

Policy for Long Cane Middle School 24K Gold Dance Team

I. Duties of Dance Team Members:

- A. Provide entertainment for LCMS through performing at home and away games, performing for surrounding community events, participating in and meeting fundraising goals, planning for and dancing at pep rallies, bringing snacks/drinks for games or events, attending sports banquets, improving dance skills through outside practices, attending all scheduled practices, meetings, events, and games, and serving as a positive role model and representative of LCMS.
- B. Always exhibit good sportsmanship
- C. Conduct oneself in an exemplary manner on and off campus
- D. Work together as a team without showing disrespect for each other or the coaches.
- E. The administration and the Dance Team Coach reserves the right to dismiss on the first offense any dancer who does not act in an acceptable manner and if it is in the best interest of LCMS and the team regardless of whether or not punishment is implemented by the school.
- F. Conduct which can result in immediate dismissal includes but is not limited to: skipping school, discipline problems in class or team, inappropriate use of social media, inappropriate posts on social media, conduct unbecoming a Dance Team member while representing the school or wearing the school uniform, smoking, drinking, use of drugs, illegal activities, inability to work on a team in a professional manner, any inappropriate or uncooperative behavior and any other problems that the coaches feel bring down the level of the dance program at LCMS.

II. Attendance at Games, Practices, and Events:

- A. Excused absences from games, practices, and team meetings are as follows:

1. Personal illness with a doctor's note and notification to the coach prior to practice or game.
2. Death of a Family member
3. The Head Dance Team Coach reserves the right to excuse an absence other than the above mentioned.

- B. Games:

1. Dancers MAY NOT leave school sponsored games for any reason except for the following; death of a family member, extreme sickness (not just a headache), family emergency (not having a ride is not an excuse).
 2. Dancers are expected to stay for the entire duration of the game. You may NOT leave early. If you are part of a team, then you abide by the team rules or you will be dismissed.
- C. Unexcused absences are anything not listed above, or the failure to notify a coach before missing a practice or a game. Failure to do so will result in immediate dismissal.

III. General Dance Team Rules:

- A. Fingernails must be cut to an active length approved by the coach
- B. No fingernail polish is to be worn while dancing.
- C. No jewelry will be worn while dancing. This includes earrings, belly button rings, or other jewelry.
- D. No chewing gum in uniform (includes practice uniform).
- E. No public display of affection while in uniform.
- F. Appropriate clothing must be worn to all practices or considered an unexcused absence.
- G. Tumbling, jumping, and stunting will not be performed without the presence and consent of a coach.
- H. When a dancer is injured, a doctor's note is required from the physician giving the dancer permission to return to practice.
- I. If a team member does not conform to one of the above mentioned requirements the following actions will be taken:
 - 1. Counseled by the Dance Team Coach – first warning
 - 2. Receive punishment chosen by the coach – second warning
 - 3. Dismissed from the team

IV. UNIFORMS:

- A. 24K Gold Dancers **MUST** be in full uniform to participate in the event that they are expected to attend. This includes uniform, leotard, tights, shoes, ties, petticoats, suspenders, shorts, hair band/hair ties, and any other pieces the coach deems part of the costume/uniform. Failure to have your full uniform will result in you being benched.

V. TRAVEL:

- A. Dancers are required to attend some away games/events with the team.
- B. In the event that a dancer will ride the bus to the game, In order to ride home from the game with a parent, Dancers **MUST** be signed out! No exceptions.

VI. Time Requirements:

- A. All Dancers will attend practice. Failure to show up for practice without notifying a coach is cause for immediate dismissal.
- B. Practice schedules and game/event schedules will be handed out at least 1 week prior to scheduled participation (exception is 1st practice and Parent Meeting).
- C. Practice will be at least 3 days a week with game day on Thursdays.
- D. Additional practices may be scheduled based on the needs of the team and the teams we support.

VII. FUNDRAISING:

Fund-raisers will be done at the beginning of the year/season (after selection) and periodically throughout the year for any of the following reasons: dancing uniforms, charity projects, awards, trips, meals, dance team equipment or other projects to keep the cost down. All dancers are required to participate in the fund-raisers at the minimum expected level. Failure to do so will result in the dancer being benched and or dismissed from the team, or paying the difference in what he or she did not sell.

VIII. AWARDS:

Awards will be given out at the end of the season at a Dance Team Banquet.

X. EMERGENCY CONTACT INFORMATION:

All dancers MUST have a working emergency contact number on file. This is mandatory and must be updated if there are any changes.

XI. ELIGIBILITY:

A Dancer must maintain a 2.5 average in 4 out of the 4 core classes each semester to remain eligible, have a current physical on file, and not have received discipline referrals that result in ISS or OSS. **If a dancer is dismissed for violation of the Dance Policy or failure to maintain eligibility, NO REFUNDS WILL BE GIVEN FOR ANY FEES PAID, FUNDRAISING PARTICIPATION, OR CASH PAYMENTS OF ANY KIND.**

ANY SITUATION NOT COVERED IN THIS POLICY WILL BE DIRECTLY HANDLED BY THE DANCE TEAM COACH ON AN INDIVIDUAL BASIS. ANY QUESTIONS, CONCERNS, OR PROBLEMS SHOULD BE PRESENTED TO YOUR CHILD'S COACH BEFORE DISCUSSING THE SITUATION WITH ANY ONE ELSE.

This is a policy of Long Cane Middle School and the Athletic Department.

I have read and agree to the policies of the Long Cane Middle School Dance Team, Troup County School District Policy, and Long Cane Middle School Student Policies.

Parent Signature: _____ Date: _____

Printed Name: _____ Relationship: _____

Student Signature: _____ Date: _____

Student Printed Name: _____

EMERGENCY CONTACT FORM

STUDENT NAME: _____

Emergency Contact Information:

Parent to contact in case of an emergency:

Name: _____ Number: _____

Relationship: _____

Contact #2:

Name: _____ Number: _____

Relationship: _____

STUDENT SCHEDULE:

HOME ROOM: _____

A BLOCK: _____

B BLOCK: _____

C BLOCK: _____

D BLOCK: _____

E BLOCK: _____