





# Highstepper Dance Team

## Tryout Application Form

Central Middle School

### Section 1 (Please Print)

Dancer Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_

Birthday: \_\_\_\_\_

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### Section 2 Dance Experience

Total Year's of Dance Experience (Combined School team or Studio experience) \_\_\_\_\_

Style or Type of Experience:

\_\_\_\_ Cheer      \_\_\_\_ Ballet      \_\_\_\_ Jazz

\_\_\_\_ Contemporary/Lyrical

\_\_\_\_ Other Please specify \_\_\_\_\_

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### Section 3 Parent Permission to Tryout

My student, \_\_\_\_\_, has my permission to participate in the dance workshops and tryout in the gym at Central Middle School. I understand that all Health Forms/Sports Physical must be completed prior to the date of tryouts.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

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# CMS Highsteppers

## Rules & Regulations 2020 – 2021

### Purpose:

As a team, the dancers should strive to promote and uphold school spirit and good sportsmanship. Being one of the most recognizable representatives of our school, the dancers must display high standards of conduct. Appropriate behavior will earn the respect of the student body and Faculty, which is the core of developing effective school spirit and student involvement.

### Eligibility:

- A. The Brevard County School Board requires that a student maintain a grade point average of 2.0 on a scale of 4.0 to participate in athletics, pass all subjects and receive an “S” in conduct from each teacher. Any Highstepper failing to comply with this academic requirement will be ineligible until reviewed by the Coaches and Parents.
- B. County rules for conduct and grades as well as Highstepper Standards of Excellence:
  - a. 2 C’s or 1 D on report card – Discussion with parent(s) and Teacher(s) to determine whether dancer is overwhelmed and should proceed.
  - b. No Failures in any class at anytime-Discuss with Coach if Extenuating Circumstance.
  - c. Detention/Referrals (not every situation) – Possible dismissal from the team. Meeting will be held to determine outcome. One suspension or one referral for disrespect, misconduct, or insubordination will result in dismissal from the squad.
  - d. Attendance-Must Attend School in order to be eligible to attend practices and performances. Excessive (even excused absences) could result in your dancer being removed from the team. **A Doctor’s note is required for any missed practices.**
- C. All Candidates are required to:
  - a. Have a current Parents/Player Medical Form
  - b. Return (7) seven Teacher Evaluation Forms (2 for Elem.)
  - c. Attend school all day the week of try-outs
  - d. Attend ALL days of try-outs and be ON TIME
  - e. Must be in top physical condition with Doctors Approval
- D. All dancers are to set an example with regards to discipline. More than **two** discipline referrals (for minor offenses) like tardiness, failure to serve detention, breaking a class rule will result in dismissal from the squad. NO EXCEPTIONS!!
- E. The dance members must complete the entire season and be in good standing and in compliance with all rules and regulations in order to be eligible to receive any awards.
- F. If a dancer quits or is removed from the team, she is ineligible to try-out the following year.

\_\_\_\_\_ Initial

## Membership:

- A. Dance members holding a current position on the Highstepper dance team MUST try out each year. The number of team members chosen is with a point system. The Judges decisions are Final. The Coach will determine how many members will be selected for the current season. All Try-Out results are kept on file with the Athletic Director as well as the Coach. Coaches DO NOT Judge the Try-Outs.
- B. **Every team member is REQUIRED to attend Summer Practices and Camp.**  
(Please see the Coach for concerns)
- C. **Team Leaders will be chosen by the Coaches.** Coaches will carefully observe each dancer during rehearsals in May and early June and decide who is best qualified in Leadership and will be announced prior to going to Camp. There is the possibility that no Officers will be selected. This is a Coaches decision and is final.
- D. All team members will perform at ALL Home basketball games as well as parades and community performances or scheduled events. Team Performances are Mandatory. If you are not ill, and make the choice to skip a performance, the dancer will be asked to leave the team. All absences must be cleared in writing, well in advance with the Coach. **NEW: Attendance will be tracked-if needing to leave early or arrive late, becomes a consistent issue, a meeting will be held with parent and dancer to determine if this Team is a Priority. Excessive Attendance issues will result in dismissal from the team.**
- E. Each member is required to rent some performance attire. Each member is to be responsible for all uniform items during the course of their participation with the team and agrees to return all items in the same condition the dancer received it. **Otherwise, they will be responsible to pay for its replacement.**
- F. **Competition Team** – After basketball season we will move into our competition season. This team performs a minimum of 3 dance routines during comp. season. Coaches will evaluate each dancer and place them in their strongest dances for competition. This means they may be in only one dance or more than one dance for competitions. Placement of Team members in routines is the sole responsibility of the Coaches and all decisions regarding placement are final.
- G. **Competition Season:** Preparation for Competition begins in November. New dances and changes to current dances begin at this point. Practice time is crucial during these months. If your dancer **misses** practice during this time, it MAY result in them being REMOVED from one or more routines. **\*\*THIS INCLUDES OTHER SPORTS or ACTIVITIES\*\*** Missing practice right before a Highstepper Competition will result in a dancer being benched and missing that performance. Exceptions to this policy are events where attendance for a class grade is mandatory. (Chorus, Band, etc.)  
**\*\*Taking members out right before a competition creates stress. If a routine needs to be re-blocked there may be additional fees charged to pay for the time to bring in the choreographer\*\***
- H. ALL Members must be committed to the TEAM, have determination to strive, have tolerance for hard work; without excessive complaining or excuses and keep a positive competitive spirit.

\_\_\_\_\_ Initial

### Attendance for Practices/ Performances/ Events:

- A. **Practice sessions are work sessions. Practice sessions are NOT FOR SOCIALIZING. This will NOT be tolerated.**
- B. Practice days are Wednesdays from 4:30pm to 6:30 pm and Fridays from 3:00pm to 5:00 pm, during the basketball season. In October/November we will have later end times in order to prepare for competition. Some Saturday or Sunday afternoon practices will be scheduled and times will vary. Prior notice will be given to adjust plans. All members are expected to be at all weekly rehearsals.
- C. Dancers must be on time for each performance and practice or they will be counted tardy. Any possible excused tardy must be accompanied by a note to the dance coach. After 15 minutes of unexcused tardiness, the dancer will be **benched** for the remainder of practice. No exceptions.
- D. Dancers must attend all practices unless she has an EXCUSED absence from school or the coaches give **prior** approval. If a dancer is absent from school, the dancer **must** bring the excuse note to the coach to excuse the absence. Planned absences for other activities that conflict with rehearsals must be submitted in writing well in advance to a coach. Telling a Coach the day you plan to miss practice will result in being benched. No Excuses.
- E. If a member has been absent from practice before a performance, the team member will NOT be allowed to perform at the event, but must attend in complete performance attire. In order to perform at a weekend event, the member **MUST** be at school the Friday before.
- F. Doctor and dentist appointments should be scheduled at a time **OTHER THAN** practice time. If a doctor or dentist appointment must be scheduled during practice, it will be an excused absence **ONLY** if the coach is notified in **advance**.
- G. Dancers must be present at all home games. Dancers must also be present for all fundraisers, parades, pep rallies, all scheduled performances and competitions, unless otherwise designated by the coaches in **advance**. Failure to attend an event will result in suspension from the following activity or performance. Failure to be picked up from an event or practice on time will not be tolerated. One warning will be given and after that the dancer will be benched from the next performance.
- H. Dancers are expected to remain at practice and performances the **entire** time allotted. Prior approval must be obtained **before** the event in order to leave early without consequences. Same day notification is not acceptable. Except in the case of sudden illness or a family emergency.
- I. For the safety of the dancers, shoes must be worn at all times. If a dancer does not have the **PROPER** footwear, the dancer will be **benched** from practice. No exceptions!
- J. Dancers must wear the designated outfit to each practice session. **Calendars will be provided informing which outfit is to be worn and when.** Each dancer will receive a warning the first time out of uniform. The second time, the dancer will be **benched** from practice.

\_\_\_\_\_ Initial

### **Performances or any Event:**

- A. Full uniform (clean and neat) is required for participation in any activity. If any dancer is not in full uniform from head to toe, you will be **benched** and will not be allowed to participate. Uniforms, or any part of a uniform, can only be worn on approved days.
- B. Full uniform includes hair, make-up and accessories, if any. A doctor's note must be provided if you are unable to wear make-up.
- C. No jewelry while in uniform. Stud earrings are acceptable for practice only.
- D. No nail polish during a performance. No long fake nails at practices or performances. If you have a requirement for fake nails, please see Coach.
- E. Dancers should always be seated or standing together as a group with excellent conduct while representing the school at ANY function.

### **Behavior:**

- A. No sarcastic remarks or foul language to the dance coach, faculty members, or other team members will be tolerated or they will be **benched**. **Dancers should always be courteous to all school officials and to each other.** ANY behavior appearing to create small groups or cliques, exclusive type of behavior will result in one warning. If your dancer is unable to keep the TEAM mentality throughout the season, your dancer will be dismissed from the team.
- B. All dancers are expected to give their undivided attention to anyone (**peer or adult**) who is giving instructions; if anyone is constantly disruptive, they will be **benched**.
- C. Chewing gum is prohibited during practice. Water breaks will be given periodically and dancers are encouraged to bring a water bottle to practice with them.

### **Grounds for Dismissal: NO EXCEPTIONS TO ANY OF THESE**

- A. Benched from practices, performances or events more than three times in a year.
- B. Use of alcohol, drugs, and/or tobacco at any time.
- C. Serious offense (violence, any criminal offenses).
- D. More than two discipline referrals for the entire year. (depending on severity)
- E. ONE suspension from school or ISS, or a referral for disrespectful behavior, misconduct, or insubordination towards a teacher.
- F. Excessive absences from practices and activities. Attendance and Tardies are tracked.
- G. Malicious or slanderous behavior towards another teammate that leads to team division.
- H. Inappropriate pictures/comments posted to ANY **Social Media Webpage and/or texting.** This includes bathing suit "selfies", pictures with cleavage, kissing, inappropriate touching, etc...comments include slander, bullying, cursing, racist remarks, etc... You will get ONE warning only.

\_\_\_\_\_ Initial

**Parents of the Highstepper Dance Team/Fundraising: This organization cannot happen without Highstepper Family Support.**

- A. Meetings are held every 4-6 weeks on a practice day starting around 5:30 p.m. Dates will be given in advance. Parents are encouraged to attend all meetings; these meetings are informative and are used to discuss upcoming events.
- B. Parents are needed to **help** the team organize fundraisers, games, competitions, team activities, snacks, Christmas party, and end of the year banquet. **ALL** events, fundraisers, team bonding events, etc.. MUST be approved by the Coach in advance. We must follow School and District Guidelines with regards to fundraising. **You may not set anything up until written approval from CMS administration has approved the event or fundraiser.**
- C. Each family should Estimate 20 to 25 volunteer hours per family. In order for your dancer to be on the team each parent **must** register to be a volunteer. You do NOT have to be a fingerprinted volunteer but you are required to register.
- D. Coaches and parents communicate through emails. Reading email is a **requirement**. The Coach will not create group chats with parents. EMAIL is the form of TEAM Communication as well as the monthly meetings. The Highsteppers will have a Closed/Private Facebook page where only the Highsteppers, Coaches and Parents can see the postings. I encourage the dancer to show parents what is going on but parents ARE NOT TO ASK QUESTIONS, COMMENT, RESPOND or anything on that page. It gets too confusing. THIS IS STRICTLY FOR DANCERS AND COACHES ONLY! I do request for all to have this FB account. It is a private page and only coaches have rights to change things or add things. It is the dancer's responsibility to check this and correspond with team and coaches each day.
- E. There are some fundraisers throughout the year that require one parent from each household to be present. If you cannot attend it is your responsibility to find a parent to switch with.
- F. A financial commitment form is attached and is used as an estimate only. Our team abides by all BPS rules regarding fundraising money. There are some things that fundraising money cannot be used for. Every effort will be made to offset parents costs through fundraising. ALL fees cannot be covered solely by fundraiser money. Parents are responsible for fees that fundraising won't cover.
- G. Competition Fees vary due to number of dancers on the team and in each dance category. Fundraising money can be used to offset cost of competitions. Any funds not covered by fundraising will be the responsibility of the parent. Competition Fees will be due in December/January.

**The Coach makes the final decision about all events including fundraising, costumes, props, music, choreography, competition dates, and end of year awards. Coach's decisions will be in the best interest of the entire team and are final.**

## Parent/Highstepper/Director Agreement

Parent Print Name: \_\_\_\_\_

I/We the parents of \_\_\_\_\_ have read the Dance Team rules and regulations and understand all the requirements and consequences of improper actions. We understand the Director/coach has the final say in my student remaining on the team. We also realize this is a team effort and that we may be called upon to help in some ways throughout the year which are within our capacity to help, and we will make every effort to do our share of assisting on behalf of our student.

Parent Sign \_\_\_\_\_

Highstepper Print Name: \_\_\_\_\_

As a member of the Dance Team, I have fully read the rules and regulations and understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and realize the consequences of poor behavior or inappropriate actions may be severe. I will do all I can to uphold the honor and tradition of the dance team, and respect my team members, my school, and all persons associated with school spirit at all times.

Highstepper Sign \_\_\_\_\_

As Director/coach of the Dance team, I pledge to keep parents informed of problems before they become serious, to treat all members as fairly as possible, to be reasonable in practice expectations and to always keep in mind that academics and family need to be highly considered within the framework of my expectations.

Coach Sign: