

## **Prior Lake Lakettes Middle School Dance Team Handbook**

### **Lakettes Dance Team Code of Conduct:**

1. Our philosophy is to be grounded in respect and dedication
2. The standard we uphold is to achieve our goals by consistently striving to the next level
3. We embody grace, class and enthusiasm
4. Our main goal is to have a successful program that people strive to be a part of. When girls leave our program they should be well prepared for high school dance team.

### **Membership Requirements:**

1. All members are expected to do well in the classroom. In the event that a dancer is not making satisfactory progress towards passing their classes, a meeting will be scheduled with the student, coach and dean to discuss future participation.
2. All members must pay their balance in order to practice/perform.
3. All members are expected to refrain from drugs, alcohol and tobacco. I have a zero tolerance policy. If you dancer is caught doing drugs, alcohol or tobacco, she will be removed from the team.
4. All members are required to attend all practices and competitions. If a dancer misses a practice the week of a performance, she will not dance.
5. All dancers will need a current physical on file with the Prior Lake High School Activities office.

### **CONDUCT**

Certain standards are necessary for the integrity and reputation of this team. We feel that members of this team should be leaders within the school and should set a good example at all times.

By accepting the privilege/honor of being selected as a Lakette Dancer, a member accepts that her actions are more prominent than those not associated with such an activity.

A member must be on her best behavior at all times, anywhere in the community, and at all functions where you are recognized as a representative of the Lakette Dance Team.

**Attitude-** The success and growth of the Lakette Dance Team depends on the attitudes of the team members. Repeated occurrences of a poor attitude towards the dance team policies, the coaches, or the decisions made in the interest of the team will not be tolerated and a dancer could be removed from the team. **THIS INCLUDES THE PARENTS AS WELL.**

**Dedication-** The expectations of the team members are high. Practices are demanding and improvement is expected of each member. **Easy practices and rules will not create a successful team.**

**Respect-** Team members will respect their teammates and their coaches. **Team members and Parents will respect and abide by the final decisions made by coaches.** It is important for team members to understand that decisions will be made in the best interest of the **ENTIRE** team. What is fair for one member may not be fair for the remaining team.

## **DISCIPLINE**

Failure to abide by the regulations and requirements outlines in this handbook can result in various disciplinary actions. This includes any of the following: suspension from a performance, suspension from a regular practice or dismissal from the team. Attitude, public conduct, participation, attendance and punctuality are all factors that will also be considered. If a parent of a dancer does not abide by the rules and regulations of the dance team, the dancer may be suspended or removed from the team.

## **INJURIES**

All injuries must be reported to the coaches. The coaches may refer the injured dancer to the Athletic Trainer. If a dancer is sitting out of practice due to injury, she must have a signed note from the Athletic Trainer or family Physician to be allowed to return to normal practice.

## **ATTENDANCE POLICY**

- ALL practices, performances and team events are mandatory.
- If you are absent the week of a performance, you will not compete.
- Tardiness includes being late as well as leaving early. Arriving 10 minutes late to practice or leaving 10 minutes early will result in ONE absence.
- After two unexcused absences the dancer and coach will meet to discuss the attendance issues and parents will be notified.
- Unforeseen occurrences such as funeral, family emergencies, ect... may require different circumstances and will be dealt with on an individual basis by the coaches.

**\*\*\*Unexcused absences include: work, non-medical appointments, dinner dates, concerts, studio practices, dental appointment, ect...**

If for any reason you are going to be absent, then you must email your coach.

**TEAM FEES**

You are responsible for paying all team fees in order to participate. If a dancer quits the team or she is removed from the team, you will not get a refund. Any clothing or costume order that is placed you will not be able to receive a refund.

**COACH**

It is the responsibility of the coach(es) to determine all team policies and all team requirements. Recommendations may be solicited from the team member, and/or parents, but the coaching staff will make all final decisions.

Each case will be judged individually, since not everything that could occur is covered in this handbook, infractions that are not outlined may require the best judgment of the coaches with assistance of the administration.

The coach reserves the right to amend this handbook at anytime, and to review the circumstances of each case to determine if a consequence is necessary. Every attempt will be made to discipline fairly, equally and to make the consequences of actions known ahead of time. Parents will be notified if appropriate.

The good of the team **ALWAYS** comes before any one individual.

If concerns and conflict arise, please discuss the situation with your daughter first. After speaking with your daughter, then contact the coach. This will lead to a quicker solution.

All efforts will be made by the coaching staff to ensure that explanations are clear and understandable. If there are remaining concerns, then a meeting with the student, parents, will be scheduled. Should a parent consider a situation "serious and immediate," a 24-hour wait period is required before contacting the coaching staff.

\*\*\*\*\*

**Sign and Return this portion to coaches May 30th.**

I \_\_\_\_\_ have read through the Prior Lake Lakette Dance Team Handbook and fully understand the **MEMBERSHIP REQUIREMENTS, ATTENDANCE POLICY** and all rules and regulations.

\_\_\_\_\_ Date: \_\_\_\_\_  
*Dancer Signature*

I \_\_\_\_\_ have read though the Prior Lake High School Lakette Dance Team Handbook and fully understand the **MEMBERSHIP REQUIREMENTS, ATTENDACNE POLICY, REFUND CUT OFFS DATES** and all rules and regulations.

\_\_\_\_\_ Date: \_\_\_\_\_  
*Parent/Guardian Signature*

**Liability Waiver**

I recognize that dance is a physical activity, and I am choosing to sign my child up for the above activity. I will not hold Lakettes Dance Team, PLHS, HOMS, TOMS or its' coaches responsible for any injuries inherent to the nature of this activity.

\_\_\_\_\_ Date: \_\_\_\_\_  
*Parent/Guardian Signature*