

## Helias High School Dance Constitution

### 1. Squad Membership

The dance team will consist of a minimum of eleven members and a maximum of 17 members. Selection will be based on the natural break in tryout scores. Members will range from freshmen to seniors.

### 2. All members must remain academically eligible according to Helias policy.

### 3. Purpose of the Team

The primary purpose of the dance team is to promote school spirit, pride, and loyalty and act as representatives of Helias High School. We provide entertainment at various school and community functions. We are also a competitive team which will require dedication from every member in order to dance with pride at our competitions. Regular attendance and effort at every practice is required of each team member. The team requires a considerable time commitment which should be considered carefully. We exist for the good of the team, not for individuals. However, the benefits for each individual are great. They include the development of responsibility, self-respect, and character.

### 4. Conduct

A member must be courteous and friendly to all other team members, the student body, as well as other teams and visitors. A dancer is a representative of Helias High School and the dance team both in and out of uniform. A member should be a leader within the school and set a good example at all times. Dance team members are role models to many people. All members are expected to maintain the highest level of appropriate conduct both in and out of school. Conduct that is illegal, unbecoming or results in a tarnished image of our team, as deemed by the coach and/or Athletic Director, will not be tolerated. Inappropriate conduct will be handled on a case-by-case basis by the coach and/or Athletic Director. It may result in benching or dismissal.

### 5. Selection of Captains

Selection of two captains will be by secret ballot of all squad members. Captains must have been a varsity team member in the season prior to the election. Captains are expected to be leaders and positive role models. As such, the coach has the final approval of the selection of captains. Captains are responsible for running the team practices, warm ups and lining up for performances when the coach is not present. In addition, they are responsible for some choreography, encouraging team unity, and reporting any problems to the coach. The latter shall include notification of any absences from practices which the coach did not attend. On performance days the captains are responsible for checking with the school office to determine eligibility to perform. Any student who, due to illness, is not at school by 11 a.m. and able to attend classes for the remainder of the day may not participate in or attend any extracurricular activities that day.

## 6. Duties and Responsibilities

- Members must provide a signed statement of physical condition authorizing participation in athletics. Injuries due to dance should be reported to the coach as soon as possible. All athletes must also provide any other forms required by the Athletic Department.
- Practice apparel shall include dance pants or athletic shorts, appropriate t-shirt, dance sneakers or jazz shoes. Hair is to be up and away from the face. You should only wear clothing which you believe the school administration would deem appropriate. If ever in doubt, don't wear it. If a member forgets clothing for practice and is unable to borrow from someone else, she will sit out and watch practice. This will be considered as an absence. In the event the member does not stay for practice it will be considered unexcused. No jewelry or body piercing is allowed. No gum is allowed.
- All members will arrive to practice on time, dressed, and ready to dance. Disciplinary action will be taken for excessive unexcused tardies. All dancers should be ready to dance at 3:15 p.m. or they shall be considered late. If a student is held after class they shall bring a signed note from the teacher explaining the situation. The dancer will not be considered tardy in these instances.
- When the team is performing at a Helias sporting event, dancers are expected to be at the field or gymnasium when the varsity game begins unless the coach has approved otherwise. To avoid injuries all team members will be required to stretch as a team as instructed by the coach or captains prior to every performance.
- All members will sit together at all game/performances prior to their performance. They will not sit with friends or boyfriends until after the performance. In keeping with our purpose to promote school spirit, team members are expected to sit with the student body and cheer for the Helias team.
- All members are expected to stay for the entire game. When there are conflicts which prevent such this needs to be discussed with the coach. When possible practice will be canceled or shortened on days of performance. This will allow time to work on homework after school. Members will not be required to stay when they have homework which has not yet been completed. Academics are expected to come first.
- Squad members will wear the official uniform designated for each performance. The official warm up will be worn over the uniform until the performance. Uniforms must be kept neat and clean. Unless otherwise instructed by the coach or captains hair must be secured off the face.
- All team problems should be discussed with the coach.
- Refrain from using profanity during practice, performance, travel, or when in uniform.

- Maintain respect at all times for officials, the coach, and captains. When parents are sitting with the team they should be treated with the same respect.
- All members must know and conform to the constitution.

#### 7. Attendance Policy

Practices are vital to building team unity and learning the routines. Every effort should be made to attend. You must be dedicated to the team and work as hard as possible at all practices. There will be disciplinary action for each unexcused absence as determined by the coach. Unexcused absences include but are not limited to: work, shopping, hair appointments, dentist appointments, other personal appointments or errands, ball games, traffic court, other extra-curricular activities, trips to obtain driver's permit/licenses, family trips during school semester unless approved by the school, non-school activity participation unless approved by the school, parental decisions to keep children out of school which are not approved by the school, and college visits which are not approved by the school.

Excused absences include illness, doctor appointments (for illnesses or acute injuries), death in the family, other family emergencies, one pre-approved college visit during school time, pre-approved family trips, and other special situations approved by the coach. Each dancer will receive four excused absences throughout the year. If a dancer misses more than four excused absences, except for those excused for illness, she will not be allowed to perform at the upcoming game and may be removed from the routine. Each excused absence after that will result in disciplinary action to be determined by the coach.

Any time a dancer misses the last practice before a performance, for whatever reason, she will not be allowed to perform with the team at the upcoming game.

Excessive absences may make the dancer ineligible for a team letter at the discretion of the coach (See below).

Unless an emergency situation or illness, the coach should be notified one week in advance of any planned absences from practice. The coach should be notified via the dance team member, not through her parents. Verification will be required for medical appointments. When the member is absent from the whole day of school for reasons identified above, a copy of the request for a permit to make up school work and the work permit will both be provided to the coach.

#### 8. Eligibility for Extracurricular Activities

School policies regarding extracurricular eligibility are in full force and effect.

NOTE: Any dancer who can not fully participate in a quarter or semester of practices will not know the choreography of the dances and will not dance with the team at performances or competitions.

9. Lettering

All dancers on the varsity squad are eligible to earn a school athletic letter. However, the decision to award the letter is at the discretion of the coach. Circumstances which may prevent a team member from lettering are excessive absences from practice or performances regardless of the reason. If an athlete does not perform at 75 percent of the games, for whatever reason, she will not be awarded a letter.

My signature below acknowledges that I have received a copy of the Dance Explosion Constitution.

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Name

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Date