

Spring Valley High School

Vallettes Dance Team Rules

Academics

As much as we love dance, we believe your academics come first. Therefore,

1. You must be passing all of your classes to participate in Vallettes.
2. If you are receiving a grade lower than a C-, you will sit out practice and do homework rather than dance.

Dance relies heavily on teamwork. If one member of our squad is out for any reason, it can greatly affect everyone because we will have to re-work formations and re-teach choreography, both of which waste time we could use to perfect our performances. Please be aware that we are taking academics very seriously this year.

Attendance

Attendance at all practices is mandatory, as in any other sport.

1. If you miss more than **two** practices, you **WILL NOT DANCE** on the next performance date.
2. If you miss more than **four** practices/two performances, you will **LOSE YOUR SPOT** on the team.

Again, the team relies on you to be at every practice, ready to work and ready to dance. Absences are a detriment to the whole team, not just you. Please be aware of these attendance rules and schedule appointments around practice.

While summer practices cannot technically be required, missing these practices may result in you sitting out a performance or being dismissed from the team. If you are unprepared to perform, the coaches will make the final decision whether or not you dance. Please be aware of the commitment you are making to the team. Additionally, if you plan to try out for the competition team, it is HIGHLY suggested that you miss few if any summer practices. We must be informed prior to practice, even in summer, if you will not be able to attend. You will receive a schedule for summer before the end of May.

Please sign and detach the form on the reverse side.
KEEP THESE RULES! You can also find a copy on Mrs. Schultz's website:
www.schultzsvhs.weebly.com

Expectations

1. Behavior from ALL team members is expected to be sportsmanlike and follow all rules in the co-curricular code of conduct. As a Vallette, you are expected to be kind and encouraging to all members of your team and other dance squads. If Mrs. Schultz or Ms. Stahlbusch hears you making derogatory statements about any team member or other any other team, you will sit out a practice, which will count as an **UNEXCUSED ABSENCE**. Be kind!
2. Attitude and commitment to dance are both very important, as Vallettes relies heavily on every person on the team. If you are not giving your full effort or if you have a poor attitude, the whole team can be brought down. We are looking for big smiles, hard work, and positivity at all times. Remember to leave the troubles at the door; don't bring them to practice. 😊
3. Participation in team fundraisers is expected of all members. You must sign up to man the concession stand or sell raffle tickets during volleyball and basketball seasons. Additionally, we will sell cookies and pies at Thanksgiving. This fundraiser requires all hands on deck, so be ready to help out!!

Practice

1. Hair must be tied back. No bangs hanging in your eyes!
2. No jewelry should be worn to practice.
3. Keep clothing appropriate. You will be asked to change if you wear short shorts or revealing tank tops. We often practice in the commons with lots of people walking by, and we want to present a positive image of our team at all times.
4. DO NOT BRING YOUR PHONE to practice. You need to leave it in your locker. If you bring your phone, we will ask you to put it away.
5. No gum.

PLEASE SIGN, DETACH, AND RETURN THIS FORM PRIOR TO YOUR FIRST PRACTICE ALONG WITH YOUR EMERGENCY CONTACT FORM and ACTIVITY FEE OF \$25.00 MADE OUT TO SPRING VALLEY SCHOOL DISTRICT.

I, _____, have read and understand all rules for members of the Spring Valley High School Vallettes team and agree to abide by these rules.

Signature _____

I have read and understand all rules for the Spring Valley High School Vallettes and agree to help my child uphold these rules.

Signature _____