

HVADT Dancer Overview and Contract

PURPOSE

The purpose of the Dance Team program is to promote school spirit and good sportsmanship at school functions and to serve as a performing group representing the high school throughout the community, state, and nation. Members are exposed to teaching, practice and performance opportunities that result in the development of responsibility, self-respect, and that encourage an honest effort in striving for excellence. These opportunities also develop character, teamwork and pride in quality of performance and physical fitness by emphasizing the maintenance of high standards. This team's style is mainly hip hop, but over the past few years, HVADT has expanded into the pom and jazz styles as well.

CONDUCT AND EXPECTATIONS

After making the squad, the HVA Dance Team will be expected to follow certain rules:

Zero Tolerance Rules

We will not tolerate any of the following behaviors. If you are caught, found guilty, or even assumed by evidence as doing one of the following, you will immediately be removed from the Hardin Valley Dance Team, reported to the Athletic Director and Principal, and may not be eligible for any other HVA sport. Please note that situations that occur will be dealt with by HVA administration as well as coaches.

1. Drinking
2. Questionable Social Gatherings
3. Smoking
4. Inappropriate relations
5. Illegal practices
- 6. Bullying**
- 7. Drama of any sort. This also includes parents.**
8. Inappropriate text messages, etc.
9. Any type of group chat of dancers that is not created by administration.

We also ask that all dancers report to practices and any other dance events with a positive and appreciative attitude. It is a **MUST** to keep our environment and positive, safe place. A dancer will be asked to leave practice if an attitude or other actions affects the overall environment.

Appearance

Our girls are not only viewed as HVA students but also members of the dance team. Please follow the school's dress code policy. Inappropriate clothing being worn gives the team a bad reputation. Also, we ask and require dancers to keep their hair color a natural color. Example, please do not dye your ends/underneath/whole head pink or purple. It is also recommended that dancers at least have medium length hair (shoulder length) in order to achieve certain hairstyles for games and competing (such as buns or braided styles).

Communication

Communication is a crucial part of this team. Dancers MUST let us know what is going on (attendance conflict, injury, other issue, questions, etc.) There are many girls on this team; therefore, we need each girl to be straightforward. This is a high school team which means dancers are responsible for letting their guardians know about practices, injuries, costs, extra rehearsals, events, etc. We will try to make announcements on our Facebook/group me pages/email, but ultimately, it is the dancer's responsibility to let their families in on our dance team activity. As mentioned, prior, this is a high school team which means dancers are old enough to be independent and let us know what they need.... Not their guardian. I encourage parent involvement 100%, but we expect dancers to be the ones meeting with us or calling/texting us when they need to do so. Please also think thoroughly before texting a coach regarding an issue (parents/dancers). We are happy to handle any problems but do so in a clear state of mind (allow 24 hrs. to reflect). This gives time to calm and present an issue appropriately. We do not blame, complain, or get defensive.

Within communication, it is expected that all dancers respect one another and their coaches. If you do not have anything nice to say, do not say anything at all. We try to keep a respectful and positive environment as best as we can. We aim to lift each other up and not put each other down. When in doubt, all dancers are teammates who share a love for dance. Be energy givers not energy vampires.

Grades

We are a school-based team which means academics come first. You are responsible for getting all your schoolwork completed in class and outside of class. We WILL check your grades. If you are failing a class, you will sit out (No games, competing, social squad events, etc.) until you are passing the course. If you fail a class at the end of the semester, you will be on academic probation which will cause a step back. If you fail multiple courses at the end of the semester, you will be removed from the team.

Attendance

Dance is a team activity and when one person is missing it affects the entire team.

- Members are required to attend all activities and rehearsals. This may include weekdays, evenings and weekends. Jobs, club activities, extracurricular activities, doctor's appointments, etc. should be managed around dance team.
- If a member is ill and misses ANY activity, they must be at home or seeking medical appointments. A doctor's note is also REQUIRED.
- If a member misses ANY practice, they will have to forfeit the upcoming performance or activity due to the lack of preparation.
- All doctor appointments, other activities that the student is involved in, and/or jobs should be scheduled so they do not interfere with Dance Team activities and performances.
- Emergencies would be the only exception. The definition of "emergency" will be left to the coach's discretion. All team members will attend all performances and activities in their entirety.
- Dancers must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day. PLEASE do NOT skip school for fun on a dance day. You're only hurting yourself and the rest of the team.
- If a member is late to a practice without communicating to a coach (not dancer), they will face consequences at practice.

**If a team member misses, they are responsible for getting caught up on choreography or anything taught ASAP on their own time. If they show up to the following practice without this knowledge learned, their spots and involvement, in said routines, can be altered or removed entirely.

Injuries

Dance can lead to just as many injuries as any other sport. As mentioned in a previous section, dancers must communicate what is going on with their bodies. They must communicate to us AND to their parents as well. It is not our job to tell your guardian every time you fall onto your bottom. If a dancer gets hurt outside of practice or during practice, we must be told in order to take the appropriate course of action; otherwise, we are most likely not aware of an injury. A doctor's note will be needed for an extended time of sitting out and being able to then participate

again. As a dancer, you must take care of your bodies. When injured, you're still required to come to practice and watch unless discussed otherwise. Please be genuine as well.

Studio

Dancers are required to take a skills-based or turns and leaps class at a studio; ballet is also highly recommended – there has been discussion regarding creating a skills class for HVADT members to attend: TBD. This will help a dancer keep up with their training which benefits them as an individual but also their team. Being a part of a studio and a dance team should go hand in hand with their training. Nowadays, a dancer also does not have to be committed to a studio. There are many drop-in options for girls to take based on their convenience. Dancers may go to the studio they feel they learn best at.

If you compete with a studio, you **MUST** put this team first especially prior to nationals and camp. Studio rehearsals are not considered excused absences. Most Knoxville studios try to help with allowing girls to be able to do both teams. (Ex: Revolution has later classes that are post dance team practices. They also do not compete their mandatory competitions until Spring which is after Nationals.) You are responsible for juggling both if you choose to do so, but as said, this team **WILL** come first.

SUMMER

Practices

We will practice this **summer on Tuesdays, Wednesdays, and Thursdays from 6pm to 8pm at HVA**. There will be days before camp that we may need to add practices on or extend practices in order to be prepared. We will let you know the practice prior the time change.

Attendance is also enforced throughout the summer. Dancers get a two-week dead period on June 26-July 9th. Vacations are not excused absences.

UDA Camp

We will also attend UDA camp this summer- July 23rd through 26th at the University of North Carolina - Asheville. Every dancer is required to go and stay at camp. It is not up for discussion because this camp is very beneficial to the team as a whole.

At camp, the dancers will compete in the home routine competition. This determines if they get a bid for UDA Nationals in February 2024. The routine will be learned in June, and if a dancer does not have the appropriate skills, looks off while doing such dance, OR have been absent multiple times, they will be asked to sit out of this competition. If they sit out, they will still participate in the rest of camp like everyone else.

DURING THE YEAR

Practices

During the Fall school year, we will practice: (But this will change up for Basketball)

Monday: Practice 4-6pm

Wednesday: 4-6pm

Friday: 4-6 or (Football Games)

**Saturdays and extensions to during the week practices will be added as we move forward towards Nationals season. You are required to be at every practice for Nationals despite the additions.

Football and Basketball Games

1. Be on time. We eat together before games at the school. During football, we will eat between 4:30-5:00 pm. **Eating with the team is NOT optional.** The dinner will be provided by parents on a rotation schedule. Why we do this? We can review songs, get ready, do homework, and, most of all, bond.
2. **Have all of the uniform.** If you are missing poms, you will not dance. If you have the wrong shoes, you will not dance. If you wear jewelry other than team diamond earrings, you will not dance. The goal is to be a team...not individuals.
3. You may not leave a game early. Do not even ask.
4. You will cheer your team on during the game. This takes focus and teamwork. **You may not have your friends sit with you during basketball games or hanging on the fence during a football game. You will not text or talk on your cell phone, or it will be taken for the remainder of the practice/game/event.** You are known for being very professional on the track and floor. That status WILL remain!
5. You may not miss a game. If you miss more than two games in a year, you will be removed from the team unless said otherwise.

6. We now do all home and certain away football games. We will need a rotation of parents to carpool to these games. A dancer may not drive themselves. The risk is too high and not worth it. We also perform at all home basketball game halftimes.

UDA Nationals and Competing

HVA Dance is both a spirit team and a competitive team. All members of the team take on that knowledge when trying out. It is not optional to not be considered to compete unless medical reasons talked about prior. Assuming we receive a bid for UDA Nationals at camp, our team will be going to Orlando for Nationals in February. We compete in the Small Varsity category for ALL routines meaning we will take a maximum of 11 dancers. Deciding who will dance will be talked about when the time comes. In order to prepare for Nationals, practices will be added (a calendar will be handed out at the time). Dancers will need to be fully committed to this process. It is extremely time consuming, but many will say it is worth it to experience. Choreography for dances competing will be taught in September (Or prior if used as a Home Routine for Camp) so they can be cleaned prior to Smoky Mountain Dance competition and/or the TSSAA State competition in December. We will use one or both of these competitions to get feedback on our routines prior to Nationals.

Apparel

Uniforms belong to the team (not the individual). They are not to be worn to practice or school unless told to do so via text from captain or from a coach. If a uniform is damaged or lost, it is the responsibility of the girl to pay the cost to replace the uniform. **With this being said, there is a \$110 uniform fee to help the cost of replacing the wear and tear on uniforms. If you're a senior and want a uniform to keep at the end of the year, this will result in an additional fee to purchase it.**

There will be other gear needing to be ordered during Summer in order to match at early events and camp. Ordering and buying our gear early prevents further issues when the time comes, and we realize we need something. More information regarding prices and exact gear being bought is listed on the Dance Fees section.

Financial Obligations/ Fundraisers

Just like other dance teams/club sports, there will be required purchases/fees (See fee section next). We try to keep everything budget friendly compared to what the dance world usually requires. Please know that great choreography, new apparel, awesome costumes, coaching, etc. will require a cost.

However, these costs (Choreography, costumes, and other additional team - wide things) can be offset with fundraising opportunities. We participate in many dine outs, dance/cheer clinics, biscuit sales, etc. Some of these are required team involvement events and go to our team account, but some, like poinsettia sales during the holiday season, are based on how much you want to be involved. The independent opportunities should be taken advantage of if a dancer needs it and desires. However, if a dancer does not participate in team fundraisers for whatever reason, they will owe the team account the money earned per girl for their share. These team fundraisers help pay for a variety of things (new team items/uniforms, studio space, coaches' ways to nationals and camps, etc.)

****Any suggestions for fundraising opportunities are welcomed!! Or any volunteers to help with fundraising efforts are much appreciated!**

HVA Dance Fees

**Estimations based on previous years (2022-2023)

**A more detailed pricing sheet with dates and exact items/prices will be given out at the official HVADT meeting after try outs

Basic Fees:

- \$50 Coaches fee per month (June-February)
- \$110 Uniform fee (Used to replace/fix/alter uniforms or buy new ones for the team)
- Any cleaning/technique rehearsal taught by a guest \$15-\$30

UDA Camp:

- Registration \$400+ (Boarding, instruction, most meals) - *Price is dependent upon camp type attending and additional fees
- Home Routine Choreography (Depends on Choreographer's rates \$30-\$80)
- Home Routine Costume (if needed depending on style) \$100

Apparel:

- Nike (Shoes) \$100
- Rain Jacket and Shirt Pack ~ \$41
- Varsity Gear (Majority of this apparel bought will only be bought ONCE in dancer's entire HVADT career.) ~ \$525
- *Returning members only need fill in items (Poms, shoes, etc. unless their apparel is damaged or doesn't fit)
- *Sweatshirts, hoodies, and/or long sleeves can be bought during Fall months

Competitions & Nationals:

- Choreography per dance \$45-\$90 depending on number of dancers and yearly choreographer rates
- State Competition/ Smoky Mountain Competition *Depends how many dances re being competed (Ex: One dance ranged from \$50-\$80)
- Costume (Stoning, shoes, etc.) \$200 if needed – via Line Up
- Nationals \$700+ for boarding/tickets (depends on hotel choices and tickets), Flight price roundtrip \$250-\$330

Other:

- Accessories (Makeup, jazz shoes, tights, etc.) \$60 -Depends where you get it from

Further Questions:

Please contact via email for any further questions, comments, or concerns:
hardinvalleydance@gmail.com

Dancer & Parent Agreement

I agree to abide by the HVA Dance rules and everything stated in this packet.

Dancer signature _____

Date _____

Parent signature _____

Date _____

Information:

Name: _____

Grade (As of 2023-2024): _____

Birthday: _____

Address: _____

Parents' Names & Cell :

Dancer's cell: _____

Any alerts/allergies:

Prior Dance Experience:

T-Shirt Size (Unisex): _____