

**SETON HIGH SCHOOL  
VARSITY, JUNIOR & YOUTH DANCE TEAMS 2010-11**

**HANDBOOK/CONSTITUTION**

**I. MISSION OF THE SHS VARSITY, JUNIOR & YOUTH DANCE TEAMS**

The mission of the SHS Dance Teams is to live up to the expectations that we set for ourselves, including being a number one team in Seton's, our parents', our friends' and our own eyes. We will always be friendly and inspiring representatives of Seton High School, the Highlighters and our city of Cincinnati. We will always do what is right for our team, Seton Athletics and Seton High School. We will be champions in every way!

**II. QUALIFICATION FOR MEMBERSHIP**

- A. **Varsity** team members must attend Seton High School during the 2010-11 school year.
- B. **Junior** team members must either attend Seton High School during the 2010-11 school year (freshman) or have an interest in attending Seton High School (7<sup>th</sup> & 8<sup>th</sup> graders).
- C. **Youth** team members should have an interest in attending Seton High School. (4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> graders).
- D. Dancer and parent must sign this constitution indicating an understanding of its policies and accepting them as governing participation.
- E. **Varsity** team members may NOT play other sports for Seton High School during the fall and winter seasons that conflict with dance. Any member that chooses to play another sport for any team other than Seton may do so, however, that member must put dance team first. Failure to do so will lead to dismissal.
- F. **Junior** team members may play another sport for any team other than Seton, but **must put dance team first**. Failure to do so will lead to dismissal.
- G. **Youth** team members may play another sport for any team other than Seton, **but are asked to remember to balance dance evenly with whatever else they are doing**.
- H. **Varsity** team members must be passing every class. This is very important and WILL be enforced. Grade checks will be done every two weeks by the athletic department. A failing grade in one or more classes WILL lead to probation, suspension and finally dismissal from the team if not brought to a passing grade within a designated time frame.
- I. All team members must try-out each year and meet all required elements (listed below) in order to be eligible for the team. Meeting the above qualifications, tryouts are open to all students regardless of race, color, or national origin.

### III. TRYOUTS

#### A. VARSITY tryouts

1. Will be held April 25, 26, 28 & 29 from 6-9 pm.
2. Girls must be present all four sessions (unless previous arrangements are made).
3. A tryout routine will be taught the first 2 evenings, along with a review of all elements girls will be asked to demonstrate in front of a panel of judges.
4. Following is a list of required elements that will be part of the tryout routine and/or the girls will be asked to demonstrate at the final tryout:
  - Split Leap (both legs)
  - Switch Leap (both legs)
  - Switch Open
  - Switch Center
  - Side Leap (both legs)
  - Toe Touch
  - Turning Varsity
  - Splits (both legs)
  - Axle
  - Attitude Leap
  - Triple Pirouette
  - Turning C-jump
  - Turn combination
  - Straight Leg Turns (four consecutive and double turn out)
5. The final number chosen for the team will be determined by the amount of girls that are able to perform the above requirements technically correct AND demonstrate a SUPERIOR level of dance, showmanship and passion.

#### B. JUNIOR tryouts

1. Will be held May 2 from 11:30-2:30 and May 3, 4, & 7 from 6-9 pm.
2. Girls must be present all four sessions (unless previous arrangements are made).
3. A tryout routine will be taught the first 2 evenings, along with a review of all elements girls will be asked to demonstrate in front of a panel of judges.
4. Following is a list of required elements that will be part of the tryout routine and/or the girls will be asked to demonstrate at the final tryout:
  - Split Leap
  - Switch Leap
  - Toe Touch
  - Splits (both legs)
  - Turning Varsity
  - Attitude Leap
  - Solid Double Pirouette Attempting Triple
5. The final number chosen for the team will be determined by the amount of girls that are able to perform the above requirements technically correct AND demonstrate a EXCELLENT level of dance, showmanship and passion.

- C. **VARSAITY & JUNIOR girls, will be judged (by a panel of independent, qualified judges) with their peers and be expected to perform at a level consistent with that group. PLEASE NOTE: Being a member of one of the dance teams the previous season does not guarantee that a dancer will move up or make a team again. Each dancer will be evaluated on a year by year basis. All judges and coaches decisions are final.**

- D. Each girl will receive a letter and/or have an individual conference with the team coach at the end of tryouts, informing her if she has or has not been selected for a team.
- E. Girls will not be permitted to open this letter until they have left the school premises. It is recommended, if they are driving, that they not open the letter until they are home.
- F. **YOUTH** dance camp/enrollment – the idea of this youth-camp is to provide an opportunity for girls to see what practices and performances will be like and what will be expected of them as dancers and team members.
  1. Will be May 4 & 6 from 6-7:30 pm.
  2. Girls must be present BOTH sessions (unless previous arrangements are made).
  3. A dance routine will be taught, cleaned and evaluated by the coaches.
  4. To eliminate stress at this age level, there will be no judging process for the youth team. All girls that would like to dance for the youth team (along with their parents) will need to sign a copy of this handbook and a letter of commitment by Tuesday evening, May 11<sup>th</sup> (parents meeting).
  5. **The Youth team is a competition team, just like the Varsity & Junior teams, therefore all dancers are expected to make a commitment to the team, practices AND all performances.**
  6. **Coaches reserve the right to split the youth team into two teams, if deemed necessary, due to team size. If this occurs, the teams will be split according to grade and/or years of experience.**
  7. **Coaches reserve the right to dismiss any girl that they deem to be a discipline problem, too immature, have too little of an attention span or that may be disruptive to the instruction of the rest of the team.**

#### IV. PRACTICES

- A. **ALL PRACTICES ARE MANDATORY**
- B. **Varsity** team practices begin May 3, Monday and Wednesday evenings 6:00 – 8:30 pm. Thursday afternoon 3:15 - 5:45 pm. Saturday practices begin August 14, 9:00-11:30 am. Sunday practices in January - time TBD.
- C. **Junior** team practices begin May 11, Tuesday and Thursday evenings 6:00-8:30 pm. Saturday practices begin August 28, 8:00-10:00 am.
- D. **Youth** team practices begin June 1, Tuesday and Thursday evenings 6:00-8:30 pm.
- E. Coaches may call extra practices at their discretion. The team will be notified at least one week in advance.
- F. Dress Code for Practice
  1. Jazz shoes only may be worn for practices.

2. Any color tank, cami or sports bra with short shorts and tights OR tight leggings (NO LONG SHORTS OR SWEATPANTS, NO BAGGY T-SHIRTS). Coaches and Technique Instructors MUST be able to see all body positions.
  3. During winter months **sweatpants and closed toe shoes MUST be worn to and from practice.**
  4. Hair must be secured tightly in a BALLERINA BUN and ALL BANGS PULLED BACK. Elastic hair bands to keep hair out of the face are mandatory for all team members.
  5. Members not appropriately dressed for practice will receive a warning. Two or more warnings may result in suspension from a performance or dismissal from the team.
- G. NO chewing gum is ever allowed.
- H. Water ONLY will be allowed during break time.
- I. NO jewelry shall be worn to practice.
- J. **All team members MUST be on time for practice.**
- K. In the case of bad weather, members will report to practice location unless notified in advance. All practice cancellations will be posted on the website homepage at shsdance.org.
- L. All members are expected to go through warm up routines and exercises following the technique instructor or captain's lead.
- V. OPEN TECHNIQUE/STUDIO CLASS
- A. Open dance technique classes will be held for each team during the Spring and may continue several times a month throughout the season as deemed necessary by the coaches. Outside dance instructors are usually brought in for these classes. Please see 'try-out' information on the website, for specific schedule and times for each team for classes being held in the Spring.
  - B. Fees for this class are included in the budget for each dancer.\*  
**\*A copy of this budget will be passed out at the parent's informational meeting AND at the Mandatory parents meeting at the beginning of the season.**
  - C. Dress code for technique class is the same as for practice.
- VI. COMPETITIONS / PERFORMANCES
- A. All teams will compete in competitions selected by the coaches.
    1. A competition/performance schedule for each team will be available in May. **Remember that these dates will be tentative and a revised/final schedule will be sent home as soon as competition/performance dates are confirmed.**
  - B. Entrance fees for competitions are included in the budget for each dancer.\*
  - C. Inspection will be made prior to all performances.
    1. Shoes must be clean and in good condition.
    2. Jewelry may not be worn.
    3. Nail polish may not be worn.

4. Hair must be in appropriate style, and proper make-up applied as determined by the coaches.
  - D. A checklist of items needed for each performance will be provided ahead of time and must be used.
  - E. **All competitions are MANDATORY for all team members. Please remember this is a team sport that is dependent on each and every member's participation.**
  - F. **All team members are expected to leave each competition facility in the exact same condition (if not cleaner) than they found it.**
  - G. **No team member may leave a competition/performance until dismissed by the coaches.**
- VII. SUMMER CAMP
- A. All three teams will attend UDA summer dance camp at Coco Key in Sharonville July 19-22, 2010.
  - B. Camp is MANDATORY for Varsity and Junior teams. Camp is optional for RETURNING Youth team members only and HIGHLY recommended.
  - C. The cost for camp is included in the budget for each dancer.\*
- VIII. NATIONAL DANCE TEAM CHAMPIONSHIPS
- A. Upon qualifying, the **VARSITY** team ONLY will compete at the National Dance Team Championships at Walt Disney World in Orlando, Florida February 5 - 6, 2011.
  - B. The cost for this trip is included in the budget for each Varsity team dancer.\*
  - C. All team members and chaperones will be required to purchase the travel package (including air fare) through Seton High School and travel to and from Florida with the team. NO EXCEPTIONS.
- IX. MASS DURING COMPETITIONS OR CAMP
- A. **Coaches cannot be responsible for getting girls to mass in the event of an all weekend (Sat. AND Sun.) competition or camp.**
  - B. **Parents may contact the coach (of their specific team) the week prior to the event, or once the performance schedule has been released, to request a block of time that a parent may take their daughter to mass.**
  - C. **Mass times and locations can be researched at [www.masstimes.org](http://www.masstimes.org)**
- X. ABSENCE FROM PRACTICE OR PERFORMANCES
- A. Absences will be excused for the following:
    1. Illness - a phone call **must** be made to a coach before practice.
    2. Vacation - coaches must be notified as far in advance as possible, however, we do request that vacations NOT be scheduled on, or the week prior to, performance days.
    3. Physical injury - (Doctor's excuse required) extent of excused absence to be determined by the doctor, coaches and parents. Students will be required to attend practices, if able.

4. Death or serious illness in family.
  5. School events – Retreats, testing, speech contests, etc. – coaches must be notified in advance.
- B. Absences will not be excused for:
1. Doctor or other similar appointments, except for emergencies.
  2. Failing to properly notify coaches as listed above.
  3. Other sporting events such as practice or games.
- C. VARSITY - Absences will NOT be excused for Saturday school. Two missed practices or performances due to Saturday school may result in dismissal from the team.
- D. If a member is absent from school for a reason other than illness or family emergency, that member is required to attend practice that day.
- E. If a practice is missed the week of a performance, member may sit out for that performance. EXCEPTIONS MAY be made for school events as listed above with coach's approval.

#### XI. CONDUCT AND DISCIPLINE

- A. Vulgar or inappropriate conduct will not be tolerated. If members are found using inappropriate or vulgar conduct, such as hanging on boys, kissing, cursing, etc., while representing Seton High School and their Dance Team (wearing uniform, at practice, at a competition, wearing Seton or Dance Team clothing, including jackets), member may be suspended from performances as seen fit by the coaches.
- B. Committing a crime is prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
- C. Smoking is prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
- D. Drugs and alcohol are prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
- E. Suspension from Seton High School or the Dancer's grade school is a suspension from the Dance Team.
- F. Expulsion from Seton High School or the Dancer's grade school is expulsion from the Dance Team.
- G. **Disrespect for the coaches, captains or any other team member or parent may result in suspension from performances as seen fit by the coaches.**
- H. Team members must display cleanliness and good grooming at all times.
- I. Team members must conduct themselves in an appropriate manner.
- J. Using profane language is absolutely prohibited.
- K. Team members are to display good sportsmanship at ALL TIMES. Failure to do so will result in suspension from performances as seen fit by the coaches.
- L. **Tardiness will not be tolerated and may result in dismissal from the team.**

## XII. COSTUMES / TRAVEL UNIFORMS / CAMP WEAR

- A. Each team member will be required to purchase a travel uniform to be worn to and from competitions and/or performances. This includes a black/green jacket, black pants, black Seton Dance Team t-shirt, black backpack and garment bag. Anything purchased by team members will be theirs to keep. **This cost is NOT included in the budget for each dancer.\***
- B. Each team member will be required to purchase matching t-shirts and/or shorts for camp. This cost is NOT included in the budget for each dancer.\*
- C. Each team member will need up to two pairs of dance shoes for performances. This cost is included in the budget for each dancer.\*
- D. Competition costumes will be needed for each member and must be kept in good condition. This cost is included in the budget for each dancer.\*  
Team members will keep their costumes at the end of the season.
- E. Costumes are to be hung up properly after each performance.
- F. A torn, ripped, or soiled costume must be reported to the coaches for immediate repair. If not reported, it will be the responsibility of the team member to have her own costume fixed.

## XIII. FUNDRAISERS

- A. Seton's Dance Team Invitational will be held on January 8, 2011.  
**VARSITY & JUNIOR team members and 2 parents/workers MUST WORK most, if not all day. Youth parents may work the Invitational, on a first come first serve basis as a fundraiser, but are not required to do so.** Any youth parent choosing to work must sign up with the Competition Chairperson in advance and once all spots are filled may be turned down. All money raised by this invitational will be divided evenly among the total number of dancers (varsity, junior, youth) who had 2 parents/workers participate and will be applied as a credit towards their invoice for the month. Any dancer who only has 1 parent/worker participate will receive 1/2 of the credit of those with 2 workers.  
NOTE: All workers must be High School age or older.
- B. Program Ads - ANY team member (**VARSITY, JUNIOR OR YOUTH**) may sell ads for the Invitational program. There is NO required minimum. Any money collected for ads sold will be applied as a credit to each individual's invoice for the month. Ad information will be distributed at the first parents meeting in May. Ads and ad money will be accepted no later than Nov. 1, 2010.
- C. Any team member or parent wishing to organize additional fundraisers MUST coordinate it with the Fundraising Chairperson. Fundraising Chairperson must advise coaches of all fundraising plans, as they MUST be approved by the Athletic Director and Seton Administration. Any money collected from these fundraisers will credit ONLY members who participated in that fundraiser. Money will be applied as a credit towards each participating team members' invoice for the month.

## XIV. ATHLETIC FEE

- A. The Seton High School Athletic Fee for all **SETON STUDENTS** (9<sup>th</sup> thru 12<sup>th</sup> grade) is **\$175 per girl\***. This cost is included in the budget for each dancer.\*
- B. The Seton High School Athletic Fee for all **JUNIOR & YOUTH** team members (4<sup>th</sup> thru 8<sup>th</sup> grade) is **\$100 per girl\***. This cost is included in the budget for each dancer.\*

## XV. PHYSICAL

- A. **VARSAITY** team members must have a physical and physical form completed and turned in before August 1, 2010.
- B. **VARSAITY, JUNIOR & YOUTH** team members must have emergency contact forms completed and turned in by the first week of practice.

## XVI. TEAM CAPTAIN(S)

- A. The **VARSAITY, JUNIOR & YOUTH** teams will each have at least one team captain OR team leader for the year.
- B. Oldest team members ONLY are eligible, Seniors for **VARSAITY**, 9<sup>th</sup> graders for **JUNIOR** and 6<sup>th</sup> graders for **YOUTH**.
- C. There will NOT be a separate try-out day for captain(s).
- D. Selection of captain(s) will take place in between June and August and will be based on the following three (3) things:
  - 1. May try-out score. (VARSAITY & JUNIOR)
  - 2. Coaches score. Includes, but not limited to, overall attitude at practice, grades (report cards are due by June 1) and conduct (at school based on conduct points or comments on report card).
  - 3. Team vote. Will be conducted at coaches discretion.
- E. Duties of Team Captain(s).
  - 1. Team Captain(s) will at all times set examples of respect for coaches, parents, themselves and all team members, a positive attitude and proper dance team manners.
  - 2. Team Captain(s) are responsible for creating a team phone chain. The coaches will determine when the phone chain is to be implemented.
  - 3. Team Captain(s) will be responsible for any other duties as assigned by the coaches.
  - 4. Since Team Captain(s) should be out-standing members of the dance team in every respect, failure to fulfill any part of this constitution may result in dismissal from the position of team captain.

XVII. BUDGET / COST PER GIRL

- A. **\*A copy of the budget will be passed out at the parent's informational meeting AND at the Mandatory parents meeting at the beginning of the season.** The budget is segmented by team and cost per girl per team.
- B. The Grand Total Per Person will be split into 10 payments to be paid once a month, May through February. Team members (parents) will receive an invoice/statement each month detailing cost per month minus any fundraising credits to equal amount due.
- C. Invoices will be posted online the first week of each month at [shsdance.org](http://shsdance.org). Each team member will have a unique user name and password so that only you may review your personal information. Payments will be due the 25<sup>th</sup> of each month.
- D. Payments not received by the 1<sup>st</sup> day of the following month will be assessed a late fee of \$20 per month until payment is received or until arrangements are made to catch up on delinquent fees.
- E. Bounced checks will be assessed a \$20 fee on 1<sup>st</sup> occurrence. After that we will only accept cash or a cashier's check.
- F. Non-payment of invoices will result in that team member not performing until they are paid in full (unless previous arrangements are made).
- G. The budget (prior to try-outs) for each team is estimated costs. Fees may change once final team is chosen (\$ amount depends on the final number of team members chosen for each team). If team(s) are under budget at the end of the year final monthly payments MAY be reduced. Any monies fundraised or paid in advanced will NOT be refunded if overpaid. Seton High School is a non-profit organization and any overpayments will be considered a donation.

**If you are selected for one of the dance teams, there will be a MANDATORY parents meeting Tuesday, May 11<sup>th</sup>, 2010 at 7pm at Seton High School in the CAFETERIA.**

**If you are selected for one of the dance teams, there will be a MANDATORY warm-ups/costume/shoe/tights fitting on May 13<sup>th</sup> (time TBD) in the COMMONS. This evening is also a buy/sell/trade for anyone wishing to sell or trade their previous warm-ups. Parents must handle this on their own.**

-----Please Sign and return the week of auditions-----

I have read and understand the above policies for participation on the SHS Dance Teams, and I accept them as governing my participation.

DANCER NAME (please print) \_\_\_\_\_  
Address \_\_\_\_\_  
Zip Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
E-mail address \_\_\_\_\_  
**Birthday** (MANDATORY: we must have this for competition registrations) \_\_\_\_\_

DANCER SIGNATURE \_\_\_\_\_

I have read and understand the above policies for participation on the SHS Dance Teams, and I accept them as governing my daughter's participation. **I understand that for the VARSITY & JUNIOR teams both parents are expected to work (most, if not all day) at the Seton Dance Invitation on January 8<sup>th</sup>, 2011 or find other workers to fill in.** I have also read the attached performance schedule and budget. My daughter has my permission to tryout for an SHS Dance Team.

PARENT NAME (please print) \_\_\_\_\_  
Address (if different from above) \_\_\_\_\_  
Zip Code \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
E-mail Address \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_