

**Parent Meeting
Fall Dance Team 2016**

Welcome & Introductions:

- Head Coach: Alison Svendsen, 651-503-2868, alison.svendsen@gmail.com
- Assistant Coach: Rachel Campbell, 920-246-8467, recampbell94@gmail.com
- Communication: cdhdt@c-dh.org

Purpose of Fall Dance Season:

- Spirit support for CDH teams (Football)
- Basic dance skills & technique
- Conditioning & training

We are ONE team!

Eligibility:

- Students in grades 9-12 for the 2016-2017 school year

Required Paperwork:

**** You will not be able to practice until all these forms are filled out ONLINE. ****

- Physical – needs to be completed every three (3) years
- Emergency Contact Form
- Trainer Consent Form
- MSHSL Athletic Eligibility Brochure
- Annual Health Form
- CDH Co-Curricular Alcohol, Tobacco, Other Drugs and Harassment Form
- CDH Dance Team Code of Conduct

Time Commitment: (CDH online calendar will have specific dates and times)

- Season is August 15th - October 19th
- 6-10 hours per week
- Evening performances at 3-4 CDH home football games (UST)
- Dance Show on a Saturday
- Kid Clinic on a Saturday

Attendance:

- All scheduled practices & performances are required (August – October).
- Excused absences include illness, religious, school sponsored activities & family emergencies.
- THREE unexcused absences will result in performance suspension.
- Contact Coach Alison and Coach Rachel for planned absences (email or call)
- For same day absences (i.e. illness, emergency), please call/text Coach Alison and Coach Rachel with “Hey coaches, this is, I will miss practice because...”

Schedule:

- Typical week: 4:30-6:30 - Monday, Wednesday, and Thursday
- **Captain's Practice REQUIRED - Tuesday after school 3:00-4:00**
- Please check online often for changes and other information:
<http://www.c-dh.org/>
 - => Athletics
 - => Teams (Fall)
 - => Performance (Fall) Dance...scroll to calendar

Practice:

- We will be practicing in either the CDH Fitness Center, the Field House, or the new turf field outside the school
- Apparel: Please wear dance clothes, dancers must wear sports bras! Spaghetti strapped tank tops are not allowed, midriffs must be covered. Tights required under booty shorts. Modesty is the best policy! "Modest is hottest" ☺
- Shoes:
 - Tennis shoes at every practice – no exceptions! We will wear tennis shoes during fitness activities and when kicking. This is to protect dancers from shin splints. If you don't have tennis shoes, you will not be allowed to practice.
 - Jazz/Dance Shoes at every practice.
- No bare feet! You will not be allowed to practice if you do not have shoes, socks, turners, etc....
- Water bottles: Everyone must have a water bottle for practice. Walking to the drinking fountain wastes too much practice time. Please fill your water bottle BEFORE practice begins, and DO NOT share bottles.
- No gum chewing or cell phones during practice. There will be NO texting or cell phones ringing during practice. Coaches will relinquish your phone for the duration of practice if you are caught using it without permission.
- Kid Clinic Saturday Oct. 1st → Expectation is that all team members are present to help and teach the younger dancers participating.

Performances:

- We will always meet at CDH and practice on game day, then bus as a team to St. Thomas. Girls are responsible for a ride home/back to the school after the performance/game.
- Sept. 9th (Friday): Football Game vs. Woodbury (7:30 @ St. Thomas)
- Sept. 23rd (Friday): Homecoming Football Game vs. White Bear Lake (7:30 @ St. Thomas)
 - Pep-fest performance (12:30/1:00 @ CDH Field House)
 - CDH Alumni Picnic (6:00/6:30 @ St. Thomas mall area)
- Oct. 7th (Friday): Football Game vs. Roseville (7:30 @ St. Thomas) Kid Clinic
- Oct. 15th (Saturday): South St. Paul Dance Show (3:00)
- Oct. 19th (Wednesday): Football Game vs. Mounds View (7:30 @ St. Thomas)

Senior Night (Oct. 7th???)

- Need 2 parent volunteers to coordinate with football parents for ordering pins/flowers. Would be great to have one Senior/one Junior parent.
- Seniors and parents will be recognized on the field at half-time after the team performs (most likely as this is how it has been done in the past).
- Coach Alison will announce the Senior dancers and parents over the PA

Performance Attire:

- Jersey (CDH supplied)
- Black Pants (Dancer supplied)
- Tights (Dancer supplied)
- Black Leotard and Sports Bra(s) (Dancer supplied)
- Black Jazz Shoes (Dancer supplied)
- Poms (CDH supplied)
- Warm-up/Sweatshirt as the weather gets cooler (Dancer Supplied)

Expenses (prices are approximate):

- Athletic Fee - \$30
- Black Jazz Shoes - \$35
- Black Dance Pants - \$35
- Black Leotard (depends on brand, any is fine)
- Warm-Up Jacket & Pants - \$108 (optional unless doing Winter Comp)
- Team Pictures - \$15 and up (optional)

Team Pictures:

- Monday September 12th @ 3:30
- Meet in Fitness Center at 3:00/3:30 – BE DRESSED AND READY TO HEAD UP TO HAMLIN SIDE!
- Pictures taken in black v-neck t-shirts, jeans, bare feet and poms for 2016.
- Recommend light make-up and lipstick
- Team or individual pictures available to order/purchase, ordering envelopes will be provided in advance

End of Season Activity/Dinner:

- Banquet Sunday Oct. 16th

Other Topics:

- Parent attire to be ordered, site open today and first few days of the season
- **Dancer Attire link: open Aug. 8th-19th, warm-up jackets must have first name**
<https://cdhdance.itemorder.com>
- Healthy Eating
- Social media – Be safe, be smart!
- Communication – Email: cdhdt@c-dh.org