

LAKERIDGE HIGH SCHOOL

PACER DANCE TEAM

TEAM HANDBOOK

2021-2022

Dance Parent/Athlete Team Meeting – August 23, 6:00pm – Lakeridge Rotunda

COACHING STAFF

Head Coach, Kristin Moore, email: moorek@loswego.k12.or.us

Assistant Coach, Marjorie Minson

IMPORTANT NOTE TO PARENTS

ALL ATHLETES are responsible for obtaining the following Lakeridge High School Athletic Department forms from the Athletic Office.

1. **Athlete Release and Sports Fees:**

This must be completed every year of participation. Students not on the official list, may not participate in tryouts.

2. Athletes will be placed on a “cleared” list after completing the requirements from [Register My Athlete](#). The link can be found on the LHS athletic page. **School Medical Release/Physical**

Card (valid for 2 years only):

You will need this completed if:

1. You are an incoming freshman
2. You have never played a sport at Lakeridge, regardless of grade.
3. You will be a junior and did not have a physical last year.
4. You will be a senior and did not have a physical last year.

PLEASE NOTE: The district has a pay-to-play fee of \$300. If the dancer does not make the team the money will be refunded.

Pacer Dance Team

2021 - 2022

Team Handbook

Policies & Procedures

Purpose:

Lakeridge Dance Team will

1. Promote spirit, loyalty, and pride.
2. Develop and encourage good sportsmanship.
3. Perform at a variety of school assemblies and halftimes.
4. Compete, at the coaches discretion, at the State, and National level.

Dancers are exposed to teaching, practice, and performance opportunities that result in the development of responsibility, self-respect, and that encourage honest effort in striving for excellence. These opportunities also develop character, teamwork, and pride in quality performance and physical fitness by emphasizing the maintenance of high standards. It is vital that each member of our team personally adopts the PDT standards. Both the success and the integrity of our program depend on it.

Dancers and parents should understand that the coaching staff is committed to an organization that people respect-not only today, but also in the years to come. We want all dancers to be proud that they were a part of Pacer Dance. We believe that discipline and character development must be an integral part of this equation if we are to achieve excellence in all phases of it. The dancer above all must have self-discipline and be a person of solid character if they are to reach their full potential as an athlete, and more importantly, as a person.

Teams:

All dancers will be selected in August to their term of service and will serve during the school year following selection. Dancers will be selected based on the results of evaluating the required skills in a variety of areas. The final decision will be made by the coaching staff. **There will be no discussion of team placement.** Decisions for captain change every year and are dependent on what coaches believe the team needs.

- **Game Day Team**- JV & Varsity athletes. August - October
- **Varsity Competition Team**- Varsity athletes August - March
 - For the Fall Category Season, we will be competing in the small division with a total of 12 dancers or less on the floor.

OSAA Eligibility:

All those participating in or planning to participate in dance must be passing 5 classes and on the path for graduation.

Requirements:

1. All members must read and sign the Lakeridge High School Dance Student/Parent Agreement in order to attend tryouts.
2. All members should be aware that dance duties (practice, performances) must be first in importance of their extracurricular activities.
3. All members must maintain LHS athletic eligibility and participate in all practices, performances and competitions.

Routine Evaluations & Performances:

1. Varsity Competition members are expected to be at all Game Day performances and competitions.
2. JV Game Day members are expected to be at all practices and football halftime performances.

3. A member unable to meet the standards set for a performance will not be allowed to perform in that particular performance and will be placed on alternate status.
4. All dancers must attend the practices and performance in uniform and assume their responsibilities regardless of performance status.
5. If, at any time during the term, a JV member demonstrates the required Varsity Competition skills, they may be pulled up to the varsity level as an alternate.

Attendance:

The entire team must be able to depend on each other. Therefore, attendance in school and at practice is expected.

1. Dancers are expected to be on time for school every day and attend all of their classes.
 - a. If a member attends practice in the morning and misses a class after that practice the athletic director will meet with the dancer.
 - b. Members who continue to miss class may be excluded from participating in the next practice or performance.
 - c. The administration has the authority to look at all situations on a case by case basis.
2. All absences must be **communicated** to Coach Moore via text or email.
 - a. If you are ill to the extent that you cannot attend school.
 - b. Doctor's appointments during the school day **which must be prearranged**.
 - c. If you become absent after the school day begins.
3. Any missed class that is not pre-arranged, **unless a school related field trip or had prior approval by the athletic director**, means that the dancer cannot attend practice the next practice and may be excluded from the next performance or competition.

Practices, Performances and Competitions:

1. The coach will determine the time and location of practices.
2. Check the team calendar at www.lakeridgedance.com for dates and times of practices and events.
3. All members are required to attend all scheduled practices, performances and other events as deemed required by the coach. Illness and family emergencies are the only excuses for absences.
4. Missing practices, performances and events for doctors appointments, vacations, tutors, studio practices and/or performances and work **are not excused**. Please plan accordingly.
 - a. An unexcused absence within 5 days of performance will result in a removal from that performance, at the coach's discretion.
 - b. More than three unexcused absences will lead to suspension from the team, at the coach's discretion.
5. Members will be pulled from a performance if they do not know the choreography by the specific date required.
6. Members are expected to wear the designated dance attire for practice.
7. All organizational trips, projects, and activities must be under the direction and approval of the coach.

Conduct:

1. All members should abide by the rules set forth in this document, the LHS student handbook, as well as the LOSD Student/Parent Athletic Handbook.
2. Do not do anything that will let the team down.
3. Members should accept responsibility and show that they are capable of being leaders by setting examples for the rest of the student body.
4. **Jewelry of any kind will not be worn while practicing or performing.** This violates National and State safety regulations. Coaches should not need to remind dancers of this policy.
5. There will be no vaping, smoking, drinking or drug use. It is not tolerated and breaks the LOSD Student/Parent Athletic code of conduct.
6. Members are expected to be on time for all practices, performances and events. They are expected to attend the entire practice until dismissed by the coach.
7. Cell phones need to be off and away during practice.

8. Members should not engage in inappropriate messaging, dialogue, use of content (pictures, labels, artwork, etc) on any social networking site, email, texting, etc.
9. Members must abide by the LOSD Student/Parent Athletic Handbook both in and out of uniform, both at and away from school. If an incident occurs during school or while on a team trip, during competition or exhibition, which is in violation of the LOSD Student/Parent Athletic Handbook a member should expect disciplinary action from the school as well as from the dance team.
10. Dance team members must demonstrate good sportsmanship and behavior at all times. This includes their teammates, coaches, teachers, classmates, school/district administrators, competition organizers and judges at all times.
11. Members day to day actions and communication toward teammates and coaches should always be respectful. Communication is not just verbal, it includes what is said on text and social media. Bad mouthing teammates, coaches or any other member of the Pacer community will not be tolerated.
12. Quitting the team prior to the end of the season may result in the student not being allowed to return to the program the following year. If someone has quit the team in the past, they are required to meet with the coaches prior to tryouts to discuss eligibility.

Discipline-

Suspension and dismissal:

1. Members may be suspended from the team for one or more of the following reasons:
 - a. Unexcused absences from a practice, performance, competition or event.
 - b. Failing to pass 5 classes.
 - c. Skipping class.
 - d. Uncooperative attitude with fellow teammates or coaches, such as being disrespectful or disagreeable and not willing to work as a group.
 - e. Lack of participation in team activities as determined by the coach.
 - f. Violation of the LHS transportation policy.
2. If a dancer has issues with their behavior towards any of the above, the following actions will happen.
 - a. **Violation 1**- Coach will notify the dancer of behavior violations and will be put on notice.
 - b. **Violation 2** - A meeting will be arranged between coach, dancer and a member of the administration team. A plan of assistance contract will be created for the dancer moving forward. Parents will be notified.
 - c. **Violation 3** - The dancer will be removed from the team.
3. Members may be dismissed from the team for one or more of the following:
 - a. Continued violation of any of the above, stated in suspension.
 - b. At the end of the quarter or after the probation period, grades have not improved.
 - c. Violation of LHS Code of Conduct.

Transportation:

1. School transportation to competitions is one way. Members are responsible for their own transportation home.
2. If a member misses the school transportation, lack of transportation will NOT be considered an excused absence.
3. Members will carpool with parents and other members to away events, when there is no school transportation available. Members MUST stay in cars that their parents allow them to ride in (see district transportation release). The only exception is when a written, and signed note is received by the coach from the parents prior to the occurrence.
4. No member will be allowed to ride with anyone other than his or her parent or said adult on these occasions.

Financial & Fundraising:

1. The estimated costs for team practice and performance gear change from year to year. Families can set up payment plan options with the coach.
2. All fundraising events must have the approval of the coach.
3. Fundraising is a mandatory team event. If members do not participate they will be held financially responsible for contributing their fair share.
4. If a Dance team member is dismissed or resigns they will be held financially responsible for any and all items already ordered. No refunds will be made. Individual refunds from fundraising profits will not be made.
5. Any camp options are a separate cost.

Uniforms & Equipment:

1. Dance team members are responsible for purchasing practice attire and other necessary clothing and accessories, as required and all personal items must be labeled with the member's name.
2. Costumes purchased through ASB dollars will remain with the school. Members are responsible for the upkeep of each item they receive and will be held financially responsible for the item if lost or damaged.
3. Practice attire/uniforms are to be kept clean and in good condition.
4. All designated uniforms, jackets, etc. are to be worn by Dance team members only.
5. The uniform/costume is only to be worn in conjunction with school-sponsored events.
6. Hair and make-up will be worn as specified by the coach.
7. Absolutely no jewelry can be worn during practices, performances, or pictures unless designated by the coach.

Summer Technique/Conditioning Practices:

1. Summer technique/conditioning practices will be scheduled and be up to the discretion of the coach. It is highly recommended that you attend them if you are in town but they are not required.
2. The first day of mandatory practice takes place in August. See calendar for specific date.

Competition Season:

1. PDT will compete in the Fall Category season which runs October - December and the Traditional Season which runs January - March.
2. OSAA State Competition is scheduled for March 19, 2022 . (First Saturday of Spring Break.)
3. USA Nationals in Anaheim are March 25 & 26, 2022. This is still in the exploratory phase and dependent on a bid.

Physical Condition and Insurance:

1. All members must have the insurance coverage as is required of all other sports in the district.
2. Parents must supply the necessary information before the student participates.
3. Any member needing a doctor's care for injury or illness may not participate in performances until the coach has received a release form from the doctor.

Social Media Policy:

1. Pacer Dance Team does not tolerate any sort of bullying, hazing, foul language, or improper code of conduct on social media. This includes, but is not limited to, Tik Tok, Instagram, Snapchat, Twitter, Facebook, Instant Messages, text or emails.
2. Pacer Dance Team has a team Instagram that members are required to follow if they use that site.
3. Coaches monitor social media. What a member posts is a reflection of everyone on the team. Respect for our program, school, community and sport is of utmost importance.

Communication:

1. Parents and dancers have access to the Lakeridge Dance Website.
2. The calendar will be password protected after the team is announced. The password should not be shared outside of the PDT group.
3. A weekly newsletter will be sent out to all parents on Sunday for the upcoming week.
4. A parent liaison will be appointed by the coach for instances when quick communication is needed.
5. All communication needs to be directed to Coach Moore.

Lettering Policy:

1. Varsity Letters will be earned by Varsity members attending events, performances and competitions.
2. Members must finish both the Fall and Winter season on good terms.

Parent Involvement:

Dance is a sport that requires a lot of parental support. We ask for all parents to be involved in at least one of the following groups. Sign ups will be available at the August parent meeting.

1. Concession Committee
2. Competition Food Committee
3. Competition Makeup/Hair Committee
4. Showcase Committee
5. PDT Tiny Dancer Committee

Financial Commitment:

All prices listed are an estimate and may change when actual items are ordered. Costs for participation are high and we can work out payment plans if needed.

2021- 2022 PDT Regular Season Fees charged to LHS student accounts

Game Day and Competition Team - \$510

Payments to Dance Account:

1. June 11 - \$175
2. September 1 - \$150
3. October 1 - \$185

To be purchased independently if needed.

1. Team Air Force (Get the link from Coach Moore)
2. All Black high waisted leggings (must be an athletic type fabric without noticeable logo markings).
3. Racer Back Nude bra

Replacement or extras items ordered by the Coaches. Order form available August 18.

1. Team Practice Tank in gray, pink, yellow, blue, white and black. (\$15 each)
2. Team Long sleeve tee in black and white. (\$20 each)
3. Team Jacket- \$70. (Jackets available to order for moms if interested)

*Athletic Fee is a separate fee paid directly to the school in order to participate in dance at Lakeridge. This is a district fee and all payments go directly to the district. You may request a waiver from the athletic office if you qualify for free or reduced lunch.

Dance Team Finances-

1. All money expended by and for the dance team shall be budgeted by the coach and the Lakeridge Bookkeeper.
2. All expenditures need to be approved by the coach before purchasing.
3. All payments must be made out to Lakeridge Dance and given either to the Lakeridge Bookkeeper or to the coach prior to or on the date due. **If given to the Bookkeeper, the coach MUST receive a receipt showing payment.**

Pacer Dance Team 2021-2022 Tryout Agreement

Dancer Name: _____ Grade: _____

Parent or Guardian Name: _____

Student and Parent Agreement:

I have read the Lakeridge Dance Policies and Procedures for the 2021-2022 school year. I understand the guidelines and rules are established for all members of the Lakeridge Dance Team. I understand the student's role in maintaining Lakeridge High School standards and I pledge to honor and abide by them.

Dancer Signature

Date

As a parent/guardian, I acknowledge that I have read the Lakeridge Dance Team Policies and Procedures for the 2021-2020 school year. I understand and endorse all expectations in these rules and guidelines as they pertain to each and every member of the Lakeridge Dance Team. I support all consequences stated in the team handbook. I agree to abide by these rules and to see that my child abides by them as well.

Parent Signature

Date

FINANCIAL AGREEMENT

1. I understand that as a member of the 2021-2022 Lakeridge Dance Team, I am responsible for all expenses incurred & will be required to pay for uniform accessories, practice clothes, summer camp fees & any expenses incurred to secure fund raisers (example – raffle tickets not sold). In the event I am dismissed from the team or voluntarily quit the team at any time, I understand that I am still required to pay these expenses, once they are incurred.
2. I understand that payments for uniform and clothing are due by the dates listed in the policies.
3. I understand that there is a Pay-To-Play fee in the Lake Oswego School District. This fee of \$300 will cover the cost for both fall & winter seasons. This is paid when completing the athletic registration before August 16th.
4. I understand that if there is a financial hardship, I will contact Coach Moore privately to make a payment plan arrangement.

Parent Signature

Date