

Standards and Expectations of the Lancette Dance Team

Article I: Name

The name of this organization shall be the Lancette Varsity Dance Team, the Lancette Junior Varsity Dance Team. Hereafter shown as Lake Park Lancette Dance Team with (Varsity), (JV) to stipulate differences where needed.

Article II: Purpose and Mission Statement

The mission and purpose of these organizations shall be as follows:

1. To cooperate with the administration and faculty in working for the betterment of the school through spirit arts.
2. To build better relationships between schools during athletic and other school events.
3. To better each member as a dancer and a performer.
4. To encourage high ethics and standards among its members.
5. To promote leadership.
6. To develop the ability to work as a part of a group achieving common goals; TEAMWORK.
7. To represent the school and community in an exemplary manner, serving as a model for appropriate behavior and citizenship.
8. To competitively perform within TEAMDance Illinois (JV & Varsity), working toward the state dance team championships (Varsity).

Article III: Members

Section A

Membership shall be open to all students who will be enrolled in Lake Park High School for the year of competition for the dance teams.

Section B

Eighth graders, freshmen, sophomores and juniors may audition for the JV and Varsity teams. Placement on a team will be based on skill not grade level or year in school.

Section C

Members must be athletically eligible and remain athletically eligible the entire season in order to fully participate in Lancette performances and activities. Ineligible members will still be required to attend rehearsals and performances, however, despite their inability to fully participate.

Section D

Physicals—Members of the team must have new physicals on file at the school by the end of June.

Section E

Membership on the Lancette Dance Team is an honor and privilege, not a right. Removal is at the discretion of the coach (es).

Section F

Being a previous member of the Lancette Dance Team (JV or Varsity) in NO WAY guarantees placement on the team for the following year. Every member must go through the same audition/selection process each spring. In addition to ability, each member's cooperation, effort, attitude, and general character will be considered.

Section G

Being chosen as a member of the Lancette Dance Team DOES NOT guarantee a spot on the competition floor. The competition roster for the winter (basketball season) will be chosen upon the completion of the fall (football season) based on summer and fall performance, skills observed by the coach (es), and/or an audition of competition material. Competition spots will be earned primarily on the basis of proper technique and execution of choreography, but may also include an evaluation of artistry/expressive qualities and effort/commitment.

Members not chosen for the competition roster will be considered alternates for the competitive season and will still fully participate in all rehearsals, basketball game performances, and competition days, but may not take the competition floor. Alternates will learn and memorize all choreography, and may be called upon at any time (including minutes before a performance) to fill a vacant spot.

Competition spots and alternate spots are subject to change throughout the season based on ongoing performance, behavior, and overall effort and commitment.

Article IV: Behavior

Section A

Personal Conduct

1. Lancette members are expected to be a credit to the school at all times.
 - a. Be courteous and respectful at all times.
 - b. Use NO profanity.
 - c. Public display of affection while in uniform will not be accepted.
 - d. All school rules apply—members are expected to set a good example by following the school rules in and out of class. SEE LANCER CODE.
 - e. Remember that you are a representative not only of the Lancettes Dance Team, but also of Lake Park High School in the community and beyond.
 - a. If you are asked to leave rehearsal because of your behavior, it will be considered an unexcused absence.

Article V: Officers

Section A

The coach (es), taking into consideration attendance, attitude, availability, ability and general character, shall choose captains or not choose captains with or without team input.

Section B

The eligibility of the officers shall be as follows:

1. Captain(s) shall be at least second year members.
2. Captains will epitomize the image of a Lancette/Lancer at all times. (In class, rehearsal, performance, competition, and public).

Section C

The duties of the officers shall be as follows:

2. To organize the team and to see that all rehearsals begin on time.
3. To lead proper warm-up and stretching at the beginning of each rehearsal.
4. To lead pre-game dances and activities.
5. To lead sportsmanship activities among the Lake Park community.
6. To help teach routines at the discretion of the coach (es).
7. To assist the coach (es) as necessary.

Section D

Extra time and work is required of captains.

Section E

A captain is someone that is looked up to and upholds the expectations of the school and the coach (es). If at any time the integrity of the position is questioned a member may have the captainship revoked.

Article VI: Choreographers

Section A

The coach (es), taking into consideration attendance, attitude, availability, ability and general character in addition to choreographic ability, shall choose choreographers with or without team input.

Section B

A great deal of extra time and work outside of team rehearsals is required of choreographers.

Article VII: Rehearsals

Section A

Rehearsals are mandatory and begin when scheduled.

Rehearsal Attendance:

1. Members should arrive 10 minutes early for rehearsals when possible.
2. Members must attend rehearsals in order to perform.
3. Jobs and/or other extracurricular activities should not supersede a dance team rehearsal or game.

Section B

If you have missed a rehearsal, it is your responsibility to learn the routine that was taught that day. Waiting until the next rehearsal is unacceptable.

Section C

It is understood that all rehearsals are mandatory if a member misses the rehearsal before a performance (regardless of reason) she may be removed from that performance and any performances between said absence and the next rehearsal at the discretion of the coach (es).

Section D

If you are in school, you are to be at rehearsal or a doctor's note must be given at the next rehearsal. If the coach does not receive a phone call from the member BEFORE rehearsal starts, even if the member missed school, the member is UNEXCUSED. No exceptions.

Section E

If a member is asked to leave rehearsal due to behavior, the absence will be considered unexcused.

I. Article VIII: Uniforms & Equipment

Section A

Each member will be supplied with the performance portion of her uniform. Uniforms should be returned in the same condition as issued and the member may be charged replacement cost and be fined \$50.00 if an item is lost or damaged.

School Uniform & Dress:

1. Uniforms are the property of Lake Park and shall not be remodeled or changed in any way without the expressed permission of the coach.
2. All uniforms should be cleaned whenever necessary in order to preserve the uniform and cleanliness.
3. At the end of the season, the uniforms should be cleaned and returned to the coach on the assigned day. There may be fines for damaged, dirty, or missing uniforms.
4. The uniform must be worn at all games when the team performs. The uniforms are not to be worn for any other purpose. Any member not dressing like the rest of the team will not perform.
5. No part of the uniforms will be worn except when instructed by the coach.
6. Uniforms are for official members who have been chosen through formal audition process. Uniforms should not be lent out without expressed permission of the coach (es).

Article IX: Lancette Functions

Section A

Attendance at all Lancette Functions is mandatory. Members will be given a tentative schedule at the beginning of the season and are expected to work other activities around that schedule. An updated schedule will be posted on the website for the members and parents to view.

Ability to perform will be at the coach's discretion based on but not limited to the following:

- Knowledge of routine
- Attendance at rehearsals
- Attitude at rehearsals
- Eligibility
- Dress
- Meeting Lancette Standards

At Lancette Functions (games, events, parades, competitions, community events, performances, etc.):

1. Team members will sit together and support the other teams for all performances.
2. Each member or team will remain with the team unless given permission by the coach to leave.
3. All members will arrive at performances at the time assigned by the coach, in the required uniform.
4. All members are required to attend performances whether they perform or not.

Article X: Absences

Section A

Absences:

- a. If the member is absent for more than four class periods, or the whole day of a game, she cannot perform that evening.
- b. If the member is home sick from school, she cannot attend any portion of rehearsal. The member will still need to notify the coach before rehearsal begins.
- c. Absences are considered excused if they involve personal illness or accident, funeral, or death in the family, or prearranged situation with the coach (es). Documentation may be required in any absence situation.
- d. School-sponsored activities are excused if and only if the coach receives the required written documentation two weeks prior to the event (i.e. chorus concerts, etc.).
- e. If a member is asked to leave rehearsal due to behavior, the absence will be considered unexcused.

2. The following absences are considered unexcused:
 - a. Family vacations
 - b. Family functions (i.e. parties, relatives coming to visit, babysitting)
 - c. School work—you will need to manage your time
 - d. Parties (of any kind)
 - e. Birthdays (including the members' birthday)
 - f. Most reasons other than illness (i.e. shopping, concerts, birthday parties, family dinners)
 - g. The member must notify the coach at least two weeks in advance of the absence(s), in any of the above situations. This does not guarantee that the absence will be excused.

Section B

A total of three unexcused absences will constitute removal from the team.

First—the coach will talk to the member and the member may be benched for a performance at the discretion of the coach.

Second—the coach will talk to the member, call the parent and the member may be benched for a performance at the discretion of the coach.

Third—member and parent will meet with the coach and athletic director, and the member will turn in all uniform parts at that time.

Section C

If a member is absent from a mandatory function it is at the discretion of the coaches to bench that member from an equivalent function following the missed function (i.e. missing a football game and then being benched from the following football game). No matter what the reason missing a mandatory function is unacceptable.

Article XII: Miscellaneous

Section A

- Members may not have long acrylic nails during the competition season.
- Tattoos must be covered entirely at all times.
- Jewelry (including body piercing) cannot be worn while performing.
- Hair must be pulled back during rehearsals.

Section B

Any member who is removed due to grades or disciplinary actions will not be reinstated during that academic year.

Section C

Outstanding sportsmanship is required of all coaches, members, participants and spectators by IHSA and TDI. Any violation of poor sportsmanship is unethical and will lead to appropriate consequences as deemed by Lake Park High School, IHSA or TDI.

Eligibility Standards of the Lancette Dance Team
Performances, Games, Competitions and Events

1. Grades

- Review the Lancer Code for Grade expectations.
- Members with 3 D's, 2 F's, or 2 D's and 1 F are ineligible

2. Attendance

- A member must attend the rehearsal before a performance or she may be pulled from that performance.

3. Behavior

- Members may be pulled from performances due to behavior unbecoming of a Lancer.

4. Uniform/Appearance

- The member may not perform if any portion of the uniform (including accessories or poms) or appearance requirements (i.e. hair or make-up) is missing or does not fulfill team specifications.

5. Performance Capability/Auditions

- It is the **coach's discretion** at each individual level to pull a member from a performance at any time.
 - A member may be pulled from pre-game, half time or a competition due to the inability to perform **skills, choreography, or the emotional quality** of the material.
 - The performances that the members participate in are at the discretion of each level coach and/or the combined coaching staff.
 - Before select performances, the coaches may audition the team members. It will be determined at that point if a member will perform or not.
 - During a pre-game performance, a member will be given one warning if she is not performing up to standards. If the coach approaches that member again she will be pulled from the pre-game performance and therefore pulled from the subsequent half-time performance.

I, the undersigned, have fully read the **Eligibility Standards of the Lancette Dance Team** and understand what will be expected of me in the coming season to remain eligible to perform. I understand that it is fully at the coaches' discretion and I may be pulled out of a performance at any time.

Lancette Member Signature

Date

I, the parent/guardian of the above-named, have read and understand the **Eligibility Standards of the Lancette Dance Team**. I understand the coach (es) has (have) final say in my child /ward's performance eligibility.

Lancette Member's Parent/Guardian

Date

Standards and Expectations of the Lancette Dance Team

TEAM MEMBER CONTRACT

Dance Team Member Name PLEASE PRINT

I, the undersigned, have fully read the **Standards and Expectations of the Lancette Dance Team** and understand what will be expected of me in the coming season to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and realize that the consequences for poor behavior or inappropriate actions may be severe. I will do all I can to uphold the honor, tradition and reputation of the Lancette Dance Teams, and respect my team members, my school, and all persons associated with school spirit at all times.

I fully realize that I will be held accountable for the rules and policies stated within the aforementioned document and the Lancer Code.

Dance Team Member Signature

Date

I, the parent/guardian of the above named, have read the **Standards and Expectations of the Lancette Dance Team** and understand all the requirements and consequences of improper actions. I understand the coach (es) has (have) final say in my child /ward's remaining on the team. I fully realize that he/she will be held accountable for the rules and policies stated within the aforementioned document.

I also realize this is a team effort and that I may be called upon to help in some ways throughout the year, which are within capacity to help, and I will make every effort to do my share of assisting on behalf of my daughter/ward.

Dance Team Member's Parent/Guardian

Date