

Parent Meeting Fall Dance Team 2018

Welcome & Introductions:

- Head Coach: Alison Svendsen, 651-503-2868, alison.svendsen@gmail.com
- Assistant Coach: Rachel Edmunds, 920-246-8467, recampbell94@gmail.com
- Assistant Coach: Lara Woyno, 763-222-8549, lwoyno@gmail.com
- Team Communication: cdhdt@c-dh.org

Purpose of Fall Dance Season:

- Spirit support for CDH teams (Football)
- Basic dance skills & technique
- Conditioning & training
- Be one cohesive team, dancing to better ourselves and grow

Coaches Goals

- End the season better than when you came
 - Help Encourage growth in each individual -- a dancer and as a person
- Be a safe space/listening ear
- Share the love of dance collectively as a group
- Fostering relationships and building a team

How will we achieve goals?

- Open communication
 - Non-judgemental and supportive environment
- Will give high support because we have high expectations
- Incorporate team building throughout the season
- By the end of the week connect with each team member

Eligibility:

- Students in grades 9-12 for the 2018-2019 school year

Required Paperwork & Fees:

**** 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
- *. Athletic Fee - \$80
- CDH Dance Team Code of Conduct (handed out tonight or at practice)

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

- Season is August 13th - October 15th
- 6-10 hours per week
- Evening performances at 3-4 CDH home football games (UST)
- Dance Show - South St. Paul Saturday September 22nd 3:00
- **Kid Clinic on a Saturday Sept. 29th Performance is October 12th game**

- 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, Coach Rachel **AND** Coach Lara for planned absences (email, text or call)
- For same day absences (i.e. illness, emergency), you need to please call/text Coach Alison, Coach Rachel **AND** Coach Lara 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**
- Optional conditioning & ballet Thursdays from 3:30-4:30 (see handout for details)

Practice:

- We will be practicing in either the CDH Fitness Center, the Field House, or the new turf field outside the school (always meet in the Fitness Center)
- Practice Apparel: Please wear dance clothes, dancers must wear sports bras! Spaghetti strapped tank tops are not allowed, midriffs must be covered. Tights required under spandex shorts. Modesty is the best policy! “Modest is hottest” J
- 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.
- Footwear at all times! 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, we want everyone healthy!
- Cell Phones: All cell phones should be silenced and kept put away during practice

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.
- Friday Sept. 14th CDH vs. Woodbury @ UST 7:30
- Friday Sept. 21st CDH vs. Blaine @ UST 7:30
- Friday Oct. 5th CDH vs. Stillwater @ UST 7:30 ** HOMECOMING**
 - Pepfest in afternoon
 - Game in evening
- Friday Oct. 12th CDH vs. White Bear Lake @ UST 7:30
 - Senior Night
 - Kid Clinic performance
- **Saturday Sept. 22 South St. Paul Dance Show @ SSP High School 3:00**

Senior Night (Oct. 12th) Will coincide with Football Senior Night

- 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:

- **CDH Supplied**
 - Jersey or new long sleeved top
 - Poms
- **Dancer Supplied (cost depends on brands ordered, see coaches if you have questions on what should be purchased)**
 - Long black leggings
 - Black tights/socks
 - Black Leotard and Sports Bra(s)
 - Black Jazz Shoes
 - Warm-up/Sweatshirt as the weather gets cooler
 - Warm-Up Jacket & Pants - (optional unless doing Winter Comp, first name on jacket)

Team Pictures:

- Monday August 27th @ 3:45
 - Meet in Fitness Center at 3:00/3:30 – BE DRESSED AND READY TO HEAD UP TO HAMLINE SIDE!
 - Pictures taken in black v-neck t-shirts, jeans, bare feet and poms for 2018.
 - Recommend light make-up and lipstick
 - Team or individual pictures available to order/purchase, ordering envelopes will be provided in advance
 - \$15 and up (optional)

Season Activity/Banquet:

- Feed My Starving Children (team bonding event, date TBD)
- Banquet Sunday Oct. 14th (just dancers and coaches)

Other Topics:

- Parent attire can be ordered. Information on this is on the CDHDT website
- **Dancer Attire link: open Aug. 6th-18th, warm-up jackets must have first name**
https://cdhdtfall2018.itemorder.com/sale?read_message=true
- Healthy Eating
 - Snacks - between school and practice, before games
- Social media – Be safe, be smart!
 - Grandma rule
- Communication – Email: cdhdt@c-dh.org