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| **Hardin Valley Middle Dance Handbook** |
| **2020-2021** |

**Hardin Valley Middle**

**Dance Handbook**

***Philosophy***

The dance program at Hardin Valley Middle will provide its participants with many opportunities involving leadership, teamwork, spirit, and enthusiasm. The purpose of our program is to:

1. Promote and uphold school spirit and enthusiasm of spectators at athletic events in victory and defeat.

2. Develop a sense of good sportsmanship through competition.

3. Promote Hardin Valley Middle by being involved in the community.

**Requirements to Try out:**

1. A parent or guardian must attend the mandatory parent meeting before a student can try-out for dance. Students will not be able to participate in the workshop or try out if Ms. Branham has not met with his/her parents. **ALL PAPERWORK** **& 10.00 Check made out to HVMS DANCE TEAM** must be turned in to Ms. Branham at HVES or returned on the first clinic date Monday, April 6, 2020 **-IN A LABELED ENVELOPE**.
2. All dancers must maintain the Knox County academic requirement. Once on the team, all dancers must have passing grades in all classes at all times. Athletic study hall will be the first intervention, followed by removal from the team if grades are not improved. Each athlete must submit a copy of the most recent report card or print out from Aspen in order to try out. If an athlete has a failing grade they will have 4.5 weeks to improve their grade. If the grade does not improve during that time the athlete may be removed from the team.
3. **KNOX COUNTY ELIGIBLITY STATES-ONLY THE FOLLOWING STUDENTS ARE ELIGIBLE TO TRY OUT:**
   * + CURRENTLY ENROLLED HVMS students
     + KNOX COUNTY feeder Elementary Schools students that reside in the Hardin Valley Middle zone.
     + Transfer Students may tryout if transfer has been applied for.
4. Students must attend all workshops dates (April 6 &7) in order to try out.
5. Students may participate in outside dance programs; however, they CANNOT interfere with HVMS dance.
6. A current physical must be on file to try out and participate.
7. Students are ineligible to participate if he/she becomes 15 years of age on or before August 1, 2020.
8. If a candidate has been previously dismissed, quit or failed to fulfill **any obligations** of the HVMS Dance program they must wait one full year before they will be allowed to try out again.

**Try outs:**

1. We will conduct the mandatory dance workshop April 6th & 7th beginning promptly at 3:30pm in the gym and concluding at 6:30 pm. Candidates are expected to be in the HVMS gym, dressed and ready to go at 3:45pm, sharp. During the workshop, candidates will learn one dance routine and practice skills.
2. Try outs will be held April 9th beginning at 3:30 pm (girls will have time to get ready). Candidates will try out individually as well as in groups of three. Candidates will perform their newly learned dance routine.
3. Candidates will try out and be judged by a selection committee of three to five judges that meet Knox County requirements. **Try outs are closed. No spectators are allowed**.

**Dance Constitution**

**I. The Role of a Dancer**

* Represent the school to the highest degree
* Set an example of good behavior and sportsmanship at all times
* Provide leadership
* Promote unification of the crowd's involvement during the athletic events.
* Improve life skills in the area of: leadership, emotional maturity, self-confidence, moral and ethical values, decision making skills, cooperation, spirit of competition, character and self-discipline.
* Balance academic requirements and demands with extra-curricular and personal activities.

**II.** **Standards of Behavior for Dancer**

Dancers by title are **role-models**. Your coaches hope that you will embrace this role. Remember that there are people watching everything you say and do, because of this, dancers are expected to set high standards for their school and to set a good example for their fellow students.

* All dancers must maintain an attitude of enthusiasm and cooperation with team members and coach at all times. Working together may mean making personal sacrifices at times for the good of the team and doing so with enthusiasm.
* As a representative for Hardin Valley Middle, dancers are expected to uphold all school rules, handbook policies, and state laws while in or out of uniform. Any violation of these rules or conduct deemed improper and unsuitable for a dancer - no matter where the incident takes place - will result in consequences administered at the discretion of the coach and/or the athletic director.
* Bullying is a serious offense and Hardin Valley Middle has a ZERO TOLERANCE policy. If your dancer is suspected of bullying in any capacity he/she will be dismissed immediately. If any parent(s) of any dancer participates in any form of bullying/harassment they may be prohibited from attending any sporting event and may result in their child dismissal from the team.
* A student shall not intimidate, harass, or bully another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation, cyber bullying (social media platforms/text) or manipulation
* Grades will be checked periodically at the coach's discretion. If any grade falls below a "C" the dancer will be asked to seek tutoring for extra help and may be removed from participation if grade does not improve.
* If any dancer receives an “F” they will be suspended for one game to try to bring the grade up to passing. If the grade is not brought up at the end of that time they will be suspended at the coach/athletic director’s discretion. If the grade is not brought up at that point they may be dismissed.

**III. Communication**

* All team communication will be by texts/phone calls, emails or through a group messaging app.
* All dates will be communicated through email or through the group messaging. It is your responsibility to stay on top of messages and emails sent by coaches.
* Social media will be used in a limited capacity for team communication. If message is on social media, it will also be communicated through Group Me, email, or text.

**IV. Attendance Policy**

* Dance is a time-consuming sport with practice and events. All dancers are expected to attend scheduled meetings, practices and events. **THREE UNEXCUSED ABSENCES equal dismissal from the team.**
* Dancers must be in attendance at school to be eligible to participate in practice or performances. **The only excused absences are below:**
* Death in the family.
* Medical illness (requires a note from the doctor stating the illness is contagious)
* Other medical issue (i.e. sprained wrist-requires note from the doctor)
* Academic Necessity-(Tutoring or school activity approved by coach 1 week prior to missed event.)
* All dancers will get the TSSAA sanctioned Dead Period off at the end of June and beginning of July. Please make every effort to schedule family vacations during this time.
* If you are out due to an injury (i.e. sprained wrist) you MUST present a Doctor’s note releasing you before you will be allowed to return to practice, a game or competition. Dancers are still required to attend all practices, games or other scheduled events while injured.
* If you are out due to an injury and unable to perform ALL skills necessary for a dancer you will be rostered as an alternate for any competition. If the dancer is unable to fulfill his/her physical requirements for an extended period they may be dismissed from the team.
* Unexcused absences from school are not acceptable. You must be at school to participate in dance activities.
* If you are at school, you are expected to be at practice that day. Please schedule appointments during times that will not conflict with dance practices or events.
* Missing practices that are categorized as “excused” absences can still lead to being removed from a routine due to not physically being available to practice. IF you miss a practice on a game week you may not dance.
* During game suspensions, the team member will sit in uniform with the coach for the entire game.
* If you are dressed out at any event you are expected to remain with your team/coach at ALL times. You will not sit in the student section, with your friends or parents.

**VI. Safety**

* Jewelry is not to be worn at any dance event or practice.
* Nails are to be kept at an appropriate length. Neutral Nail polish ONLY. Finger nails must be kept short near the end of the fingertips. This rule applies to artificial nails as well.
* Appropriate practice wear/uniform and shoes must be worn at all times.
* Hair must be in a ponytail or braid for all practices, games and appearances unless otherwise noted.
* Athletes will NEVER spot another athlete or tumble without supervision of the Coach or other AACCA certified staff member

**VII. Dance Season**

Practices and Event Participation:

* While every effort will be made to schedule in advance, events may be scheduled and attendance required with short notice.
* Practices during the school year will be 2 days per week depending on time of year.
* **Arrive** at all practices on time, in **complete assigned practice attire**, with hair in a ponytail or braid.
* Every Dancer will be expected to dance at all home basketball games including special events.

Game Day Expectations:

* Team members are expected to dress as a team on game day. **This is not optional.**
* For home games, dancers need to report to the designated area to be fed, dressed, and warmed up by 4:00.
* **Have complete uniform at all games. If you are missing pieces you will not dance.**
* **Hair and make-up must be game day ready upon arrival.**
* Remain in the dance area. You may take care of personal business before or after the game.
* Any conduct deemed unsportsmanlike is subject to disciplinary action at the Coach’s discretion, up to and including dismissal from the team.
* DO NOT socialize during the game.
* Dancers are to remain with coach AT ALL TIMES unless you receive permission from Coach.
* No athlete has guaranteed preferential routine placement. All placements are given by the Coach.
* Dancers are expected to stand RESPECTFULLY, hand over your heart, completely silent during the playing/performing of the National Anthem. If you cannot do that you will be benched for that game. If it persists you will be dismissed from the team.

**VIII. Uniforms**

* Each dancer will be responsible for their uniform. Your uniform must be clean for every event.
* Each dancer is responsible for any lost, stolen or damaged items.
* Uniforms are to be worn for school activities only.
* Do not lend your uniform to anyone.

**IX. Financial Responsibilities**

As a public-school group, no child should be unable to try out or participate due to the inability to afford the expenses that may come with being a member of a group or team. Therefore, please do not decide whether to allow your student to try out for the dance team based on these expenses. **The payment schedule can be flexible when necessary and there are several fundraising opportunities.**

**100% PARTICIPATION IS REQUIRED for all Team Fundraising**. Parents are highly encouraged to help with fundraising. However, the dance account keeps all fundraising to pay for listed and miscellaneous expenses such as 8th grade night awards, transportation costs and other necessary expenses.

Any student who has been a dancer in the past and has not paid his/her dance financial obligations from the previous season may not participate in clinic or try out until these bills are paid in full. Non-Payment of financial obligations may result in dismissal or diploma being held.

Most of the items we order/purchase are custom items and as such require a significant deposit before the order will be processed and must be paid in full prior to shipping the completed order.

**ESTIMATED** Equipment Cost for Dancers necessary items are as follows:

* Insurance $ 30.00
* Summer Camp $400.00
* Camp/Practice Wear $200.00 (includes camp wear and bows)
* Uniform(s)/Poms/Bag/Shoes $500.00 \*returners will only be responsible for new bag (90.00)
* Competition Gear $100.00 (this cost could decrease)
* Choreographer(s) $ 50.00 a month/ due at the beginning of each month (June-December)

Print Dancer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Competition Cost**

I understand that competitions, parades, and other events are an additional cost. If my student is selected as a dancer to represent Hardin Valley Middle and is selected to compete/participate there will be additional individual costs incurred with these competitions.

Print Dancer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**POINTS TO REMEMBER**

* Communication will be through texts/email/Group Me app/phone calls to the dancers.
* You will receive a calendar with scheduled events to date. You will be responsible for knowing the date of events as they are added to our schedule.
* Arrive at all practices on time, in complete practice attire, with hair up.
* **Anything that belongs to you** (i.e. jacket, pants, bows, poms,water bottle, etc.) **MUST be packed away in your backpack, not strewn all over the practice area, sidelines, or bleachers. If you can’t do that you will sit out until you learn to do so.**
* If an emergency arises, your parents will need to contact Coach Branham.
* **Cell phones are to be in your backpack or purse during any practice, game or appearance unless approved by Coach.**
* NO GUM
* **NO JEWELRY**
* **Arrive** at all Games on time, in **Complete Uniform with Hair and Makeup Game day ready. \*\*\*(Game day=Hair Up (unless otherwise noted, Bow, Eyes & Lipstick).**
* **Attitudes must be positive and upbeat!**
* You must always be willing to work and cooperate at all times.
* **Negativity, Drama, Disrespect in any form, will not be tolerated.**
* Everyone must have a solid working knowledge of all dance routines.
* Individual execution of the dances must meet Coach’s requirements and team performance level. No dancer will be permitted to perform at a game until you meet the required level of performance expectation. You will sit out in uniform with coach on the sidelines until required performance level is achieved.
* **Be an Active Listener and Accept Constructive Criticism**
* If a Dancer is going to miss a practice or be late, they must speak to the Coach directly. Not another dancer (texting the coach is fine but you must receive a response from the coach to show they have been notified).
* A Demerit system will be enforced during the season. We will discuss the system in its entirety at our first meeting/practice.

**Parent Notes**

Please remember to be kind to the coach/choreographer! I am a volunteer who is dedicating **many** hours to make this team successful. Please be cognizant of comments to other parents and/or posts on social media. If you have a question and/or concern **DO NOT** go through Addie. You will need to contact me directly at [christa.branham@knoxschools.org](mailto:christa.branham@knoxschools.org), through text at 865-314-6141, or GroupMe.

Important Dates: \*please Note That some dates & COSTS are tentative

* **Thursday, April 9**- Tryouts. The girls will be notified at the end of tryouts if they made it or not.
* **April 15**- Varsity fitting at 4:00PM at HVES (Room 515)
* 1st payment for camp tuition/competition wear/bows/insurance (283.00); Varsity Parent Portal will open to order summer camp gear/poms/shoes/bags (377.00)
* **May 1**- Varsity Parent Portal closes
* **May 30**- 2nd payment due for camp tuition/competition wear/bows/insurance (283.00)
* **June 1**- 1st 50.00 payment due for choreography fees
* **May 1**-**August 7**- Practice Dates TBD \* Practices will not be scheduled during the TSAA dead period (6/22-7/5)
* **July 2**- 2nd 50.00 payment due for choreography fees
* **July 17-20 UDA CAMP\* MANDATORY (**Overnight camp at The University of Tennessee**)**
* **August 3**- 50.00 payment due for choreography fees
* **August 15-**Parent portal reopens to order remainder of uniform (247.00)
* **September 3-**Parent portal closes & 50.00 payment due for choreography fees
* **October 1-** 50.00 payment due for choreography fees
* **November 2-** 50.00 payment due for choreography fees
* **December 3-** 50.00 payment due for choreography fees

**PLEASE NOTE-None of the uniforms will be shipped until all dancers have paid in full!!!**

\*Competition costs are not included in the fees. However, we will try to offset all costs with fundraising efforts beginning this summer

How Does Practice Work During the School Year?

* Beginning in August, we will Practice on Monday and Thursdays each week. Practice will begin at 3:30 and end at 5:30 PM.
* In November when basketball season starts, the schedule may change a little. Home games are once a week (Mon. or Thurs.) The day that is not a home game is our practice day. During game season, we sometimes have additional practice times.
* Our season finishes in January. We do not perform during the tournaments. We are sometimes asked to perform at other events such as pep rallies, 5th grade visit, etc.
* With the hopes of competing, we will more than likely hold additional practices for preparation. Those dates are TBD.