

# STEELE DANCE PROGRAM HANDBOOK

## SCHOOL DAY PRACTICES

- Dress out in the locker room or restroom only, not in the studio. All bags, clothes, school items should be stored in the locker room. LOCK VALUABLES IN YOUR LOCKER. DO NOT SHARE YOUR COMBINATION!
- Wear your assigned outfit. No jewelry or gum chewing during class. Violations will dock your class grade.
- Hair should be securely pulled back out of your face. Bangs are okay if they are out of your eyes.
- No talking when you should be listening
- Cell phones stay in the locker room - Apple Watches OK unless you are distracted by them. No texting!
- Always give 110%. Remember that you are part of a team. Keep a positive attitude!

## BEFORE/AFTER SCHOOL PRACTICES

- If you're late/missing items you were instructed to bring, you will receive an OFI, which includes high kicks or burpees.
- Absences should be kept at a minimum. Only school-related absences that are approved ahead of time, or emergencies will be excused. It is your responsibility to be at practice!
- Cell phones stay in the locker room - Apple Watches OK unless you are distracted by them. No texting!
- A parent must email the director if you will miss a rehearsal (See Constitution for details.) If the absence is sudden, text your officer ASAP to let her know what's going on.
- Missing practices may result in OFIs, strikes, or removal from routines. See Constitution for details.

## REQUIRED EVENTS

- ALL varsity football games, including playoffs, which can occur during Thanksgiving and Christmas breaks.
- Band run-throughs for halftime performances - Missing this practice will result in being pulled from the routine.
- Steele Dance Clinic (Knightlites will have a discounted fee to participate, Medallions work)
- ALL assigned home/playoff basketball games (Rotating groups)
- Any playoff appearances by other Steele sports
- Competition rehearsals (Medallions only)
- Spring Show Technical Rehearsal and Spring Show
- Booster Club Spirit Nights/Car Washes
- The Director reserves the right to require other activities and events.

## GRADES

- Your NUMBER ONE JOB at school is getting an education! Pass your classes!
- Academic probation hurts you and the entire team. Plan ahead and get tutoring BEFORE your grade drops!
- Check your teacher's tutoring schedules. If tutoring is available at a time outside of team practice, you must attend at that time. If during practice is the only time available, you will be excused, with a note from the teacher you are working with.

## UNIFORMS/COSTUMES/ACCESSORIES

- When in uniform, you represent Steele. Always act well-mannered, respectful, and polite.
- No PDA while in uniform, practice clothes, letter jacket, etc. Your significant other should respect this rule as well!
- Put your name in ALL of your practice clothes and accessories.
- Always wear the designated uniform/costume, shoes, & accessories. If you're not sure, ask an officer or bring it with you just in case!
- Stay in your complete uniform until it is time to change. THIS INCLUDES ON THE BUS!!
- Do not let anyone wear any part of your uniform/costume.
- Uniforms should be kept clean. Strikes will be given if uniforms are dirty or wrinkled.
- Follow the washing instructions carefully for practice clothes & costumes. Anyone with faded or damaged practice dancewear/costumes will need to purchase new items.
- Hang uniforms up between uses. This will make them last longer and look nicer.
- Hair and make-up should be worn in the designated manner for the entire time you are in uniform/costume.
- Do not eat while in your formal uniform, unless the directors gives instructions for special circumstances that arise.
- Please only drink clear fluids while in formal uniforms.
- If you lose or ruin any part of a uniform, costume, or your practice dancewear, you must purchase a replacement. Failure to do so will result in OFIs each day until the replacement items have been purchased.

### CLEANING YOUR FOOTBALL/PRACTICE UNIFORMS

- Remove all safety pins. Trim back any loose strings.
- \* If there are loose sequins or if a seam is pulling, do not cut the string. Bring to the Director's attention \***
- Turn All uniform pieces inside out.
- Fill a bathtub (or sink for small items) about halfway with lukewarm water. Add a small amount of liquid detergent as the water is filling.
- Submerge all uniform pieces (excluding belts) into the water. Gently rub areas that tend to build up stains - around the neck, wrist, underarm and crotch areas, etc.
- Allow the uniform to soak for about 15 minutes.
- Drain water. Run cool water over the uniform to rinse out any remaining detergent. DO NOT TWIST OR WRING!
- Allow the uniform pieces to dry on a hanger. DO NOT put any pieces in the dryer!
- Bring any issues to the Director's attention (broken zippers, tearing seams, etc.)
- A quick Febreze spray is helpful between washings. Hold the bottle a good 6" away from uniform, and don't spray too much! It can cause fading of sequins.

### BODY PIERCINGS

- Personal jewelry may be worn on game days at school in accordance with the Student Handbook. While in formal uniform, all jewelry must be removed. Failure to do so will result in strikes for each violation. Band-aids do not count as removal. Clear spacers may work if they are 100% not visible

### TATTOOS/HAIR COLOR

- If a dancer has a tattoo it can never be showing while the dancer is wearing a uniform, costume, practice outfits, etc.
- The director reserves the right to pull a dancer from a routine if she feels a tattoo will show during the performance.
- Hair color must be considered a relatively natural color. Distracting colors may result in removal from routines.
- Consider your team when making a decision to color your hair or get a tattoo. Remember - our goal is to look like a uniformed team, not have individual standouts.

### OFFICERS & SOCIAL OFFICERS

- Officers/Socials may need to stay before or after practices for clean up, planning, discussion, and evaluations.
- Officers must arrive early to roll call.
- Officers and Social Officers give a great amount of extra time and effort to build up the team. Officers are the brain and socials are the heart. Our team cannot thrive without both of these groups. Please be respectful of these teammates and the efforts they put in to make everyone's year better.

### PERFORMANCES

- Arrive early to call time.
- Be dressed and ready at the designated time. Inspections are held in the studio or at the designated location.
- Performance make-up and hair need to be completed by call time/inspection, unless otherwise told.
- Team bags should ALWAYS have a poncho, team make up, and water jug.
- Show respect for the National Anthem & School Song. Do not talk or move around during this time.
- When on the sideline/sidestage, don't talk. Stand at attention. The crowd is always watching
- Riding the bus to and from games/events is mandatory. See the Constitution for exceptions.
- If you enjoy your performance, the audience will too. Perform with energy and excitement!
- Be respectful of other teams, dancers, players, etc. Smile and say good luck!

### TRYOUTS FOR PERFORMANCES

- Try outs may be held for ANY performances that we have during the year. (This includes pep rallies, basketball games, spring show, etc.)
- The director will determine who performs in each routine and the placement of each dancer in those routines. We sometimes place based on seniority, and sometimes on ability. Formation placement is at the Director's discretion.

### MANNERS

- Good manners and kindness are a must for everyone.
- Demonstrate initiative. Do the right thing without being told in dance, in school, and at home.
- Be understanding, patient, and friendly.
- Show respect for all elders including teachers, administrators, and especially your parents.
- When replying to your Director and other elders, use "Yes/No Ma'am" and "Yes/No Sir".
- Use good judgement when you are out and about on your own. Represent yourself with respect!
- Show respect for your officers. It's not easy giving orders to friends.
- Officers must be respectful to all team members. It's not easy taking orders from friends.

### GAME MANNERS

- Stay in lines at games. Keep bags/water jugs in line as well.
- Avoid unnecessary movements while in lines. Keep talking to a minimum.
- WE ARE A SPIRIT GROUP! THEREFORE, WE NEED TO CHEER! All cheers, no jeers! Perform routines full out and with energy!
- Restroom breaks are before the game starts and after halftime performances. Emergencies should be minimal.
- When at the restroom, stay with the group, listen to your chaperone, and get back quickly. Do not have conversations with people outside of dance.
- We love our band.... but please do not converse with them during games.
- Show respect for the dance managers and parent chaperones. They are doing their job so you can look amazing!

### BOOSTER CLUB EVENTS

Spirit Nights - All dancers required to attend 1 spirit night/year. Sign-up sheets will be available in September.

Car Washes - If we have a car wash, all dancers are required to work at least one shift.

Winter Holiday Party - All dancers invited to attend. No guests, please!

End of the Year Banquet (May) - All dancers are invited to attend. You may bring guests to this one!

### TEAMMATES

- Do everything in your power to stop gossip.
- Show support for every team member, in and out of dance!
- Say positive things to teammates that are doing well.
- Offer encouragement to teammates who are struggling. A simple smile, high five, or a hug can go a long way.
- If you are having a conflict with a team member, be mature enough to speak directly to that team member in a respectful manner. If it doesn't work, seek out an officer to help you work through the issue. Do not involve other teammates in drama. It can tear a team apart.
- If someone needs adult help, tell the Director, counselor, or nurse immediately.
- Everyone deserves to have an awesome year. Work together WITH your teammates to make it happen for everyone!

### SOCIAL NETWORKING

- You represent your team and school 24/7. Make smart choices about what you post.
- Inappropriate content/language reflects on you personally and on our team.
- Spam accounts are the same as your personal accounts. They will be held to the same standards.
- Keep our team business off the internet. Personal conflicts with teammates or frustrations with what we are doing are not appropriate for social media.
- If you wouldn't want your parent to read/see what you post, then don't post it. If physical evidence of inappropriate postings come to the Director, a parent will be notified and OFIs/strikes will be issued.
- Pictures in uniform should reflect the reputation we want for the team. Use common sense.

### QUESTIONS

If you have questions about call times, uniforms, items to bring to school, routines, or anything else, call a teammate first. If she doesn't know, call an officer. If your officer doesn't know, she will get the answer for you and get back to you ASAP!

### MERITS/STRIKES

#### MERITS

15 merits - Straight "A" Report Card

10 merits - A/B Report Card

10 merits - Perfect attendance for the nine week period

5-10 merits - Attending a UIL/Fine Art event, or any school associated group performance/competition as a spectator (with signed note/ticket/program)

10 merits - Attending extra basketball games in uniform and cheering with the spirit groups

10 merits/hour - Working community service events (Amount of merits is based on the work completed, determined by Director)

5 merits - Donating a pack of 24 standard water bottles to our boosters (Maximum of 3 packs per year)

5-10 merits - Bringing in motivational items for the team

5-10 merits - Displaying extraordinary leadership or dedication

5-10 merits - Helping a Steele faculty member with office work

Merits - Special assignments given by the director

#### STRIKES

SEE CONSTITUTION FOR DETAILS!