

2018-2019 Dance Squad Handbook



Workshops

Monday, October 22, 2018

Tuesday, October 23, 2018

Wednesday, October 24, 2018

Tryout!

Thursday, October 25, 2018

IMSA- TITANS

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 in good residential life standing as determined by the Coordinator of Residential Life.
3. Dance Squads will not exceed the following limits:
Dance Squad..... limit to 20 (includes alternates)
4. Candidates must be in excellent health! Each squad member will be required to complete an athletic physical before the start of the 2018-2019 school year.
5. You must obtain a Clearance Card from the athletic office in order to participate in the workshops and try-outs. NO EXCEPTIONS

6. 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, October 22, 2018.

NO APPLICATIONS WILL BE ACCEPTED AFTER THAT TIME!

7. Schedule of Events:
 - a. Monday, October 22, 2018.....Workshop 6:00-8:30 pm (Multi Room)
 - b. Tuesday, October 23, 2018.....Workshop 6:00-8:30 pm (Multi Room)
 - c. Wednesday, October 24, 2018.....Workshop 6:00-8:30 pm (Multi Room)
 - d. Thursday, October 25, 2018.....Try-Outs 6:00-8:30 pm (Multi Room)

ATTENDANCE

Absences: All absences must be reported and cleared by the respective Coach/Advisor and 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 5-6 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.

CAPTAINS

1. 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.

ALTERNATES

A maximum of twenty members will have been selected to participate on the 2018-2019 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**. This will also cover cost of a Dance Workshop. 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 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 IMSA issued uniform within four (4) school days. All squad members must return their IMSA issued uniforms and 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 and you will be added to the IMSA obligations list.***

AT GAMES OR COMPETITION

1. The squad should arrive at the games 30 minutes before the performance.
2. **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.***
3. A copy of the scheduled games will be given to squad members as soon as they become available.

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!

NOTE: Students may not be involved in multiple sports in one season, even 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.

TRY-OUT TIPS!

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*