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# **Hardin Valley Middle Dance Handbook**



**2022-2023**

# 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.

**Dance Team Personnel:** The dance team is coached by Addie Stevenson and Sponsored by Christa Branham

**Requirements to Try out:**

1. **ALL PAPERWORK & 15.00 Checks made out to Addie Stevenson or Venmo (@addiestevenson)** must be turned in to Coach Addie or Mrs. Branham upon arriving the first day of clinics - **March 22<sup>nd</sup> - 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 in order to try out (Fall report and most recent interim report card are required). 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 ELIGIBILITY 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 who anticipate an approved transfer and/or are moving into the zoned area.
4. Students must attend all clinic dates (March 22<sup>nd</sup> & 23<sup>rd</sup>) in order to try out (March 24<sup>th</sup>).
5. Students may participate in outside dance/sport programs; however, they will NOT interfere with HVMS dance.
6. A current physical must be on file to try out and participate. This physical must state that your dancer is able to participate in the following areas without restriction: jumps, tumbling, strength training.
7. Students are ineligible to participate if he/she becomes 15 years of age on or before **August 1, 2021.**
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.

### **Tryouts:**

1. Addie Stevenson, will conduct the mandatory dance clinics March 22<sup>nd</sup> and 23<sup>rd</sup> beginning promptly at 4:00pm in the gym and concluding at 6:00pm. Candidates are expected to be in the HVMS gym, dressed and ready to go at 4:00pm, sharp. During the workshop, candidates will learn the tryout routine and practice skills.
2. Tryouts will be held March 24<sup>th</sup> beginning at 4:00 pm. Candidates will try out individually as well as in groups of three. Candidates will perform their newly learned dance routine along with the skills listed on the score sheet.
3. Candidates will try out and be judged by a selection committee of three to five judges that meet Knox County requirements. **Tryouts are closed. No spectators are allowed.**
4. Dress Code: Wear comfortable shorts/pants, shirts, and shoes for clinics. Dance or tennis shoes, solid black shorts, a black top (leotard or form fitting tank - no crop tops) and hair must be in a bun or ponytail for tryouts. 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!

5. Studio dance is not required, but highly encouraged.

## **HVMS Dance Rules, Regulations, & Expectations**

### **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 athletic and school 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 extracurricular and personal activities.

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

Dancers by title are **role-models**. Your coach hopes 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 the 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 being dismissed from the team.

- A dancer 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 emails or through a group messaging app (GroupMe). Please refrain from calling the coach or sponsor unless there is an emergency.
- All dates will be communicated through email or through group messaging. There will be a monthly calendar sent out via email. It is your responsibility to stay on top of messages and emails sent by coaches. **Make sure to have GroupMe notifications on!!**
- Social media will be used in a limited capacity for team communication. If a message is on social media, it will also be communicated through GroupMe, email, or text.
- Dancers will be responsible for communicating missing practices and games in an appropriate time frame to coach Addie

### 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 2 weeks prior to the 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.
- All practices before a game are **MANDATORY**. You must attend the **FULL** practice before a game unless the coach is notified with one of the excused absences above.

- 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 participate at practices, games or competitions. 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 not participate in the routines.
- 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 or position due to not physically being available to practice. IF you miss the practice before a game you will 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 unless permitted by coach.

## VI. Safety

- Jewelry is not to be worn at any dance event or practice - Only team earrings!
- 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 pulled up and out of the dancers face for all practices, games and appearances with a hair tie ( NO SCRUNCHIES ) unless otherwise noted.
- Dancers may not chew gum or snack (unless on break) while at practices or games.
- 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.
- **Arrive** at all practices on time, in complete assigned practice attire, with hair up and out of the dancer's face.
- Every Dancer will be expected to dance at all home basketball and football games.

### 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 uniform at all games. If you are missing pieces you will not dance.**

- **Hair and make-up must be game day ready upon arrival.**
  - **Game day ready =Hair up in the style decided upon, Tasteful Eyes and lipstick.**  
**\*\*Subject to change\*\***
- 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 the 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.
- Parents are not permitted in designated practice areas, nor behind the fence during football season.

### 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 8<sup>th</sup> grade night awards, end of the year banquet costs, and other necessary expenses unless otherwise specified.

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 the clinic or tryouts until these bills are paid in full.

Non-Payment of financial obligations may result in dismissal.

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. **Due to vendor's policies, effective immediately, items purchased will no longer be distributed to individual dancers until payment for that item is received in full.**

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

- Insurance \$30.00
- Summer Camp \$450.00 (Price will vary with fundraising and # of team)

- Camp/Practice Wear \$30-40 (includes 3 shirts and a bow)
- Uniforms/Poms \$375.00 (pom dress, skirt, uniform top, bag, poms)
- Bloch Nude Jazz Shoes \$49.00
- White tennis shoes \$50-70 (depends on where you choose to purchase)
- Team earrings \$8.00
- Coach Fee \$50.00/month (estimated timeframe – April-January )
- Studio Summer Fee \$10/ 3 months (depends on total # of girls on team)

## **Summer Practices:**

We will begin conducting practices in April. We will not have practices or contact during the TSSAA dead period (June 26-July 10). The attendance policy (**page 5**) will be in place during summer practices.

Summer practices will be on Mondays and Thursdays from 10am - 12pm. These practices may take place at a nearby dance studio. Please make sure the dancer has had a proper breakfast and packs a small snack as well as plenty of water.

We will participate in a 3-4 day UDA destination summer camp. **UDA camp is MANDATORY** - this is where the girls will learn their routines for football and basketball season as well as provide a great opportunity for the team to learn and grow as dancers, teammates, and people. UDA camp dates will be announced shortly after tryouts as the dates may change year to year. The estimated cost will be around \$450. Dancers will have an outfit or uniform for each day and it is their responsibility to wear the correct outfit each day.

## **Fall Practices & Games:**

Fall practices will begin the first week of school on Mondays and Thursdays until 6pm and start promptly at 4pm. Between 3:30- 4 dancers are expected to change into practice attire and eat a snack if needed.

During football season, dancers will be expected to be in uniform, fed, and ready to stretch and practice an hour before the game starts. We will only perform at home football games, unless there is a close game nearby that the whole team is able to attend. The dates will be sent out on the monthly calendar.

During Basketball season, we will have team meals before the game (3:30-4). Once the basketball schedule is released a sign up sheet for team meals will be sent out for parents to volunteer.

Dancers must be present the full practice prior to football/basketball game in order to perform ( i.e. if there is a basketball game Thursday, you must attend the full Monday practice)



# Parent Notes

If an issue arises please contact the coach or sponsor via email or through the group messaging app **privately**. Parents are not to gossip/vent about issues regarding dance, dance team members, coaches, or situations regarding the program. Both coach and sponsor are willing to hear any concerns. Please follow the rules of communication when addressing issues.

If a dancer has a concern on the team, he or she will need to put in writing their concern to the coach or sponsor to discuss. We want our athletes to mature and learn to be able to openly communicate their thoughts, feelings, and concerns. Please allow your child the opportunity to grow and speak to us before you as the parent get involved. If we know or recognize any major concerns, you will be contacted immediately.

Lastly, please remember to be kind to the coach and sponsor! We are 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 any comments, questions, concerns please contact coach Addie Stevenson at [addiestevenson0419@gmail.com](mailto:addiestevenson0419@gmail.com) and/or sponsor Christa Branham at [christa.branham@knoxschools.org](mailto:christa.branham@knoxschools.org)

**\*\*Contract must be signed prior to the candidate's audition. This contract does not guarantee your child's placement on the team. If your child is selected to be on the HVMSDT, this contract will be effective immediately.**

I hereby understand that as a parent of a HVMS Dance Team member, I am here to support my athlete, the coach, and the program as a whole. If I represent the program poorly or break the above contract, the coaches have the right to dismiss myself and/or my dancer from participation or from the team. This is to be a positive experience for the coaches, student athletes, and other parents involved.

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

I hereby understand that as a HVMS Dance Team member, I am here to represent my school, team, and coaches to the highest degree. If I represent the program poorly or break the above contract, the coaches have the right to dismiss me from participation or from the team.

Print Dancer's Name: \_\_\_\_\_ Date: \_\_\_\_\_