



Lacey's Ladybugs School of Twirling GENERAL POLICIES FOR MEMBERS 2021-2022

The ultimate goal of Lacey's Ladybugs, is to use the sport of baton twirling to grow great people! While our obvious goal is to develop proficient baton twirlers and a successful team, the wider goal is to use sport to help our athletes become all they can be with a continued emphasis on fun, friendship and fitness for life. As much as we wish to develop each athlete's fitness, grace, coordination, ambidexterity, and hand-eye coordination, it is more important to build each athlete's self-confidence, self-esteem, sense of teamwork, sense of belonging, and sense of responsibility. To that end, we insist on the highest level of behavior from our athletes including respect for all (Teammates, Captains, Parents, Fellow Competitors), respect for the rules of membership, positivity, friendliness, kindness, cooperative spirit, self-control, and sportsmanship. We want our athletes to have a true understanding of the correlation of work ethic to accomplishment. These ultimate long term goals are not possible without parental support, and parents providing excellent examples to their children of these qualities. We adhere to a Triangle Principle: Captain-Athlete-Parent ALL supporting each other as we work towards these shared goals.

TRAINING DRESS & GROOMING

- Black dance shorts or capris
- Tight fitting t-shirt/tank top/sports bra (no baggy shirts because those will interfere with fundamental training)
- Tennis shoes/dance training shoes (flexible, lightweight)/twirling shoes
- Hair: Pony tail/Braid/**Bun** is preferred
- No jewelry, with exception of earring studs
- **NOTE: CELL PHONES ARE NOT ALLOWED TO BE USED BY ATHLETE DURING SCHEDULED CLASSES. FOOD IS NOT ALLOWED IN THE GYM. MEMBERS ALLOWED ONLY WATER (PREFERRED) OR SPORT DRINKS IN THE GYM**

BATONS

- Each athlete must have at least one baton and may require additional baton(s) for individual events. Please ask a Team Captain for assistance before purchasing. (Check Star Line Batons Online at <https://www.starlinebaton.com> for pricing inquiries.)

BATON ENDS & TAPE

- Batons must be properly maintained and kept clean. Ends that have metal pushing through must be replaced immediately. New balls and tips can be purchased. *Tape is considered an award and given to athlete upon mastery of certain skills by a Captain. *

TEAM COSTUMES

- Will be ordered in the fall of each season, The Lacey's Ladybugs TEAM UNIFORM will be worn by each member of the school, no matter the age group, and used during parades and team photos and may be used for competition solo and strut events. The Lacey's Ladybugs team costume payment will need to be paid prior to placing orders by August 1, 2021 (Price range can be from \$70-90) Sizing will be discussed with the Captain during ordering process.
- These costumes may be used more than one season and do not necessarily have to be purchased each season if it still fits the child properly.

GROUP COSTUMES

- Each group will be required to order a group ensemble costume that will be **chosen by the Team Captain** each fall season. Payments to be made one week prior to ordering date. These costumes will be used during group competitions and will reflect the theme of the routine/music. These costumes will be ordered by the Team Captain through various dancewear companies such as Revolution Dance Wear, Algy. Weissman, Make a Wish, etc. Your child will be measured prior to ordering. (Costumes usually range from \$60-100)

TEAM SHOES/TIGHTS

- Tights are the parent's/students responsibility and will be ordered individually. Women's sizes are available from Amazon (please order well in advanced of competition date) preferred brand is Cappizo Studio Basics. Children's sizes may be purchased at Academy Stores. Style, color, brand of shoes, and tights must be as specified by team captains. We strongly suggest to competitive members that a minimum **of 3 pairs of tights** should be a part of your competition bags/case. We also suggest, but not required, that competition shoes should be reserved for competitions only (not worn at practice) because shoes should be fresh and look new at each event (minimal scuffs, but more importantly tread).
- Check Star Line Batons Online at <https://www.starlinebaton.com> and Amazon for pricing inquiries.

ATTENDANCE AND PUNCTUALITY

Below are the general requirements for attendance. Punctuality is a big part!

- Athletes will be excused from class due to prior commitment/conflict (ex: family event, school event, exams) but please provide Team Captain with as much notice as possible. Note: normal homework is not a reasonable excuse to miss class.
- Sudden events (ex: accident, illness) requires a call or text to the Team Captain with as much notice as possible.

*****Any student missing more than one practice during a 30-day time period will be pulled from the team routine and sit out for the next performance*****

*****Please be advised that Parent/guardian is still responsible for lesson payment for any absences. *****

ATTENDANCE - GENERAL PARADES AND COMMUNITY PERFORMANCE OPPORTUNITIES, PROVINCIAL CLINICS

- These performance opportunities are voluntary, but we highly encourage you to attend. Athletes /parents are expected to tell Team Captain at time of notification if a significant conflict exists.
- Sudden events (ex: accident, illness) require a call or text to the Team Captain with as much notice as possible.

ATTENDANCE - COMPETITIONS AND ANNUAL SHOW

- These are considered of the highest priority and mandatory. Athletes will be given ample notice of dates and are expected to report any conflicts at least 30 days before event. After that time, the only acceptable reason to miss a competition or the annual show is extreme illness or accident.

PLACEMENT OF ATHLETES ON TEAMS

Members will be assigned to one MAIN team based on:

- basic general ability at start of season (determined by Team Captains either by general observation, or actual try out) - age & experience
- shared commitment level (to training, attendance at training and all functions, financial, etc.)

Additional teams may be offered to members, on Team Captain's discretion, and subject to parent agreement.

COMMUNICATIONS

Various communications are used to ensure our athletes have all the information they require. The chief methods for sharing information are:

-Lacey's Ladybugs Facebook page, Ladybug Twirling Facebook Messenger, and Lacey's Ladybugs Facebook private group page.

· Please see Amanda Warncke to be added to the private group page or text 8322287541 with your Facebook account name. (If you do not have Facebook account please consider signing up as this is the easiest way to communicate to an entire group. Please notify Team Captains if this is not possible so further arrangements can be made.)

- Email to laceysladybugstwirling@gmail.com

-Text messaging (mainly for last minute urgent notifications so please reference Team Captain's contact page)

Additionally:

-The Lady Bugs website will be used, but is not 100% reliable for last minute, or casual information

With this in mind, it is essential that members be sure that the Team Captains have all their current, accurate email, cell phone, etc.

FEES

REGISTRATION FEES

-set annually, based on balancing costs to run our programs

Includes:

-Facility donations (Creekside Church Fellowship) for basic season, from first class in August until season year end April/May

-Registration Fee for 2021-2022 season: \$40

MONTHLY PAYMENTS

Group Lessons (3 or more in group) =

• \$40 a month regardless of number of lesson or holidays in that month

Payments are due on the first of each month

*****Please be advised that Parent/guardian is still responsible for lesson payment for any absences. *****

***Payments to be made via**

-Venmo @ LaceysLadybugsTwirling

Or

-PayPal @ Paypal.Me/laceyladybugs

INDIVIDUAL COMPETITION, PRIVATE LESSONS, SEMI PRIVATE LESSONS

Since time and coaching personnel is limited, classes are allocated on a first-come basis regarding basic availability.

These are NOT mandatory.

Semi-Private lessons

- may be for competition, for skill development, or try-out routines

Semi-private lesson considerations.

Semi-Private lessons will be organized where possible with 2 athletes of the same general proficiency level sharing the time. Lesson structure will be athletes sharing 60 minute time slots.

Rates for semi-private lessons will be **\$15 per student for 30 min of instruction.**

Private lessons

- may be for competition, for skill development, or try-out routines

Private lesson considerations:

Private lessons will be a minimum of 60 minutes.

Rates for private lessons will be **\$30 per lesson.**

Outside Instruction

It is highly encouraged that your child also be enrolled at a dance school and/or take a gymnastics class. These classes are essential in furthering your child's twirling ability.

For Any BATON TWIRLING INSTRUCTION outside of the Lacey's Ladybugs School of Twirling, please discuss with a Team Captain first if you choose to see an instructor for private lessons from an outside twirling school. Becoming a member of an outside twirling school's team/group routine for competition is not permitted.

NOTE: Participation in your child's school twirling line is not considered as membership to another twirling school and is encouraged.

Parent Pledge

Team sports are one of the best ways to help children develop physically and emotionally. Youth sports develop life skills, promote a healthy lifestyle, and increase self-esteem. Unfortunately, as many as 50% of youth will quit organized sports by age 12 because of too much pressure and competition.

A survey* among youth athletes revealed that **84% say at one time they quit a team or wanted to quit.** When asked why:

- 40% said "because it wasn't any fun"
- 29% said some teammates were mean
- **31% wished adults weren't watching** - they said mostly because adults yell too much, are too distracting, make athletes nervous and put pressure on them to perform better and win.

(* Source: 2012 i9 Sports Association, national survey of children, ages 8-14, who play team sports.)

Therefore, we ask you as a parent with a strong influence on our young athletes' experience, to take this pledge and help us make sure they have a fun, enjoyable **Lacey's Ladybug** experience!

- ✦ This includes if you choose to be present at practice we ask that you observe only while keeping comments to yourself about your child and other students.
- ✦ This also includes keeping negative comments or issues of any kind off social media and brought directly to the Team Captains for assistance in resolving.
- ✦ UNSPORTSMAN LIKE CONDUCT OF ANY KIND, INCLUDING WITH FELLOW COMPETITORS OF OTHER GROUPS/SCHOOLS WILL NOT BE PERMITTED!
- ✦ All conflicts should be brought to the Team Captains attention. Conflicts that are not immediate should be sent preferably in email form to prevent interference with practice/event and for privacy reasons.

****We take violations to this policy extremely seriously and violations are subject to dismissal from the Lacey's Ladybugs School of Twirling. ****

Our goal is to provide a positive experience for everyone including our parents and to minimize conflict where possible, and this is only attainable with your commitment to this process.

Please take this pledge seriously as it is our foundation for creating the positive experience we want for you and your child. **You** as a parent are a very important part of the **Lacey's Ladybug Team** too!!

The Lacey's Ladybug Parental Pledge

"I, the parent or guardian of an Lacey's Ladybugs Twirler, agree that the most important outcome of any competition or practice is for my child to have fun. My child needs my approval and support, regardless of what happens at the competition/event. I will refrain from the use of negative or derogatory language aimed at fellow competitors, the Team Captains, my child, or other students and parents. I will advise my guests at events of this policy, so they are aware of the Lacey's Ladybugs Team commitment. I will encourage my child and all others at the competition/event and will let the Team Captain be the coach. I will do my best to model the sportsmanship-like behavior I wish my child to adopt, and to support the Team Captains in making this the best possible experience for my child. I have read and understand all the rules and requirements in the Lacey's Ladybugs School of Twirling Policy"

PARENT/GAURDIAN printed name

PARENT/GAURDIAN Signature

Team Captains CONTACT INFORMATION

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