

**Deerfield High School**  
**Warrior Dance Team**  
**Rules, Regulations & Expectations**

Parents & Dancers:

Please read over the following document PRIOR to auditioning for the Warrior Dance Team. Make sure you are aware of all requirements and financial obligations before your audition. Please sign & date the last page and return to the coaches on the first day of tryouts.

Varsity Coaches:

Mollie Kaplan and Mari Weiss

JV Coach:

Sam Campbell

Purpose of the team:

- To promote, develop and uphold Deerfield High School spirit
- To encourage a sense of good sportsmanship among students, fans & staff
- To represent Deerfield High School to the highest degree, whether in uniform or not, by setting an example of good behavior in class, at practices, games & competitions, and all school functions, whether dancing or not.
- To compete against other high school dance teams in Illinois.
- To have fun.

Season:

May-June: Camp Preparation

August-October: Football Season

November-February: Basketball/IHSA Competition Season

Eligibility:

All students attending Deerfield High School that are in good academic standing are eligible to audition for the dance team. Incoming freshman are automatically eligible.

Summer Camp:

Every summer, the dance team attends UDA camp at a local university to help prepare for the upcoming season. Attendance at camp is mandatory. Camp lasts 4 days, during which the dancers spend the nights in the college dorms and are supervised by the coaches and instructors at all times. The cost of camp is approximately \$375, and this includes food, lodging, instruction and events. Camp fees are the responsibility of the parents and will be collected at the parent meeting.

### Apparel Fees:

Costs may vary from year to year. Approximate costs include:

Hip Hop/Gym Shoes: \$80

Sparks: \$5

Jazz Shoes: (purchased on your own at

[http://www.discountdance.com/dancewear/style\\_S0401L.html?&pid=357&Shop=Brand&SID=340569903](http://www.discountdance.com/dancewear/style_S0401L.html?&pid=357&Shop=Brand&SID=340569903))

Poms: \$20

Camp Wear/Practice Wear: \$40

WDT Bag: \$60

Other apparel – varies from year to year

*Financial assistance can be available through the Athletics Office*

### Fundraising:

The dance team will participate in fundraisers throughout the school year. This includes: t-shirt sales, candy and snack sales, a car wash, concession sales, and kids' dance clinics. Participation is mandatory. The fundraising earned will go toward the fees obtained throughout the year. Please note, some of the above apparel fees can and will be fundraised for.

The dance team will also host a dance marathon to raise money for a selected charity during the school year. Each member of the team will serve on a committee and play a role in the success of this event.

### Attendance:

- Attendance is mandatory to all events scheduled by the coaches. This includes, but is not limited to: pre-camp practices, summer camp, summer practices, school year practices, home football & basketball games, competitions, and fundraisers.
- The coaches must clear all absences in ADVANCE. Excused absences may include serious injury or illness (accompanied by a doctor's note), family emergencies, immediate family members' weddings or bar/bat mitzvahs, and class requirements (with a teacher's note). All absences must be submitted in writing to the coaches. All other absences are unexcused and the dancer may be asked to sit for the upcoming performance.
- Please note: Submitted in writing may be a handwritten or typed note, or an email. Texting a coach does NOT qualify as written notice.
- All dancers must be on time. Tardiness will not be tolerated. You must be in the studio and ready to dance five minutes prior to the scheduled start of practice.

### General Expectations:

- As a member of the dance team, you are a reflection of the school, your coaches and your parents, therefore, exemplary behavior is required by all members of the dance team at all times.
- Dancers must maintain a positive and encouraging attitude at all practices, games, and events.
- Academics must come before dance team. All dancers are expected to remain in good academic standing throughout the season.
- No foul language or inappropriate gestures will be used at any time by any member of the team.
- Insubordination to the coaches or other authority figures is unacceptable and will not be tolerated.
- The use of alcohol, tobacco, performance enhancing substances, or illegal drugs of any kind is strictly prohibited and may be grounds for dismissal from the team.
- Inappropriate photos, content, and comments that do not reflect the dance team in a positive light will not be tolerated and disciplinary action will be taken.
- When using social media, Warrior Dance Team standards still must be upheld.
- Excessive public displays of affection are never appropriate, especially in uniform.
- The use of cell phones during practices and games is strictly prohibited unless in an emergency situation. All cell phones must be on silent or off, and must be kept in your bag during practice. Water and bathroom breaks are not cell phone breaks.
- All dancers are encouraged to take dance classes outside of dance team to improve and maintain their technique. Ballet, jazz, and hip hop classes are all highly recommended, but are not required. Warrior Dance Team must come first.
- Uniforms will be distributed at the beginning of the fall season and collected at the end of the winter season. It is the responsibility of the dancer to maintain her uniforms. If any part of the uniform is damaged or lost, the dancer will be held financially responsible.
- All uniforms should be properly cleaned prior to their return.

### Leadership Opportunities:

- Captains and other officers will be selected following an audition. Officers are team leaders who assist the coach and captains as needed. There is no set number of officers. The number of officers chosen is up to the discretion of the coaches.

### Practice Policies:

- The coaches will determine the practice schedule.
- Winter practices will vary based on space.
- Practices will last between 2-3 hours/3-4 times per week. Additional practices may be scheduled as needed, especially during competition season.
- If a dancer is absent from school, they will not be allowed to participate in practice that day. It is recommended that they come and sit at practice if they are capable to learn what they would otherwise miss. If a dancer is sick or injured but did attend school, they must attend practice

that day as well.

#### Practice Policies (continued):

- If a dancer must miss a practice for any reason, they must submit it in writing to the coaches with at least one week's notice. It is the responsibility of the dancer to contact the coaches when they are going to be tardy or absent. Please refer to the attendance policy for a list of absences that are excused.
- Each member is required to attend the last practice before each performance or they will not be allowed to perform. If a dancer misses practice for any reason during the two weeks leading up to a competition, she may be pulled from the performance at the coaches' discretion.
- Dancers must wear the appropriate practice uniform as decided upon by the captain or the coaches. Hair must be worn neatly pulled away from the face and should remain secure for the entire practice. Extra warm up clothing should be removed after stretching and warm ups.
- Proper shoes are required at all practices.
- If you lose an item, you are responsible for replacing it.
- Jewelry, body piercings, long nails and chewing gum are not allowed.
- Questions, comments, and general discussion should be kept to a minimum.
- Focus is necessary to get things done in a timely manner. Be prepared to work. No excuses. All dancers should give 110%, 100% of the time.

#### Competition Policies:

- The dance team will compete in 4-5 competitions every year. The coaches will inform the team and parents of the schedule as soon as it becomes available. The competition season runs from November to February.
- All competitions and competition practices are mandatory, whether performing or not.

#### Alternate Program:

- Alternates will be chosen for the competition season during the competition audition at the end of October.
- Alternates will be treated and respected as full members of the team.
- Alternates will learn all routines that the team will take to competitions, as well as participate fully in all practices.
- Alternates will come to all performances and competitions, performance ready.
- Alternates are imperative for all competitions in case of injury or illness.
- Alternates can be switched at any time during competition season.

#### Communication:

- All members of the dance team will be expected to check their school email at least once per day.
- Email, handwritten notes and phone calls are acceptable means of communication between coaches and dancers/parents.
- Coaches and officers may text reminders to dancers when appropriate.

- If a dancer must miss practice due to an illness or an unexpected emergency, she or her parents may text coaches, but should follow up with an email.
- Coaches will only discuss a dancer with that dancer and/or their parents.

#### IHSA Competition Policy:

- Prohibits a dancer competing for IHSA to compete with any other dance company during the competition season (October-January).
- Allows dancers to take technique classes with a studio during the competition season. These classes MAY NOT focus on learning a competition piece.
- IHSA mandates that teams hold a separate competition team audition in late October.

#### Warrior Dance Team Code of Conduct

1. Showing up late to a practice, meeting, performance, or competition. (1 demerit)
2. Unexcused absence to practices or performances. (2 demerits)
3. Improper attire at practice or performance. This includes your practice shirt, shoes, poms, chewing gum, hair not up and wearing jewelry. (1 demerit)
4. Disrespect toward coaches or officers. This includes disobeying team procedures/protocol or missing team commitments (watching JV/V perform, leaving a game before you are released by coaches, etc.) . (2 demerits)
5. Losing poms or uniforms. (1 demerit)
6. Attracting undesirable attention or behaving in an undignified manner. (2 demerits)
7. Failure to return requested information, materials & monies on time. (1 demerit)
8. Excessive talking or otherwise disrupting practice time. (2 demerits)
9. Missing UDA Camp (5 Demerits - sit out first Football game of season)
10. For Varsity ONLY - missing ANY of the Winter Break Practices (7 demerits - sit out of IHSA Conference Competition)

#### Consequence of Demerits:

3 Demerits: Dancer must complete a 20 minute run in the PERC at the completion of practice; supervised by a coach.

5 Demerits: Suspension from a football or basketball game performance, depending on the season.

7 Demerits: Suspension from a competition performance.

12 Demerits: Dismissal from the team with no awards given.

#### Coaches Disclaimer:

\*Coaches may give demerits at any time for situations not covered in the code of conduct.

\*\*In order to receive your Varsity Letter & pin, the dancer must have participated in at least 75% of the season.

\*\*\*Demerits begin immediately following auditions and accumulate throughout the season.

\*\*\*\*Coaches have the right to eliminate demerits when a dancer goes above and beyond the

expectations of the coach/officers.

Warrior Dance Team Parent, Member, Coach Agreement

Name of Member \_\_\_\_\_

As a member of the Warrior Dance Team, I have fully read the Warrior Dance Team Handbook & Code of Conduct and understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and realize the consequences of poor behavior or inappropriate actions may be severe. I will do all I can to uphold the honor and traditions of the Warrior Dance Team, and respect my team members, my school, and all persons associated with school spirit at all times.

Signed \_\_\_\_\_

Date \_\_\_\_\_

I/We, the parent(s) of the above-named, have read the Warrior Dance Team Handbook & Code of Conduct and understand all the requirements and consequences of improper actions. We understand the coach has final say in my/our daughter remaining on the team. We also realize this is a team effort and that we may be called upon to help in some ways throughout the year which are within capacity to help, and we will make every effort to do our share of assisting on behalf of our daughter.

Signed \_\_\_\_\_

Date \_\_\_\_\_

As Coaches of the Warrior Dance Team, we pledge to keep parents informed of problems before they become serious, to treat all members as fairly as possible, to be reasonable in practice expectations, especially for early mornings and evenings, and to always keep in mind that academics and family need to be highly considered within the framework of my expectations.

Mollie Kaplan, Mari Weiss and Sam Campbell