

DANCE TEAM RULES AND GUIDELINES 2019-2020

1. No drinking, no use of tobacco or inappropriate language. No gum, jewelry or colored/flashy nail polish.
2. Grades and attendance must meet the standards set for all JMMS athletes (see guidelines enclosed which were provided prior to try-outs). If grades are not met, the dancer will sit out of practice and performance. **If the grades are below standards for 3 consecutive games, the dancer will be dismissed from the team.** During the season, the team usually practices just two days a week after school in order to prepare for ballgames. If a dancer misses one of those practices they may have to sit out of the next performance due to lack of preparation due to that missed practice. For information regarding absences during Saturday competition practices, see item #12 or check with the coach.
3. The team will sit together at the ball games. They will be required to pay attention to the game, cheer for their school, and are NOT allowed to roam about the ball field or gymnasium with friends and/or **boyfriends**. You are to be seated together on the bench when the buzzer sounds (unless instructed otherwise by me).
4. No eating or drinking anything besides water on sidelines **before** your performance.....you are in uniform!!!
5. Refrain from loud, giggly conversations with your family and friends during the game. Don't be running in and out of the stands.
6. You will *not* be allowed to wear any of your dance team items anywhere, except to school functions when instructed. You are also not to let others wear or use school items.
7. Dance team shoes are to be carried to the game in your team bag (not a grocery sack or Peeble's bag) and changed into prior to performance. Bring poms and all necessary items (in dance team bag) to **EVERY** game/performance. You are responsible for leaving the dressing area clean and free of any belongings. Dancers who continually break these rules will sit out the next performance.
8. Any information sent to the newspaper (Pennyrile Plus) must go through me. This includes contacting the lady responsible for the Anton section with information re: the team.
9. Check-in and out with me before and after games. No leaving early (right after your performance at 1/2 time or in between games) unless I approve it.
10. Pay attention to what you are asked to wear and what time you are asked to arrive for performances. You are to **always** arrive *at least 30 minutes prior* to game or performance time. If you will be late or are unable to attend - you **must** call or otherwise notify the coach in advance. "No shows" may result in temporary suspension!
11. Please ask your parents to be prompt about picking you up after ball games/performances & practices.
12. **Many school teams have separate competition squads. If it is determined that a participant is unable to meet the requirements, either by skill or by the extra time required for a competition routine, they may not be able to compete. Team membership does not guarantee the right to compete - that must be earned. All Saturday practice are required unless released by the Coach.**
13. Dress code for practice is t-shirts or other shirts appropriate for physical education class. Spaghetti strap tops, sports bras without shirts, etc. are considered inappropriate since we are still at school. Shorts should also be of an appropriate athletic length - same as they are for physical education class. When practicing at school after hours when parents, students, teachers, etc. are still in the building, we need to be sure we are dressed appropriately. The rule of thumb is, if you wouldn't wear it to PE in front of Coach Melton, then don't pack it in your dance bag for practice.
14. **Participants are required to pay for camps, clinics, costumes and other training whether or not they are in attendance.** These missed appointments can be made-up and the participant will be taught the material and obtain the benefit of the training even if they are not there; therefore, they are still financially responsible. It is strongly suggested that you make arrangements to attend all of these camp/training sessions and avoid having to make-up missed appointments (it slows down everyone on the team).

Team members who violate rules will run laps, collect demerits and/or sit-out of performances. The coach reserves the right to set guidelines as situations arise throughout the season. If you tell me you are quitting the team, there is no coming back that year!!!

Signature of Dancer

Signature of Dancer's Parent/Guardian

