



SPRING LAKE PARK HIGH SCHOOL

Competitive Dance Team Rules 2011-2012 Season

Whereas a Panther Dance Team Member's ultimate responsibility is to compete to her highest level of potential and promote school spirit by demonstrating a positive attitude at sporting events. To promote this the following polices and guidelines shall be in effect.

1. Purpose of Dance Team Members

- A. To compete in invitationals, conference meets, the conference final competition, the section competition and the state competition.
- B. To promote school spirit through performance at school events.
- C. To uphold school ideals.
- D. To develop positive teamwork and leadership traits in each member and to develop a personal understanding of each members' abilities and limitations.
- E. To learn to follow as well as to lead, to lose as well as to win, and to respect each other.

2. Mission of the Pantherettes

Our mission as the coaches, parents, and members of the Pantherettes is to create a positive and supportive team atmosphere every day. We will encourage our dancers to become great athletes, students, and young women. Everyone will do their best in making decisions based on the best interest of the team. We will show mutual respect and open communication to all members of the team. As coaches we will complete the administrative aspects of running the Pantherettes in a timely manner. The primary focus will be on dancing and we will work to enjoy everything that comes with being part of the Pantherette legacy.

3. Jazz Routine

- A. A Jazz dance tryout will be held the first week of winter season. Tryouts will be scored by outside judges; with the final selection being made by the coaches.
- B. All dancers earning a position on the Pantherettes will be placed on the JV or Varsity jazz teams. Alternates will be chosen for the Varsity jazz team at the coaches' discretion.
- C. Dancers may be moved between teams at the coaches' discretion throughout the competitive season.
- D. The MSHSL has developed a new rule that will be in effect for our 2011-2012 season. The maximum number of dancers for AAA Jazz Varsity to compete on the floor is 26. This is not the maximum for the roster, but the maximum number ON THE FLOOR. These numbers do not apply to JV teams.

4. Kick Routine

- A. A Kick dance tryout will be held the first week of winter season. Tryouts will be scored by outside judges; with the final selection being made by the coaches.
- B. All dancers earning a position on the Pantherettes will be placed on the Varsity Kick team. Alternates will be chosen for the Varsity Kick team at the coaches' discretion.
- C. Dancers may be moved from being a varsity member to an alternate member at the coaches' discretion throughout the competitive season.
- D. The MSHSL has developed a new rule that will be in effect for our 2011-2012 season. The maximum number of dancers for AAA Kick Varsity to compete on the floor is 34. This is not the maximum for the roster, but the maximum number ON THE FLOOR. These numbers do not apply to JV teams.

5. Spring Lake Park High School Participation Packet

A packet of forms, including verification of a current physical examination is required to be on file at the high school for each student participating on the dance team. These forms must be signed by a parent/guardian and returned with the participation fee to the Athletic Office on or BEFORE October 27th, 2011. Once your athletic packets have been received by the Athletic office you will receive a Blue Card that will need to be turned into the Head Coach. Any member earning a position on the JV or Varsity teams will be placed on suspension and not able to participate until the Blue Card is turned in to the coach. No exceptions.

6. Conduct

- A. Pantherettes are representatives of Spring Lake High School. A dance team member will represent her school with dignity and pride. Dance team members will exhibit good conduct and set a good example at all times. Ex: on face book, in the stands at games, in the community etc...
- B. Pantherettes may not act independently in making a decision involving or relating to practices, fund-raising, participation in events, or any activity as "official" team members without the consent of the head coach.
- C. Any dancer displaying a negative attitude so as to affect the attitude and performance of other team members will be talked to by the coaching staff and disciplinary action will follow if deemed necessary.
- D. Pantherettes should cooperate with supervising adults; should conduct themselves with dignity; be respectful to coaches, captains, other dancers, judges, etc. and refrain from using profanity or vulgarity at all times.
- E. Mood altering drugs. Once named as a member of the team, whether in season or not, a student shall not have in her possession, buy, sell, consume, or distribute any controlled substance including tobacco, a beverage containing alcohol, or any other controlled substance.
- F. All district penalties shall be enforced and shall include the following consequences:
 - First Violation: After confirmation of the violation, the dancer shall lose eligibility for the next two (2) consecutive performances or two (2) weeks of a season in which the dancer is a participant, whichever is greater.
 - Second Violation: After confirmation of the second violation, the dancer shall lose eligibility for the next six (6) consecutive performances or the next six (6) weeks of a season in which the dancer is a participant, whichever is greater.
 - Third Violation: After confirmation of the third violation, the dancer shall lose eligibility for the next twelve (12) consecutive performances or the next twelve (12) weeks of a season in which the dancer is a participant, whichever is greater.

7. Practice/Performance Attendance

- A. Each Dance Team Member is allowed 0 unexcused absences for the entire season. Parents will be notified each time an unexcused absence occurs. For each unexcused absence, the dancer will be required to sit out the next performance/competition at the coaches' discretion.
- B. Excused absences include personal illness, a death in the family, required classroom activities or religious holidays. We ask that such absences are avoided when possible and will only be considered excused when a parent has the absence approved in advance.
- C. Unexcused absences include studio class, work, hair and sun tanning appointments, drivers' license testing, social events, and others at the coaches' discretion. It is considered an unexcused absence if you do not contact a coach by phone prior to your absence.
- D. If unexcused or excused absences, occur within one week of a competition or performance; the coaches reserve the right to hold a dancer out of that competition or performance.
- E. If an injury is sustained prior to or during the winter competitive season the coach must be informed immediately by the dancer and / or parent. Dancers with severe injury's who's doctors will not allow participation for one or more consecutive weeks of the season will be "benched" until written consent is given to the coaching staff by the doctor that the athlete may return to FULL activity. Partial activity (only allowing certain activity during practice) consent by the doctor will be accepted by the coaching staff; however, the athlete will remain benched until FULL activity is allowed.
- F. Benching: An athlete, who is still in good standing with the team, is a current member, wants to stay as a current member, but is not allowed for personal reasons to participate in the physical activities required by the dance

team. This term is not to be misunderstood as a punishment; it is simply a term to describe the current status of a member of our team who is not performing due to injury, illness, grades or other personal factors.

Suspension: An athlete who has violated our team handbook, school rules, or city/state laws.

- G. A dancer must be in school for the FULL school day to be eligible to perform or practice that day.

8. Academics/Eligibility

- A. A 7-12 grade student athlete must maintain a minimum cumulative GPA in order to participate. Seventh grade, eighth grade, and freshman dancers must have a minimum of a 1.70 GPA, sophomores a 1.85 GPA, juniors and seniors a 2.0 GPA. At any time during the season the coaches may require the student to print off her grades (using the Campus program) to turn into the coach. If the student's grades have fallen below the required GPA the student athlete will have 15 days to raise her grades to meet the required GPA. If the student athlete fails to receive the appropriate GPA after the 15 day probation period the student will be ineligible to compete/perform until they attain the minimum GPA requirement.
- B. In addition to the School District academic policy described above, the Pantherettes have a minimum GPA requirement of 2.5. If a dancers GPA falls below the required GPA, study hours will be given at the coaches' discretion and the dancer will be placed on probation. Study hours will be arranged by meeting with the coaches, dancer and parents of the dancer.
- C. Two suspensions of any kind for any reason during one competitive season will result in termination for the remainder of the year from the team.
- D. If a Pantherette is suspended from school for anything other than mood altering drugs; he/she will receive a three (3) week suspension from the team.
- E. Any dancer benched for more than 1 weeks time during the competitive season, must return to full activity at practice for minimum ½ the amount of time the dancer was benched before being placed back into formation (ex: benched 3 weeks, must participate fully for a minimum 1 ½ weeks before being placed back into formation).

9. Uniforms

- A. Uniform items which are owned by the team and/or school may not be worn for anything other than official appearances, performances, or competitions. Uniform items may not be loaned to anyone not on the team.
- B. Dancers must wear the appropriate specified uniform for all team appearances, performances, and competitions. Failure to do so may result in suspension from the event.
- C. A graduating senior will not be allowed to participate in the graduation ceremony unless her uniforms have been returned. At the end of the competitive season every member is required to turn in all team issued items to the coaching staff. Failure to turn in all team issued clothes and accessories will result in a hold on your dancer's report card until the item is returned or until the monetary value of the item is paid to the booster club/school.

10. Transportation

- A. All Pantherettes must ride to and from any away events on the bus if one is provided.
- B. Transportation to and from away events must be authorized by the coaching staff. Pantherettes may ride with authorized adults only in special situations. In all instances, such arrangements must be made with the coaches prior to the event. Non compliance will result in suspension from the next event.

11. Lettering

JV member's are not eligible to letter. All Varsity lettering is subject to the coach's discretion at all times. We determine lettering based on the following factors: grades, effort, attitude, attendance, and overall contribution to the improvement of the team as a whole. Lettering will also be subject to the number of competitions a dancer has competed in for the year. Pantherettes must compete at the varsity level in 90% of our scheduled competitions during the season in addition to the other factors outlined above to receive a letter for the year.

12. Alternates

In the event a replacement is needed for any reason, the coaches will assign a person to fill the vacancy, or let the vacancy stand for both Varsity Jazz and Kick.

13. Hazing

Initiation activities which are intended to cause physical or emotional harm, humiliate, intimidate, or embarrass individuals will not be allowed. Any new team member who permits him/herself to be initiated by veteran Pantherettes in such a way, or anyone that is asked to participate must report the names of anyone involved to the coaches. Anyone participating in unauthorized initiation activities shall be disciplined by school administration and the coaches. Team and/or school suspension may result.

STATEMENT OF PURPOSE

The purpose of this handbook is to provide information regarding policies, guidelines, and general information vital to a successful dance program at Spring Lake Park High School. The coaching staff and administration require that the dancer and the parent read the entire handbook and as proof of compliance and commitment to the information herein, both must sign the form below and return it to the head coach prior to the start of the Winter Season.

STATEMENT OF UNDERSTANDING/COMPLIANCE TO GUIDELINES AND POLICIES OF THE SLP PANTHERETTE HANDBOOK

I have read and understand the general information, guidelines and policies as stated in the Spring Lake Park High School Dance Team Handbook. I agree to abide by the guidelines and policies as stated in the Handbook and agree to accept all rewards and consequences of those guideline and polices.

Signature of Matt St. Martin, Athletic Director

Signature of Head Coach, Jennifer Blaido

Signature of Dancer

Signature of Parent/Guardian

Date