

Farragut Middle School Dance Team 2020-2021

**FARRAGUT
MIDDLE
SCHOOL**

**DANCE TEAM
TRYOUT
PACKET**

2020-2021

Farragut Middle School Dance Team 2020-2021

Tryout Packet 2020-2021

Thank you for your interest in Farragut Middle School Dance Team. Please read this carefully with your parents before making the commitment to tryout to be a member.

Tryout Requirements: Student must currently be a Knox County Schools student, must be zoned for Farragut Middle School, and must maintain a 2.0 grade point average.

Dance Team Personnel: The dance team is coached by Victoria Ogier.

Clinics:

- Monday March 2, 4:00-5:45 PM in Farragut Middle School Gym
- Wednesday March 4, 4:00-5:45 PM in Farragut Middle School Gym

Tryouts: Thursday March 5, 4:00 PM until completion in Farragut Middle School Gym (Must be present for the entire tryout; Callbacks may be necessary). Results will be posted on www.FarragutDance.com and selected dancers will be asked to return to the school after tryouts for a team meeting.

Reminder: students must be present at school for at least half a day on the day of tryouts in order to participate in tryouts.

Dress Code: Dance or tennis shoes, solid black shorts (if tights are worn then must be tan), a black top (leotard or form fitting tank - no crop tops), and a black sports bra is required for tryouts. Hair must be in a bun for tryouts. Wear comfortable shorts, shirts and shoes for clinics. On the day of tryouts no student may wear clothing that would identify that student as a past member of a dance or cheer squad. Absolutely NO JEWELRY OR HAIR BOWS/HEADBANDS!

Tryout Paperwork: Due to FMS main office **before** the beginning of the first clinic on Monday March 2, 2020. Paperwork includes:

- Signed permission forms: Permission and Responsibility Verification form; E-mail Addresses form; Rules/Regulations; Policies (Note: if selected for the team you will receive an electronic copy)
- Physical Form (must be completed and signed by a physician in February or March of 2020)
- Tryout Fee: \$10.00 fee (check made payable to Victoria Ogier). Fee is non-refundable.

Farragut Middle School Dance Team 2020-2021

Team Rules/Regulations and Policies Overview

Here is an overview of the forms that need to be reviewed, signed, and returned with the tryout paperwork. If selected for the team, an electronic copy of these forms will be provided.

Rules and Regulations

These are the rules all members will be held accountable to throughout the year. Both dancers and parents must initial and sign this form. Failure to abide by these rules will result in consequences up to and including dismissal from the team.

Injury and Illness Policy

This form explains the expectation for when a dancer is injured or is sick.

School Performance Policy

This form explains the process for how dancers are eligible for school performances.

Social Media Policy

This form explains the dancers expected behavior for use of Social Media. This includes each dancer providing a list of all social accounts.

Parent Policy

This form explains parental involvement and expectations for the season.

Consequences Policy

This form explains the consequences for actions listed in the rules (for example, 10 push-ups per minute late to practice).

Update Policy

This form explains that it may be necessary to make updates to the Rules/Regulations or Policies during the season

Farragut Middle School Dance Team 2020-2021

Dancer Name: _____

Tryout Packet Items

- Email Addresses
- Rules and Regulations
- Permission and Responsibility Verification
- Policies
- Physical Form
- Consent For Participation and Medical Care
- Tryout fee (\$10)

Farragut Middle School Dance Team 2020-2021

E-mail Addresses

Once the team is formed, members will receive a welcome e-mail. Please provide an e-mail address (clearly printed) below.

Parent e-mail: _____

Dancer e-mail (if applicable): _____

Dancer Information

Dancer's First and Last Name: _____

Dancer's Current Year in School: _____

Parent Information

Parent's First and Last Name: _____

Farragut Middle School Dance Team 2020-2021

Rules and Regulations

Parents and dancers please read through the rules and regulations. Both Dancers and parents are required to initial each section and provide their signature to show their acknowledgement and acceptance of the rules and regulations. If chosen for the team the coach and sponsor will track each dancer's compliance of the rules throughout the year. Failure to comply with the rules and repeat offenses will result in consequences deemed appropriate by the coach and sponsor up to and including dismissal from the team. Specific consequences for timeliness and proper attire (such as push-ups or running for not arriving to practice on time) are defined by the coach and will be provided to you if chosen for the team.

General Rules

Attendance: Farragut Dance Team members need to be dependable. Dancers are required to attend all practices and performances. Any missed practices or performances must be excused by the coach prior to missing. Missed practices or performances are only excused for school field trips, a dancer is sick and absent from school, family emergency, etc. Dentist and Orthodontist appointments and jobs are NOT excused. If a dancer is not present at the practice prior to a performance (regardless of circumstance), that dancer may not be allowed to dance at the performance (to be determined by the coach).

In order to perform on a school day, Dancers must attend school for at least half a day. Unusual circumstances (doctor, court, funeral, etc.) must be excused by the coach. A team member will not be allowed to perform during any week that member has been assigned in-school or out-of-school suspension.

initials

Attitude: A dancer's attitude is key to a great practice/performance. Negative attitudes towards the coach, sponsor, or other teammates will result in consequences deemed necessary by the coach and/or sponsor. This includes back talk, eye rolling, lying, etc.

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Farragut Middle School Dance Team 2020-2021

Conduct: Farragut Dance Team members are expected to be model practitioners of the 6 pillars of “character counts.” These pillars include: respect, caring, responsibility, fairness, trustworthiness, and citizenship.

Conduct such as, but not limited to, smoking, drinking, drug usage, obscene language, or fighting will not be tolerated during school hours, during games, or at any time while in uniform or while representing Farragut Middle School in any capacity. Breaking this rule will result in penalties up to an including dismissal from the team.

initials

Insurance: Upon joining the team, members must purchase school insurance AND carry other medical insurance.

initials

E-mails: Parents are expected to have a personal e-mail address that they will check on a daily basis.

initials

Academics: All candidates must pass three classes the previous term in order to be eligible to try out. After selection, dancers are required to maintain a 2.0 GPA throughout the school year to stay on the team. If a dancer does not meet these requirements it will result in temporary suspension from school performances until proof that passing grades have been achieved. During a temporary suspension Dancers must still attend all practices, performances, and events but will not be permitted to perform at school events.

Furthermore dropping below a 2.0 GPA will result in temporary suspension from team performances until there is proof that passing grades have been achieved.

While we fully support the importance of academics, dancers will not be excused from practice for tutoring, extra help sessions, etc. If a student cannot handle the time commitment of being on the dance team while maintaining an acceptable GPA, then that student does not need to make the choice of committing to the dance team.

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Farragut Middle School Dance Team 2020-2021

Preparation: Dancers are expected to be prepared for every practice. Dancers may be asked to bring certain items, practice at home, etc. for practice. Being unprepared will result in punishment (push-ups, running, etc.) deemed necessary by the coach.

initials

Uniforms: Each member will be required to purchase the approved FMS Dance Team Uniforms. Total cost of the uniforms is the responsibility of the student and her parents. These uniforms will be used for school performances. Separate costumes will be purchased for competitions.

The uniform or any part of the uniform may be only worn in an official capacity only. While in uniform, jewelry is prohibited with the exception of uniform enhancement jewelry, such as team earrings and medical medallions. These must be worn under the uniform and taped to the person. No dangling earrings are allowed. A member will not perform if her uniform is torn, safety-pinned, dirty, incomplete, or otherwise unbecoming.

While in uniform, members of the team are representatives of Farragut Middle School and must maintain proper conduct at all times. It is expected that each team member will use good judgment and exhibit maturity, thereby commanding respect of others.

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Farragut Middle School Dance Team 2020-2021

Practices: Mandatory practices will begin after tryouts, continue with summer practice, and resume at the start of the Fall Term. No one will be excused from practices unless prior approved by the coach. Violations of this rule will result in penalties deemed appropriate by the coach. Practices following tryouts will run through the end of the school year (if dancers have prior commitments in April/May that conflict with practices, the coach will work with that dancer regarding practices). Those practices will be held at the school on Mondays and Wednesdays from 3:45-5:30 PM.

Summer practice schedule/location is TBD. Required summer availability May 29-July 19 (Vacation days June 23-July 7). Only 2 unexcused absences will be allowed in June and 0 absences will be allowed in July. Any additional absences must be approved by the coach and could result in ineligibility for participating in the camp competition routine. Dancers may not use an unexcused absence for any Choreography day(s) or summer Intensive day(s). Note: If a dancer needs to miss practice due to Studio Recital or Recital Dress Rehearsal, that will be considered an excused absence with prior approval from the Coach.

Once the school year starts practices will take place on Mondays and Wednesdays, and will either be held at the school or at a nearby offsite location. Practices will take place from 3:45-5:30 PM.

Extra/extended practices will be necessary to prepare for competitions. These practice times may include an extension of the regular practice time and/or additional practice(s) on Fridays or weekends. All members are expected to be available to attend regardless of scheduling. Do expect to practice Sunday - Friday the week of a competition and plan to practice every day of the week in the month of January once school resumes after winter break.

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Camp: The FMS Dance Team will be attending a Universal Dance Association dance camp (and staying overnight) this date is TBD. Camp is MANDATORY for all team members. Vacations are not excused.

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Farragut Middle School Dance Team 2020-2021

Annual Tryouts

Tryouts: All team members must go through tryouts and be selected for each academic year on the team. No one is automatically re-selected. Any member dismissed from the team will be ineligible to tryout for the following year without a meeting involving the student, thier parents/legal guardians, the sponsor, and principal. If a dancer is injured then that person may submit a doctor's note and a dance video to be judged by the judges on the day of the tryout. The dance video must display skills comparable to the tryout skills.

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Scoring: A numerical scoring guide will be used by a panel of impartial judges to evaluate the candidates for the team. The assessment will include 2 portions: demonstration of skills portion and a dance routine portion. Skills will be judged on technical execution. The dance routine will be judged on technical execution as well as showmanship, memorization, and overall presentation.

- The skills portion will include evaluation on the following:
 - Flexibility: Splits (Right and Left); Kicks/extensions
 - Jumps: Toe touch; Right and Left Leap Combination
 - Turns: Double pirouette (Right only); Turns in second (Right only)
 - Special Skill: 1-2 skills of your own choosing
- The dance routine may include but isn't limited to:
 - jazz style routine
 - skills such as kicks, triple R pirouettes, double coupe R pirouette, pitch jump, R turns in second, calypso leap, extension turn.
- There will possibly be a short pom routine that may include but is not limited to (NO POMS NEEDED OR ALLOWED):
 - Pom Style routine
 - Skills: Toe touch, firebird, R turns in second, Extension turn, R Triple/ Double pirouettes.

Each candidate's score will be determined by averaging the judges' scores. Those dancers who earn the top scores will be invited to join the dance team. There is no minimum or maximum as for how many members will be selected for the entire team.

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Finality of Decisions: By participating in the tryout process, each dancer and parent agrees that decisions by the judges will be final and will not be subject for review. Each person acknowledges the necessity for the judges to make prompt and fair decisions in this process and each dancer and parent therefore waives any legal, equitable, administrative, or procedural review of such decisions.

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Farragut Middle School Dance Team 2020-2021

Performances

School Performances: The FMS Dance Team will perform at home basketball games (alternating between girls' and boys' half times) and at other school functions such as Assemblies or Pep Rallies. It is mandatory for all members to attend the performances (except in the case of illness or unusual emergencies, with the coach and/or sponsor notified) and the practices before the performance. Members must report to the coach, sponsor, team captain, or designated party at the designated time before each performance. If a member is more than 30 minutes late to a performance that member will not be permitted to perform for safety purposes (regardless of circumstances).

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Competitions: If qualified, the FMS Dance Team, along with the coach and/or sponsor, will attend competitions (dates and locations to be determined and announced) during the school year. The competition may be in or out of state and require overnight lodging. Parents would be responsible for transportation, entry fees, lodging, and any other costs associated with the competitions. The team members may also be required to attend extra practices. Attendance of a 2020 National Championship will be determined by the coach after camp or qualification. We will be hiring a choreographer for both our Jazz and Pom routines.

Initials

Alternates for Competition: Being selected for the Farragut Middle School Dance team does not ensure each dancer will perform at competitions. All dancers will dance at our performance at camp then be evaluated and selected to perform for further competitions. The decision of alternates will be re-evaluated after each competition. Alternates are still a fundamental part of the team and attend all competitions, dress out, and support their fellow teammates! The entire team will perform at all school and community functions. When the decision has been made, it is final.

Farragut Middle School Dance Team 2020-2021

Financial Responsibility

Team Expenses: In the Knox County School System, Dance Teams are classified as school clubs, not sanctioned sports. There are not any school or county funds available to pay coaches, buy uniforms, or pay for any other expense associated with Dance Team activities. Therefore, these costs are the responsibility of the team members and their parents or guardians. Below are estimated fees (subject to vary):

- Summer Technique: ~\$75 (price dependent on number of team members)
- Camp: ~\$500-\$550 (price dependent on number of team members)
- Team clothes/items: ~\$300
- Camp clothes: ~\$230
- Competition outfit/items: ~\$200
- School Uniform: ~\$200
- Pom Uniform: ~\$350
- Warm-ups: ~\$100
- Competition fees: ~\$80 (plus hotel/travel if necessary, does not include nationals)
- Pom Choreographer & Music fee: ~\$150
- Jazz Choreographer: ~\$150
- Pom Choreographer: ~200
- Guest Instructors: ~\$100

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Coach's Fees: The coach's salary will be paid monthly by the members of the Dance Team and their parents or guardians (\$55 monthly payments May-February). The coach or a designee of the coach will be present at all regularly scheduled practices and competitions of the Dance Team (unless unusual circumstances).

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Farragut Middle School Dance Team 2020-2021

Other Restrictions

Gum & Food: Dancers are not permitted to chew gum during practices/performances. Food and drink (non-carbonated beverages) are permitted during breaks.

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Jewelry: No jewelry except stud earrings and athletic bracelets. Exposure of body piercings is acceptable for practices as long as there are no hoops (hoops must remain covered).

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Cell Phones: Members are not permitted to use/check cell phones during practices/performances. If a dancer needs to call/text a parent that dancer must first ask permission from the coach and/or sponsor.

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Tobacco: Members are not permitted to use tobacco (cigarettes, dip, etc.) at any time the entire season.

initials

Trash: It is the team's responsibility to clean up after themselves. If trash is left after practice/performance/team event and the coach and/or sponsor has to clean up, the ENTIRE team will have push-ups at the beginning of the next practice.

initials

Dress Code: Members will be required to follow a dress code for practices including specified footwear for each practice. Members are informed of dress code requirements once on the team.

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Farragut Middle School Dance Team 2020-2021

Team Dismissal

Each dancer's ability to comply with these rules will be monitored throughout the year. If a dancer repeatedly does not comply with these rules it may result in further consequences deemed necessary by the coach and/or sponsor which could include dismissal from the team. Dismissal from the team could also cause ineligibility for trying out for next year's team.

initials

Farragut Middle School Dance Team 2020-2021

Acknowledgment of Rules & Regulations

The rules and regulations are consistent with the guidelines approved by Knox County Schools for dance and cheer squads. Members of the FMS Dance Team will be required to adhere to these requirements and rules. Your signature below verifies your agreement to comply. (Note: Only 1 parent/guardian signature is required.

If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

.....
Date

.....
Student

.....
Date

Farragut Middle School Dance Team 2020-2021

PERMISSION AND RESPONSIBILITY VERIFICATION FOR FARRAGUT MIDDLE SCHOOL DANCE TEAM

PARENTS: Please read the attached information with care before signing this form. It is under these guidelines that your student will be required to function if selected as a member of the team. Please know that all reasonable care will be taken by the school, coach, and sponsors during all school approved Dance Team activities.

I have read the Information Sheet and Requirements and Rules (including financial responsibilities) for membership on the Farragut Middle School Dance Team. I will support all items stated. I do understand that they are subject to revision. I will not hold Farragut Middle School, the Sponsors, Supervising Parents, or Coach responsible in case of injury to my child. Furthermore, I guarantee that the Knox County Schools Physical Examination and Sports Medical Permission Form has been completed (in February or March, 2020) with the requested information, medical examination, and signatures.

I hereby give my consent for (student's name) _____
to represent Farragut Middle School in the sport of Middle School Dance Team, realizing that such activity involves the potential for injury. I acknowledge that even with the best coaching, use of the most advanced equipment, and strict observance of rules, injuries are still a possibility. On rare occasions these injuries can be severe and result in total disability, paralysis, or even death. I acknowledge that I have read and understand this warning.

We further release Farragut Middle School, its agents, servants, and employees from any liabilities for damage and injury to the above individual and hereby accept full responsibility for any damages or injuries sustained as a result of participation in the F.M.S. Dance Team activities.

Parent Signature

Date

I have read the Information Sheet and Requirement and Rules for membership on the Farragut Middle School Dance Team and agree to meet all responsibilities if selected for the squad.

Student Signature

Date

Farragut Middle School Dance Team 2020-2021

Injury and Illness Policy

Parents and dancers please read through the Injury and Illness Policy. Parents and dancers are required to provide their signature to show their acknowledgement and acceptance of the Injury and Illness Policy. Failure to comply with this policy will result in consequences deemed appropriate by the coach and sponsor up to and including dismissal from the team.

- I understand that if my child is sick that the coach and/or sponsor is to be notified prior to each practice, performance, or event.
- I understand that the coach and/or sponsor is to be notified immediately of any injuries (whether it occurs at a practice, performance, event, or outside of team hours).
- I understand that if my child is sick or injured for 2 or more consecutive practices that a physician's note must be provided.
- I understand that if my child is injured and put on restriction by a physician that the coach or sponsor must be provided a physicians note and that note must indicate those restrictions.
- I understand that if there are any changes to the restriction that a follow-up physician's note must be provided to the coach or sponsor indicating the updates.
- I understand that a timeframe or release date must be provided for the restriction by the physician on the original note. I understand that if a timeframe or date is not provided by the physician on the original note that a follow-up note must be provided before my child will be taken off restriction.
- I understand that even if my child is injured that she must still attend all types of practices, performances, and events (wearing the proper attire).
- I understand that if my child is sick and is absent from school for more than half a day, that she is not allowed to fully participate at practice that day.
- I understand that if she feels better and is not contagious, she is expected to attend practice to observe.
- My signature verifies that I understand this agreement and that the coach and/or sponsor will not be held liable (Note: Only 1 parent/guardian signature is required)

.....

Farragut Middle School Dance Team 2020-2021

I acknowledge that I have read the Injury and Illness Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

.....
Date

.....
Student

.....
Date

Farragut Middle School Dance Team 2020-2021

School Performance Policy

Each dancer will undergo an evaluation process before each school performance to ensure the team is properly represented

- All dancers will be evaluated at a practice the week of the performance
- Dancers will have to perform routines one at a time or in small groups to demonstrate memorization, facial expressions/crowd appeal, strength of movement, and technique of motions. If a dancer cannot successfully demonstrate all routines that dancer will not be permitted to perform.
- Dancers more than 30 minutes late to a performance, regardless of circumstance, will not be permitted to perform.
- Dancers must be presentable to be eligible to perform. This includes (but is not limited to) having your hair neat and properly secured, wearing the correct uniform, remembering and wearing your correct earrings, uniform is secure, uniform is clean and undamaged, undergarments are not showing, shoes are clean, you are wearing low-cut solid white socks, and you are wearing light/normal make-up. If dancers are not presentable they will be penalized up to and including not be permitted to perform (decision to be made on a case by case basis by the coach and/or sponsor).
- The coach will also take into account a dancer's work ethic, attitude, and overall daily execution at practice to determine if they will perform.

The decision of dancers that will perform is made by the coach and is final. Questioning attitudes from dancers and/or parents will not be tolerated and may affect future performances. Any dancers not permitted to perform must still attend the performance wearing the proper attire.

.....
I acknowledge that I have read the School Performance Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

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Date

.....
Student

.....
Date

Farragut Middle School Dance Team 2020-2021

Social Media Policy

For the purposes of this policy, social media means any form of electronic communication through which users create online communities to share information, ideas, personal messages, and other content, including, by way of illustration and not limitation, social networking sites such as (but not limited to) Twitter, Facebook, Instagram, Tumblr, Tik Tok, and SnapChat. Farragut Dance respects the right of its dancers to use social media. However, it is important for the dancers to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Dancers who use social media must remember that any information posted reflects on the entire squad and community.

Dancers will not post or promote anything, including pictures, deemed inappropriate by the coach and/or sponsor. Inappropriate may include but is not limited to the following:

- General inappropriate language of a profane or sexual nature
- Profane or inappropriate language or remarks directed toward teammates, coaches, other FMS students, staff, coaches, as well as athletic administrators and representatives from other schools
- Demeaning statements about or threats to any third party
- Incriminating photos, statements, or language in reference to violence, drug or alcohol use, bullying, or any other inappropriate behaviors
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person
- Indicating knowledge of an unreported felony theft or property damage
- Indicating knowledge of an unreported school or team violation
- Engaging in or indicating knowledge of cyber bullying and/or harassing another student or staff member
- “Liking” any of the above comments or photos on Facebook or any other social networking sites indicates your approval of such comments and thereby holds you to the same standard. Should you choose to “Like” such comments/photos made on social networks by your friends, the consequences outlined below will apply.
- “Retweeting” or marking a tweet as a “Favorite” on Twitter (or other social media platforms) also indicates your approval of inappropriate comments and thereby holds you to the same standard. Choosing to retweet or favorite an inappropriate comment or picture will subject you the consequences outlined below.
- “Subtweeting” is not permitted under any circumstances. The notion that you are choosing not to identify the victim of your bullying or inappropriate comments DOES NOT preclude you from the below consequences.
- Curse words in the background of Tik Tok
- Inappropriate gestures, even if it’s a trend, on Tik Tok
- Other inappropriate behavior as deemed so by coach and/or sponsor

Farragut Middle School Dance Team 2020-2021

Dancers will befriend the coach and sponsor for all social media accounts and will include them on the lowest level of security/privacy they have set for their account (meaning the coach/sponsor will not be restricted). Dancers are not allowed to have "fake" accounts. Dancers must provide a list of all social media accounts to which they will be using in any capacity.

The dancer will be notified via email and or text message to remove anything deemed inappropriate.

Though a parent may not feel like their dancer did not post anything inappropriate from an individual standpoint, the coach and sponsor are looking at it from a team image standpoint. The decision of improper use of social media coach and/or sponsor and is final. Questioning attitudes from dancers and/or parents will not be tolerated and may affect future ability to tryout for the team.

.....
I acknowledge that I have read the Social Media Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

Date

.....
Student

Date

Farragut Middle School Dance Team 2020-2021

Parent Policy

Parents are expected to be supportive of a positive team environment.

- Parents should provide only positive feedback at a performance or competition.
- Parents need to be responsive to team communication (such as emails or newsletters sent home).
- Please ensure all payments are made on time and in the correct form (I.e. In an envelope, via check, etc.)
- Feedback to the program is encouraged but complaints about decisions made are not welcome. Every decision made is in the best interest of the team. It is understood that parents will have their child's best interest in mind but decisions are made in the best interest of the entire team.
- Parent coordinators will be set up by the coach and/or sponsor. It is expected that all parents will be responsive to these coordinators.
- We understand that there are various work schedules, but parents are expected to be involved as necessary and volunteer with activities when available (such as volunteering to carpool, chaperone practice, etc.).
- It will not be tolerated for parents to negatively talk about members of the team, coach/ sponsor, or other parents. If there is a serious personnel issue, it should be brought directly to the coach or sponsor.
- Dancers will not be punished for negative actions of a parent. However negative actions of a parent can ultimately result in a dancer's dismissal from the team or ineligibility to tryout in upcoming years.

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I acknowledge that I have read the Parent Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....

Parent/Legal Guardian

Date

.....

Student

Date

Farragut Middle School Dance Team 2020-2021

Consequences Policy (page 1 of 3)

Preparation

Dancers are expected to be prepared for all practices and performance.

Preparation: Dancers are expected to be prepared for every practice. Dancers may be asked to bring certain items, practice at home, etc. for practice. Being unprepared will result in consequence (push-ups, running, etc.) deemed necessary by the coach. Dancers will be expected to bring the following items to all practices:

- Injury Brace/Knee Pads (if necessary)
- Practice poms (will be provided by the coach)
- Tennis Shoes (appropriate for conditioning)
- Team Notebook (25 push up or burpees if forgotten)

_____ initials

Timeliness

Dancers are expected to be on time to all practices, performance, and team events. Being on time means being completely ready (dressed, hair secured, already eaten snacks, etc.) and present at the required time. The same rules apply for leaving early.

Practices: Practices include after school practices as well as additional weekend practices. For every 1 minute late that dancer will have to do 10 push-ups at the current practice. If a dancer is unable to complete the total push-ups at the current practice, that dancer will be permitted to complete the push-ups at the following practice.

- Exception – A dancer is only permitted to be late to practice if she has to stay after school for class/club purposes AND she has informed the coach prior to being late to the practice.
- Consequence – 1 minute late = 10 push-ups.

_____ initials

Performances: Performances include all school performances (pep rallies, football games, basketball games, assemblies, etc.), competitions, and outside performances. For every 1 minute late that dancer will have 20 push-ups the following practice.

- Exception – there are no exceptions.
- Consequence – 1 minute late = 20 push-ups; more than 30 minutes late = you do not perform

Farragut Middle School Dance Team 2020-2021

Consequences Policy (page 2 of 3)

Proper Attire

Dancers are expected to have the proper attire for all practices, performance, and team events. Proper attire means having all specified items (clothing, hair, jewelry, shoes, etc.) and available at the required time.

Performance Attire: Dancers are responsible for having ALL costume items (clothing, accessories, hair, and shoes) for all performances. Dancers will either not be permitted to dance or will have 50 push-ups for each piece missing at the discretion of the coach.

_____ initials

Practice Attire: Dancers are responsible for being properly dressed at every practice which includes clothing, hair, and shoes. Proper attire is explained below.

- Clothing: Dancers are responsible for bringing proper dance attire to every practice. Dancers may be asked to wear matching outfits during months of practicing for competition. Consequences for not bringing the correct clothing will be 25 push-ups for each missing piece of clothing.
- Hair: Dancers are required to have their hair properly secured at every practice, which includes clipping loose hair out of the face. Consequences for not having hair properly secured will be 25 push-ups.
- Shoes: Dancers are required to bring their turners and tennis shoes to every practice. Consequences for not bringing the correct shoes will be 25 push-ups for each missing shoe.

_____ initials

Note: Dancers will not be permitted to condition without proper shoes. If conditioning at practice and a dancer does not have the proper shoes, that dancer will be required to perform equivalent exercises deemed appropriate by the coach.

Parent/Legal Guardian Date

_____ initials

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Farragut Middle School Dance Team 2020-2021

Consequences Policy (page 3 of 3)

I acknowledge that I have read the Consequences Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

.....
Date

.....
Student

.....
Date

Farragut Middle School Dance Team 2020-2021

Update Policy

In the unlikely event that the Rules and Regulations or any Policy needs to be updated, members and parents will be notified and provided with an updated form. Any updates will not change the intent of the original form. Updates would be made to address any circumstances not currently addressed, clarifications, or any necessary enhancements in the best interest of the team. Examples of updates could include (but are not limited to): social media behavior, practice preparedness, etc.

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I acknowledge that I have read the Update Policy and my signature verifies my agreement to comply. (Note: Only 1 parent/guardian signature is required. If only 1 parent/guardian signs, then that signature will serve as signing for all parents/guardians.)

.....
Parent/Legal Guardian

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Date

.....
Student

.....
Date