

Glenwood High School Dance Team

Handbook 2020-2021

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Auditions will be held on Wednesday August 12 in the GHS Commons from 2:30-5:30pm.

MISSION STATEMENT

The Glenwood High School Dance Team is committed to representing Glenwood with the highest caliber of school spirit, personal integrity, and dance talent through our high standards of excellence and tradition of teamwork. The Dance Team is dedicated to promoting unity, sportsmanship, and respect by maintaining responsibility and discipline. We will strive to do our best at each performance and demonstrate a positive attitude to represent the community.

CODE OF CONDUCT

The team will uphold the same guidelines as stated in the Glenwood student handbook. Any violation or deviation from the handbook (i.e.: the use or possession of tobacco, drugs, or alcohol on or off school premises, criminal activity, or other inappropriate behavior) will result in disciplinary action.

PROBLEMS & BULLYING

Being on a team in a high school setting can be difficult and I understand that problems will arise, however, bullying, gossiping, instigating turmoil, or inappropriate use of social media will automatically result in disciplinary action. If there are ever any problems, I am always here to help and resolve the problem. Teamwork, understanding, compassion, and being open-minded are all qualities we must have as a team in order to succeed together in a cohesive environment.

AUDITIONS

Auditions will be held on Wednesday August 12 in the GHS Commons from 2:30-5:30pm. All dancers are auditioning for both football and basketball season. You will learn a jazz dance and a hip hop dance and will audition both styles. Jazz skills involved include: double/triple pirouette, calypso (turning leap), saut de chat (straight leg leap) and other basic jazz and hip hop steps. There will be a half hour break from 4:00-4:30 to rehearse with assistants and get ready, then the actual audition will be from 4:30-5:30pm in front of experienced and qualified judges. The list of dancers who make the team will be posted on our webpage no later than 9:00pm on that Wednesday.

What to wear to the audition: I recommend wearing leggings or dance shorts, and a form fitting and comfortable top/bra. Limit jewelry to stud earrings or none (please no

necklaces, bracelets, hoop earrings, etc.) Hair should be worn in a neat pony tail (high or low). I encourage you to present yourself as your best.

PRACTICES

Practices will be mandatory during the school year. Dancers are expected to show up on time, in proper attire, and ready to work. Practices will consist of conditioning, stretching, learning routines, and cleaning the routines. The dance team will practice every Monday and Thursday from 3:15-5:00 and Friday (game days) 3:15-4:00 unless specified by me. Unexcused absences or inappropriate behavior during practice may result in disciplinary action. Unexcused absences include: work, homework, being grounded, or “didn’t know about it”. Please schedule all appointments, work and schoolwork around our schedule as much as possible on our off days. Excused absences include: illness (absence from school), funeral, family vacation (excused by coach in advance), or other special activity/appointments (excused by coach in advance). If you miss practice, it is your responsibility to catch up and make sure you know the material you missed. Failure to do so may result in loss of participation at the next event.

It all comes down to **responsibility**.

GAMES/PERFORMANCES

The dance team performs at all home Varsity Football and Basketball games. Games and other performances are mandatory throughout the year. This year looks drastically different from most. Basketball season will be first and will remain in the winter. Games will most likely be Tuesday and Friday nights November-February. Football games this year are now during the spring February-May. Football Playoff games can vary but are typically Friday nights or Saturday afternoons during this spring season. These events are for us to showcase our talent and school spirit. I expect all dancers to arrive on time, in proper attire, with hair and makeup done, with all shoes/poms that we need for that event, and ready to perform with a positive attitude. Failure to have all performance attire will result in sitting out of the performance. At games, the team needs to have a positive demeanor and exemplify a professional dancer. Inappropriate or unruly behavior at games/performances may result in disciplinary action.

FUNDRAISING

Participation in fundraising throughout the year will be essential to each dancer. These events will make team expenses less costly and allow us to obtain the best equipment and uniforms possible. Fundraising events will be added throughout the year.

UDA Camp

We will still have UDA Camp as a team this year but I am trying to make sure it is as safe as possible. The dates and details for this is TBA.