

Waconia LAKETTES Dance Team

2022-2023

Athlete/Parent Handbook

Lakettes Handbook

2022-2023 Winter Season

LAKETTE HANDBOOK PURPOSE

The purpose of the Lakettes Handbook is to provide athlete-dancers and their parents with clear policies, guidelines and operating procedures and to establish a shared, mutual understanding of program and team policies and code of conduct among athletes, parents and coaches.

1. **Parent/Athlete Meeting:** A parent/guardian is required to be present with her/his daughter at the designated Parent/Athlete Winter Season meeting to go through the rules, code of conduct and expectations of the dance team.
2. **Handbook Review and Signature:** The athlete and the parent/guardian must return a signed Handbook Dancer/Parent Form (located at the back of this Handbook).

LAKETTES TEAM SPORT PURPOSE

It is the purpose of the Lakettes Dance Team to:

1. Promote and uphold school spirit.
2. Proudly represent WHS in the area outstanding dance and attitude.
3. Set an example of good behavior at all times (whether in uniform or not) in class, at practice, at games, at competitions, in the community and at all school functions, whether performing or not.
4. Create a spirit of team loyalty and an environment for open communications at all times.
5. Strive for accurate team placement based on dancers individual abilities to allow our teams to be competitive at each level.

STATE, DISTRICT, HIGH SCHOOL REQUIREMENTS FOR LAKETTES PARTICIPATION

1. Any athlete at Waconia High School and in Middle School Grades 7 and 8 may tryout for a position on the Lakettes Dance Team provided that:
 - Athletes meet the **Minnesota State High School League** qualifications during the season in which they will be participating.
 - At the beginning of each competitive season, athletes meet requirements held in Assessments /Tryouts.
 - Athletes have current physical records on file in the athletic department and a paid activity fee.

ATHLETE CODE OF CONDUCT

1. Team members represent WHS and exemplary behavior is required at all times, in the community and at all WHS functions.
2. If an athlete is not performing at an event, they are required to dress and remain with the group.
3. Athletes must not use foul or obscene language at practice, in school or at games.
4. Athletes must always treat their classmates, coaches and parents with respect.
5. Excessive public display of affection is never considered appropriate, especially in uniform at games, performances, or in school. Anytime you are at a Lakettes event or in Lakettes uniform it is unacceptable. If the coach sees any type of these actions the dancer will apologize to the entire team for their actions at the next practice. If a second offense occurs, the coach reserves the right to cut the dancer from next performance.
6. Athletes may not have any "visible" tattoos, body piercing, hickeys, etc.
7. Positive attitudes towards team members and all aspects of dance (practices and performances) must be maintained.
8. The Lakettes head coach will always make the final decision regarding an issue pertaining to dance team members.

CONDUCT REGARDING ALCOHOL, SMOKING, SUBSTANCE USE, & VAPING

1. Smoking, drugs, and alcohol use are not tolerated or allowed according in accordance with the Minnesota State High School League and WHS policies. Consequences will follow the MSHSL and WHS guidelines.
2. After MSHSL and WHS consequences are met the dancer will return competing with the team at the point that benefits the team. This may involve additional missed performances to save valuable time in changing formations.
3. If an athlete is around people who are in possession of alcohol or other illegal substances (including cigarettes), the situation will be assessed by the athletic director and coaching staff. Please act responsibly and leave situations when inappropriate behavior occurs.
4. Senior Leaders will be immediately relieved of their duties should they have any alcohol, drug or smoking violations, or other infractions in behavior that does not reflect role model leadership and that warrants being removed from Senior Leadership duty.

TEAM CONDUCT AT PRACTICE

1. Dancers are to use positive feedback with each other often. Use constructive criticism when correcting team members.
2. If a team member corrects a dancer they will say "Thank You," because corrections benefit not only the individual, but also the whole team.
3. All athletes must maintain a positive attitude and show respect for fellow team members. Athletes with poor or negative attitude, or who do not show effort to improve when asked, may be cut from performances/competitions.
4. Athletes with negative, overly critical or non-productive attitudes can bring down the entire team. If you are exhibiting such behavior you may be asked to leave practice. Please keep bad attitudes, moods and negativity out of practice.
5. TALK TO YOUR COACHES if you have an issue, a concern or a problem.
6. Respect and value your coaches and their decisions. Your coaches care about every single member of the team, and need to make decisions everyday that are in the best interest of the whole team. Negative attitudes, rolling of eyes, back talk and behind the back conversations are never acceptable. And dancer may be asked to leave practice.

GRADES AND CLASS REQUIREMENTS

1. Dance Team members must display proper behavior in class. If infractions occur, the coach will be notified by the WHS Activities Director and disciplinary action will be taken.
2. For each quarter the athlete must maintain appropriate grades and credits as outlined by WHS. Not fulfilling any one of these requirements during any of the quarters will suspend the athletes' position on the team. During this time, the athlete is required to attend all scheduled practices, performances and competitions.
3. Academics and school obligations are a priority. Should extra help be required by the student it is requested that the student work this out with their teacher before school whenever possible.

LAKETTES VARSITY & JUNIOR VARSITY POLICIES

1. Students in grades 7 and 8 are eligible to dance on a JV Team.
2. Athletes in grades 9-12 are eligible to dance on either Varsity or JV Teams.

IN SEASON TECHNIQUE ASSESSMENT/AUDITIONS/CUTS

1. At the start of the season, the first week consists of a period of technique and conditioning sessions that will be followed with a technique, strength, flexibility and a confidence assessment/audition. The purpose of this process is to determine the readiness, technique knowledge and confidence of each dancer athlete.
2. Scoring considerations include: technique proficiency, confidence, knowledge, strength, flexibility, social maturity, attitude, drive and the ability to learn choreography efficiently.
3. 7th and 8th graders will be assigned to a JV Team. Returning varsity and all other dancers 9th grade and above will be evaluated and assigned a position on either the Varsity or JV team.

DANCE CLINICS (with guest teachers) or EXTRA SATURDAY PRACTICES:

1. Dance clinics are hosted for the benefit of every dance team member. You will be notified of these dates in advance.
2. Extra Saturday practices are already scheduled and mandatory. This is when good gym space is available and we will be learning a lot of choreography along with formations.

SUMMER and FALL CONDITIONING

1. High School competitive Dance is an extremely demanding high school sport. Few sports entail a one shot performance that lasts an intense 3-4 minutes per routine, where the whole teams' scores (by up to 7 professional judges), and performance are based on the WHOLE team's performance, technique, creativity, precision, accuracy and entertainment, artistic as well as athletic ability.
2. The importance of pre-and post-season strength training and conditioning for dancer athletes is critical to the team's success. Competitions require intense focus, stamina, strength and endurance.
3. While off season strength training is not "mandatory", it is highly encouraged to ensure that we are the best dance team possible.

PRE-PERFORMANCE/COMPETITION TRYOUTS AND TRANSPORTATION POLICIES

1. There may be tryouts prior to each competition. The purpose of this is to be sure that every dancer is fully prepared and ready to perform.
2. The general policy is that athletes, who do not know the routine, do not dance with energy and confidence, or who make mistakes, will be asked to sit out from the next performance or competition. Dancers will be evaluated for improvement at the next scheduled tryout.
3. All Lakettes will ride the team bus to and from competitions. We will arrive, perform and depart as a team. Exceptions to this requirement need to be approved by the coach in advance.

DAILY PRACTICE POLICIES

1. Athletes need to practice every day as if it is a performance or competition. This means practicing full-out, with full effort, full technique and facials.

It is a necessity that the dancers practice the dance nightly at home especially as they are learning new dances.

Athletes may be cut if:

- They do not know the routine.
- They cannot properly execute the dance moves.
- They do not make corrections when asked to do so after 3 or more times.
- They do not have kicks as high as team members.

(kicks need to be above waist high to count)

- They do not have flat splits.

§ They do not execute technique properly.

§ They have a poor attitude.

§ They practice inconsistent and inappropriate facial expressions when dancing

2. All facials will be choreographed and must be learned and consistently applied in every practice, performance and competition.
3. When a dancer is cut from a dance they will not perform that dance until another tryout is scheduled. This is because with formations there is not enough time between meets to constantly be changing formations. They will continue to practice the dance and improve their skills. Cuts are made for school performances as well as competitions.
4. Tenure or duration of experience as a Lakette does not guarantee that the dancer will perform if they do not meet the expectations listed above.

Music and Choreography

1. The coaching staff is responsible for music selection. If team members would like to submit ideas for music, they are welcome to do so several months prior to the start of the season. The varsity team's choreography committee will choreograph all varsity routines. Team members interested in helping to choreograph the varsity dance should speak to the Head Coach. The JV coaching staff will choreograph JV routines.

ILLNESS/INJURY POLICY

1. Dancers who are ill and or hurt should seek appropriate and prompt medical attention. The dancer may be taken out of performances and competitions until the condition is resolved and their performance at practice is no longer impaired. A signed Physicians Permission Note will be requested if the illness or injury lasts several days.

NOTE: Attitude counts for A LOT!!

ATHLETE SELF CARE

1. It is the athlete's responsibility to take charge of their own health and care of their body. This includes stretching at night, after practice, to remain flexible after practice and to prevent injury; getting at least 8-10 hours of sleep at night, eating nutritious and complete meals and having healthy snacks. Athletes in season are in training, dancing, drilling, kicking and moving for three hours, five days a week and competing most Saturdays throughout the season.
2. Eat three healthy meals plus at least two healthy snacks each day. Drink water, not pop. Please see a coach if you need advice in this area.
3. Make sure you have submitted required physicals to the Athletic Department.

PRACTICE ATTENDANCE/EXCUSED-UNEXCUSED ABSENCES

1. Additional practices will be scheduled as needed; be flexible and willing to work extra hard.

2. Warn employers of the time commitment and be willing to talk about schedule

Adjustments as they may arise. Work is never an excuse for missing practice unless the time is changed the day before.

3. If an athlete misses a scheduled practice the day before a performance or competition they may not be allowed to perform.

4. Missing part or all of a practice because of conflict due to a school related function may be excused with advance notice to the coach.

PRACTICE ATTIRE

1. Dress for practice in appropriate clothing. Support bras, knee pads, ankle wraps (optional if you need knee pads or ankle wraps), athletic shoes and slip on jazz booties are mandatory.

2. NO SWEATSHIRTS, SWEATS, OR BAGGY, LARGE CLOTHING after warm-up. Jazz pants, bikers shorts, sport bras, form fitted t-shirts are acceptable.

3. Please remember to USE DEODERANT (the dancer standing next to you will appreciate it.)

4. NO JEWELRY, NO GUM.

5. ALL HAIR PULLED BACK (Headbands/bobby pins are needed for bangs).

6. NO BOY SHORTS that do not fully cover the buttocks are allowed.

7. If you come to practice without proper attire you will sit out of practice and be noted as unexcused.

ON -TIME PRACTICE

1. Arrive at the practice gym dressed and ready to go at least 5 minutes before the designated time. *Be sure you have had your snack and have a water bottle with you at practice.* We will begin the warm-up at **3:30 p.m. sharp, so BE ON TIME!!** The coach will take attendance and will note who is tardy.

EARLY DEPARTURE FROM PRACTICE

1. Athletes will not leave practice early unless prior approval has been given by the attending coach.
2. Do not schedule work or appointments too early. Coaches will note those who leave early (with permission from the coach.)

PRACTICE BEHAVIOR

1. **NO TALKING** during practice especially when stretching, learning and drilling routines. It is disrespectful to other team members who are trying to listen or teach. Watch a move 3 times before you raise your hand to ask a question. Learn to observe details by watching closely and listening.
2. Every athlete must practice (on their own) the steps learned in practice before the next practice in order to be prepared to go on. Steps missed when absent must be learned within 3 days of return. Ask teammates or coaches for extra assistance if necessary.
3. Be sure to eat nutritional snacks before practice starts. **NO POP!! WATER BOTTLE MANDATORY!!!**

ABSENCE AND LATE POLICY

1. Excused Absences – The following are accepted as excused absences only if coach has parent notification.
 - a. Sick – Parent must call the school and call or email the coach to leave message. If parents do not call it will be unexcused – NO EXCEPTIONS!! Parents must call before 2:30 to the numbers supplied to the dancers. If dancer gets sick at the end of the school day, parents call as soon as possible.
 - b. Appointments must be scheduled outside of practice time. If there is an appointment that must be scheduled, it must be cleared with the coaching staff in advance. Failure to do so will affect performance time.

2. Unexcused Absences

- a. These may include:
 - Haircuts
 - Non-emergency dentist/doctor appointment
 - Work
 - Lessons, etc.

A Warning will be given for the first offence! If a second offence occurs dancer may be taken out of formation till the issue is resolved.

3. Excused Late – these include but are not limited to:
 - b. Teacher help – It should be done before school but if this is not possible make arrangement with coach beforehand.
 - c. Appointments during school and you return late. It may be counted as absence if too much of practice is missed.

4. Unexcused Lates – all other will be considered unexcused.

- a. First offence dancer may have to stay late to make up for the conditioning missed at the beginning of practice.
- b. 3 unexcused lates = 1 unexcused absence

UNIFORMS AND OTHER EXPENSES

1. Any merchandise lost or stolen must be replaced/paid for by the athlete. Since thefts occur, it is wise to leave dance items or money in school lockers or locked cars.
2. All athletes are expected to take part in the group fundraisers. This is mandatory, if money is spent as a team – money is earned as a team.
3. All performance uniforms belong to the school. Please treat your uniform with care and sew any seams or tears that may occur during the season. It is also mandatory they are returned each year in good condition.
4. Athletes will receive:
 - High Kick Uniform
 - Jazz/Funk Uniform
 - Accessories for each uniform
 - Marking skirt or pants as needed
 - Garment Bag
5. There is a \$100.00 deposit that is mandatory and will be returned to you when your dancer graduates or decides to leave lakettes. They will be required to return all Lakette property after each season.
6. Athletes must provide the following items: (we will discuss these when practice starts) See “Costs to be a Lakette” sheet.
7. Shoes –high kick shoes and supportive running shoes. Mandatory for “every” practice.
8. Hosiery – Black or nude support bras, 2-3 pairs Capezio flat back or nude tights, multiple pairs of black or nude under garments.
9. Clothing – Warm-up/jazz pants. Lakette Sweatshirts or Varsity Warm-ups.
10. Jersey for Mark Times
11. Make-up for competitions.
12. WATER BOTTLE - REQUIRED at every practice.
13. Other items may have to be purchased by the team members. Money will be fundraised when possible. Items include T-shirts or Tie-Blankets.

LETTERING

1. Varsity athletes will be eligible to earn a letter in dance. If a dancer receives a WHS violation, the MSHSL bylaws will be followed and lettering will be awarded congruent with bylaw and WHS policy provisions.

CONDUCT FOR PARENTS

Practices

1. Practices for Varsity run Monday-Friday. JV practice is from 3:30 - 5:30 p.m. every day except Wednesdays (practice finishes at 5 p.m. that day) Practice schedules during Holidays and non-school days will be communicated. All practices are closed practices as are many other sports at WHS; parents, siblings and friends are not permitted inside the gym during practice. At times we will have Friday afternoon or evening performance previews. Parents and family member's attendance at these special practices help the team prepare for performances early in the season.

Team/Dancer Support

1. Parents are asked to wear Lakette clothing whenever possible.
2. At performances and competitions, it is a very motivating for the girls to see a group of Lakette parents sitting together.

Communication/Attitude/Positive Outlook

1. Positive, constructive attitudes are requested from all parents when addressing dancers and coaching staff.
2. Questions of coaches' decisions regarding your daughter's status on the team should be discussed with your daughter first, coaches second. Your daughter has a relationship with her coach and she should speak to them directly regarding the reason for not making a cut or other questions she may have. Please remember your daughter should become accountable for her own dancing position on the team.

Communication/Attitude/Positive Outlook (continued)

3. Dancers and parents **must** be responsible for watching their e-mail communication daily. Dancers must watch all daily announcements and are responsible to bring home information if they do not have access to e-mail. It is your responsibility to seek information that is given to each dancer.
4. At Lakette meetings, please ask questions of the coaching staff and others trying to run committees in a positive manner. Remember, we are all trying to do our best to put together the best programs (both dance and fundraising) possible.
5. Fundraising allows us to invest in our Lakette team and lower or eliminate certain expenses for parents and athletes. Fundraising, as with all high school sports, is a fundamental activity that requires athletes and parent's involvement and contribution. Your help is needed at several events during the season.
6. Planning/Activity Committees: Parents should participate in at least one planning committee during the season (more if possible). Please remember we must raise funding for uniforms, assistant coaches and many other essential Lakette needs.
7. Waconia Booster Meetings: Lakettes are required to have at least two parents at each booster meeting. See Mary R or Amy for details.

Parent Communication with Coaches

1. Lakettes Coaches are busy working on dance team matters year-round. Lakettes coaches work or attend school full-time and have families to attend to, so your respect of their personal time is greatly appreciated.
2. Please use the Lakette e-mail system for questions whenever possible. Our goal is to reply to you in a timely manner as efficiently as possible.

Constitution and Handbook Athlete and Parent Signature Form

2022-2023 Competition Season

Please Sign and Hand In

I have read and understand the contents of the Lakettes Constitution.

Dancer Signature

Parent Signature

Head Varsity Coach (Amy Segner)

Date