

Simley High School Dance Team Constitution

Being a dancer on the Simley Dance Team is an honor. The dancers are expected to conduct themselves in a respectful and sportsman-like manner both in and out of uniform. The dancers are expected to be role models for all of their fellow students and should excel in both academics and dancing. They should be above gossip, rumors, smoking, drinking, and bickering. Each girl should dress appropriately and follow the dress code of Independent School District #199 at all times. With dedication and determination, the Simley Dance Team can accomplish great things while representing Simley High School.

Purpose:

1. To uphold the good name of Simley High School and the Dance Team both in and out of school.
2. To develop agility, poise, body coordination, endurance, and muscle tone.
3. To participate in competitive events throughout the state.

Membership Qualifications:

1. Members for the B-squad, Junior Varsity and Varsity teams will include seventh and eighth grade students of Inver Grove Heights Middle School and freshmen, sophomores, juniors, and seniors of Simley High School.
2. Members must pay activity fee designated by the Athletic Department of Simley High School.
3. Members must be able to give freely of their time and efforts for any Dance Team activity throughout the season including after school, evenings, and weekends.
4. Dancers must be drug and alcohol free.

Winter Tryouts:

1. Tryouts will be held during the first week of the winter season as designated and determined by MSHSL. This tryout will allow dancers to audition for Varsity, Junior Varsity, or B-squad teams. (**Note:** Just because a dancer is placed on a particular team at the beginning of the season does not mean the dancer will stay on that team for the remainder of the year. It is the coaches' discretion to move dancers to any team based on ability level and performance throughout the season.)
2. Any seventh, eighth, ninth, tenth, eleventh or twelfth grade student at Simley Sr. High School or Inver Grove Heights Middle School is welcome to audition. (**Note:** This includes all previous members of the team and previous membership does not guarantee a position on the team.)
3. Tryouts will be judged on the same dance, kick routine, technique, attitude, and learning ability.
4. Criteria will be determined by the Coach and distributed to all participants prior to auditions.
5. Tryouts will be judged by the Coach(es) and/or others experienced in the field of dance.
6. All final decisions will be made by the Coach(es) and scores will not be disclosed.
7. The number of dancers on the team will be determined by the ability of each dancer auditioning

Length of Seasons:

A. Varsity Team

Competition season will begin in October, 17 weeks prior to the State Competition, and will conclude with the MSHSL State Dance Team Tournament.

B. Junior Varsity and B-squad

Competition season will begin the same time in October as the Varsity team and conclude at the end of January – as determined by the coaching staff.

Officers:

1. Captain(s)-(will be a veteran member of the dance team)
 - a. Qualifications
 - 1) Must be a member of the team
 - 2) Maintain good standing both in and out of dance team
 - 3) Must have been a member of the team for one season prior to selection
 - 4) Any person applying for captain must have a clean record with MSHSL and Simley High School – **no** violations are acceptable
 - b. Selection
 - 1) Will be asked to complete an application along with being interviewed by the competitive team.
 - 2) Will be elected by a majority vote of the members and coaches. Each counting for 50% of the total
 - 3) Coach(es) have final say in all ties and disputes
 - 4) Captain(s) will be named at the beginning of the competitive season. Duties will begin at this time. (Varsity Only)
 - c. Duties
 - 1) Serve as a leader of the team.
 - 2) Take charge when Coach(es) is not present.
 - 3) Represent the Team's viewpoint when decisions need to be made by the Coach.
 - 4) Keep Coaching staff informed of team issues and concerns
 - 5) Demonstrate enthusiasm, school spirit and be a good role model for the rest of the team.
 - 6) Participate in choreography.
 - 7) Delegate duties to other members as needed.
 - 8) Assist Coach(es) as needed.
 - d. Removal

If a Captain is deemed not responsible or reliable by the coach(es) and/or team members, or if she receives a violation from Simley High School or MSHSL – the dancer will be removed from the office of Captain.
 - e. Vacancy

If any captain is not doing her duties or is unable to fulfill her obligations as an officer, if necessary, a person will be appointed by the coach to fill her position.
2. Choreographer(s)
 - a. Qualifications
 - 1) Possess the ability to be creative
 - 2) Knowledge of different styles of dance
 - 3) Member of team in which choreography is being used
 - b. Selection
 - 1) Dancers may be asked to fill out an application by a specific due date set forth by coaching staff
 - 2) Coach(es) will determine the team of choreographers for each routine
 - 3) Coach reserves the right to remove a choreographer due to lack of effort or commitment
 - c. Duties
 - 1) Responsible for choreography of music selected
 - 2) Meet at specified time with other team members to create routines
 - 3) Create formations and transitions for each routine
 - 4) Select members who will teach routine
 - 5) Help teachers to prepare for practices
 - 6) Create new choreography for routine if deemed necessary by coach(es)

3. Manager (if needed)
 - a. Duties
 - 1) Responsible for maintaining the Team's equipment at all events.
 - 2) Assist Coach(es) and Captain(s) as needed.
 - 3) Assist in publicizing all events and accomplishments.
 - 4) Organize equipment and costumes for events.
 - 5) Attend two to three practices a week. (to be discussed with coach)
 - 6) Attend all competitions.
 - 7) Must follow all other rules as a member of the dance team.

4. Coach(es)

(This is an appointed position by the IGH School Board, District #199)

 - a. Duties
 - 1) Organize all tryouts with the Captain(s).
 - 2) Maintain discipline and organization.
 - 3) Advise and make suggestions for improvements to the dance team.
 - 4) Remain in charge of all team members during all practices and events.
 - 5) Assist dancers in choreography & make final decisions on choreographed moves.

Practice Requirements:

1. Practice times and schedules will be a decision of the coach and/or team members on a yearly and/or monthly basis. Any additional practices or schedule changes will be determined 3 days in advance. All team members are required to attend if time constraint is met.
2. Everyone is required to attend all practices for the entire length of practice.
3. Each member is responsible for her own transportation to and from all practices.
4. All practices are closed to the public. This means NO friends, boyfriends, relatives, etc are allowed to attend practice without prior approval of the Coach(es).
5. All team members are required to be dressed and ready for practice at the designated time.
6. Proper Attire for all practices:
 - a. Leotard – optional
 - b. Sport Tank
 - c. Sports bras
 - d. Shorts
 - e. Tennis shoes and dance shoes, as determined by the Coach(es)
 - f. Tights
 - g. T-shirts are allowed only during warm-up and stretching
 - h. Hair pulled back tightly with proper hair pieces and pins to hold in place
7. No jewelry or gum chewing is allowed during practice.
8. To ensure proper hydration, All dancers are expected to bring a full water bottle to every practice
9. Use of cell phones is not permitted during practice. All cell phones, with the exception of the coaches', must be turned to silent during practices. Coaches' phones will remain on for emergency purposes only.
10. If attending school on a practice day, you should report to practice at the required time. (**Note:** If not feeling well, please report to practice and contact coach for further instructions.)
11. If for any reason you cannot attend practice, it is your responsibility to learn all steps and kicks outside of practice within one day's time of your return. You will be asked to sit out until requirements are met.
12. In the event of a family emergency, the Coach or school administration must be notified in writing from parents prior to the practice in question.
13. Practices questions or concerns related to injuries should be directed to the Injury section of this document.
14. All choreography will be created outside of the regular practice schedules.

15. ONE verbal warning will be given for any unruly behavior. This includes talking, non-participation, or any behavior disruptive to the team. A dancer will be asked to leave practice in lieu of any other warning and will be expected to find transportation home and not hang around the high school.

Competitions:

1. Team members are required to be at all competitions at specified time.
2. Fingernails must be trimmed to the appropriate "safe" length prior to each competition. Absolutely NO acrylic nails will be allowed.
3. Per MSHSL rules, absolutely no piercings will be allowed during a competition day. All must be removed prior to marking and remain out until after the awards ceremony. This should be taken into consideration when determining if you will get a piercing prior to the start or during the competition season.
4. If absent from school on a competition day due to illness (at any time of the day), the team member will not be allowed to attend or compete at the event.
5. All team members must audition for each individual dance prior to competition. If dancers are not performing to the team standards, cuts will be determined by the Coach and individuals will not be allowed to compete.
6. If you pass the audition, but miss 3 or more practices prior to competition, you will be excluded from the competition.
7. Any dancer(s) who does not pass auditions must continue to attend and dance at all practices with the team. Alternate dance positions are needed quite frequently.
8. If a dancer is determined to be in an alternate dance position, not attending or dancing at all practices will put her on probation. She then will need to be reevaluated when she returns to full practice status.
9. Dancers may be pulled from competition for any of the following reasons:
 - a. lack of knowledge of routine
 - b. lack of ability to perform at required skill level for said routine
 - c. attendance issues
 - d. attitude not promoting teamwork and/or sportsmanship
 - e. disregard for constitution and the guidelines governing this organization.
10. An absence within five (5) days prior to a competition may cause the dancer to lose her spot in the routine.
11. The night before a competition, dancers are expected to be in by 10:00 p.m. or as specified by the Coach. Bed checks will be made randomly at Coach's discretion.
12. Cell phones are not permitted at competitions. All cell phones, with the exception of the coaches', must be turned OFF during competition. Coaches' phones will remain on for emergency purposes only.
13. During overnight events cell phones will be turned off and kept in the coaches' room.

Attendance:

1. Attendance in proper attire and remaining with the team is required at all scheduled competitions, performances, practices, and other official events.
2. You must attend at least $\frac{3}{4}$ of the practice to be counted in attendance.
3. A coach must be contacted about an absence prior to the practice or competition in question.
4. In order to participate in practice or competition, a dancer must attend at least 5 class periods in school that day.
5. Excused absences (requiring parent/guardian notification) are as follows:
 - a. Family emergency
 - b. Illness
 - c. Special school activity or family vacation with notice to coach at least one week in advance
 - d. Religious Holidays

6. Unexcused absences are as follows:
 - a. Work
 - b. ASM / Detentions
 - c. Other school activities such as: homework, teacher conferences without a pass, etc.
 - d. Hair, tanning, or nail appointments, etc.
 - e. Non-school activities
 - f. Lying to Coach
7. Consequences for unexcused absences are as follows:
 - a. One unexcused absence = Excluded from 1 competition.
 - b. Two unexcused absences = Excluded from 2 competitions.
 - c. Three unexcused absences = Dismissal from team.

Tardiness:

1. "Tardy" shall be defined as arriving late or leaving early.
2. Punctuality is expected at all events.
3. Repeated tardiness is grounds for dismissal from the team.
4. Any tardy over ½ of the practice time will be counted as a full absence.
5. Excused tardies are arriving late with a pass or note.
6. Consequences for excused tardies
 - a. 4 excused tardies = 1 excused absence.
 - b. 10 excused tardies = exclusion from 1 performance/competition
7. Unexcused tardies are as follows:
 - a. Detention
 - b. Arriving without a pass or note
 - c. Arriving Late or Leaving Early for Non-school Activities
 - d. Forgetting a pass or note – this may be changed if pass is presented to coach within one practice day of tardy.
 - e. Forging a pass or note
8. Consequences for unexcused tardies are as follows:
 - a. 2 unexcused tardies = 1 unexcused absence (**Note:** see unexcused absences for consequences)
 - b. 4 unexcused tardies = 2 unexcused absences
 - c. 6 or more unexcused tardies = 3 unexcused absences and dismissal from the team

Community Service Events:

1. All members are expected to participate in all events.
2. Each member must dress appropriately for the event (you represent the school, your team, and the community).

Fundraising:

1. It may be necessary for the team to hold fundraising activities to help defray the costs of running a top notch program.
2. Participation in these activities is strongly encouraged but not required for membership.
3. One fundraiser a year can be bought out for a set amount.

Uniforms:

1. Each member will be solely responsible for the uniforms assigned to her.
2. All uniforms and accessories are property of the Simley Dance Team and a uniform deposit may be collected by the Simley Dance Team Booster Club prior to distribution.
3. Required Maintenance: Must be clean and in excellent shape at all times.

4. Each team member will be charged for all lost or stolen uniforms and accessories.
5. Any member of the team that has not returned ALL team-issued uniforms and accessories at, or before, the end of the season banquet will not receive their season awards. Awards will not be distributed until ALL team-issued items have been returned.

Injuries:

1. All injuries must be reported to the Coach or Athletic Trainer immediately.
2. If dancer is not able to return to regular practice the next day at her normal level, a doctor's appointment is needed.
3. Dancer will not be able to participate until written clearance is obtained from a doctor noting the injury and expected recovery time.

Physical:

1. All dancers must meet Physical Exam Requirements as stated by Simley High School Administration. Any questions regarding this requirement should be addressed to the Athletic Director or School Nurse.
2. All dancers must have a physical recorded by Simley High School in order to practice with the team.
3. If at any time the dancer cannot participate due to health problems, the Coach will be notified in writing by the physician. This includes any lengthy missed practice.
4. The Coach, at any time during the year, has the power to request a member of the team get a physical before performing, if the dancer's health is in question.

Transportation:

1. All members are required to ride to and from performances and competitions with the team with transportation provided by the school. Special requests must be presented to the Coach in written form 2 days prior to the event.
2. Violations of this rule will result in an unexcused absence.
3. Recurrence of this violation will lead to the member's dismissal from the team.

Academic Requirements:

1. All members must follow the Inver Grove Heights Middle School, Simley High School, and the Athletic Department policies on academic standards.
2. School comes first. If a dancer is having trouble maintaining academic quality, dance team will be dropped for the dancer or she may take a leave of absence (coach's decision).

Conduct:

1. In the case of the following violations, an excused tardy will be issued:
 - a. Gum chewing while practices, performances, or competitions
 - b. Inappropriate language
 - c. Disrespect shown at any time.
 - d. Hair not fixed according to dance team standards.
 - e. Improper attire worn while practicing, performing, or competing.
2. The use of drugs, alcohol, or tobacco will not be allowed at any time. If an incident occurs Simley High School's substance abuse policy will take effect and discipline each dancer. Additional consequences may be determined by the dance team coaching staff.
3. All members are required to remain with the team during practices and performances. Any special requests should be directed to the Coach.

4. A member may be dismissed permanently or suspended temporarily by the Coach for conduct detrimental to the good name of Simley Sr. High School, Inver Grove Heights Middle School, or the Dance Team.
5. Decisions concerning dismissals and/or suspensions of members will be made by the Coach with notification to the Athletic Director.

Competition on Non-School Teams:

In accordance with the Minnesota State High School League Bylaw 203, "A team member may compete only on the school team during the high school season. A team member may compete in solo competition or compete as a member of a non-school team if that team's composition and dance style is significantly different from the high kick and jazz style used by high school teams. Students may attend camps or clinics and compete within the content of that camp or clinic in the same way that other athletes can compete on teams within the clinic.

Simley High School Varsity Dance Team Lettering Requirements

- ☆ The dancer must not acquire more than **5** absences during the winter season.
- ☆ The dancer must compete in at least **75%** of Varsity competitions. (Legitimate excuses will be reviewed).
- ☆ The dancer must attend 100% of all competitions during the season. (Legitimate excuses will be reviewed).
- ☆ The dancer must remain a member of the dance team for the duration of the season(s) of which she is a member.
- ☆ The dancers must be eligible, both academically and chemically, the entire season.
- ☆ The dancer must follow the guidelines of the Simley Dance Team Constitution.
- ☆ The dancer must end the season(s) of which she is member in good standing with Simley High School and the Minnesota State High School League.

All dancers interested in participating and lettering with the Simley Dance Team are required to sign the Dance Team Agreement and abide by all set requirement. The agreement must be signed by both the dancer and a parent/guardian prior to starting practice with the Simley Dance Team.

Please contact coach(es) with questions or concerns regarding any rule or guideline spelled out in this governing document.

All dancers must also complete and turn in a Medical Release along with the proper school district and MSHSL forms and fees prior to the start of the competitive season in order to practice and compete with the team.