

IWA

KNIGHTLINE

HANDBOOK

Philosophy

The purpose of the Dance Team program is to promote school spirit and a positive school climate through performances and activities deemed appropriate by the Dance Team director. Dance Team members are expected to be positive role models. To do so, she is expected to:

- Speak highly of her team to the school community and fully participate in all activities designated by the coaches.
- Support all academic and interscholastic teams through the participation of pep rallies and attendance of events of other teams.
- Demonstrate respect for all members of the school community by refraining from gossip and character assassination by conducting oneself in a responsible manner.
- Maintain required standards of academic performance.
- Arrive prepared and on time for all practices and performances

Organization

The IWA Dance program consists of a varsity team and a junior varsity team. The Knightline members dance for all home games during the volleyball and basketball seasons.

The teams will be selected after a three-day tryout period that will include dance technique, routine memorization handbook/expectation workshop, possible interview with the coaching staff, and for a dancer who has been on an IWA team previously, performance the preceding year.

A member of any class level may be on either team. Placement on a team is determined by:

- Tryout evaluations
- Willingness to meet the competition standards of the Dance Teams
- Previous attendance records and cooperation with coaching staff
- In season evaluations

After being notified of making a team, the dancer has one week in which to accept a position by submitting her financial deposit and necessary forms to the coach.

A dancer selected for one team may be transferred to another depending upon skill development, a lack of skill development, or an opening on the varsity team. The coaching staff makes this decision.

Team Members:

The position of a Dance Team member has a number of tasks, duties, responsibilities and performance skills that are essential in accomplishing the

purpose and objectives of this position. Candidates should review the essential functions carefully to make certain that they can perform all of these consistently.

- Perform jumps, splits, leaps, rolls and other physical moves that are part of Dance team routines.
- Perform stunts that may involve climbing, balance, agility, and upper body strength.
- Exhibit rhythm and coordination in performing dance skills.
- Demonstrate stamina in performing regular physical activities that involve physical endurance and fitness.
- Perform routines in both indoor and outdoor settings.
- Arrive on time and prepared to participate in practices, drills, or other team-related activities.
- Develop and maintain a good working relationship with the Dance Team director and fellow Dance Team members.
- Review and adhere to established guidelines and by-laws.

Captains:

The coaching staff and team members will select captains for the upcoming season. The selection will be based on:

- Leadership qualities, which include diplomacy, communication skills, commitment, organizational abilities, and ability to follow directions
- Attendance and behavioral records from the previous season
- Routine choreography
- Teaching skills

Captain responsibilities/duties:

- Serve as a leader for the group and maintain discipline during practices
- Enforce the Handbook expectations and MSHSAA Safety Regulation
- Meet with the coach on a weekly basis
- Assist the coach in directing practices
- Assist in creating routines
- Lead warm-ups and technique
- Be a good role model for the team

Behavioral Expectations

All dancers are expected to adhere to the Student Handbook. However, higher standards of conduct are expected of dancers representing Incarnate Word Academy Dance Team. Dancers and parents are asked to sign a written contract agreeing to adhere to a higher standard of conduct as outlined by the Knightline Handbook.

Therefore she is:

- To demonstrate wholesome behaviors and maintain a healthy look whenever she is in her team uniform.
- Adhere to the rules of sportsmanship as outlined by MSHSAA.
- Follow the rules of safety at every practice and performance.
- Maintain the academic and behavioral standards established by Incarnate Word Academy.
- A dance team member may not sit with or be affectionate with her boyfriend while in uniform.

Attendance:

Every team member will receive a copy of the dance team schedule prior to events. All dance functions are mandatory. Each dancer must report to each scheduled event on time dressed and ready to go. All doctor or other appointments should be made on days off and not during scheduled events. Members will not hold jobs or be involved with activities that interfere with dance team participation. The following 3 reasons are the only legitimate **excused** absences from any practice, volleyball game, basketball game, performance or competition:

- Personal illness, injury or accident verified by note from parents or doctor noting reason and expected recovery date
- Funeral or death in the family
- Special school activity

A dancer will be benched from a performance for any of the following reasons:

- Lack of knowledge of a routine
- Lack of ability to perform the required skill level for the routine
- Lack of mental or physical preparation for any scheduled event
- An attitude not promoting respect, teamwork or sportsmanship
- Any injury for which a dancer is unable to perform at their normal level
- Failure to attend a practice/event without proper notification
- Excessive tardiness or leaving early
- Three Unexcused absences

A dancer will be dismissed from the team for any of the following reasons:

- Failure to attend a game/performance without proper notification
- Benched from three games due to unexcused absences
- Is placed on academic probation
- Is placed on behavioral probation
- Is guilty of insubordination of the coaching staff
- Is arrested while she is in her uniform

Competition:

There will be auditions for competition routines one month prior to the start of competition season. If a dancer has not met the requirements for the routine she will still be expected to participate in supporting her team at competition.

The coaching staff with or without the input of the team, may use reinforcement measures when a team member violates any behavioral expectation outlined in this handbook.

The coaching staff may add an addendum when situations warrant it.

Eligibility

There are several eligibility requirements:

- Maintain a 2.0 GPA
- Be a registered student
- Maintain satisfactory grades in her classes throughout the year
- May not have been dismissed from a team previously
- May not have dropped off a team previously

Parent Expectations

Parents are a big part of our program without their support at games and competitions the team would not be successful.

Below are a few guidelines:

- Stay informed of the rules and procedures that are applicable to our organization.
- Encourage your daughter to adhere to the established rules and procedures.
- Provide transportation, as needed, to ensure that your daughter arrives and is picked up on time.
- Attend parent orientation meeting.
- Cooperate with school administrators and organization director in establishing and maintaining a quality organization.
- Parents should be aware of all upcoming performances and events. If there are scheduling conflicts have your daughter talk with her coach.

The dancer and her family are required to be members of the Incarnate Word Academy Booster Club. The annual fee is \$75*, which must be paid before a student may actively participate in the IWA Dance program. The dancer and her family will be asked to work at the IWA Booster Club activities throughout the year.

*This amount may change after the May Booster Club meeting.

Practice Schedule

The coach shall provide a practice schedule to the team one month prior to the start of each season. During competition season, teams will have Sunday practices and before school practices. (This affords gym time)

Morning practices will be utilized for the following situations:

- Competitions
- A conflict with the coach's schedule because of educational enhancement purposes
- Involvement by the team members in the musical or other required school activity

Generally, dancers will have 3-5 practices per week. There will be no practices during the final week of the semester or exam week.

Uniforms

The main uniforms are purchased by the school and are the property of Incarnate Word Academy's Dance Team. Uniforms must be returned to the Coach at the end of the academic year on the specified date. Uniforms must be returned clean and in a professional dry cleaning bag with the receipt attached on the outside of the bag. The uniform return sheet issued to each dancer before the turn-in date and must be included inside of the dry cleaning bag.

Dancers must purchase accessories and items that are non-durable or restricted under sanitary guidelines. They may not purchase anything not approved by the varsity coach.

Each team member must safeguard her clothing, uniforms and equipment and is therefore personally liable for its replacement for loss or damage. Uniforms issued by the team may be worn only at events designated by the coach and are not, for any reason, to be loaned to or worn by anyone who is not a current member of the Incarnate Word Academy Knightline Dance Team.

Financial Obligations

The dancer is responsible for the following costs:

- Uniform accessories including nylons, shoes, and leotards
- Meals for out-of-town trips
- Camps and clinics
- Camp outfits
- Optional items such as warm-ups, bags, and sweatshirts

Out-Of-Town Trips

If the dance squad participates in an out-of-town trip, the coach is responsible for the welfare of the team. The coach will decide the activities, time schedule, and basic guidelines for the trip. The coach has the ultimate authority throughout the trip. General guidelines include:

- Team members will travel in assigned vehicles
- Team members will sleep in assigned rooms
- Team members may not leave the competition area or hotel without the permission of the coach
- Other than parents, immediate family members, and classmates, no guests are allowed to visit the rooms
- Team members are expected to abide by the school policies regarding controlled substances, alcohol, and cigarettes

If she violates any of these rules, the parents will be asked to come and get her and the member will automatically be dismissed from the team.

Parent Contract

We, the parents of _____, have read the IWA Dance Team Handbook and agree to help our daughter follow the guidelines to the best of our ability.

Parent Signature

Parent Signature

I, _____, have read the IWA dance Team Handbook and agree to follow the guidelines to the best of my ability.

Dancer Signature

Financial Agreement

Unfortunately, being a member of the Knightline does cost some money as stated in the Handbook. As we do have a school budget, it does not include the cost of attending summer camp, camp clothing, and our sanitary accessories that the girls need. Please know that we understand the financial burden and we try to keep the cost down or shop around for the best deals when possible. Anything you purchase however will be kept by your daughter and used throughout her time in the dance program. This includes both JV and Varsity; they wear the same type of shoes, nylons, camp outfits, and leotards. Listed on the back is a break down of the money needed and payment dates. If you have any questions or concerns, please don't hesitate to ask.

I, _____, agree to pay the needed money in order for my daughter to participate in the IWA Dance Program.

Parent Signature