

Apex Friendship High School Dance Team Handbook 2024-2025

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www.afhsdanceteam.com

1) The Role of a Dance Team Member

- represent the school to the highest degree
- set an example of good behavior and sportsmanship at all times
- provide leadership
- promote unification of the crowd's involvement during the athletic event
- to contribute to self-growth in the following areas: Leadership, Emotional Maturity, Self-Confidence, Mental/ Moral/Ethical Values, Decision Making Skills, Cooperation, Spirit of Competition, Character, Self-Discipline and Self-Control
- balance academic requirements and demands with extra-curricular and personal activities

2) Selection of Dancers

The following items must be handed in via the AFHS Dance Team Canvas Course by 9pm on Friday, May 24th **or you will not be eligible to tryout.** I will send you an email confirming your submission. All forms can be found on the AFHS Dance Team website and Canvas site:

1. Completed Wake County High School Physical Form
2. Copy of your Quarters 1-3 report card
3. Signed copy of rules and regulations form
4. Completed Student Information Sheet - There are two different forms this season. One for returners trying out and one for new to the team candidates.
5. Recent photo
6. Signed copy of AFHS Code of Conduct

Try-outs will consist over a three-day period:

- Day 1: Tuesday, May 28th – 6:00pm-8:00pm – Main Gym
- Day 2: Wednesday, May 29th - 6:00pm-8:00pm – Main Gym
- Final Audition: Thursday, May 30th – 5:30pm-? – Main Gym

Prior to tryouts, each candidate must learn the AFHS Fight Song from the videos posted on the AFHS Dance Team Website. The first day of tryouts, candidates will practice technical skills including the following necessary for the tryout on Thursday: toe-touch, calypso, turning disk, triple pirouettes, and a la seconde turns. They will also learn the Pom Material. On the second day, there will be a short review of the day 1 material and then the candidates will be taught a sideline and a Jazz routine. For the final audition, candidates will try out in groups of 3-4 in front of the AFHS coaching staff and additional judges. Candidates will perform the skills from day 1, the Fight Song, Pom routine, sideline & Jazz routine with their tryout group.

***On the final day of try-outs, dancers must wear the school's colors and be performance ready.**

3) Attendance

-Dance Team Members are allowed 5 absences from games/practices during the season. This includes absences due to illnesses, family emergencies, vacation, etc. Once you have reached your 5 absences, you will no longer be a part of the team.

-If you are absent from a practice or game, there is no guarantee that you will still have your original position in lines/the routine or be allowed to perform at the next event.

4) Conduct

An Apex Friendship dance team member is responsible for his/her actions on and off the field/court. Promoting good sportsmanship by way of example is required at all times. If you become a member of the team, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, Apex Friendship dancers are expected to follow all rules outlined in the student handbook. They must also maintain good rapport with the Apex Friendship High School administration/staff, team members, game officials and coaches.

If you are suspended from school, you will be removed from the team. Remember, the **COACH** is in charge of the team. Failure to follow the policies and procedures of the team could result in removal.

5) Grades

Dance Team members must be passing all their classes. Failure to do this will result in suspension from the squad until the required grades are achieved.

6) Dance Team Season

Practices:

-Practices will be approximately 2-3 days per week. Days and times will vary this season.

Games:

-The fall season consists of all home football games. Varsity games are scheduled for Friday nights.

-The winter season consists of 10-12 home games for girls' and boys' basketball.

Competition:

-Participation in the competition team is optional. Because of this, AFHS Competition Team will take priority over any outside commitments.

-Select members of our team will compete at various local and national competitions this season.

-Members chosen to compete will be at the sole discretion of the coach.

-Members selected to participate must be fully committed to attending ALL competitions.

Leadership:

-Dance Team leadership positions are determined at the sole discretion of the coach.

7) Uniforms & Financial Responsibilities

Each dance team member will be responsible for his/her uniform. Your uniform must be clean for every event. Uniforms are to be worn for school activities only. You cannot lend your uniform to anyone. If you do not have all the pieces of your uniform, you will not dance at the event. Apex Friendship Dance Team Members will need to purchase the following items: Shoes, Poms, Warmups, Uniforms, Practice Wear/Game Day items. Dance Team members will also attend a mandatory NDA Home Camp July 29th and 30th at Apex Friendship High School. A deposit for dance team items will be due at the first parent meeting. Other funds will be due shortly after. Competition Team costs include choreography, costumes, competition fees and travel.