

Monroe High School Dance Team Expectations

Coach: Kathryn Zastrow

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MHS Dance Team Philosophy

As a dancer, you are representing your school at the highest level of sportsmanship as a leader and a role model. Parents, athletes, teachers and other community members will look to you in class, on the football field, basketball court, and competitions so you must appear neat, organized and responsible at all times. Dancing takes hard work, persistence, commitment, and dedication in order to show off your passion for what you do, and to be able to do it well. As a team we will continue to challenge each other, to be the best dance team we can be, while having a lot of memorable experiences together!

Season

The MHS Dance Team practices will begin after school gets out in the summer. The team will practice throughout the summer, fall and winter. The MHS Dance team will be performing at halftime of Varsity Football and Basketball games. Most of the choreography will come from team members and coach, as well as music selection and editing. The dance team coach has the final decision on appropriate choreography and music. The dance team will also participate in at least two competitions in the winter.

Audition

There will be auditions for the dance team season (June-March) each spring/summer. Audition information will be posted and announced for all students' grades 9th-12th who are interested in earning a position on the dance team. There are certain dance skills and elements you will be asked to perform, as well as learning a short routine, and a short improvisation. Judges will choose the candidates for the dance team each season. Veteran dance team members must try-out each new year they wish to participate.

WIAA Rules and Regulations

MHS Dance team members must follow the rules and guidelines presented by the Wisconsin Interscholastic Athletic Association. This includes appropriate behavior and academic achievement. We will also follow the rules and guidelines set by the Wisconsin Association of Cheer/Pom Coaches (WACPC) and the National Federation of State High School Associations (NFHS). The dance team coaches will go over this information with you. Each dance team member will also pay the required athletic fee for Monroe High School. Dance team members can be awarded 'letters.' All dance team members must follow the guidelines in the dance team handbook.

Physicals and Insurance Cards

Each dance team member must have this information handed into the coach before practice begins. A sports physical appointment can be made at the Monroe Clinic. Insurance cards must be filled out by each dancer and turned in to the coach, so it can be filed in the office.

Time Commitment

MHS Dance Team Members will be expected to be at every game performance and every practice. Practice times and days will be determined once the team is formed. It will be possible to be in a fall or spring sport, but not a winter one. Some team members have held part time jobs, and worked their schedule around our practices. Time commitment will be taken very seriously, and the entire team will not present itself as polished each week if we don't consistently practice. Exceptions will be made if a student is sick from school with an excused absence.

Required Uniforms

The school uniform will be decided on and adhered to by all team members and the coach. Each member must provide for themselves: **nude jazz shoes, black dance shorts, tan tights, as well as a black and nude leotard.** Information will be given on where to find and purchase these items on your own. Poms will also be used for some routines and will be provided. The team usually purchases one new costume per year and the money to do so is fundraised. Individuals may be required to purchase one costume that they will own; we try to keep this expense near \$100.

Fundraising

Each member of the team will be required to participate in approximately one –two fundraisers throughout the course of the year. In the past we have had a dance clinic for younger students and a 50/50 raffle at the fairgrounds.

Summer Dance Camp

The team attends a dance camp every summer. **All members of the dance team will be expected to go to camp** to sharpen their technique, learn new choreography, and experience team building. More information will be given to the team once it has been selected. We will decide on a date for camp once the team has been selected. This experience is wonderful for the team!

The opportunity to be on the MHS Dance Team is a very rewarding experience for those who are willing to commit and give one hundred percent. A positive attitude by all members, coach, and parents will strengthen this program, and is expected at all times. Mutual respect between the dancers and the coach must be seen as an integral part of the success of this program. If you have any questions please contact the coach right away, as communication is also of the utmost importance.

Here’s looking forward to an exciting year dancing and supporting Cheesemaker Athletics!

Coach Kathryn Zastrow

Parent/Guardian Permission

Your child has indicated her/his interest to become a member of the MHS Dance Team. There are certain responsibilities and obligations that he/she must assume in order to become and remain a member of the dance team.

Please review the attached dance team expectations, which outline these requirements, before you sign this form below. Read and discuss these with your child before auditions and practices begin to make sure you understand what it takes to be a member of this team.

Your child must have a signed audition permission form to be considered a candidate for the dance team. If they do not fulfill this requirement, they may not audition. Permission forms may be turned in during optional dance clinics.

I have read the dance team expectations, and discussed the requirements with my child, and I understand these obligations.

While I expect school authorities to exercise reasonable precaution to avoid injury, I understand that the school assumes no financial obligation for any injury that may occur.

Student Signature

Date

Parent/Guardian Signature

Date