

Libby Middle School Dance Team

2019 Program Information

- I. **Coaching Philosophy and Objectives:** the key to success on the LMS Dance Team is PARTICIPATION. Attend practice, dress to dance, participate to the fullest and you will SUCCEED!

PROGRAM OBJECTIVES:

- Provide dancers with a positive experience and increased knowledge
- Help the dancer increase areas of physical fitness
- Earn respect from peers through performance and competition experiences.

COACHING EXPECTATIONS:

- Model positive, honest behavior
- Communicate in a constructive manner
- Demonstrate fairness, consistency and respect to all dancers
- Educate students about dance styles, skills, and what it means to be on a TEAM.
- Prepare dancers to move to a high school level dance program
- Maintain concern for the overall well being of each dancer.
- Every dancer must turn in their handbook signed form to practice and/or compete.

PERFORMANCE/COMPETITION PHILOSOPHY:

- Dance routines will be choreographed for ALL dancers.
- Every dancer is expected to dance at every performance and competition.
- Placement in formations will be based on:
 - *Dance ability and sometimes specific skills needed for a part
 - *Knowledge of routine and memory during practices
 - *Showmanship and presentation of routine
 - *Attendance at practices when learning the routines and setting formations.
- Performance at any event, halftime or competition will be based on:
 - *Attendance
 - *Attitude
 - *Participation

II. **Team Rules & Expectations:**

Practice Expectations

- To be prepared for the first performance/competitions, dancers must participate in at least 8 practices.
- Attendance at practices prior to any performance/competition is required for safety and team success.
- If you miss a practice for any reason, it is the dancer's responsibility to learn any changes in the routine as quickly as possible and to notify the coaching staff.
- Appropriate attire is expected at all practices INCLUDING SHOES. See the list of required attire for practice and performance. If a dancer shows up unprepared he/she may not participate in practice (first week of practice is an exception)
- Hair should be pulled up and away from the face (bun or ponytail)
- No cell phones at practice

Practice Schedule

- *Monday - Friday 5:45AM - 7:15AM *Doors open at 5:30AM and will re-lock at 5:55AM.
- *We will always have practice on game/competition days unless otherwise stated.
- *Watch/listen for any revisions. We might have a Saturday practice.
- *October 21 - October 25 will be choreography dates. Please plan on being there every day.
- *With the end of practice being at 7:15am, plan accordingly to bring food for after practice. Students may sit in the commons area while awaiting classrooms to open, and must clean up after themselves. They may not leave the commons area for any reason until all students are allowed in the building. If students cannot abide by these rules, they will be expected to wait outside until the other students are allowed in.

Performance/Competition Expectations:

- Dancers are expected to sit with the LMS team at all times prior to performing or competing.
- Dancers are expected to be at the entire game when performing/competing at home games to support their team. We will be learning some fun cheers to help support our teams.
- Dancers are representing LMS and will do so in a positive manner and have good sportsmanship at all times.
- Dancers need to be dressed and ready to perform when they arrive.
- Dancers might perform at games that do not contain competition for crowd experience and practice.

Travel/Transportation

- Travel to away events is by Richland School Bus
- ONE-WAY travel is provided only. Dancers will need to be picked up by a parent or legal guardian following the performance/competition and will need to be signed out with the coach.

Equipment/Uniforms

- *Each dancer will be responsible for providing/purchasing their own practice wear and, when determined, uniform top.
- *Uniforms are to be clean and neat for each performance/competitions. Dancers are judged on uniformity and overall appearance.
- *Any items checked out (uniform/poms) are the property of the Richland School District.
- *Any item not returned after the final performance will result in a fine on the dancers account.
- *Pom Fine: \$50 *Uniform Fine: \$105
- *There is a \$10 per dancer Uniform Cleaning Fee due at the time fees are paid.

III. COMMUNICATION:

COACHES WILL BE USING THE REMIND APP TO SEND OUT UPDATES AND NOTIFICATIONS!

Dancers to Coaches

- We encourage dancers to communicate directly with coaches about any questions or concerns.
- Dancers need to make coaches aware of any special academic needs that may interfere with practices or performances. We are here to help you be successful!

Parent to Coaches

- Contact the Head Coach
- If the initial contact does not resolve the concern, a meeting will be scheduled with both coaches and the parents. Dancer may be present but that is not required.

-If the concern still remains the Athletic Director will be contacted.

IV. ABSENCE POLICY

*Excused absences due to family emergencies, academic issues or illness will be excused if the coach is contacted prior to the absence. All other absences are considered unexcused.

Attendance consequences

*The following attendance/participation issues will result in the loss of one performance/competition/practice:

- Absence (for any reason) from the practice the day before a performance or competition due to safety and choreography issues.
- Must attend at least half of the school day to be performance eligible.
- Students who are assigned ISS during the school day are not eligible for practice. With practice being in the morning this will apply to the school day prior to practice. If your dancer is in ISS for any portion of the day prior to practice they may not be at practice the next morning. If they are in ISS for any portion of the day of a performance they will not be eligible to perform.
- 2 or more unexcused absences will require a meeting with the parents and coach in order to continue participation.

*If there are repeated attendance infractions or behavioral problems the dancer may be dismissed from the team. The following protocol will be followed:

- Discussion with the dancer to correct the issue.
- Written notification to the parents regarding the attendance or problem
- Meeting with the parents (dancer) to attempt to solve the problem
- Meeting with the parents (dancer) to discuss dismissal from the team.

V. INJURY PROTOCOL

*Coaches are committed to the safety and well-being of the LMS dancers. Dancers MUST report all injuries to a coach immediately. When an injury occurs, the following protocol will be followed:

- Coaching staff will determine the extent of the injury.
- Parents will be notified of the injury.
- If the injury needs medical attention, the coaches will recommend the parents take their dancer to seek medical care.

*If a dancer is temporarily unable to practice, perform, or compete they are still required:

- Attend all practices, performances, competitions
- All medical related absences are excused.
- If an injured dancer was seen by a medical professional he/she will not be permitted to practice or perform until cleared by a medical professional.

*If a dancer has a season ending injury we encourage he/she to still participate in practices and performances to support their team!

*Concussion Protocol (RSD/WIAA): LMS Dance will follow RSD protocol for head injuries. All head injuries are treated as serious by RSD and statewide by the WIAA.

VI. COACH CONTACT INFORMATION

Head Coach:

Danielle Harvey

509-578-8817

danielle.harvey@rsd.edu

Assistant Coach:

Erin Higgs

801-675-1538

erin.higgs13@gmail.com

Please use text first as the primary communication!

Practice and Competition Gear:

___ 1-2 pair SOLID BLACK high waisted leggings

___ 1-2 SOLID BLACK tank tops

___ 1-2 pair NUDE canvas lyrical shoes \$17.95 each

https://www.dancewearsolutions.com/shoes/lyrical_and_contemporary/b235.aspx?position=0

IF there are not enough uniform tops to begin the season an alternate uniform may be chosen.

Notes: _____

Libby Middle School Dance Team 2019
Acknowledgement Form

I have read the contents of the LMS Dance Team Program. I understand and agree to abide by the policies and procedures of the LMS Dance Team program.

Parent Email: _____ Phone #: _____

Parent name: _____ Date _____

(Print Please)

Parent Signature: _____

Dancer Name _____ Date _____

(Print Please)

Dancer Signature _____