

THE 2018-2019 ATHENA DANCE TEAM CONSTITUTION

ARTICLE 1

NAME, PURPOSE, PROCEDURE

Section 1

NAME: The organization shall be known as the Downers Grove North Athena Dance Team.

Section 2

PURPOSE: To contribute to school spirit within the student body and to achieve high standards of showmanship through competition, entertainment at school and community performances.

PROCEDURE: The Dance Team shall follow all rules and regulations set by the Dance Team Constitution.

MEMBERSHIP REQUIREMENTS

Section 1

ACADEMIC REQUIREMENTS: All members of the Athena Dance Team must carry at least six classes and be passing in each class weekly in order to perform. Should a member fail a class then she will be placed on probation until she receives a D or better on the next test for that class. If an Athena misses two consecutive performances due to poor grades then she is placed on the inactive list. **Should she fail to improve her academic standing after one month then she will be dismissed from the team.**

Section 3

HEALTH REQUIREMENTS: Should a team member become injured or ill and unable to perform for two consecutive months then she will be placed on an inactive list. All Athenas are required to have a current physical on file in the Athletic office by the first practice.

If an athlete visits a doctor they will need a release form to participate.

Athletes are encouraged to see our school athletic trainer. Should a member without a medical note miss a consecutive number of practices or is unable to practice at his/her fullest capabilities due to soreness it is at the discretion of the coach to sit an athlete in benefit of the team.

If the dancer must sit out of practice due to an injury or medical illness, coaches must be provided a doctor's note for the safety of the dancer

ARTICLE II

CODE OF CONDUCT

Section 1

ATTITUDE AND EXPECTATIONS:

- Members shall attend all their scheduled classes.
- Members shall show respect and consideration for the students, faculty and members of the community at all times.
- Members shall give complete cooperation to all associated with the community at all times.
- Members shall show respect for their officers, coach and fellow members of the squad.
- Members shall refrain from any behaviors resulting in detentions, dean referrals, and suspensions.
- Any violations of insubordination or the athletic code of conduct will NOT be tolerated. It is at the discretion of the coach and/or administration to determine consequences for such behavior.

A MEMBER SHALL BE DISMISSED OR PUT ON PROBATION BY THE SPONSOR DUE TO QUESTIONABLE CONDUCT, WHETHER IN UNIFORM OR NOT. AS EACH MEMBER REPRESENTS THE SQUAD, THE SCHOOL AND THE TOWNS OF DOWNERS GROVE/ WOODRIDGE/WESTMONT, etc.

Section 2

UNEXCUSABLE BEHAVIOR:

- Behaving in an undignified manner at any time will not be tolerated.
- Absolutely no tobacco, alcohol or drug use will be permitted at any time.
- No gum chewing will be allowed at practice or during a performance.
- Absolutely no cutting of classes, practices or performance will be permitted.
- Speaking in an undignified way at any time will not be tolerated.
- Disobeying school rules, bullying, or any insubordination with school personnel, faculty, or community members will not be tolerated.

Section 3

PERSONAL QUALIFICATIONS:

As a dance team member, a person should have the following qualities:

- Punctuality
- Dependability
- Responsibility of costumes, attire, forms and scheduling

- Initiative
- Positive Attitude
- Readiness to work and learn
- Determination
- Ability to listen and follow directions
- Pride in self and the team
- Follow the team rules

As a dance team member, the athlete should constantly be improving:

- General appearance
- Performance skills
- Precision and snap
- Posture
- High kicks
- Splits/flexibility
- Memory/focusing
- Proper technique
- Endurance and conditioning
- Coordination and overall athleticism

ARTICLE III

UNIFORM AND ACCESSORIES

Section 1

All uniforms are to be neat and clean at all times. At the end of each season, a cleaned uniform must be presented to the captains. **IF ANY OF THE UNIFORM IS DAMAGED OR LOST, THE UNIFORM MUST BE REPLACED AT THE EXPENSE OF THE MEMBER.**

Every member is responsible for keeping all accessories in neat and clean condition. If the uniforms are not cleaned periodically, the coach may have the uniform cleaned at the member's expense.

ARTICLE IV

PRACTICES AND COMPETITION EXPECTATIONS

- Attendance will be taken at every practice.
- Absences that you know about in advance (i.e. vacations, appointments, etc.), must be reported to the Coach at least two weeks before the scheduled practice.

- Absences that you do not know about in advance (i.e. sick days, emergencies, etc.), must be reported to the Coach via email as soon as possible
- No call, no show absences will result in consequences determined by the coach
- If the coach feels that a member is missing enough practices where it is obvious that they are falling behind, disciplinary action may follow at the discretion of the coaches and captains.
- Absences at the practice before a competition will result in you not performing that weekend.
- Absences at the practice before a game will result in you not performing at that halftime.
- **JUNIOR VARSITY:** Your attendance and absences at JV practices this year will be taken into consideration when trying out next year for JV and/or Varsity.
- It is the responsibility of the Athena to learn any choreography, skills, etc. outside of practice from the captains or other teammates as to not hold the rest of the team behind.
- As of 2016, IHSA now requires all dance team participants to try out for competition dances starting the month of October.
- Communication regarding scheduling, placement, academics, etc. should be handled by the dancers themselves. All excused absences must come in written form from a parent (email is acceptable).
- Work is never an excuse to miss practice

SUMMER PRACTICES

All members are required to attend the summer practices held at DGN.

ADDITIONAL PRACTICES

Practices may vary according to special events, assemblies, parades, competition, etc. Special practices may be called if the need arises. Special practices may include Saturdays.

ARTICLE X

AMENDMENTS

Section 1

The coach has the authority to modify any and all amendments that will benefit the squad. The changes will go into effect immediately.

Athena Printed Name: _____

Receipt and Acknowledgement of Athena Constitution

I have read the Athena Constitution and am fully informed about the rules of this team.

Athena Signature

Date

I have read the Athena Constitution with my Athena. We are fully informed about the rules of the team. I am fully informed about the rules of the team and understand that by making this commitment the Athena will be held responsible for UDA camp, costumes or attire ordered if the athlete decides to leave or is dismissed from the program.

Parent Signature

Date

PARENT CONTRACT

As a parent, part of enjoying your children's participation in competitive sports is watching them enjoy the sport themselves, develop skills and discipline, improve their performance and of course have fun. As coaches, it is our privilege to share a love for dance with the athletes.

Our main goal is to stay focused on the students themselves and work towards team values.

We care about each individual dancer and coach them as if they were our own daughters.

This contract provides you with information regarding parent responsibilities that will help allow your child to develop with our dance program and most importantly learn life-long lessons of teamwork, responsibility, discipline, resilience and leadership.

The DGN Athena coaching staff will continue to work towards developing our athletes with their execution of routines and dance technique as well as make decisions that will in turn

benefit the *entire* team.

Below are parent guidelines for the DGN Athena Dance Team program:

- I will pledge to actively monitor my child's academic progress and reinforce the importance of academic achievement.

-I will teach my child to play by the rules and respect the coach's decisions and resolve conflicts without resorting to hostility.

-I will respect and follow the steps in communicating with coaches.

- The athlete will first communicate with a captain.
- The athlete will then try to resolve any conflict or communication with the coach.
- If a situation occurs where an issue still cannot be resolved after follow these steps, only then may the parent email the coach to further resolve the conflict.

(Acceptable reasons to skip these steps: health reasons, absence due to illness, private family matters)

- I will leave coaching to the coaches and refrain from coaching my child or other athletes during games and practices.

-I will refrain from gossip to benefit my child and contribute to the most positive environment for all students, coaches and families as possible.

- I will respect decisions made by coaches, administration, judges and other team parents at all times.

-I will support my child and my child's teammates in the most positive way possible.

By agreeing to this code of conduct, I acknowledge that my child's activity is for his/her own enjoyment and benefit, not mine. I promise to uphold my parental responsibility to influence my child in positive ways and remain an active and supportive role in my child's development at all times.

PARENT SIGNATURE/ GUARDIAN _____ DATE

PARENT SIGNATURE/ GUARDIAN _____ DATE