2013-2014
Dance Squad
Handbook

Workshops
Monday, September 23, 2013
Tuesday, September 24, 2013
Wednesday, September 25, 2013 (group or practice on own)

Tryout!
Thursday, September 26, 2013
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Welcome to the wonderful world of Dance Squad! In this handbook you will find guidelines and regulations that govern IMSA Dance Squad. This handbook will cover everything from try-outs to returning uniforms at the end of the year. You will also find answers to some of the most frequently asked questions about IMSA Dance Squad. Always keep this Handbook in an easily accessible place; you may have to refer to it from time to time!
Requirements for DANCE SQUAD Try-Outs

1. Each candidate should be in good academic standing as determined by the Coordinator of Academic Intervention.

2. Each candidate should be current in their work service obligations.

3. Each candidate should be in good residential life standing as determined by the Coordinator of Residential Life.

4. Dance Squads will not exceed the following limits:
   Dance Squad………… limit to 20 (includes alternates)

5. Candidates must be in excellent health! Each squad member will be required to complete an athletic physical before the start of the 2013-2014 school year.

6. You must obtain a Clearance Card from the athletic office in order to participate in the workshops and try-outs.

7. Return the completed application (last page, along with your Clearance Card) to the Office of Admissions by 4:00 pm on or before the first day of the Fall workshop, September 26, 2013.

   NO APPLICATIONS WILL BE ACCEPTED AFTER THAT TIME!

8. Schedule of Events:
   a. Monday, September 23, 2013……..Workshop 6:00-8:30 pm (West Gym)
   b. Tuesday, September 24, 2013……..Workshop 6:00-8:30 pm (West Gym)
   c. Wednesday, September 25, 2013.....Group Practice or on your own
   d. Thursday, September 26, 2013……..Try-Outs 6:00-8:30 pm (Multi Room)
   e. Tuesday, October 1, 2013........Squad Member Meeting 4:30 pm (TV Pit)
Dear Parents/Guardians:

Your daughter or son has expressed an interest in participating in the 2013-2014 IMSA Dance Squad. Like any other organization in our society, there are specific guidelines established for each squad member to abide by. We would like to take this opportunity in presenting these guidelines and requirements to all parties involved; parents, try-out candidates, and Coach/Advisor. It is our intent that any misunderstandings in the future will be avoided, if those parties involved are made knowledgeable beforehand.

During the recent years, the philosophy of Dance Squad has gone through a major change throughout the country. Dance Squad members are now being treated as athletes by other members of the interscholastic membership; coaches/advisors, athletic administration, and fellow students/athletes, and work together in an athletic team concept.

Workshops are held for three consecutive days at the end of May for any student wishing to try-out for the Dance Squad. These students will be given an opportunity to learn and demonstrate their skills to the respective team Coach/Advisor and Judges. Materials such as kicks, toe touches, splits, and leaps techniques will be demonstrated. The dance routine will be taught by senior members of last year’s dance squad or outside sources. As the students learn and work on the required material for Dance Squad selection, the Coach/Advisor and Judges will be evaluating each try-out candidate’s skills in the following areas:

- Knowledge and confidence
- Technique (tight, sharp, continuous movements)
- Timing (are they with music)
- Personality (eye contact, smile, enthusiasm and facial expressions)
- Appearance (clean and neat)

As the student’s practice and work on the new material, the Coach/Advisor will constantly evaluating and determining which students’ exhibit dance skills and aptitude. Once the final decisions have been made by the Coach/Advisor and Judges, the selected student’s names will be announced by the respective Coach/Advisor.

All students who wish to try-out for Dance Squad must sign the attached Application (last page of this handbook); the Application must also be signed by their parent/guardian. By completing this process, the try-out candidate and respective parent/guardian demonstrate that they understand and agree with the try-out procedures and accept the decisions of the Coach/Advisor as being final.

Being a member of the Illinois Mathematics and Science Academy Dance Squad is very active, full-time job of commitment and responsibility! A squad member’s energies must be devoted in this direction. Other after-school activities must not interfere. Failure to comply with this regulation, will force the squad member to select one of the conflicting activities.
In representing IMSA, the following responsibilities and obligations are to be adhered to. A squad member may be placed on school probation (benched), or permanently dismissed from the squad by the Coach/Advisor and/or administration for a violation of any of the following reasons:

1. Failing classes or put on academic probation.

2. Failure to comply with the academic standards as established by the Illinois High School Association and IMSA regarding eligibility.

3. Use of profanity while in uniform.

4. Conduct or behavior that is unbecoming, and reflects negatively upon the school, program, and/or community.

5. Failure to cooperate at practices and/or athletic contests.

6. Unexcused absence from a school performance and/or practice session.

7. Missing practices and games due to other club/organizational activities.

8. Leaving early or late arrival to performances or practices sessions.

9. Unkempt shoes or uniform.

10. Chewing gum or use of personal products, such as make-up, during a game or contest.

11. Improper displays of affection.

12. Inattention and/or unrelated conversing during a game or practice session.

13. Display of emotions—crying, anger, rage, and the like—are not acceptable.

14. Absolutely **NO JEWELRY** or nail polish will be worn at practices, games, or competitions.

15. If there is a conflict between performances and any other school event, this must be resolved IN ADVANCE with the Coach/Advisor.

16. Breach of Academic policy (Student Handbook) while in uniform or during practice sessions will necessitate a disciplinary referral to the appropriate Academy staff member. All formal disciplinary procedures will then be in effect. Additional consequences up to and including dismissal from the squad may be sanctioned if deemed appropriate by the Coach/Advisor and Coordinator of Athletics.
Absences: All absences must be reported and cleared by the respective Coach/Advisor and co-captains, before a scheduled practice or performance session. This process should be reported the same day as the absence in person. Absences that are not reported and cleared beforehand will automatically be classified as unexcused! Any unexcused absence from the regular school day, will prevent the squad member from participating in a practice session, assembly or game performance later that same day.

a. Practices will be scheduled 3-4 times a week (Monday-Sunday) or as specified by Dance Squad Coach/Advisor.

b. Practices will last approximately 2 hours in length – more time may be needed closer to competition.

c. Members should be in the practice area 5 minutes before the start of actual practice. Members will use this time to warm up and stretch so that practice will start on time.

d. Five minutes after the designated practice time according to the Coach/Advisor’s watch or the gym clock is considered late. 3 X’s late = 1 unexcused absence.

e. Vacations or family emergencies will not be classified as unexcused, if the Coach/Advisor is notified beforehand.

f. The schedule of the 2013-2014 athletic contests/games will be given to squad members as soon as they become available. You must attend all games and contests.

g. Squad members must sit together in a designated area of the bleachers before and after their performance.

h. Squad members who are determined “Alternates” must attend all practice sessions, games, and contests.

Unexcused absences will prevent the squad member from participating in the next scheduled performance!
Weekly practice activity will be conducted as follows:

1. Practices will be scheduled 3-4 times a week or as specified by the Coach/Advisor. More practice time required closer to competition.

2. Practices will last approximately 2 hours in length. More time may be needed closer to competition.

3. You should be in the designated practice area 5 minutes before the actual start of practice. You will use this time to warm-up and stretch so that you will be ready for practice at the designated time.

4. This is not a social hour. Please do not invite your friends to practice and please do not have them wait for you at the concession area during practice. This is very distracting to the rest of the team.

5. If you are late, leave early, or miss practice you must catch up on learned material on your own time. We cannot take additional time out during regular practices to catch up on learned material missed. You must be caught up with the routine by the next practice or game, whichever comes first.

6. Maximize use of time. Everyone must work together; you must try to stay focused.

7. Do not argue over ideas. If an agreement has been reached due to voting and you disagree, try to make the best of it. All decisions should be made that “everyone can live with.”

8. If there is a discrepancy, vote. The majority rules. However, if there is a tie, the Coach/Advisor’s opinion will be the deciding vote.

9. Squad members will be considered late if they arrive five minutes after the designated practice time. This time will be noted by the Coach/Advisor and measured by their watch or gym clock.

10. If practices are cancelled or added, it shall be the responsibility of the co-captains to notify squad members by means of a “phone tree”. A sign will also be posted on the gymnasium door.
CAPTAINS

1. Two captains (co-captains) are elected by squad members. Anyone on the squad who wants to be a co-captain is eligible. Co-captains will be selected by a majority vote from dance squad members.

2. Co-captains will share the responsibility of keeping records of routines, game schedules, team rosters, squad members’ phone numbers and addresses. As well as practice attendance records.

3. The co-captains will act as a liaison between Coach/Advisor, administration and the squad members.

4. Co-captains will serve as an example for the entire squad. If suspended from school, the spot is forfeited to another member, who is chosen by vote.

5. Co-captains will be responsible for obtaining or ordering equipment from the VPL, such as video camera, monitors, etc.

6. Co-captains will inform the Coach/Advisor of any grievances and keep the Coach/Advisor up-to-date on vital information.

7. Co-captains will be responsible for starting all practices on time, including leading warm-up, and stretches.

8. Co-captains will be sure of the time of all games or activities and notify others should change of time or location occur.

9. Co-captains will have no partiality and will encourage good conduct at all times.

10. Co-captains assume willingly any job given them.

ALTERNATES

A maximum of twenty members will have been selected to participate on the 2013-2014 Dance Squad. Coach/Advisor will determine number of members who will participate in competitions; alternates will also be selected by the Coach/Advisor when preparation begins for each competition. The numbers of participants at home basketball games will vary, but will try and include the entire squad at all games. Due to situations involving illness, injury, academics, etc., the role of the alternates in any given week is very important to the overall goals of the squad. Last minute replacements are sometimes necessary and vital to the squad’s ability to perform scheduled routines. Therefore, selected alternates will be treated as regular squad members and expected to maintain the same schedule for practices and performances as outlined for the entire squad. Alternates will be determined by:

1. Total composite of team, relating to the routine.
2. Knowledge of routines.
3. Academic good standing.
4. Unexcused absences.
UNIFORMS

Uniforms: As in most activities, a certain degree of expense is involved. Squad members must purchase their own, T-shirts, sweatpants, socks, shoes, hair accessories, and additional uniforms pieces. Approximate cost will be $275.00. Financial assistance is available to qualified students. If you have any questions regarding the uniforms costs - please contact Phyllis Chesnut. If you quit or are disqualified from the team, no reimbursement will be issued.

Each squad member is totally responsible for the care of their IMSA issued uniforms. Any damage requiring repair or replacement is the sole responsibility of that squad member. Alterations must be cleared by the Coach/Advisor. All squad members will have a clean uniform, shoes, and socks for each game or performance. Uniforms should be washed and pressed when needed. Uniforms are not to be worn any other time or activity, unless cleared or specified by the squad Coach/Advisor.

Uniforms will not be worn as a costume for any event other than Dance Squad

If a member is dropped from the squad – or quits – they must return their uniform within four (4) school days. All squad members must return their uniforms and poms within five (5) school days after the official end of the winter season. A penalty fee will be assessed for uniforms that are not turned in on time.
1. Everyone has a uniform. You must wear it if you plan to participate. Make sure that your uniform is clean and complete.

2. If you are not participating, (regardless of the reason—injured, benched, etc.) you are not required to wear uniform, but you must sit and cheer with the Coach/Advisor. You are still a part of the team.

3. The squad should arrive at the games 30 minutes before the performance.

4. Before and after the games squad members are expected to sit together in a designated area in the bleachers to lend voices and support for the players.

5. Do not show another member of the squad the moves to a routine while in formation unless it can be done in a very discreet way.

6. Smile and be peppy. Look like you’re having the time of your life. You’ve tried out for the position. Act like you’re glad you have it!

7. Do not dance around wildly or suggestively while in uniform. Remember you represent the school, the community, your team, your Coach/Sponsor, and yourself.

8. ABSOLUTLY NO GUM, JEWELRY, OR NAILPOLISH at games or competition. Do not wear jewelry to practice—this is an IHSA guideline. We are also not responsible for lost or stolen jewelry.

9. Be consistent. If the rest of the squad is sitting down in formation you should be too. If the rest of the squad is standing up in formation, you should be too.

10. A copy of the scheduled games will be given to squad members as soon as they become available.

11. You are not to wear sweatshirts, sweaters, flannels, or anything other than your uniform to games or competitions.

12. IMSA uniforms will be issued to each squad member for games/competitions. Each squad member is responsible for keeping track of issued uniforms.
**PENALTIES**

Late for practice: Make up the missed work on your own time. Three times late constitutes an unexcused absence.

Unexcused Absence: One unexcused absence from practice will result in elimination of your participation in upcoming performances. Two unexcused absences will eliminate your participation in competitions.

Suspension: For the amount of time that you are suspended from school, you will be suspended from the team for the same amount of time (i.e. if you are suspended for one week, the first week will count as the first week of suspension.) Remember this only hurts the team.

Grades Slip: If you have unacceptable grades you will become ineligible to participate in practices, home games or assemblies until those grades are brought up, or a contract has been agreed to between you, your teacher and Athletic Director. At which time the school deems you eligible to participate. The practices and games that you miss will not count against you.

**IF YOU CANNOT MAKE PRACTICE OR A GAME FOR ANY REASON, DON’T TELL ANOTHER SQUAD MEMBER TO TELL THE COACH/ADVISOR OR CO-CAPTAINS. IT IS YOUR RESPONSIBILITY TO COMMUNICATE THIS INFORMATION IN PERSON, EMAIL OR BY PHONE!**
1. You must turn in your uniform within five (5) days after the official end of the season. Your parents will be contacted if this is not taken care of. *A penalty fee will be assessed for uniforms that are not turned in on time.*

2. You must attend the Winter Sports award ceremony, held in March. This is put together to honor your accomplishments for the Winter Sports season.

3. If you plan to try-out for the Dance Squad for the following year you must participate in try-outs. Your spot on the squad for the next year is not guaranteed. You must try-out just like anyone who has never tried out before. Your experience will be a plus but it is not given that you will be on the following years’ team.

4. If you are trying out for the following years’ team, participation in workshops is mandatory.

5. Students may not be involved in multiple sports in one season. If the Dance Squad season runs later, due to State Competition. Students must wait until the official season is over before beginning a new sport.

If you have any questions about any part of this handbook, please feel free to call me at 630-907-5059.

Coach/Advisor
1. By carefully planning your pre-try-out training schedule, you can turn those “try-out jitters” into confidence, by feeling that YOU are at your best!

2. NOW is also the time to get into top physical condition. Proper diet, aerobic activity (cardiovascular conditioning), and stretching will make you stronger and healthier!

3. Eat foods that are healthy and good for you! Avoid “crash-dieting”, as this will lead to weak try-out performance. You will also, more than likely, gain back that “crash-diet” weight loss.

4. Aerobic activity, such as jogging, jump rope, or dance type workouts, will help you get into improved physical condition. The better shape you are in, the more prepared you will be for your try-out.

5. Stretching every day is essential for improving your potential. Better flexibility means greater range of motion, which will help with your routine. Good flexibility also reduces your chance of injury!

6. A successful tryout means “having fun!” If it is not fun and enjoyable, don’t try-out. It is also highly recommended that you go through the try-out experience with a friend. The training and critiquing of one another, make the try-out process somewhat easier, and more enjoyable.

7. Plan ahead for what you will wear at the try-outs. Make sure your apparel is appropriate and complimentary (i.e. shorts with t-shirt tucked in). On the night before the try-out eat a good, nourishing meal. Get plenty of rest with a good night’s sleep.

8. Be confident! And go all out with your best effort!
IMSA "TITANS" DANCE SQUAD APPLICATION

Print Name: __________________________________ Class of: _____________

IMSA Hall & Room #:__________________________ IMSA Phone:____________________

Email Address: ___________________________________________________________

Residential Counselor Name:_______________________________________________

TO BE SIGNED BY TRY-OUT CANDIDATE:

“After considering the requirements, I wish to become a candidate for the Illinois Mathematics and Science Academy Dance Squad. If selected, I will make a total commitment to the program and those activities associated with the squad. I understand that I am to display a positive image, reflective of the program, the school, and the community; from the day of my selection, through the conclusion of the Winter sports season.”

_____________________________ __________________________________________
Date Candidate’s Signature

TO BE SIGNED BY PARENT/GUARDIAN:

“I have reviewed this handbook and have discussed with my daughter/son the terms, conditions, and program requirements of the Illinois Mathematics and Science Academy Dance Squad. I grant my daughter/son permission to try-out for the above selected programs. If my daughter/son is selected, I will support the program and cooperate to the fullest in assisting the Dance Squad program. I will encourage my daughter/son to abide by the rules and requirements as set-forth in the application.”

_____________________________ __________________________________________
Date Parent/Guardian’s Signature

Please return this form to:

Phyllis Chesnut
Office of Admissions
1500 Sullivan Rd
Aurora, IL 60506-1000