

Cretin-Derham Hall Dance Team – Code of Conduct 2019

As a member of the Cretin-Derham Hall Dance Team, you will be expected to know and follow the expectations and guidelines set down for you. Please study these guidelines and ask your parents to read them. It is important for you and your parents to know what is expected of you.

We will have a few expectations. When establishing them for our team, we ask three questions:

- Will it make you a better person?
- Will it make you a better student?
- Will it make you a better dancer?

If the answer is yes, then it will be an expectation and there will be no exceptions.

1. **DO RIGHT!** You know the difference between right and wrong. Do what is right and avoid what is wrong. At all times, YOU will be held accountable for your actions and conduct both in and outside of practice.

2. **Attendance:** Scheduled practices are mandatory. Hair, dental and doctor appointments, work and make-up tests are NOT valid excuses. Appointments should be made on off time. EXCUSED Absences include: Personal illness or accident, funerals / weddings, **special school activities, and vacations with a parent note ahead of time if it does not interfere with the week of a performance OR the dancers ability to perform.**
 - Absences for other dance classes must be discussed with coaches prior to the season. These absences may be excused or unexcused based on coaches' discretion and the dancer's ability to perform and meet team expectations and commitments.
 - Excessive tardiness (3 or more throughout the season) will be counted as an unexcused absence (See calendar for practice dates and times). Any dancer that is tardy will need to communicate with all coaches stating why they are tardy to possibly be accepted as excused. Being on time to practice means being dressed and ready to dance a few minutes before practice begins. Early is on time, on time is late.
 - Attendance may be a factor in whether or not you are able to perform. Excused absences may result in not performing depending upon the date and length of the absence. 3 unexcused absences will result in missing the next performance/competition. Communication is key--discuss any absences with coaches in advance if possible.
 - If you miss practice, you must, make up the material you missed **BEFORE** the next practice. It is YOUR responsibility to get caught up. Meet or contact a team member or Captain for help. Not making up material and having it learned could result in not performing.

3. **Forms:** You must have completed all CDH forms before you dance. You must have a current physical on file and the correct paperwork filled out online to be eligible to tryout and practice. (A physical is good for three years). Take time to properly fill out all forms and make sure you have everything completed on file with the Athletic Director's Office.

4. **What Coaches Expect From Dancers:**
 - To get an education.
 - Pass every class.
 - To respect your teammates.
 - Practice to the best of your ability.
 - To be totally honest in all of your dealings.
 - To be extremely loyal to your school, admin, teammates, coaches, families, and friends.
 - To work your maximum potential always; practice, performances and conditioning.
 - To be prompt for all meetings and practices.
 - Remember critique over criticize, and accept critiques to help better you as a dancer.
 - To be part of something great and have fun!!!

5. **What Dancers Can Expect From Your Coaches:**
 - To be loyal to you in all areas.
 - To be totally honest.
 - To provide the leadership and training necessary to achieve our goals.
 - To work you harder than you have ever worked before.
 - To assist you in any way possible now and after you graduate.
 - To treat you as a woman and to love and respect you.
 - Make decisions based on what's best for the team & then what's best for the individual.
 - To help you mature and grow as a woman.
 - To help you reach your goals.
 - To hold you to these expectations.

6. **Qualifications of a Captain:**
 - Shall be a veteran dancer.
 - Shall serve as a leader for the group and maintain expectations within it.
 - Shall be a positive role model for the team.
 - Shall be a member of the Choreography Committee.

7. **Duties of Captains:**
 - Shall assist in directing practices.
 - Shall inform coaches of any information and keep the team running smoothly.
 - Shall facilitate choreography sessions and teach dances to the team.
 - Shall assist the Coaches in any other area as requested by the Coaches.
 - Shall hold team members to the set expectations.

8. **Choreography Committee:**

- 1/3 of the dance team can be choreographers, (usually 4-5 dancers) along with coaches.
 - Shall be responsible for helping find music for our routines.
 - Working with Coaches on formations, mapping out music and all dance moves.
 - Must have all choreography approved by the Coaches.
 - Captains will be responsible for teaching routines to the team
 - Will be responsible for helping team members with choreography.
 - If choreographers do not meet deadlines and expectations, they can be taken off the committee at the discretion of the Coaches.
9. Cell phones, jewelry and gum will not be allowed in practice.
10. **Dress Code:** Appropriate dancewear is required at all practices. No sweats or baggy sweatshirts! We need to see your posture and body positioning. Dancers are constantly moving so proper supportive undergarments are required. No spaghetti strap tank tops, visible undergarments, or exposed midriffs. Spandex shorts must have at least a 3” or longer inseam. Coaches will discuss any issues or concerns with dress code with dancers individually.
11. **Behavior & Attitude Expectations:** You are representing the CDH Dance Team at all times. It is important to think about how your actions will affect your teammates and the reputation of the Dance Team. Use sound decisions at all times. Be polite, kind, respectful, and responsible. Work at being attentive at practice and have a good attitude. Be a good listener and quick learner. Practices should be silent, with the exceptions of the person teaching the routines. Raise your hand to ask any questions. Team guideline: Watch three times before asking a question about choreography.
12. We suggest healthy eating habits. Remember you are an athlete and you require more calories than the average person does. Make up those calories in nutritious, high-energy foods... not junk! FOOD IS FUEL!!!!
13. **Discrepancies:** If you have an issue, please come and talk to your coaches or captains. Communication is key, and we are more than willing to work with you on sorting it out. Respect on both sides and clear communication will be the main factor in helping resolve any issues. If there is a discrepancy between dancers, it is asked that they first work to sort it out themselves. If coaches hear of the issue from parents or the AD, we will get involved to talk with the dancers. If things still cannot be resolved, additional resources will be pulled into the discussion as needed.
14. **Social Media/Internet Sites:** Please be mindful of anything you post on a public Internet site (ex: Facebook, twitter, snapchat, Instagram, etc.) These are public and for the safety of the team members, we request you think about what you post. Remember the “Grandma Rule.” Also, we as coaches need you to not request or follow us on social media...we will be happy to connect with you after graduation ☺
15. **Goal Setting:** We expect dancers to set goals related to dance as well as personal development and will work during practice to review and achieve those goals.

16. **Drugs and alcohol:** We follow the exact same policies as set by Cretin-Derham Hall High School. Being a member of the dance team is a privilege. Each day you have a choice as to how you are going to act and what you are going to do. Make sure you are making wise choices. They may affect your high school days as well as your life. Think before you act. Consequences can include being removed from team events, performances, and/or practices.
17. **Significant others:** They have absolutely no place at practice, before performances/ competitions, etc. Make it clear to them ahead of time. Have them cheer on the team at all our dance events but let them know that will not be able to hang out with them.
18. **Travel:** When we travel as a group, it is important that you are on time. It is required that dancers ride both ways with our team. Practices are hectic and our bus time serves as our time to “bond” as a team. If parents are adamant about driving home dancers, coaches must have a note 1-2 practices before departure. Everyone must help keep the bus clean.
19. **Parents/Rides:** It is important on return trips that rides for the girls are prompt. After a full day with the girls, we would like to get home to our families. Coaches would appreciate promptness.
20. **Consequences:** Coaches will discuss consequences with any dance team member not following the above expectations.

“Ability is what you are capable of doing, Motivation determines what you do and Attitude determines how well you do it.”

<p>Parent / Dancer / Coach Agreement</p>

I/We, the parent(s) of the above-named, have read the Dance Team Code of Conduct and understand all the requirements and consequences of improper actions. We understand the coach has final say in my/ our daughter's remaining on the team. We also realize this is a team effort and that we may be called upon to help in some ways throughout the season which are within capacity to help, and we will make every effort to do our share of assisting on behalf of our daughter.

Signed _____ Date _____

As a member of the Cretin-Derham Hall Dance Team, I have fully read the Code of Conduct and understand what is expected of me and to remain a member in good standing. I will keep myself knowledgeable and informed of all rules and realize the consequences of poor behavior or inappropriate actions may be severe. I will do all that I can to uphold the honor and integrity of the Cretin-Derham Hall Dance Team, respect my team members, coach and my school at all times.

Signed _____ Date _____

As Coach of the Dance Team, I pledge to treat all members as fairly as possible, to keep parents informed of problems before they become serious, to be reasonable in practice expectations, and to always keep in mind that academics and family need to be highly considered within my framework of my expectations.

Signed _____ Date _____