

# **ELK RIVER** *Dance Team*

## **Fall Performance Team Contract**

*The purpose of this organization is to train and develop skills necessary for the winter competitive season and to develop goals and accomplish them through teamwork, while also developing leadership, self-confidence, and self-discipline.*

*The Elk River Performance Team seeks to represent our school with superior character, dedicated passion, and commitment to athletic excellence. We can confidently embody these attributes through our performance both on and off the dance floor.*

### **Rules and Responsibilities Required of All Team Members**

*Team members are expected to abide by all guidelines and policies set by Elk River High School as well as the following:*

1. Dancers must dress appropriately for practice. Proper attire includes:
  - Dance top (You may **not** wear only a sports bra. Your top must cover your stomach, no mid-riff/crop tops) Please note, we are in school and have to abide by school dress code guidelines for practice.
  - Shorts or jazz pants (you may **not** wear only booty shorts)
  - Hair is to be in a ponytail or bun, completely out of the dancer's face
  - Jazz shoes **AND** tennis shoes are expected to be brought to practice every day
  - **No** jewelry or gum
  - **No** baggy clothing (i.e. sweatpants, big t-shirts, sweatshirts)
  - **Practice attire/uniform for the weekly practices will be communicated via BAND app on Sunday.**

*\*If a dancer is not dressed appropriately, they will not be allowed to practice*

2. A dancer will not be able to practice or perform if an injury occurs that affects their ability to perform at their normal level or is restricted by a doctor. Dancers are required to provide coaches with a doctor's note for any injury that will affect their ability to practice or

perform. *\*Please know the difference between an injury and being sore...this is a high school sport which will cause sore muscles.*

3. Cell phones are **not** allowed at practice and are not to be out at performances during team times. If they are out at inappropriate times, the coaches will hold the phone until the end of practice. Captains may be allowed to access their phones to help coaches record to help provide feedback to team/dancers.
4. A dancer will be allowed two excused absences and must be communicated to a coach 48 hours in advance. If a third excused absence occurs, the dancer may be asked to leave the team. **Three tardies** (more than 10 minutes late) will equal **one absence**. If a dancer has to sit out, it will be counted as a non-productive practice. Absences must be called or emailed to coaches, or it will be counted as an unexcused absence. In the instance where the dancer has a scheduled appointment that interferes with team practice, coaches should be made aware the Sunday prior to the appointment and it will be considered an unexcused absence. If a dancer stays home from school, they are not allowed to be at practice that day. If a dancer is out sick, they may be asked to provide a Dr.'s note. Excessive absences may result in the team member being ineligible to perform and jeopardize team involvement.
  - *\*For long-term illness or injury, accommodation will be considered at the coaches' discretion.*
5. Absence from practice the week of a performance may result in a dancer not performing.
6. Cuts may be made for any performance if the coaches feel it is necessary. A dancer may be removed from a routine due to lack of knowledge, ability, or attitude.
7. Please refrain from contacting coaches for 24 hours regarding concerns other than illness or absence.
  - Communication protocol
    - i. Dancer – Coach
    - ii. Coach, dancer, parent
    - iii. Coach, dancer, parent, AD
8. Under NO circumstances shall a dancer use or possess any tobacco products, alcohol, or other drugs. Use or possession of any of these substances will result in a loss of eligibility for the remainder of the season. Participation in an event where alcohol, tobacco, or other drugs are present (even if the dancer is not using) will result in a violation and a 2-week suspension.
9. Dancers need to remember that they are representing the Elk River Performance team and Elk River High School. Swearing, talking negative about the team, and using inappropriate language in person or on social media will not be tolerated.
10. Previous team fees must be paid before participation in the next season is allowed.
11. Team members are expected to display professionalism and show respect at **ALL** times and in **ALL** capacities.
12. Dancers are expected to have a positive attitude and be fully dedicated to themselves and the team.

*Please remember that the main goal of the season is to prepare dancers for the competitive winter season. We are here to work hard, grow individually, as a team, and have FUN! We expect that you will give 110% commitment and effort to this sport and your team. If you are not willing to abide by these rules and regulations, as well as any others that your coaches choose to put into effect during the season, this team may not be the right fit for you.*

I, \_\_\_\_\_, have read the Elk River Performance Team contract. By signing below, I am stating that I will abide by this contract to remain a member of this team.

\_\_\_\_\_  
Dancer's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date