

# **TRACY HIGH DANCE TEAM**

## **RULES AND EXPECTATIONS/CONTRACT**

### **2025-2026**

Being on the dance team is more than just performing games or competitions, it is about being an ambassador for our team, our school, and our community. Our mission is to promote school spirit, strive for continual improvement of dance skills and technique, and develop sportsmanship and character.

#### **Qualifications:**

- Must maintain a 2.0 average and no F's for the following periods:
  - 2<sup>nd</sup> semester (3<sup>rd</sup> and 4<sup>th</sup> quarter combined of the 2024-2025 school year). *\*Incoming freshmen are exempt from this period.*
  - 1<sup>st</sup> quarter of the 2025-2026 school year
  - 1<sup>st</sup> semester (1<sup>st</sup> and 2<sup>nd</sup> quarter combined of 2025)
- If a member becomes ineligible, he/she may be placed on academic probation.
- All dancers must be registered and cleared on FamilyID.
- **Must** have a current physical on file OR dancer will NOT be able to participate.
- Must meet all attendance requirements as well as maintain excellent attendance in school.
- Must have fewer than 15 hours of Saturday school throughout season
- Must be in good financial standings with the school.

#### **Dedication:**

Being a member of the dance team requires a high level of dedication both physically and mentally. Dancers must commit to rigorous practice schedules, often rehearsing multiple times a week before or after school, with additional time required for performances, competitions, and/or community events.

Physically, dancers need to maintain strength, flexibility, and endurance to execute challenging choreography. Mentally, dancers must have discipline, focus, and perseverance. They are expected to memorize routines quickly, work as a cohesive unit, and maintain a positive attitude. Teamwork is essential.

Team members need to balance their commitment to dance with their academics. Time management skills are crucial to staying on top of schoolwork while attending practices, games, and/or competitions.

Dance Team commitments should be your **highest** priority of non-academic activities.

#### **Attendance:**

- Dancers are expected to be ON TIME for all games, practices, and scheduled events.
- Scheduled events/performances are MANDATORY unless otherwise specified.
- Dancers must attend school on GAME days to participate in the game.
- Dancers are allowed 3 excused days of practices with prior notice. Please turn in all vacation dates ASAP.
- If a dancer misses more than 5 summer practices, they will sit out at our first football game, or more depending what number of days missed/preparedness.
- If a dancer misses any practice during a game week, they will NOT be in the halftime routine.

***When missing is unavoidable, prior notice (at least 24 hours) must be given to coaches by dancer/parent. Lack of notice/failure to notify will be considered unexcused.***

### **Tardiness:**

Arriving on time AND ready to work is NON-NEGOTIABLE.

- Tardy not being present at start time, but also being there but not ready. (Still need to change, doing hair, on phone, putting on shoes, etc).
- Tardies are excused only with a teacher's/doctor's note and when PRIOR notice FROM MEMBER to COACHES has been given.

Consequences for Tardies are as follows:

- 1<sup>st</sup> Offense = Verbal warning
- 2<sup>nd</sup> Offense = Sitting out for 1 quarter during subsequent game
- 3<sup>rd</sup> Offense = Sitting out entire game
- 4<sup>th</sup> Offense = Possible suspension or removal from the team.

### **Conduct/Attitude:**

- Treat others (coaches, captains, teammates, parents, **everyone**) with respect at all times.
- Refrain from using offensive language.
- Maintain ALL social media accounts in a respectful manner and not display any inappropriate behavior.

***\*\*Exhibition or conduct unbecoming of a Tracy High Dance Team Member will result in Athlete Misconduct consequences. This includes the requirements stated in this handbook. Consequences for athletic conduct may include: verbal warning, restricted performances or removal from a Dance Team related activity, or removal from team. Any member who quits or is removed from the team after completion of try-outs will be deemed ineligible to try-out the following season.\*\****

### **Practice Expectations:**

- Arrive on time and in appropriate clothing. (**black** dancewear, form fitting shirt, shorts or leggings, jazz shoes and/or tennis shoes)
- Hair must be neatly secured in a ponytail/bun.
- Cell phones silenced and kept in bag for duration of practice.
- Gum is not allowed during practice.

### **Game Expectations:**

- Be on time, in uniform, with hair and makeup ready by scheduled arrival time.
- Have all necessary accessories (poms, jazz shoes, hair bow, etc.)
- Letterman jackets are the ONLY approved article of clothing that may be worn with the uniform.
- Team tennis shoes/jazz shoes are the only shoes to be worn with uniform. (No Uggs, Crocs, vans, or other style shoes).
- No jewelry (rings, necklaces, bracelets, nose rings, belly rings, etc). No tattoos. Tattoos (temporary or permanent) must be covered.
- No cell phone use during games.
- Socialization during games kept at a minimum while on duty.
- Bring snacks/water to games as needed.
- Members who are ineligible are still required to attend all home games, be on time, be in uniform, have game hair, sit in stands with coaches, and should not eat or be on cell phone during game.

Dancers will wear uniform to school on game days/spirit days. Dancers are expected to wear the uniform to school as described by coaches. Dancers are not permitted to select bits and pieces of the uniform to wear and/or mix and match with regular clothes, shoes, and/or accessories.

***\*Dancers that fail to follow uniform guidelines or forget accessories like poms or jazz shoes, may be pulled from game/performance. Repeated problems with this may result in removal from the team.***

***\*\*Bring this page to the MANDATORY meeting for all dancers and parents on April 23<sup>rd</sup> at 6 PM.***

I am an important part of a TEAM and I understand that what I do and how I behave can have a positive or negative effect on the dance team. By signing this contract, I agree to follow the rules and expectations as described in the THS Dance Team Handbook.

Print Name of Dancer: \_\_\_\_\_ Date: \_\_\_\_\_

Dancer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Dancer's Email: \_\_\_\_\_ Dancer's Cell: \_\_\_\_\_

Dancer's Birthdate: \_\_\_\_\_ Dancer's Grade for 25/26: \_\_\_\_\_

**Expectations for Parents/Guardians:**

- \*Communicate with coaches in a respectful and timely manner.
- \*Make sure your child is dropped off/picked up at the correct times.
- \*Inform coaches of any health problems or injuries.
- \*Make every attempt to schedule non-emergent medical/dental or other appointments and vacations outside of scheduled dance team activities.
- \*Volunteer/Support dance program when needed.

I have reviewed the expectations for my child as a member of the dance team and understand what is requested of parents to support the dance program.

Print Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Email: \_\_\_\_\_

**My child has vacation scheduled on the following dates this summer and will be unable to attend practice:**

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**My child has the following health conditions:**

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# **2025-2026**

## **Updates and Information**

### **New Coaches:**

**We, Nicole Adkins and Amy Ceteras, are your new coaches! We come to the team with a lot of excitement, ideas, and dance experience. We are looking forward to sharing our passion of dance with you. We can't wait to get the year started.**

### **Contact Information:**

**Email: [bulldog.danceteam@yahoo.com](mailto:bulldog.danceteam@yahoo.com)**

**Remind: <https://www.remind.com/join/c3gc3a>**

**Follow for updates: [www.tracyhighsports.com](http://www.tracyhighsports.com) @insta: ths.danceteam**

### **In the works:**

- \*Mandatory Dancer and Parent Meeting on April 23<sup>rd</sup> at 6pm.**
- \*Uniform fittings late April/Early May**
- \*Team practices in May (Tuesdays and Thursdays after school)**
- \*Physical needs to be uploaded in order to attend practice. Do ASAP!**
- \*Homework in June: Learn/practice sideline cheers independently**
- \*Mandatory Practices in July - Dates and location TBD**
- \*Optional (but highly recommended) camp in San Ramon**  
**July 28<sup>th</sup>-31<sup>st</sup> (4 days/3 nights)**
- \*Sideline/Halftime Performances at ALL home football games and likely away games that are in Tracy**
- \*Practice after school on Tuesdays and Thursdays during the school year.**
- \*We would like to compete at dance/cheer competitions. Look for information soon to see if this additional (but optional) commitment is for you.**