

CASTEEL DANCE COMPANY AND POM HANDBOOK & EXPECTATIONS 2025-2026



RYLEE SAMMONS AND COURTNEY CYPRIEN- HEAD COACHES

SAMMONS.RYLEE@CUSD80.COM

THECOACHCYP@GMAIL.COM

MARIE SOUTH- JV COACH

SOUTH.MARIE@CUSD80.COM

COMPANY Philosophy and Purpose

Project 15 is a competitive and artistic group that uses dance to represent Casteel. Junior Company is a competitive and artistic group working towards advancing their training and skill. Both groups are held to high standards in dance, character and academics. Dancers are expected to give full commitment to their company with a positive attitude.

POM Philosophy and Purpose

Pom is a competitive and spirited group that uses dance to represent Casteel. Pommies are held to high standards in dance, character, and academics. Pommies are expected to give full commitment to their team with a positive attitude.

COMPANY Dancer Expectations and Commitment

The Company season is year round (July-May). It is expected that each athlete is committed from the time of auditions to the end of the season, which ends with the final day of school. 2nd hour attendance will remain required for the entirety of the year. After school will stop after the spring concert unless otherwise needed for prepping for school performances.

Commitments include attendance at rehearsals, clinics, 2- 4 games, UDA, KAR, DTU, and NDTC competitions, as well as any other required activities, technique* and training*, fundraising, community events, performances, camps, travel, etc. These commitments may occur on weekends and/or during school breaks that include but are not limited to: Summer Break, Fall Break, Winter Break, Spring Break, Labor Day, Veteran's Day, Martin Luther King Jr. Day, and President's Day.

If involved in an outside studio or other activity on campus, work/ jobs, etc. company obligations are still expected to be met by the dancer.

*if not a company dancer at a studio it is expected you take 2 hours of technique outside of our dance schedule.

ALL dancers are expected to show proof of their classes each week.

Tardies and absences incurred for any reason will count against the dancer and are expected to remain minimal. Consequences or make ups should be expected.

Dancers are expected to know all choreography and be able to execute the required skills. Dancers will need coach approval to perform in anything. It is never a given that someone will be in a routine.

Performance readiness is determined at the coach's discretion. Performance, energy, dynamics, etc. are other things that play a part in remaining in dances.

If the coaches feel someone misses too close to a performance, has too many absences, isn't working hard, has a bad attitude, isn't prepared, etc. they may be removed from the routine or have a consequence.

We depend on our practices as an entire team. Missing takes a toll on everyone.

Coaches will make decisions that are best for the whole team. Please respect decisions made.

All team members are expected to attend all scheduled dance events on time, dressed and ready to participate. This includes practices, rehearsals, 2nd hour, competitions, school events, technique, and other events required by the coach. While coach tries to have all events for the year already in the band calendar, there are added events throughout the year that they are still expected to attend.

Dancers are given expectations of what to wear for each day and event and are responsible for following.

Ways a dancer can receive consequences (but not limited to):

Missing anything related to our season (class, practice/ rehearsal, performances, competitions, etc.)

Arriving late/ leaving early

Big Jewelry, fake nails during comp season, missing clothes, hair down, etc.

Not turning things in on time

Sickness, family emergencies, unforeseen events, etc. happen. Please just communicate with coaches. We want to support all dancers and families while also upholding the high expectations we have. Email is always best.

In all cases of absences, it is always preferred and expected the dancer and/or parent communicates the absence prior to the practice or event missed (if possible).

Results of missing a practice, for any reason, may include non-participation in performances or competitions. Again, it is up to the coach what will be in the best interest of the team.

Make up assignments will be given, it is expected to be done on time.

POM Expectations and Commitment

The Pom season encompasses both the fall and winter sports seasons (July-February). It is expected that each athlete is committed from the time of tryouts to the end of the season, which ends with the final basketball game (whether regular season or play-off game) or nationals (whichever is later). We may opt to cheer at other sports games and continue our season if decided upon by the coaches. 6th hour attendance will remain required for the entirety of the year. All team members are expected to attend all scheduled pom events on time, dressed and ready to participate. This includes practices, 6th hour academy, games, USA regionals and nationals, DTU regionals competitions, technique training, and other events required by the coach (including, but not limited to: camps, clinics, technique*, fundraising, school spirit activities, and community events). These commitments may occur on weekends and/or during school breaks that include but are not limited to: Summer Break, Fall Break, Winter Break, Spring Break, Labor Day, Veteran's Day, Martin Luther King Jr. Day, and President's Day. If involved in an outside studio, other activity on campus, work/ jobs, etc., Casteel Pom obligations are still expected to be met by the athlete. Tardies and absences incurred for any reason will count against the dancer and are expected to remain minimal. Consequences or make ups should be expected.*If not a company dancer at a studio, it is expected that you take 2 hours of technique outside of our dance schedule. ALL dancers are expected to show proof of their classes each week.

For games and spirit performances: Pom team members are expected to know all cheers, chants and routines and be able to execute the required skills. If an athlete does not know the material prior to a game/performance, or doesn't have a certain skill in the routine, she will not participate in the performance. Pommies will need coach approval to perform in anything. It is never a given that someone will be in a routine. Performance readiness is determined at the coach's discretion. Coaches will make decisions that are best for the whole team. Please respect decisions made. We hold the Pom program to a very high standard and expect to look our best and uphold professionalism at all times.

For Competitions: Pom team members must have the required skills for the routine. At any time, members can be removed from the routine. If this happens, they will be an alternate, still attending all practices. Feedback will be given and coaches will always be working to promote getting pommies in the routine. Competition readiness is determined at the coach's discretion. Coaches will make decisions that are best for the whole team. Please respect decisions made.

Pommies are given expectations of what to wear for each day and event and are responsible for following. All accounts of incorrect practice clothes, unpreparedness, nails, jewelry, etc. will be noted.

If the coaches feel someone misses too close to a performance, has too many absences, isn't working hard, has a bad attitude, isn't prepared, etc. they may be removed from the routine or have a consequence.

Ways a pommie can receive consequences include but are not limited to: missing any team event- practice, game, competition, technique, weights, etc., arriving late to/leaving significantly early from any team event, jewelry, nail polish, incorrect clothes, hair down, etc. Consequences will take place as the coach sees fit. Consequences include but are not limited to: running, burpees, benching, non-participation in a performance or competition, suspension.

Sickness, family emergencies, unforeseen events, etc. happen. Please communicate with the coaches. We want to support all athletes and families while also upholding the high expectations we have for the team. Email is always best. In all cases of absences, it is always preferred and expected that the athlete and/or parent communicates the absence prior to the practice or event missed (if possible). Injured or ineligible athletes are expected to attend all practices and events. If a pommie's attendance is affecting the team performance and dynamics, they may be dismissed from the team.

Participation readiness is determined at the coach's discretion. All accounts of incorrect practice clothes, unpreparedness, nails, jewelry, behavior, grades, etc. will be noted and contribute to a dancer's eligibility to perform with the company. Injured or ineligible dancers are expected to attend all practices and events.

COMPANY and POM Conduct

It is expected that members of a Casteel team will conduct themselves as official student representatives of not only Casteel, but also of CUSD. Athletes will promote good sportsmanship and school spirit through cooperation, respect, and courtesy to teammates, students, coaches, volunteers, faculty, and administrators. Athletes will maintain a good attitude during both team activities and academic classes. Athletes will accept the responsibility of providing positive leadership in and out of performances. Athletes will strive to exhibit strong moral character and conduct by being dependable, trustworthy, loyal, and respectful of the rights of others. It is expected that athletes learn to work as team, despite any personal differences that may arise. It is expected that athletes will lead by example both on and off campus.

Athletes will not use profanity or inappropriate gestures/ language. Athletes will not disrespect coaches, teachers, teammates, other students, adults, other Casteel programs. Athletes will not use, or attempt to use, possess, sell, or assist others in the use of illegal substances including, but not limited to: vape, tobacco, alcohol, illegal drugs, drug paraphernalia, smoking, steroids, etc. Athletes will not exhibit any behavior that includes, but not limited to: illegal acts, insubordination, theft, vandalism, fighting, possession of a weapon, lying to school officials, falsifying information, hazing, bullying, cyberbullying, harassment, intimidation, or public sexual acts. Excessive public displays of affection will not be allowed while an athlete is in uniform/ team clothing. Cell phone use is not permitted inside the room during practice or out at games/ performances, etc. without permission of the coach.

If a problem occurs that affects the team, the coach(es), the individual, or the school, coaches will meet with the athlete to discuss ways to resolve the problematic behavior/ situations/ issues. This meeting may also include parents and/ or administration. This does not take the place of consequences. An athlete will receive a consequence as they are still responsible for their behavior. This consequence and the severity will depend on the situation and will be agreed upon by coaches and administration.

Please note that in case of dismissal/resignation from the team: All donated or fundraised monies on behalf of the athlete will be donated to the team for general program needs. No exceptions. Outstanding balances owed for items/services received and/or ordered are required to be paid. All Casteel property clothing/gear/ uniforms/ costumes must be turned into Coach within 48 hours of leaving or being removed from the program. We would appreciate items that a member has purchased on their own that rep the team, not be worn.

COMPANY Consequences

Upon a company members first two infractions, they will be assigned conditioning. After receiving a third and fourth infraction, they will be assigned team conditioning. A fifth infraction will result in removal from finale. Infractions will lead to point deductions in the gradebook as well. Make ups are allowed for absences from rehearsal or practice to earn points back (see make up options on GC). All other point losses due to infractions cannot be made up. If finale is not applicable, they could lose the privilege of performing in another dance commitment. Coach has the final say. All decisions are made in the best interest of the individual and team.

Here is a list of common infractions:

Wrong practice clothes

Wearing practice clothes the wrong way*

Coming to rehearsal/ class with hair down or socks*

Missing costuming

Wrong warm ups

Being late

Leaving early
Being unprepared
Missing after school
Not communicating absences/ sickness/ etc.
Not training in technique**

*You may be asked to correct. Fixing the problem after being corrected will be expected, but not take the place of losing points. Dancers should know the expectations and not rely on coach to tell them.

**If a dancer misses technique, they have 1 week to make up. Makeup must be completed before company participation. Make up for technique is as follows: 1 mile (ran at school) and 1 hour of technique class with proof submitted.

POM Consequences

Upon a pommies first two infractions, they will be assigned conditioning. Upon a pommies third infraction, they will be benched for a quarter. If games are not applicable, they could lose the privilege of performing in another pom commitment. Infractions will lead to point deductions in the gradebook. Make ups are allowed for absences from practice to earn points back (see GC for options). All other point losses due to infractions cannot be made up. Coach has the final say. All decisions are made in the best interest of the individual and team.

Here is a list of common infractions:

Wrong practice clothes/ wearing them the wrong way
Missing uniform/ pieces
Wrong warm ups
Being late
Leaving early
Being unprepared
Missing pom academy (including weights)*
Missing practice
Not communicating absences/ sickness/ etc.
Not training in technique**

*If a pommie misses academy (including weights), they will need to make up the absence in the same week, before cheering in the next game. A block day requires 2 make ups.

**If a pommie misses technique, they have 1 week from the absence to make up. Makeup must be completed before cheering at the next game. Make up for technique is as follows: 1 mile (ran at school) and 1 hour of technique class with proof submitted.

COMPANY Rules and Team Safety

1. Small jewelry may be worn during company class and rehearsal. Check in with coach for what is allowed during performances. The expectation is usually that ALL jewelry except company earrings are taken off.
2. Hair must be in a secure ponytail at all company rehearsals and events. Performance hair will be given out and is expected to be slick.
3. Fingernails must be kept short, and no polish for competitions and concert. At other times, acrylics/ gel, etc. is permitted.
4. Practice clothes must be worn on the correct day. This supports team uniformity. Always have the proper shoes when needed; they are apart of the dress code.
5. Gum chewing and eating is considered unacceptable while dancing and will not be permitted during practices or performances. Food should be had before, after, or on breaks. Gum should be spit out before the official start time.
6. Company members may be expected to travel on school-provided transportation for some events. Approval of an athlete arriving or leaving an event with a parent/guardian or in their own vehicle will be approved on a case-by-case basis and will require further documentation that requires parent signatures prior to the event. MUST be at least 1 week in advance and it is not guaranteed to be approved.

7. Company members should never be alone. They should be with coach at all times or with a buddy if coach has allowed.
8. Always alert the coach of any injuries. Injuries that happen in company will be handled seriously. Parents will be notified asap. The school trainers and nurse are able to assist.

POM: NFHS Spirit Rules and Team Safety

1. No jewelry of any kind may be worn at any pom practice, event, or while in uniform.
2. No glitter is to be worn at any pom practice, game, or performance.
3. Hair must be in a secure ponytail at all practices, games, performances, or events unless otherwise stated by the coach.
4. Fingernails must be kept short. Artificial nails are not permitted. Nail polish may only be worn at games or events when permission is given by the coach.
5. Practice clothes must be worn on the correct day. This supports team uniformity. Always have the proper shoes when needed; they are a part of the dress code.
6. Gum chewing and eating is considered unacceptable while dancing and will not be permitted during practices or performances. Food should be had before, after, or on breaks.
7. Pom team members are expected to travel on school-provided transportation for all events. Approval of an athlete arriving or leaving an event with a parent/guardian or in their own vehicle will be approved on a case-by-case basis and will require further documentation that requires parent signatures prior to the event. MUST be at least 1 week in advance and it is not guaranteed to be approved.
8. Pom team members should never be alone. They should be with coach at all times or with a buddy if coach has allowed.
9. Always alert the coach of any injuries. Injuries that happen in pom will be handled seriously. Parents will be notified asap. The school trainers and nurse are able to assist.

COMPANY and POM Injuries

Athletes must report pre-existing or new injuries to coaches immediately. If an injury occurs during the season, athletes must see the athletic trainer and a doctor if you choose, unless instructed by coach and/or athletic trainer.

Detailed doctor's notes must be provided for any injury - this must include any restrictions. Any type of release given by a medical professional must be followed by a release from the Casteel athletic trainer before participating, no exceptions. Injured athletes are required to dress out and attend practices, games, and competitions, or other events just as they would if not injured. Exceptions to this policy are made at the sole discretion of the Head Coach.

COMPANY and POM Eligibility and Grades

All athletes are expected to maintain passing grades, good attendance, exceptional class performance, and positive teacher recommendations for tryouts as well as during their time on the team. Below-average grades (Ds and Fs) are unacceptable and district policy will be followed. A D or F on a quarter or semester grade report will leave the athlete ineligible. Grade checks will take place weekly.

Unacceptable classroom behavior and/or below-average grades may result in a reflection/redirection plan and/or benching from performances and games. Recurring ineligibility may result in an academic contract for the athlete prior to dismissal from the team. Academic concerns (low grades, poor test grades, studying for midterms/finals, etc.) are not acceptable reasons to miss practices, games, and events. Athletes/parents are encouraged to address these concerns with coaches if applicable. You are a student before an athlete. Take care in the classroom. Please try to schedule tutoring on days we don't have practice, or days you can go before or after that doesn't interfere with the team schedule. Please communicate with coaches ahead if there are days you need to attend tutoring when we have practice.

COMPANY and POM Communication

Due to the length of the Pom and Dance seasons, communication is considered vital. Athletes are expected to learn to communicate for themselves, with teammates, coaches, teachers, and staff. Athletes are expected to come directly to their coach with any concerns including, but not limited to: practices, skills, placement, injuries, tardies, absences, routines,

competition, or personal matters affecting the team and/or program. Team members should never gossip, talk behind each other's back, about one another, EVER.

Athletes are expected to communicate any concerns regarding anything that may negatively affect the program/ represent it in a poor light.

Athletes should include any documentation necessary to address these concerns with the coach and/or team.

Athletes and parents are expected to follow the 24-hour rule (wait 24 hours after you first become concerned, before addressing or reaching out to the coach) and follow the correct chain of command when a concern arises. To ensure the most effective resolution, the athlete, not the parent, should communicate directly with the coaches with any concerns if possible, then the parent.

Parents and athletes should always communicate directly with the coach before considering reaching out to the Athletic Director, Principal, or other CUSD personnel.

The coaches will make every effort to respond within 24 hours of receipt of email during the regular school week (Monday-Friday).

Please remember that when coaches aren't at work/practices, team events, they have other commitments, time with family/ friends, health, etc. that is priority. Just like we stress student before athlete, coaches prioritize their own well being and should not be expected to drop everything at any given moment. Please do not use coaches' personal devices to discuss team-related questions or concerns. This includes texting or calling on their cell phones or messaging them on social media. Please use the following emails that relate to your team and concern:

Company: sammons.rylee@cusd80.com

Pom: casteelpom@gmail.com

The coaches will not discuss other athletes with anyone at any time. You may request feedback for yourself/ your athlete only.

COMPANY Costuming and Attire

All costumes checked out are the property of the school and are assigned to each member for use during the year (this does not apply to your purchased costumes). In order to keep your competition costumes, it must be paid in full.

Any damage or loss to costumes and/or company attire will be replaced and paid for by the individual responsible.

Costumes should only be altered when pre-approved by the Coach. Costumes are only to be worn when designated by the coach and for designated activities. They are not to be worn at any other time or for any non-team function and must not be worn by a non team member. Appropriate-colored and strapped sports bras that don't show must be worn with costumes. Dancers will not perform if they aren't correctly dressed.

POM Uniforms and Spirit Attire

All uniforms checked out are the property of the school and are assigned to each member for use during the season (this does not apply to your purchased uniforms). In order to keep your competition uniform, it must be paid in full.

Any damage or loss to the uniform(s) and/or spirit attire will be replaced and paid for by the individual responsible.

Uniforms should only be altered when pre-approved by the Head Coach. It is not expected that each athlete replaces lost stones, however, if your uniform is missing stones, please add the correct ones by choice, not required. Uniforms are only to be worn when designated by the coach and for designated activities. Athletes will not cheer/perform if they aren't correctly dressed. Uniforms are not to be worn at any other time or for any non-team function and must not be worn by a non team member. Appropriate-colored and strapped sports bras that don't show must be worn with spirit attire and uniforms.

COMPANY and POM Videos and Choreography

All competition routines and choreography, are not to be shown or discussed with others outside the program. Posting videos of competition routines, choreography, and material on any online site such as YouTube, Instagram, Snapchat, Twitter, or any other social media/web-based site is not allowed without prior approval from Coaches. After the season concludes, you may post any competition routines that showcase the program in a positive light.

COMPANY Varsity Letter Policy

Project 15 dancers who remain in good standing throughout the full year are eligible to earn a varsity letter as long as they compete in a varsity routine (varsity jazz and/ or varsity hip hop) for required competitions. Athletes must participate fully, attend all practices and events and maintain a hardworking and positive attitude.

POM Varsity Letter Policy

Varsity athletes who remain in good standing throughout the full season are eligible to earn a varsity letter as long as they compete in a varsity routine (varsity pom and/ or gameday) for required competitions. Athletes must participate fully, attend all practices and events and maintain a hardworking and positive attitude.

COMPANY and POM Social Media/ Electronics

We support and recognize the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each athlete must remember that representing a Casteel team is a privilege. As a team member, it is expected that you will portray yourself, your team, your school, and your school district in a positive manner at all times. This includes TEXTING and ALL social media outlets. If an athlete utilizes social media accounts, she is responsible for anything that is posted on these platforms. This includes, but is not limited to: photos, snapchats, statuses, likes, groups joined, pictures posted of the athlete, and pictures that others post of the member or to a members page.

If an athlete is sending messages, but a teammate or coach could read or interpret it as a mean or derogatory comment, she should not send it. Comments, symbols, or insinuations regarding the use of drugs, alcohol, smoking, vaping, or anything that could mean dismissal from the team should not be made.

Posting/sending "nudes" (partially or fully) of any kind, even privately, is legally classified as distribution of child pornography and may result in immediate dismissal from the program.

Any posts deemed inappropriate by the coach may result in benching, suspension, or dismissal, depending on the severity of the post.

Consequences given to a team member will be at the sole discretion of the coach. As stated in the tryout packet, all instagram accounts are monitored by the coach. This includes all personal, spam, and "fake" accounts. If an athlete adds/creates an additional account (other than the ones listed in the tryout packet), it is his/her responsibility to notify and share his/her username with a coach immediately.

Snap (both pictures and chats) need to remain appropriate. All communication to team members should never be negative.

WE ARE A TEAM. WE HAVE EACH OTHER'S BACKS. PUT YOUR DIFFERENCES ASIDE AND UNDERSTAND THE TRUE MEANING OF TEAM AND BEING THERE FOR TEAM NO MATTER WHAT.

If issues are arising, the coach expects members to communicate with her and share of any problematic behavior, negativity, harassing, bullying, etc.

In the tryout packet, you also signed off on social media expectations to hold yourself accountable for.

COMPANY Costs

Class and ECA Fees

Clinics and Camps

Company Clothing

Photos

Choreography Fees

Competition Training

Music Fees

Costuming/ Shoes

Competition Fees

Senior Fees

Nationals/ Travel Fees

Exact costs relating to the team will be sent via email. Should something come up that you need to purchase, you will be notified. All athletes and their families are responsible for their individual costs.

If items are lost or damaged, athletes are responsible for purchasing and replacing these items at their cost.

There will not be any refunds after money is paid into the dance accounts. There will not be any refunds if an athlete quits or is dismissed from the team.

POM Costs

The Pom ECA Fee is \$400.

Poms/Attire/bows etc - \$200 (depending on if new to the team)

Music Fee - \$50

Choreography Fees - Approx \$600 per Pommie

V Competition Uniform - \$386

Competition Fees - \$275

Nationals - \$1600

Exact costs relating to the team will be sent via email. Should something come up that you need to purchase, you will be notified. All athletes and their families are responsible for their individual costs. If items are lost or damaged, athletes are responsible for purchasing and replacing these items at their cost. There will not be any refunds after money is paid into the pom accounts. There will not be any refunds if an athlete quits or is dismissed from the team.

Please reach out to any of your coaches with any questions.

It is crucial that team members and parents understand how the program works.

A copy of this handbook will be provided to you via email upon making the team. it will also be posted on google classroom.

If an update needs to be made throughout the season, updates will be sent out to athletes and parents and posted in a new document.

Changes/Updates will be highlighted.

Chandler Unified School District: Casteel High School Company and Pom Handbook Expectations Acceptance Form



IN AN EFFORT TO DISPLAY TRANSPARENCY, AND HAVE COHESIVENESS FOR MULTI TEAM ATHLETES, WE HAVE COMBINED THE COMPANY AND POM HANDBOOK INTO ONE. WE HOPE TO PROVIDE CLARITY IN TEAM DIFFERENCES AND SIMILARITIES.

I, _____(ATHLETE), HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY THE CHANDLER UNIFIED SCHOOL DISTRICT AND CASTEEL HIGH SCHOOL COMPANY AND POM HANDBOOK AND EXPECTATIONS. I AM AWARE OF, AND UNDERSTAND, ALL EXPECTATIONS AND POLICIES OUTLINED IN THE PACKET AND HANDBOOK. I WILL DO MY BEST TO BE A POSITIVE REPRESENTATIVE OF THE CHANDLER UNIFIED SCHOOL DISTRICT, CASTEEL HIGH SCHOOL, AND THE CASTEEL COMPANY AND/ OR POM PROGRAM.

I, _____(PARENT OF ATHLETE), HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY THE CHANDLER UNIFIED SCHOOL DISTRICT AND CASTEEL HIGH SCHOOL COMPANY AND POM HANDBOOK AND EXPECTATIONS. I AM AWARE OF, AND UNDERSTAND, ALL EXPECTATIONS AND POLICIES OUTLINED IN THE PACKET AND HANDBOOK. I WILL DO MY BEST TO BE A POSITIVE REPRESENTATIVE OF THE CHANDLER UNIFIED SCHOOL DISTRICT, CASTEEL HIGH SCHOOL, AND THE CASTEEL COMPANY AND/ OR POM PROGRAM.

BY SIGNING BELOW, THE STUDENT ATHLETE AND THE PARENT ACKNOWLEDGE THAT THEY HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY THE RULES AND PROCEDURES CONTAINED IN THIS HANDBOOK.

ATHLETE'S NAME (PRINTED)

ATHLETE'S SIGNATURE

DATE

PARENT NAME (PRINTED)

PARENT SIGNATURE

DATE