

TRACY HIGH DANCE TEAM

RULES AND EXPECTATIONS/CONTRACT

2026-2027

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:
 - 2nd semester (3rd and 4th quarter combined of the 2025-2026 school year). **Incoming freshmen are exempt from this period.*
 - 1st quarter of the 2026-2027 school year
 - 1st semester (1st and 2nd quarter combined of 2026)
- 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.
- 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 is absent or comes to practice late/leaves early – she risks being removed from a dance.

When missing is unavoidable, prior notice (at least 24 hours) must be given to coaches by dancer/parent NOT another dancer.

Tardiness:

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

- Ready = Dressed in practice clothes, hair in pony/bun, dance shoes on, poms available, snack has been eaten, phone is silenced and put away BY START TIME.
- 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:

- 1st Offense = Verbal warning
- 2nd Offense = Sitting out for 1 quarter during subsequent game
- 3rd Offense = Sitting out entire game
- 4th 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. 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.
- Poms in dance bag to be used as needed.
- Cell phones silenced and kept in bag for duration of practice.
- Gum is not allowed during practice.
- Dancers will not be allowed to dance barefoot or in socks and will have to sit out if tennis shoes/jazz shoes are forgotten.

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.
- Hair color – should be a natural color for all performances unless otherwise stated.
- 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.*

Performance Expectations:

With only two practices a week, and weekly performances - some dances are taught in a very short time frame. This means that missing any practice time either by being absent or coming late/leaving early – may result in a dancer not being adequately prepared for an upcoming performance. Additionally, sometimes a dancer attends required practices but still needs to practice on her own to be ready for a performance. Coaches may determine that a dancer(s) is NOT ready for a performance. If this happens, the dancer may participate in the event (do sidelines at a game) but not perform that particular dance.

Extra Curriculars:

We encourage and celebrate dancers who are well-rounded and involved in multiple activities such as competitive dance, sports, theater, and/or leadership programs. These experiences enrich our dancers both on and off the floor.

That said, this program requires a high level of commitment. When conflicts occur, dancers will need to make choices and be proactive in communication with coaches. Absences impact group choreography, preparation, and overall performance. This team only meets two times a week, so missing any practice time may result in a dancer being removed from an upcoming performance. The coaches will make this decision to ensure that the TEAM delivers its best performance.

Placements/Formations:

Decisions regarding placement of dancers are made by the coaches. Their number one goal is for the TEAM to give its BEST performance. A dancer's ability is NOT the only factor considered. Coaches also make formation decisions based on attendance, knowledge of choreography, effort, showmanship, attitude, and consistency with all of the above. Absences and/or injuries may cause placements to change.

Heads up about Basketball Season:

This year the Dance Team attended six Basketball events. Three were on Monday evenings, one was on a Wednesday, and two were on Fridays. We have no control over the basketball game schedule.

Unfortunately, scheduling conflicts are likely to arise with dance studios since basketball season is during the start of competition season. It is very important that dancers communicate in advance with both their studios and their THS coaches so that both programs can plan accordingly.

****This page needs to be signed and returned to Coaches in person at the Mandatory meeting for all dancers and parents on MARCH 19th at 5 PM at Tracy High in Room D210 or Via Email by 3/20**

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

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 described above.

Print Name of Dancer: _____ Date: _____

Dancer's Signature: _____ Date: _____

Dancer's Email: _____ Dancer's Cell: _____

Dancer's Birthdate: _____ Dancer's Grade for 26/27: _____

Expectations for Parents/Guardians:

- *Communicate and interact with coaches in a respectful 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 events scheduled on the following dates this summer and will be unable to attend practice:

My child has the following health conditions:

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Updates and Information

Coaches:

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

Contact Information:

Email: bulldog.danceteam@yahoo.com

Insta: @ths.danceteam BAND - Will be provided

Updates: www.tracyhighsports.com

Upcoming Events:

*** Tryouts - March 23rd-March 25th 4:30-6:30 in THS Cafeteria**

***2026-2027 Team Posted - March 26th**

***Uniform fittings - April 7th at 4:30 at Tracy High in Room D210.**

***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, pom motions, and dance technique independently**

***Mandatory Practices in July - Dates and location TBD**

***Optional (but highly recommended) camp in San Ramon**

July 12th-15th (4 days/3 nights)

***Sideline/Halftime Performances at ALL home football games and likely away games that are in Tracy (8/28 @West, 9/4, 9/18, 9/25, 10/9, 10/30, 11/6 @Kimball).**

***Practice after school on Tuesdays and Thursdays during the school year.**