



2024- 2025
Dance Team Application Packet

Program Expectations

NAME: _____

(Application does not guarantee you make the team. It's part of the process of getting accepted on the team.)



Administration:

Principal

Stephanie Stewart

Athletic Director

Matt Raettig

Coaches:

Head Coach

Amanda Legier

amanda.legier@gcpsk12.org

Assistant Coach

Haley Massy

Medical Team:

Team Certified Athletic Trainer

Haley Massey
Northside Medical
Sports Med

Sean Nelson
Northside Medical
Sports Med



Dance

Mission Statement:

We Believe that through Excellence, a positive Attitude and Respect, we create Success.

General Purpose for Being at MVHS and Participating in the Dance Program:

- 1) To prepare for a successful life after high school
- 2) To become the best citizen, student and dancer that you can be
- 3) To develop friendships, skills and endurance while learning to work as a team
- 4) To grow dancer resume, expertise, endurance for college dance team applications

General Information

Rules and Regulations:

Members of the Mountain View Dance Team are held to a higher standard than a normal student. Everything that you do and say reflects on our program. Follow these three guidelines:

- 1) Abide by all rules of Gwinnett County Public Schools and MVHS
- 2) You know the difference between right and wrong - Do Right Always!
- 3) Do things that will make your parents, team, school, community, and yourself proud.

Eligibility:

- 1) Enrollment- Each player must be legally enrolled as a student at MVHS.
- 2) Medical- Each player must satisfy medical clearance procedures including having completed Rank One forms entirely and an updated physical on file on Rank One that includes proof of insurance and completed consent forms.
- 3) Academics- Each player must pass 5 out of 6 courses the previous semester and be on track toward graduation with the required units for each class grade.
- 4) Dance Team is a "Cut" Team, meaning there are certain requirements to make the team. Not everyone who does try-out is guaranteed to make the team. We hope to see dancers in the following try-out to see their growth! There is a Spirit Team and a Varsity Team. Varsity dancers will be on both teams. Spirit dancers do basketball game halftime performances here at MVHS, Varsity dancers do Spirit and also do local/state Competitions.

Game/Practice Eligibility:

In order to participate in a game or practice, you must be in school. If you are not present, you cannot participate. If you have to be late or check out for some reason, you must be at school for 3 full periods. Please let Coach Legier know ahead of time if you are going to be late or checking out that day.

Lettering:

In order to letter in Dance, the following conditions must be met:

- 1) Be a Varsity member of the team in good standing on Rank One and Academics
- 2) Dance in ALL performances unless excused medically or approved by the coach.
- 3) At the discretion of Head Coach (will consider conduct and participation as highest priority.)

Transportation:

All games we perform are home games at MVHS. All dancers and staff must ride the bus to the away performances which is typically just the Varsity team for competition. When away off site, Dancers must check out beside their parents to Coach Legier to ride with the parent.

Dancer Expectations

General:

1. Seek motivation and inspiration.
 - Save and share dance tricks and skills to bring to the team.
2. Take responsibility for your actions.
 - Take ownership and move forward.
3. Put team goals ahead of personal achievements.
 - We accomplish nothing if not together.
4. Be on time for all practices, games and events.
 - Being late is the first thing noticed and the last thing needed.
5. Treat teammates, opponents, and umpires the way you want to be treated.
 - Respect is not a courtesy, but a requirement
6. Compete with great sportsmanship.
 - True leaders are humble in victory and congratulatory in defeat.
7. Show respect to your coaches.
 - Address them as "Coach" and use respectful language.

In the Classroom:

1. Represent MV Dance with character and class.
 - Student athletes will follow and adhere to all school and county discipline policies.
2. Show respect to your teachers.
 - Let them know that their class is important to you.
3. Turn in all of your assignments on time.
 - Attempt Excellence in every assignment, big or small
4. Dress appropriately at school.
 - Go beyond the school dress code and wear all clothing appropriately.

In the Community:

1. Represent Mountain View Dance in the community with character and class.
2. The way you act and the things you do outside of school will reflect on MV Dance Team.
3. Be the type of person who looks for opportunities to serve other people.

On Location:

1. Conduct Expectations
 - a. Swearing will not be permitted at any time.
 - b. The room will be treated with respect, clean up any food, socks, trash laying around. Turn off fans.
 - c. Tattoos will be covered and not observable during performances.
 - d. No earrings will be worn during practices or games, even new piercings are to be taken out. Speak to your piercing shop about clear silicone replacement jewelry. (per GHSA)

2. Practice Policies

a. Attire for Practice: All black attire, breathable, stretchy, supportive. MV Gear. Jazz shoes. Hair back in pony, out of face. No Jewelry. Thin, movable Knee pads.

b. Attendance Expectations:

- Every dancer is expected to attend all practices. Dance Studio modifications are accepted per individual bases. Minimal modifications are acceptable. Modification forms are available and need to be accepted by Coach prior. BEFORE you sign up for registration at the studio, prepare and schedule for as minimal impact to DT practice and talk to coach while registration is going on. A new modification form is required per change. No studio time overrides performances. Speak to coach about any questions.
- Any dancer that must be late or miss practice for any reason should inform the coach in person and in advance when possible to be marked excused. When not possible, ex. Sudden illness, a parent excuse is needed to be excused.
- Club Excusal : We value that our dancers are go-getters on and off the floor! Many of our dancers are in clubs. Due to time commitments, only academic/Leadership clubs and NHSDA are acceptable clubs to obtain during the season from August- Feb. A modification form is required per club.
- Excusal Recap:
 - Yes, dancer has sudden illness, parent excuse submitted
 - Yes, dancer has an emergency, parent excuse submitted
 - Yes, Modification form approved stating excusal
- Consequences for Unexcused Tardies to Practice:
 - 1st offense: Warning
 - 0-14 minutes: 1 run lap for every minute late for whole team
 - 15 min +: the dancer will be sent home when they arrive. This will count as an unexcused absence for the day. Parent Discussion.
- Consequences for unexcused absences to Practice:
 - 1st absence: Warning and Parent Discussion
 - 2nd absence: Coach discretion, possibly Performance sit-out and Parent Discussion
 - 3rd absence: Coach discretion, possibly removal from BB routine. Parent Discussion

c. Team Roles

- Captain position is not required, it is Coach's discretion to provide that role. A Captain's role is defined as assisting with time management and organization, motivation and spirit.
- Warm up Leader role leads warm-ups and drills as designed by Coach's.
- Social Media Leader makes posts on behalf of the team on current events on instagram and shares it with MV Athletics and MVBear Cave.
- Choreographer assistant- assists coaches with choreography related material.
- Any additional roles for team participation may be added.

3. Game Policies

a) Game Attire: As stated above in Attire section.

- Everyone- Pom sleeves, pom dress, skin tone tights (x2), full make up, hair in low bun, Pom Bow, bobby pins for bow, jazz shoes, Poms. Full coverage make-up and red lipstick unless pep rally.
- Varsity- Jazz dress and leotard, tights (x2) , Half soles, jazz shoes, hair back in low bun, head piece. Full Coverage Make-up and red lipstick.
- Consequences for not being prepared with all items (if fixable ex. No bow) for performance is 3 running laps for the whole team at next practice, (if not fixable ex. No tights) sit out for performance.

b) Bleachers:

No cells, yes water bottle is fine, sit together when the 1st period start buzzer till 3rd period 2 min mark. Sit crossed ankle. Support Cheer and BBall. Dismissal after halftime to sit in stands with family/friends.

c) Dismissal from Game:

Coach will release all dancers after halftime chat. Coach will submit a mass text "Dancers are released." meaning Parents need to have plans for dancer for what the expectation is for their child ex. Meet parent in stands, meet parent after game for ride home, drive home after game themselves. Dancers can go with parents or go home or hang out at the game, up to the parent and student.

d) Attendance Expectations for Performance:

- Dancers must follow directions of the coach in order to ensure the dancers are on time for warm-ups, performances, bus departure for varsity.
- Consequences for Unexcused Tardies for Call Time to a Game:
 - 1st- Warning and Parent Communication
 - 2nd- Coach Discretion, potential Sit out a performance and Parent Communication
 - 3rd- Coach discretion, potential Removal spot from a routine. Parent communication.
- Consequences for Unexcused Absence from Game, not related to illness, emergency, or pre-approved modification form:
 - 1st offense: A text to the parent to inform them of any no call/no show for safety reasons .Warning and Parent communication
 - 2nd offense:Coach discretion, potential performance sit-out
 - 3rd offense: Coach discretion, potential removal spot from the performance. Parent Communication

e) Focus

During Game Day, Dancers are showing spirit with their posture, energy and pom, supporting the BB team and cheerleaders. Look Alive!

f) Studio Practice Pre-Game Intensity

Full out in practice unless stated to mark out the moves.

Ladies who communicate they are needing to mark due to cramps is acceptable.

g) Attitude

Positive and Constructive Comments

- No Trash talking other BB teams or other cheer/dance teams.
- Be positive in performance review and constructive of self only.
- Any negative attitude can result in disciplinary action.

4. Facilities

a) Dance Room and Competition lunch tables

Make sure all trash and personal items are cleaned up. All fans are turned off.

5. Injuries and Illness

- a) Dancers should see a school-provided athletic trainer and doctor for all injuries.
- b) All injuries and illnesses should be reported to the Head Coach to avoid further injury and provide the necessary care and contact.

Coach Expectations

Coaching Responsibilities

1. To monitor dancer academic progress and attendance in school to help them find the resources in school to be successful MV students.
2. To monitor dancer behavior in and around school to ensure the success of the team and the individual.
3. To drive success of the team and the individual
4. To provide each dancer the best dancer opportunities possible.
5. To help any dancer athlete that would like to dance in college with building their dance resume.

Conduct

1. Act like a role model- Actions speak louder than words
2. Be a person of integrity- Honest and Fair
3. Show self-control and poise- Dancers follow your lead with language and attitude.
4. Respectful
5. Treat every aspect of the program with maturity and professionalism.

Relationship with Dancers

1. Coaches will get to know dancers as people; every dancer has a role.
2. Coaches will be honest with Dancers.
3. Coaches will make decisions based on the best interest of the school, program and dancer.
4. Coaches will be positive and focus on solutions,
5. Coaches will address dancers with maturity, respect and discretion.

Parent Expectations

1. Be Supportive

- MV Dance Team and your dancer need your support. Come to games, cheer them on, take video and share with Coach and Dancer via Google Drive. We use these for Footage review days. Volunteer opportunities for snacks and competition bags, senior night, etc.

2. Be Positive

- Coach is looking out for the whole benefit of the program. This includes honest feedback, things for them to work on, discipline strategies and pushing us to be at our best to continue to grow.
 - Any conflict or questions are a private, independent conversation with Coach and if necessary, with our Athletic Director Matt Raettig. Negative comments or criticism is not acceptable on a public platform or within any circles. Gossip or negative talk doesn't solve any concerns, it only hurts the team as a whole.
3. Use Proper Lines of Communication
 - Coaches send important information via Remind App.
 - Coaches can receive individual messages via Remind App.
 4. Trust the Coaches
 - Your Coaches see the process in its entirety. The Coaches have studied the competition floor, its changing rules, its risks, the dancer dynamics, and much more to make the best decisions for the team.
 - Your Coaches bring in professionals and individuals to collaborate with to enhance the program.
 5. Dues
 - You can pay the dues at the beginning or you can pay the dues in three consecutive payments. Please see the due breakdown schedule posted on the website and it will be sent out via Remind as well.
 - Payments only handled through MyPaymentsPlus under names like this:
 - “NEW Varsity Dance Team 1st Installment”
 - “Return Varsity Dance Team 1st installment”
 - “NEW Spirit Dance Team 1st Installment”
 - “Return Spirit Dance Team 1st installment”
 - Failure to pay dues can result in omission from extra activities, experiences and banquet supplies.

*****Under no circumstances should social media be used in a negative format about MVHS, MVHS Dance, or any MVHS Coach, dancer or parent. As a MVHS Coach, parent, dancer I will post positive comments about my teammates and opponents. Any misuse or offensive behavior may result in disciplinary action.**

SIGNATURE OF AGREEMENT

I have read, understand and will abide by all the terms provided in this packet. I will direct any questions or concerns to my coach and our Athletic Director Matt Raettig when necessary.

Dancer's Name: _____ **Signature: X** _____

Parent's Name: _____ **Signature: X** _____

Parent Email to receive copy of agreement : _____