

## Ferris Saxon Dance Team Guidelines and Expectations

*These guidelines are intended to inform Dancers, parents, and other relevant parties of various policies and rules regarding the expectations of the Ferris High School Dance Team. In all aspects, the team members shall first be professional, law-abiding citizens and exemplary representatives of the school and the Greater Spokane League. Dance is a team sport. As a Team we work together to promote school spirit and help to bring our community together. Adherence to the Dance program rules and regulations is vital to the success of the team. Participation in Dance Team is a privilege, not a right, and may be revoked by a Coach or Administrator when a team member violates rules or regulations.*

### **Conduct:**

- As a member of the Dance team, you are under constant scrutiny by your peers, teachers, and spectators. You are expected to always display exemplary behavior to include, but not limited to, **during school, practices, games, and on social media.**
- Promoting good sportsmanship by way of example is expected by every member of the team at all times. Members using foul language during games, practices, etc. will sit out for the remainder of the practice or game.
- Members must maintain regular attendance in **ALL** classes.
- Dance Team must take priority over all other extracurricular activities including drivers ed, work, club sports, etc. Multi-sport athletes must discuss overlapping schedules with the coaches of both activities prior to trying out, and at the start of the season. An agreement will be worked out, however, if a competing activity creates an issue with your participation on the Dance Team, your status on the team will be reviewed.
- Excessive public affections with Boyfriend/Girlfriend etc. in school or at games (in or out of uniform) is inappropriate. Always remain professional.
- Team members must cooperate with and treat all staff, fellow team members, game officials, and opposing team members with respect.
- We are a TEAM and will treat each other as such. Bullying, slander, gossip, and disrespect toward a teammate will not be tolerated and will result with a meeting with Ferris Administration.

### **Attendance:**

One person being absent affects the entire team. This policy is to help every Dancer and the entire team be successful.

- All members are expected to attend **ALL practices, games, performances, and Dance Team functions** as scheduled unless previously discussed with coaches.
- Jobs, drivers ed, and other miscellaneous activities are not valid excuses to miss practices or games. The Ferris Dance calendar is updated regularly and as far in advance as possible. You should be able to coordinate outside activities and work schedules with good planning. Other commitments **MUST** be discussed with the Head Coach ahead of time, however, that does not mean you are automatically excused.
- Absences due to medical issues (sick, surgery, etc.) may be excused with a health care provider's note and/or parent confirmation. It is the responsibility of the student to contact the coach regarding attendance. A call from the parent/guardian will result in a request for the student to contact the coach. Additionally, **it is unacceptable to have another team member notify the coach that you will be absent.**

- Attendance at a game or practice without the proper equipment (clothing, shoes, uniform, poms, warmups, etc.) is a problem. If you do not come prepared, you may not be involved in the activity until you have the proper equipment/uniform.
- Absences and tardiness will be tracked. If there are problematic patterns, a meeting with the individual will take place to develop a plan to correct the behavior. If the problem is not resolved, the parent/guardian will be involved to review the Dancer's continued placement on the team.

#### **Transportation/Travel:**

- Athletes may not drive to away games. A school bus will provide transportation between Ferris and the school where games/competitions are held.
- All athletes need to be at Ferris 10 minutes before the scheduled bus departure time. Missing the bus will result in an unexcused absence.
- If an athlete wishes to go home with THEIR parent/guardian after an away game, the parent must speak with the coach, and a Parent Driver form must be on file in the student's Family ID record. Please note that riding together on the school bus both ways is expected and encouraged. This is a time when coaches give feedback to the team.
- Parents are permitted to drive their own children only. Additionally, the student must always ride the bus to the game.

#### **Practices, Games and Events:**

- Arrive on time wearing proper uniform, shoes, hair tied up, and with poms. If weather changes the Head Coach will send out an update for changes of uniform. Always bring warmups in case of cold weather.
- **Never stunt or tumble without a coach supervising. Failure to follow this rule may result in removal from the team.**
- NO GUM WHILE DANCING or at PRACTICE!
- NO JEWELRY while Dancing or practicing (WIAA Dance Rules and Regulations).
- Keep nails short sport length, not exceeding past your fingertips. Nails out of regulation are dangerous and will result in the Dancer sitting out of practice or a game.
- Cell phone usage during stretching, practice, and at games is not acceptable unless the Coach gives prior permission due to an emergency.

#### **Uniforms:**

- Most of the uniforms are school property. It is a requirement that you keep them clean and in presentable condition. When the uniform is returned, it must be CLEAN and in good repair. If it is not, you will be fined a \$10 cleaning/mending fee for each piece.
- If a uniform is lost or stolen, you will be responsible for replacing it at the cost of the item(s) and any lettering, shipping, and handling.
- **DO NOT let anyone other than you wear your uniform!** You are responsible for the uniform that you checked out. Dancers will NOT lend their uniform to someone not on the team.
- Game day attire at school will be full uniform as scheduled on the Dance calendar. Hair may be worn up or down at school. The school hallways are where Dancers are the most visible to our student body. Do not wear extra sweatshirts, sweats, leggings, UGGS, rain boots, or flip flops on game days. If a Dancer is not wearing the correct uniform to school, they will meet with the Head Coach to discuss expectations.

**Discipline:** Violation of rules and regulations are basis for discipline, suspension, and up to removal from the team. The Head Coach and/or Athletic Director has the final decision on discipline. Listed below are

instances where a meeting with the Athletic Director and Coach will take place to discuss further participation on the team.

- **Under-age consumption of alcohol, drugs, tobacco, or vaping.**
- **Failure to leave a party, function, or location where the substances named above are present and being consumed illegally.**
- **Bullying.**
- **Excessive absences.**
- **Failure to be present at games or events even when scheduled.**
- **Extreme disrespect towards coaches, faculty, and teammates.**

## **Time Commitment**

### **YEAR-LONG RESPONSIBILITIES**

Here is a list most of the responsibilities of a dancer. Please understand this is not a complete list, it is only meant to give you an idea of the commitment you are about to consider:

#### **SUMMER**

- Attend Team camp, choreography week and practices
- Car Wash Fundraisers.
- Additional fundraisers
- Attend skill-building classes/practices

#### **FALL SEASON**

- Perform at home Football games.
- Perform at home Volleyball games
- Perform at pep assemblies.
- Participate in fundraising activities.
- Fall practices
- Junior dance clinic

#### **WINTER SEASON (This is our busy season!)**

- All parent's help run "Winter Warm Up" (Home competition)
- Perform at home basketball games.

- Perform at all pep assemblies.
- Practices 4-5 days a week.
- Invitational Competitions (Schedule will be released over summer)
- Saturday competition rehearsals (September-December)
- Rubber chicken Spirit Game
- Holiday team party. (Sockoliday)
- Basketball State

#### **SPRING SEASON**

- District Qualifier
- STATE COMPETITION!!! (Yakima)
- Try-Outs for next year.
- Lilac Parade.
- Practice for Camp with new team.
- Perform in Spring sports assembly.
- Awards Banquet.
- Fundraisers
- Encore – Parents required

# Financial Responsibilities of Dance Team Members

There are significant costs involved in being a member of Dance Team.

**Individual costs (all estimated based on 2021 pricing) If necessary, payments can be made and spread out until paid off. Final cost will be set once the team is chosen, and items are ordered.**

**Team shoes (tennis \$50-75 & jazz \$25-30 Each pair. Black and Nude) New members only for jazz shoes, unless returning members needs a new pair.**

**Misc. Team shirts/gear, eye lashes, tights- \$40.00**

**Team black leggings (New members or returners needing a new pair)- \$60-75**

**ASB GSL card - \$42.00**

**Estimated Total: \$250.00-\$300.00**

These prices are based on the dance team having successful fundraising. Each Dancer will be responsible for doing her part in each fundraiser. I will work to provide as many fundraisers as needed and expect that each dancer does their part to be successful. Other small expenses may occur throughout the year. Parents your help is crucial for successful fundraisers throughout the year.

Fundraisers:

- Summer Car Washes
- Sponsorship letters
- Junior Dance Clinic
- Little Caesars
- Winter Warm Up Competition (parents required)
- ENCORE (Parents required)

Each member is responsible for doing their part in the fundraising.

**Parents,**

As a dance team parent, I also will hold you to higher standards. I ask that you remember that I am the coach and will make the decisions for the team. Having so many different dancers and families as part of our team I will not always be able to make everyone happy. Please remember that I make my decisions based on what is best for the team. There are certain things you ARE allowed to approach me about and matters you are NOT.

**Allowed**

If your dancer is sick or you have an emergency family matter  
If you would like to volunteer to help on game/competition days

**Not allowed**

To discuss your dancers' position in a form, or which dances she is in  
To discuss other dancers

**We take each dancer's privacy profoundly serious and will never discuss a dancer with another parent.**