to correction. I will always maintain a positive attitude!
- **Dance Team Commitment** I agree to respect, honor, and support my coaches and teammates at all times. In return, I will expect the same respect and support.
- **Social Media Commitment** I will use social media in a responsible manner and refrain from posting any negative comments, actions, or imagery that pertains in any way to the SSP dance program.

Covid Commitment: In addition to this form, all families must complete the SSP Covid Waiver before beginning the season. This waiver states that we are not liable for any COVID-related illnesses. It also suggests that all members of our team pod should limit the amount of exposure.

I have read through and agree to abide by all rules and expectations. I agree to the consequence policy stated in the 2026-2027 Commitment Contract. I will commit to this contract the FIRST day of practice until the end of the 26-27 season.

Dancer:

Parent:

Date:

Sportsmanship In Action

Be Supportive of Coaches
In front of your child, be supportive and positive of the coaches decisions. If you have problems with what the coach is doing, it is best to talk directly with the coach.
Teach Respect for Authority
There will be times when you disagree with a coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.
Let the Coach do the Coaching, but you can do some of the Teaching
When your child is on the field, court, or ice, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop their character and tech life skills that athletics and activities bring to the forefront.
Help your Children Learn through Failure
The way your child handles failure can help them to face certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way.
Focus on your Child as an Individual
Focus on what your child does well and where they need to improve.
Encouragement is essential.
Listen to your Child, but Stay Rational
Always support and listen to your child, but remember to stay rational until you have investigated the situation.
Be Mindful of your Role as a Role Model
Take a good, honest look at your actions and reactions in the athletic arena.
These actions are a big cue to your child and to the others around you.
Show Unconditional Love
The most important thing…show your child you love them, win or lose.
Sportsmanship is Everyone's Responsibility

We hope you'll join us by being a good sport always!

Be Proud: Wear maroon and white to every sporting event to show support
Be Loud: Cheer loudly for the Packers and not against our opponent from beginning to end. Congratulate every routine on a job well done
Be Great: Show that we are the best fans in the state by behaving responsibly, being respectful of others, and encouraging others to do the same.
Go Packers!