

Apex Friendship High School

Dance Team Handbook

2019-2020

Head Coach: Karen Civitello

www.afhsdanceteam.com

Dance Team Constitution

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 information must be handed in to the main office by 2pm on Tuesday, May 28, 2019 or you will not be allowed to try-out:

1. Completed Wake County High School Physical Form (found on dance team website)
2. Copy of your Quarters 1-3 report card
3. Signed copy of rules and regulations form (end of this packet)
4. Completed Student Information Sheet (end of this packet) with a recent photo attached (Photos will not be returned).
5. Signed copy of AFHS Code of Conduct (found on dance team website)
6. Completed HIPAA form. (found on dance team website)

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: Friday, May 31st – 6:00pm- 8:00pm – AFHS Dance Studio

The first day of auditions, candidates will go through a class-style audition using across the floor technique. They will also learn some Gameday material. On the second day, there will be a short review of the day 1 material and then the candidates will be taught two short routines, one Pom and one Hip Hop. For the final audition, candidates will tryout in groups of 3-4 in front of the AFHS coaching staff and additional judges. Candidates will perform the across the floor skills individually and then the Gameday material, Hip Hop & Pom routines with their tryout group.

***On the final day of try-outs, dancers must wear schools 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 or routines.

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 COACHES are 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 follow the academic expectations outlined in the athletic handbook. 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.

Games:

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

-The winter season consists of the majority of home games for girls' and boys' basketball.

Competition:

-Select members of our team or the entire team may compete at various local and national competitions this season. Members chosen to compete will be 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 UDA Home Camp July 29th-July 31st at Apex Friendship High School. Money for camp will be due at the first parent meeting. Other funds will be due shortly after.

Personal Dance Team Contract

I have read the Apex Friendship High School Dance Team Handbook and understand the responsibilities and privileges of being an Apex Friendship High School Dance Team Member. I will abide by these rules and regulations if chosen for the 2019-2020 team. I understand that if I do not follow the rules, I will receive consequences and may be suspended and/or removed from the dance team.

I will cooperate fully with the coaches and all persons and organizations concerned to promote spirit and good sportsmanship at Apex Friendship High School.

At all times, whether at school or away from school, I will conduct myself in a manner that best represents the students and faculty at Apex Friendship High School.

Printed Name: _____

Signature: _____

Date: _____

Parental Permission

My child, _____ has permission to tryout for the dance team at Apex Friendship High School for the 2019-2020 season. If chosen, she/he has permission to participate as a member of the team for that school year.

I have read and discussed with my child the guidelines, and I understand the responsibilities and commitment of being a dance team member. I also understand the role I must assume as a parent of a dancer, and I will assist in every way to see that the rules and regulations are enforced. I will do my best to support the coaches and administration in decisions made throughout the season.

I understand that every attempt will be made to properly supervise all activities to prevent any accidents or injuries.

I do hereby give my consent and support for my child, if selected, to be a dance team member at Apex Friendship High School for the upcoming season.

Printed Name: _____

Signature: _____

Date: _____

Student Information Sheet

Name: _____ Grade for 2019-2020: _____

Mailing Address: _____

Telephone Numbers: Home: _____ Cheerleader's Cell: _____

Cheerleader's E-mail Address: _____

Parents'/Guardians' Names: _____

Parents/Guardians' E-mail Addresses: _____

1) Do you currently dance at a studio/all-star gym? Which studio? What days do you have rehearsal/practice?

2) Why do you want to be a member of the Apex Friendship High School Dance Team?

Your signature below states that everything on this sheet is accurate.

Signature: _____

Date: _____