

Plant High School Dancers

2017-2018 Rules & Regulations Contract

Plant High School Dancero members must show dedication and pride in all team activities and accept the following requirements. They must be prompt, willing to devote time and energy to the team, and abide by all regulations in this constitution. The coach(es) will be the final authority in interpreting this contract.

This contract is a “living” document and may be amended as needed.

PURPOSE

The purpose of this team is to give students the opportunity to promote school spirit, encourage school and team involvement, be supportive to sports programs, encourage high standards, and develop or increase skills in dance, responsibility, leadership, and self-discipline. The dance team is also involved with high school dance programs, such as UDA.

MEMBERSHIP

The Plant High School Dancers shall consist of one Varsity team this season. The team members will be selected at tryouts and are based on scoring values. Members will need to have outstanding participation in dance practices, camps and clinics, maintain highly cooperative attitude and follow the team’s contract. The quality of an individual member’s participation and skill level will determine their placement on the team. The final decision as to membership rests with the coaches and athletic director.

Members will be expected to participate and commit to the following activities:

- Perform halftime with the band, which includes home and away games, as well as mandatory band competitions (currently scheduled for Oct 28 and Nov 4) - halftime may include props
- Attendance at a team summer camp (June 15-18 @ UCF)
- Competition/nationals status will be determined later in the season
- Performances at other school events, such as wrestling and basketball
- Community events, such as Jr. League, Humane Society, Bucs halftime, etc.
- Required fundraisers such as Jr. Dancers Camp and Showcase
- Optional additional fundraisers may be available throughout the season
- Parades and community/school appearances throughout the season
- A practice schedule of 3:15-5:00pm on Tuesday’s and 3:15-5:30pm on Wednesday’s during the school year with Thursday practices added only as needed, but will not run past 5:00pm
- Additional practice may be added as necessary - please check the calendar frequently to stay up-to-date

ELIGIBILITY

To be eligible for the Plant High School Dancers the following requirements need to be maintained.

- A. Students are **required** to maintain a **2.0 unweighted GPA at the quarter, semester, and/or during progress report time, and may not have D’s or F’s in any class.** Any member not maintaining the 2.0 GPA/grade requirement will be placed on academic suspension. Members on suspension must still attend all team events (including practices and games), and will remain sidelined with the coaches until grades allow them to become eligible to participate.
 1. Coaches may request at any time copies of report cards, progress reports, or grade checks from members. They must be turned in **on time** or a performance may be missed.
 2. Altering grade reports results in immediate dismissal from the team.
 3. Students must display a 2.0 minimum unweighted GPA on the 2016-2017 semester 1 report card in order to be eligible to become a member of the team, returning or new.

- B. All dancers are required to refrain from use of tobacco, alcohol, or controlled substances while a member of the team. If found using any of the above substances, the member may be placed on suspension and/or dismissed from the team. This includes social media.
- C. No money is refunded if a member resigns, is suspended, or dismissed.
- D. Members are required to participate in fundraisers. Some exceptions may be made depending on the circumstances. Any exceptions must be approved in advance by the coach. Inability to participate in required fundraisers may result in additional fees.
- E. Any injury or serious illness that was treated by a doctor will require a doctor's approval to return to practice. Injured dancers must still attend all team activities, including practices.
- F. We will be using a merit system to determine eligibility for each performance. Dancers must meet eligibility requirements by the practice PRIOR to the performance or they will not be allowed to perform. Dancers must also pass a tryout and uniform check for each performance.

SCHOOL INSURANCE & REQUIREMENTS

- A. All Dancers will be required to purchase insurance provided by HCPS before they will be able to practice and participate. Verification of this insurance is to be turned into the coaches at tryouts and will be requested again prior to June 1st. Failure to comply will result in the dancer's inability to practice with the team until proper insurance is received.
- B. All members must submit a new Band/Aux Athletic Packet for the 2017-2018 school year prior to May 26, 2017. These will be distributed at the May 17, 2017 team meeting. This packet includes a new/updated physical.

TRYOUTS

- A. Tryouts will be conducted for each season during the spring. Coaches and the athletic director will negotiate the specific dates and times for tryouts.
- B. All potential and/or previous members need to attend all days of tryouts. Video tryouts may be available for extenuating circumstances (i.e. moving from out of state), however, must receive approval from the coaching staff and athletic director.
- C. All previous team members will need to re-tryout for the new season. Incoming seniors who have previously been on the team will assist with running the tryout. They will still need to try-out for the team, and captains will be chosen in the fall based on senior leadership and performance. It is not guaranteed that all prior members of the program are selected for the returning season.
- D. The team will be selected at tryouts based on a combination of score sheets used by the judges and a coach's score. The final team will be determined by the coach and athletic director using these scores.
- E. Applicants must turn in completed tryout packets and requested documents by the due date or they will not be eligible to tryout for the team.
- F. Any questions, comments, concerns regarding tryouts or selection of the team must be first directed to the coaching staff.

ATTENDANCE

All members are required to attend all scheduled practices and performances for the team, unless a legitimate excuse is communicated to coach prior. Since you are provided with a calendar several months in advance, please schedule any appointments and studio dance classes around Dancero obligations. Absences are excused if scheduled **at least two weeks** in advance and coach is notified using the absence form. Vacations are excused if scheduled **at least four weeks** in advance and coach is notified using the absence form. Please see the merit system to determine how absences, excused or unexcused, affect Dancero eligibility.

- A. Summer dates include the following:
 - A. UDA Elite Summer Camp June 15-18, 2017 @ UCF
 - B. Dancero Bootcamp August 1-9, 2017 (Times TBA)
 - C. Team practices in June (see calendar on Weebly)
- B. If you are unavailable during the times listed above, it is very likely you will not be able to be considered for the team. Please discuss with the coaches any possible conflicts with these dates prior to trying out for the team.
- C. Members must attend all team practices, special activities, performances, and fundraisers.
- D. For all absences or anticipated late arrivals/early dismissals, members must inform the coaches before the event begins. Failure to do so results in an unexcused absence and possible benching. Tardies and early dismissals are also addressed in the merit system.
- E. For an absence to be considered excused, a dancer must fill out the absence form at least two weeks prior (or four weeks prior for vacations). Failure to submit an absence form results in an unexcused absence and consequences using our merit system.
- F. Members who are absent or attend less than four periods of the school day are not allowed to perform or participate in practice that day and, depending on the reason for absence, will determine whether the dance practice/event is an excused absence. You must let coaches know when you sign in/out of school on team event days.
- G. Absences, whether excused or unexcused, that prevent a member from attending practices in which a routine is cleaned for a performance, may result in the member missing the performance.
- H. **ROLL IS TAKEN PROMPTLY** at the start of each designated practice time. Please see merit system regarding how tardies affect Dancero eligibility.
- I. Please see the merit system regarding how early dismissals (for any reason) affect Dancero eligibility.
- J. Team members will not be excused for extended periods of time for parental discipline actions, including family grade expectations. They have a commitment and responsibility to the team and their teammates.
- K. Accumulation of two unexcused absences (absences not submitted and approved in the appropriate time frame or without a submitted absence form) will result in a week of suspension, in which the dancer must still attend all team events and sit with coach. Every unexcused absence thereafter will result in an additional week suspension. Unexcused absences accumulate all season.

PRACTICE SCHEDULE

- A. The practice schedule for the year is as follows:
 - A. Tuesday 3:15-5:00 & Wednesday 3:15-5:30pm - Dancers should expect to dedicate majority of their Wednesday practices to the band halftime show and will be out on the field.
 - B. Thursday's may be added as needed depending on the week. Added Thursday's would begin at 3:15 and will not run past 5:00pm.
 - C. Practices may be added in addition to this schedule as needed. Please check the calendar to stay up-to-date.

EVENTS AWAY FROM SCHOOL

- A. Members may be required to turn in signed permission slips and/or waivers for events. If these are not received prior to an approved team trip, the dancer will not be allowed to attend these events.

- B. Hillsborough County Public schools mandate that students must ride with the team in transportation. Other transportation is allowed only when approved by the coaches, athletic director, and/or principal for both to and from away events. Members may not ride with another team member without an adult.
- C. Dancers must attend the entire away event unless otherwise specified by the coaching staff. Please see the merit system to determine how this affects Dancero eligibility.
- D. In the event the travel requires a hotel/dorm room stay, Dancers may not make final departure until all rooms have been checked and cleared by coaches.

PERFORMANCE TRYOUTS

- A. All members who are eligible to perform based on the merit system must pass a tryout for each performance. Members must also exude maximum effort, proper technique and demonstrate they know the routine in its entirety with virtually no mistakes. Members should assume that performance tryouts will take place the practice prior to each performance. Any member judged to be below team standards by the coach will not perform. A member is not assured of performing at all performances. The coach has the final decision on who will and will not perform for each performance.
- B. Competition routines may have a separate tryout. Different members may be selected for each category the team competes in.

UNIFORMS AND GENERAL APPEARANCE

- A. Members must wear required uniforms whenever the captains and/or coaches designate.
 1. Practice gear is to be worn intact to all practices on the designated days. Please see merit system to determine how incorrect gear affects Dancero eligibility.
 2. Tennis shoes appropriate for running and cardio exercise are required for all practices. The team jazz shoe is also to be worn at all practices and performances unless otherwise instructed. Socks and street shoes will not be allowed at practice.
 3. No excessive jewelry may be worn of any kind during practices or performances/competitions. This includes bracelets, necklaces, rings, etc.. During performances, dancers must only wear the team earring, and may not have on excess earrings, rings, or other jewelry. Please see the merit system to determine how excess jewelry affects Dancero eligibility.
 4. Hair must be worn up and away from the face at all practices. Captains will designate hair/make-up expectations for each game and all dancers must abide for the entire duration of the game.
 5. Members are not to wear uniform pieces except when specified by coaches or captains. No uniform items are to be "loaned out" while currently being used as a costume piece.
 6. Chewing gum/candy is not allowed during practices or performances.
 7. Members must remain in uniform, with the uniform intact, for the entire duration of the practice, performance, and/or event.
 8. Members will have uniform checks prior to each performance. Any member who is not performance ready at the time of the check (hair and make-up completed as well) will not be allowed to perform. Dancers must bring team issued warm-ups to all events and performances.
 9. Team lipstick will be required for each Dancero and will be worn at all performances and events. Coaches will decide on brand/color prior to the first scheduled performance.
 10. No writing on the body of any kind is acceptable at Dancero events.

11. For competition performances (band and dance), only nude, clear, or French manicure on the nails is acceptable.
 12. Members may not alter uniform items or practice gear in any way that is not approved by the coaches. Altering of uniform items will result in non-participation of the event, regardless of eligibility, until the uniform item can be replaced.
- B. Members assume responsibility for all damaged, lost, or stolen articles.
1. Each uniform piece should be marked with the member's name or initials. It is the dancer's responsibility to mark their clothing items.
 2. Lost uniform pieces, including practice wear, needs to be replaced by the Dancero as an out-of-pocket expense immediately. This includes earrings, tights, and dance shoes. We cannot have Dancers out of uniform due to lost pieces. The Dancero will remain ineligible until pieces have been replaced satisfactorily.
- C. All members are **REQUIRED** to abide by Plant High School and Hillsborough County dress code rules while in attendance at school or any school-sanctioned event. Members who violate dress code rules (in small or big fashion) may miss one or more performance opportunities.
- D. Uniform items purchased through fundraising measures must be returned, intact, at the end of each season or replaced by each Dancero.
- E. Any items purchased must be approved by the coach prior, including t-shirts for events, gifts, etc. Dancers are not permitted to wear any Dancero item that is not previously approved. Dancers/parents may be required to pay out-of-pocket for items that are not previously approved by coach.

CONDUCT

- A. Plant High School Dancero members must remember they represent their school, the community, and the entire Hillsborough School District. Therefore, members must maintain a very high standard of performance, behavior, appearance, and sportsmanship which will reflect favorably upon themselves, their team, and their school.

Members who receive a referral for any reason, or detention, EPIC, or Saturday work detail, must report this to the coach immediately and shall constitute sufficient cause for discipline, suspension, or dismissal from the team. Violations include but are not limited to:

1. Possession, use of alcohol, drugs, or illegal substances at any time both at school or away.
 2. Remaining where alcohol, drugs, or illegal substances are present, even if you are not participating in their use.
 3. Swearing is not permitted during school activities or events.
 4. Inappropriate sexual contact or vulgar behavior at any dance team attended school event.
 5. Cheating and/or plagiarism in any capacity.
- B. Additionally, the coach has the authority to place any member on suspension or dismiss permanently for any of the following reasons:
1. Undesirable conduct, language, or behavior. (This includes all aspects of social media - i.e. foul language, disrespectful dialogue or photos)
 2. Uncooperative attitude with the coach, captains, or other team members.
 3. If a dancer is truant (skips) from school.
 4. Violations of the Dancero contract in small or large fashion.
 5. Failure to report disciplinary action

PARENT/GUARDIAN CONCERNS AND COMMUNICATION

- A. Parents should contact the communication liason or committee members with questions regarding the team. Parents should also check the website and Dancero contract, as many of these questions can be answered by referencing these two places.
- B. Communication with the coach should be done **via email only** - unless it is a true, immediate emergency (ex. Daughter is ill and has been taken to doctor prior to practice.) Please do not contact the coach via personal cell phone for non-immediate emergencies. You may email and the coach will respond as soon as possible. Please CC all of the coaching staff on emails to ensure everyone is kept in the loop.
- C. Coaches will determine parental volunteer roles and committee needs for each season. Parents in charge of a specific role and/or committee must stay in communication with the coaching staff at all times. **All budgets, items purchased, venue dates/locations, etc., must be approved by coaches prior or you may be required to pay out-of-pocket.**
- D. It is expected parents communicate matters or concerns with coaches prior to making contact with administration. No one wants to hear of initial issues from their boss. Please respect this and communicate accordingly.
- E. Parent meetings will be done via email unless a face-to-face meeting is called by the coach. In order to keep meeting's productive, they should be used for their intended purpose. Agenda's will be provided to assist with this. Questions and concerns outside of the meeting agenda can be directed to the coach's email.
- F. Finally, please remember that this team is for your daughter's and we all have one goal - to make this the best possible team it can be. It is understandable that you may not agree with every single decision that is made, but each decision is reviewed carefully by the coaches and administration to ensure the best possible outcome for the team. This team is not a requirement at Plant High School. The team cannot function with excessive drama and issues. We need to remain focused on the goal - a successful team and season - to ensure the Danceros can remain a functioning, positive, amazing piece of Plant High School!

Additional Senior/Captain Rules and Regulations Contract

RETURNING SENIORS/CAPTAINS

- A. The goal of the captains is to develop a unified team. Captains will be chosen in the fall based on the team needs and the leadership quality as seen by the coaches. Regardless of captain title, each senior returning member of the team will have a designated “pod” of girls they are responsible for. Girls may report to their pod leader with questions/concerns.
 1. Each senior/captain is responsible for knowing what is on the current calendar and being in attendance for practices, performances, and games.
 2. The seniors/captains will meet when necessary to change a routine or perfect a routine before team practices and will coordinate schedules. They will meet with the coach whenever needed. They must consult with the coach before making a change and the final decision falls on the coach.
 3. All music needs to be approved prior to creating choreography and routines need to be approved prior to teaching them to the team. All seniors/captains need to know the routine prior to teaching the team.
 4. The seniors/captains assist the coaches with all practices. Seniors/captains may lead warm-ups, perfect/teach routines, and lead technique during practices.
 5. Each senior/captain will be assigned a group of team members to whom they will be held accountable for notifying for events, to call when necessary, hand out paperwork, and have scheduled group practices (if needed) prior to each performance. The coaches are to be informed about any member having difficulties of any sort.
 6. Seniors/captains must be an example for the team with their conduct and attitude. Inappropriate behavior or attitude towards the coach, helpers, administration, or other team members may result in probation of their leadership position and if the situation occurs twice, may result in removal of the leadership position.
 7. The seniors/captains must adhere to and promote the team contract and merit system. Failure to do so may result in probation of their leadership position and if the behavior is not corrected, may result in removal from the leadership position. Depending on severity of the action, inappropriate conduct or attitude could result in removal from the team. All conduct and behavioral decisions are at the coaches and Athletic Director’s discretion.
 8. Seniors/captains that drop below 40 merit points will be relieved of their leadership duties.

ADDITIONAL NOTES FOR SENIORS/CAPTAINS

- A. Please expect one guaranteed choreography opportunity (Panther Prowl) in which case all captains and senior members of the team shall collaborate. Music, time frame, choreography, costuming, and props must be approved by the coach well in advance.
- B. Other choreography opportunities may be available, but are not guaranteed. The team will utilize UDA camp choreography as often as possible. In the event that seniors/captains are asked to choreograph a piece, the music, time frame, choreography, costuming, and props must be approved by the coaches.
- C. Choreography must be original. You may not use previous Danceros choreography or copy choreography from the internet.
- D. Seniors/captains must consult coaches on all matters prior to making team decisions. Apparel for games and performances must be submitted and approved by coaches prior to informing the team.
- E. We must keep the best interest of the team in mind at all times and strive to create a positive atmosphere, regardless of whether we agree or disagree with decisions made.