

## Cretin-Derham Hall Dance Team – Code of Conduct 2016

As a member of the Cretin-Derham Hall Dance Team, you will be expected to know and follow the rules and guidelines set down for you. Please study these guidelines and ask your parents to read them. It is important for you and your parents to know what is expected of you.

We are determined to make this another **GREAT** year and with your help we can!

We will have a few rules. When establishing the rules for our team, we ask three questions:

- Will it make you a better person?
- Will it make you a better student?
- Will it make you a better dancer?

If the answer is yes, then it will be a rule and there will be no exceptions.

1. **DO RIGHT!** You know the difference between right and wrong. Do what is right and avoid what is wrong.
2. At all times, **YOU** will be held accountable for your actions.
3. Do your best!

**4. Scheduled practices are mandatory.** Hair, dental and doctor appointments, work and make-up tests are not valid excuses. Appointments should be made on days off. **EXCUSED** Absences include: Personal illness or accident, funerals / weddings, special school activities, and vacations with a parent note ahead of time if it does not interfere with the week of a performance.

- Absences for other dance classes are excused during the fall performance season. Unless, you miss the majority of the CDHDT practice, then it is unexcused. If other dance conflicts interfere with your ability to perform with the team, the coaches will reevaluate your position on the team.
- 3 unexcused absences will result in missing the next performance/competition. Tardiness will be counted as an unexcused absence. Dancers are expected to be dressed and ready for each practice at the specified starting time. (See calendar for practice dates and times) Any dancer that is tardy will need to bring a note stating why they are tardy to be accepted as excused.
- **TARDINESS:** We will start on time. You should not be asked to start stretching. Be self-motivated. **EARLY IS ON TIME, ON TIME IS LATE!** Anyone who is late will have “opportunities” to become a stronger dancer. ***A Consequence for tardiness may include extra conditioning or technique.***
- **Note:** Attendance may be a factor in whether or not you are able to perform. Even excused absences could cost you a performance depending upon the date and length of the absence.

5. If you miss practice, you must, make up the material you missed **BEFORE** the next practice. It is not our responsibility to catch you up. Meet or contact a team member or Captain for help. Not making up material and having it learned could result in not performing.

6. You must have completed all CDH forms before you dance. You must have a current physical on file and the correct paperwork filled out online to be eligible to tryout and practice. (A physical is good for three years). Take time to properly fill out all forms, as you will cause more work for everyone if you incorrectly fill them out.

7. Remember you are representing the CDH Dance Team at all times. It is important to think about how your actions will affect your teammates and the reputation of the Dance Team. Use sound decisions at all times. Please act polite and respectful.

8. Varsity Lettering Policy: (Only for Winter Competitive Varsity members)

9. **What Coaches Expect From You**

- To get an education.
- Pass every class.
- To dance 100% at all times.
- To respect your teammates.
- Practice to the best of your ability.
- To be totally honest in all of your dealings.
- To be extremely loyal to your school, admin, teammates, coaches, families, and friends.
- To work to the maximum of your potential at all times, practice and performances. This includes conditioning.
- To be prompt for all meetings and practices.
- Never take an opportunity to criticize, unless constructive and never pass up one to praise.
- To be part of something great.

10. **What You Can Expect From Your Coaches**

- To be loyal to you in all areas.
- To be totally honest.
- To provide the leadership and training necessary to achieve our goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible now and after you graduate.
- To treat you as a woman and to love and respect you.
- To make all decisions predicated on what is best for the team & then what is best for the individual.
- To help you mature and grow as a woman.
- To help you reach your goals.
- To hold you to these expectations.

11. **Qualifications of a Captain:**

- Shall be a veteran dancer.
- Shall serve as a leader for the group and maintain discipline within it.
- Shall be a positive role model for the team.
- Shall be a member of the Choreography Committee.

**Duties of Captains:**

- Shall assist in directing practices.
- Shall inform coaches of any information and keep the team running smoothly.
- Shall facilitate choreography sessions and teach dances to the team.
- Shall assist the Coaches in any other area as requested by the Coaches.
- Shall hold team members to these expectations.

12. **Choreography Committee** (*Competition Season, only*):

- 1/3 of the dance team can be choreographers, (usually 4-5 dancers) along with coaches.
- Shall be responsible for finding all music for our routines
- Working with Coaches on formations, mapping out music and all dance moves.
- Must have all choreography approved by the Coaches.
- Will be responsible for teaching routines to the team.
- Will be responsible for helping team members with choreography.
- If choreographers do not meet deadlines and expectations, they can be taken off the committee at the discretion of the Coaches.

13. **Cell phones, jewelry and gum will not be allowed in practice.**

14. **Modesty is the best policy!** Appropriate dancewear is required at all practices. No sweats or baggy sweatshirts! We need to see your posture and body positioning. (Two sport bras are required when worn without a leotard/tank w/ a built in bra). No spaghetti strapped bras or tank tops. When wearing booty shorts you must have tights on.

15. Work at being attentive at practice. Try very hard to be a good listener and quick learner. Practices should be silent, with the exceptions of the person teaching the routines. Save all questions for the end. Please do not interrupt the person leading for that day. Anyone who is talking out of turn will be given a warning. On the second offense, the “talker” will have a consequence given to her by the coaches. **TEAM RULE: WATCH THREE TIMES BEFORE ASKING A QUESTION ABOUT THE CHOREOGRAPHY!**

16. ATTITUDE is a major factor in whether or not you will perform. Remember that being a member of the dance team is a privilege. We hope your attitude is positive and uplifting.

17. We suggest a healthy diet. Remember you are an athlete and you require more calories than the average person does. Make up those calories in nutritious, high-energy foods... not junk!

18. In order to have a fun year; we have to be fun people. The season is in your hands. We all have to work hard to contribute in the best way we can to this team. Always strive to improve your outlook and attitude. Work on coming to practice with a smile on your face. Bad moods should be left outside of practice, as your moods can sometimes be contagious.

19. **DISCREPENCIES:** If you have an issue, please come and talk to your coaches or captains. Communication is key, and we are more than willing to work with you on sorting it out. Respect on both sides and clear communication will be the aiding factor in helping resolve any issues. If there is a discrepancy between dancers, it is asked that they first work to sort it out themselves. If coaches hear of the issue from parents or the AD, we will get involved to talk with the dancers. If things still cannot be resolved, additional resources will be pulled into the discussion as needed.

20. **SOCIAL MEDIA INTERNET SITES** - Please be mindful of anything you post on a public Internet site (ex: facebook, twitter, snapchat, instagram, etc.) These are public and for the safety of the team members, we request you think about what you post. Remember the “Grandma Rule.” Also, we as coaches need you to not request or follow us on social media...we will be happy to connect with you after graduation ☺

21. **INDIVIDUAL GOALS:**

- Personal technique improvement is a constant goal. Build on your strengths and weaknesses.

- Splits flat to the ground on both sides.
- Kicks must be high and have great form.
- Work at keeping in tiptop physical condition.
- Know your routines well.
- Put in time outside of practice.
- Look for new moves and ideas to bring back to the team.
- Up your confidence level.
- Positive Mental Attitude – P.M.A.!!!
- Russian jumps and all other leaps are skills that need to be practiced at home.
- Fuettes and triple/ quad turns are a constant goal.
- Flexibility of your body and flexibility of your mind are two important ingredients in our dancers!

\*\*\*We will do a beginning of season assessment on skills and where you are at. The goal is to improve this season, no matter what your level of dance is. We will take this with participation and knowledge of the dances to indicate whether or not you are qualified to perform.

22. **Drugs and alcohol:** We follow the exact same policies as set by Cretin-Derham Hall High School. Being a member of the dance team is a privilege. Each day you have a choice as to how you are going to act and what you are going to do. Make sure you are making wise choices. They may effect your high school days as well as your life. Think before you act. Consequences can possibly include being removed from team events, performances, and/or practices.

23. **IMAGE:** Dress with class at performances and competitions, you must be in full dress. Once you leave the locker room, you are “Performing” so to speak. Your actions are VERY IMPORTANT. Uniforms are zipped and on. Your hair must be done in the specified fashion. Dancers should not be seen out and about before “performing or competition time”. We leave the locker room as a team.

24. **TEAM ATTIRE:** For performances, competitions, traveling on the bus, or any other event where we represent the Cretin- Derham Hall Dance Team, the dancers need to wear their team attire- CDHDT Warm-ups, t-shirt (sweatshirt if necessary) and CDHDT Uniform bag (*competition season only*). Reminder, bring all CDHDT team attire with you so that you never forget an item. We purchase these items to look and act professionally as a team. \* Remember- Non dance team members are not allowed to wear your CDHDT apparel.

25. **BOYFRIENDS:** They have absolutely no place at practice, before performances/ competitions, etc. Make it clear to them ahead of time. Have them cheer on the team at all our dance events but let them know that will not be able to hang out with them.

26. **TRAVEL (*Competition season only*):** We will be taking many road trips during competition season. When we travel as a group, it is important that you are on time. It is required that dancers ride both ways with our team. Practices are hectic and our bus time serves as our time to “bond” as a team. The only exception is when you are staying in a city we perform in. Coaches must have a note 1-2 practices before departure. During winter months, it is important to keep warm on the bus. Bring a blanket, pillow, etc. for comfort. Everyone must help keep the bus clean.

27. **PARENTS/ RIDES (*Competition season only*):** It is important on return trips that rides for the girls are prompt. After a full day with the girls, we would like to get home to our families. Coaches would appreciate promptness.

28. CONSEQUENCES: Any dance team member not following the above expectations will have consequences to face and will be determined by the discretion of the Coaching Staff.

**“Ability is what you are capable of doing, Motivation determines what you do and Attitude determines how well you do it.”**

<p style="text-align: center;"><b>Parent / Dancer / Coach Agreement</b></p>
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Name: \_\_\_\_\_

I/We, the parent(s) of the above-named, have read the Dance Team Code of Conduct and understand all the requirements and consequences of improper actions. We understand the coach has final say in my/ our daughter's 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 season 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 a member of the Cretin-Derham Hall Dance Team, I have fully read the Code of Conduct and understand what is expected of me and 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 that I can to uphold the honor and integrity of the Cretin-Derham Hall Dance Team, respect my team members, coach and my school at all times.

Signed \_\_\_\_\_ Date \_\_\_\_\_

As Coach of the Dance Team, I pledge to treat all members as fairly as possible, to keep parents informed of problems before they become serious, to be reasonable in practice expectations, and to always keep in mind that

academics and family need to be highly considered within my framework of my expectations.

Signed \_\_\_\_\_ Date \_\_\_\_\_