Dakota Ridge

High School



Poms Program

2022-23 Team Handbook

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Overview

The purpose of the DRHS Poms Team is to boost school spirit, promote good sportsmanship, and encourage and sustain crowd involvement throughout school and sporting events. Dancers will assist with student participation and help spectators to enjoy the spirit of the event while representing the core values of DRHS.

The DRHS Poms team is highly visible on campus and in the community. Therefore, high standards and appropriate conduct are mandatory at all times. In order to earn the respect of the student body the team must demonstrate positive personal behavior and cohesiveness, and lead with a standard that others should emulate.

Dancers shall strive for excellence in all facets of being a student at Dakota Ridge High School:

*To Live, To Love, To Learn, To Leave a Legacy.*

The purpose of this team is to create a hardworking group of dancers and athletes who strive to promote the vision of DRHS Athletics. Dancers will learn teamwork, dedication, strong work ethic, and respect in order to prepare for their next stage after graduating from DRHS. This handbook was created to protect and ensure the integrity and reputation of the DRHS Poms Program by outlining expectations for each individual.

Poms Program Coaching Philosophy:

To provide dancers with a successful, meaningful, and educational experience during their time here at Dakota Ridge High School. Dancers will learn spirit, develop good sportsmanship amongst the student body, and show enthusiasm, leadership, and loyalty among the DRHS community.

In this program I vow that all of the athletes will learn more than just cheerleading skills, but life lessons that they will carry for the rest of their lives. In order to best support athletes, my values and expectations are:

* **Give respect, get respect**. I ask that you show me the same level of respect that you’d like to be shown. In return, I will reciprocate that respect.
* **Communication is key; and is a two-way street**. I am committed to keeping an open line of communication with athletes, parents and school administration. I ask in return that athletes and parents come to me with any questions or concerns they may have. I have an open-door policy and am open to suggestions on ways I can best support you. I don’t know if there is an issue if it has not been brought to my attention!
* **Our actions will be guided by what is best for the** **team**. I will make coaching decisions based on what is best for the team, and, at times, this may not seem fair or make sense. I ask that you trust my judgment and know that I am using my coaching experience to determine what is best for the team. In addition, I ask that athletes and parents keep an open mind and be willing to be flexible in order to benefit the team as a whole.
* **Attitude is everything.** I will come to ALL team events with a positive attitude. I recognize that we all have lives outside of poms that can be incredibly demanding. However, I ask that we all commit to leaving negative attitudes at the door. Your teammates and coaches should be a safe space and an outlet for you, so come to team events with an open mind and a positive attitude, and I promise that I will do the same!
* **I will give 100%, and I ask that you give 100%.** I am committed to teaching you the skills you need to be the best athlete you can be, but this will take effort from you as well. I ask that you come to all team events prepared to work hard, improve daily and push yourself both mentally and physically. “Great things never came from comfort zones.”
* **We will work hard, but we will also play hard!** At the end of the day, a team is a family. And I want you to be comfortable with that family and enjoy your time with them. We will find times to learn about one another, bond, and have fun experiences together that you’ll remember long after your time at DRHS!

I love this sport and I love partnering with dancers that share my passion. I can’t wait to work with you and help you grow on the dance floor, on the sidelines and—I hope—in your life.

**Liz Alcorn- Head Varsity Poms Coach**

elizabeth.alcorn@jeffco.k12.co.us

Team Composition & Conduct

The DRHS Poms Team for the 2022-2023 season will consist of dancers who demonstrate the

technique and skill sets that the varsity coaches are looking for during tryouts. The varsity team is open to incoming 9th through 12th graders. All dancers of the team will compete in Pom, Jazz, and/or Hip-Hop division. The varsity team will cheer and perform at varsity football and basketball games, as well as select spring sports. The DRHS Poms Team is a year-long commitment, operating from Spring Tryouts, through the end of the next school year.

All members are official representatives of Dakota Ridge High School. Each member must maintain high moral and ethical standards and use good judgment at all times. Conduct must always be above reproach. Membership on the team may be terminated for unacceptable standards of conduct. It is the dancer’s personal responsibility to be a strong, trustworthy, and valuable member of this team.

**Character:** All athletes involved in DRHS Poms must...

* Represent the school and their perspective program with class and responsibility at all times, in person and on **all** forms of social media
* Treat teammates and coaches with respect
* Have enthusiasm about the team
* Be a leader and ambassador for Dakota Ridge High School

**Illegal Substances:** At no time during the student’s tenure in the Poms Program may she/he use or be in possession of tobacco, alcohol, marijuana, illegal drugs or any potentially harmful and/or habit forming substance. Any student who violates this policy will be subject to School Board Policy; including removal from the squad, and suspension from the school.

**Suspension:** If at any time during a student’s tenure as a Poms Program member, the Coaches or Athletic Director observes a student not acting in a manner consistent with the held expectations, it will be dealt with in an appropriate manner, up to and including short term suspension. Dancers will be required to attend practice and games during all suspensions. Dancers who are suspended for a third time will be automatically dismissed from the program.

Attendance & Grades:

**School Attendance:** All dancers of the DRHS Poms Program are students first. Dancers must be in attendance for a minimum of half of their classes in order to participate or perform in the day’s events including practice, games, competitions, ect. If illness occurs, dancers must notify the coaches of their absence prior to the beginning of practice. Please do not come to practice ill.

**Practice Attendance:** Any absence or tardy that is not communicated prior to beginning of practice will be counted as an unexcused absence. It is the dancer’s responsibility to email their known absences or tardies to their coach in a timely manner. It is also the dancer’s responsibility to message their coach when they are running late or for last minute absences (i.e. illness). This includes any outside technique classes or workshops. Arriving more than 10 minutes past the start of practice, an event or performance without prior notice will be considered an unexcused tardy. Dancers are expected to arrive no later than 30 minutes prior to an event start time, unless told otherwise by the coaches. Arriving more than 10 minutes past this communicated time will be an unexcused tardy. Unexcused absences and tardies will accumulate on the dancer’s demerits. Upon the accumulation of 25 demerits, the athlete will be dismissed from the team.

Any extended absence must be communicated to the coaches a minimum of two weeks in advance, via email. If it is not communicated in this time frame, each day the dancer missed practice will be counted as an unexcused absence. Any planned absence or tardy must be communicated to the coach via email.

**Performance Attendance:** Dancers must be present at the practice held prior to a performance or event. If the dancer misses this practice, they will not be eligible to perform. In addition, dancers must be in attendance for all practices the week leading up to a competition. If the dancer is unable to make any of the practices that week, they will be removed from the competition routine.

**Academic Eligibility:** Dancers must maintain academic eligibility according to CHSAA rules. Dakota Ridge High School Athletics Office will pull a grade report every Wednesday. These reports are then sent to the head coaches. Coaches communicate directly with their student-athletes. The student-athlete must bring a note signed by the teacher with a passing grade by 3:00pm that Friday to regain eligibility for the following week. If the student-athlete still has 2 F’s by 3:00pm that Friday, they are ineligible the following week (Monday through Saturday).

**Suspension:** Failure to meet academic eligibility for more than six consecutive weeks will result in suspension. The dancer will be removed from all upcoming performances and events, and will be required to study during practices. Once the dancer has maintained eligibility for three consecutive weeks, the suspension will be lifted. If any suspension occurs a third time, the dancer will be removed from the team.

Practice & Performance Conduct

**Dress Code:** Dancers must bring running shoes, dance shoes, and poms to every practice. It is mandatory that all dancers adhere to school dress code during practice times. The school dress code is as follows:

* The midriff, back, and chest must be mostly covered, and the buttocks should not be exposed. The bottom of shirts/tops must be longer than any undergarment beneath the shirt/top. No lower-body undergarments may be visible when in normal posture while sitting or standing.
* Hats or other head coverings are not allowed in the building prior to 2:45pm.
* No bandanas on heads, around legs, ankles or other body parts or hanging out of packets
* Clothing with offensive slogans or designs on them, i.e. anything that promotes drugs, alcohol or is sexually suggestive is not allowed.
* Clothing or jewelry that emulates gang affiliation is not allowed.
* Shoes must be worn at all times.
* Accessories such as spikes or chains should not be worn or brought to school.
* Trench coats or dusters are not permitted. All winter jackets should be kept in lockers.

**Practice Expectations:** Dancers must come to practice with hair pulled back and out of the face. Healthy food choices for snacks are permitted but are only to be eaten before practice or when the coaches permit it. We do keep a supply of emergency snacks in our team cabinet and continually accept donations for this snack box. Cell phones must be put on silent and remain in the dancer’s bags for the entirety of practice, this includes smart watches. Violation of any of these rules will result in demerits.

100% effort is required at every practice. Dancers need a can-do attitude. Whining and complaining will not be tolerated and will be matched with toe touches, pushups, or burpees. We encourage everyone on the team to build strong friendships with each other. However, practice is not a social hour, we are here to work hard.

If any issues arise that are between team members, we ask that you talk it out with one another first. If the coaches observe that nothing has resulted, we will then intervene and mediate the conversation.

**Performance Expectations:** Dancers must arrive at performances and events at the communicated time, usually 30 minutes prior to the start of the event. Each dancer is required to stay for the entirety of the event, unless previously communicated otherwise by the coach. For competitions- dancers are required to stay until after awards are announced for each division the team competes in. Dancers must arrive with hair and makeup completed and must be in uniform prior to entering the event area. Uniforms for each performance or event will be communicated by the coaches and / or captains no later than 24 hours prior to the event. No jewelry (face or body), colored nails or any other accessories that are not part of the uniform will be permitted at competitions. This goes along with CHSAA and NFHS rules. No phones are permitted at performances, games and events.

Team bonding is highly encouraged prior to each game and / or event. This allows the team to get ready for the events together and ensures that everyone is in uniform and on time for the events. Throughout the school year, we will organize team potluck dinners prior to big games and events. Each family will be expected to host a team dinner at their chosen location.

**Practice Schedules:**

**Summer Practice Schedule:**

* Tuesdays 8:00-10:00am
* Wednesdays 3:30-5:00pm

\*Mandatory team class at Dance Art Media Studios 5:00-6:00pm

* Thursdays 8:00-10:00am
* Fridays 8:00-10:00am

**Fall Practice Schedule:**

* Tuesdays 3:30-6:00pm
* Wednesdays 3:30-5:00pm

\*Mandatory team class at Dance Art Media Studios 5:00-6:00pm

* Thursdays 3:30-6:00pm
* Monthly choreography workshops at Dance Athletics

\*Practice schedules are subject to change based on upcoming events

We understand that summer is a busy, stress free time for most families. Summer is the Poms Program’s chance to get ahead with choreography, skills and abilities. Absences at any of the choreography workshops will result in removal from that specific routine. Dancers will be unable to compete in said missed routines throughout the school year.

**Mandatory Summer Dates:**

* Tuesday, April 19th- New Team Meeting / Uniform Fitting, 4:00-6:30pm
* Saturday, June 4th- Rocky Mountain Dance Workshop, 8:00-1:30pm
* Friday, June 10th- Camp Routine Choreography Workshop, 8:00-12:00pm
* Friday, July 8th- Camp Preparation Workshop with Dance Athletics, 8:00-10:00am
* July 11th-14th- UDA Summer Camp @ Crowne Plaza Denver Airport Convention Center
* Thursday, July 21st- Competition Routine Choreography Workshop- Jazz, 4:30-7:30pm
* Friday, July 22nd- Competition Routine Choreography Workshop- Jazz, 4:30-7:30pm
* Friday, July 29th- Competition Routine Choreography Workshop- Pom, 8:00-12:00pm
* Saturday, July 30th- Competition Routine Choreography Workshop- Pom, 8:00-12:00pm
* Thursday, August 4th- Competition Workshop, 9:00-11:00am

**Injuries and / or Concussions:** In the event an injury occurs, dancers will be required to sit during practices until they have been cleared to dance by their physician and / or the school’s athletic trainer. While sitting, dancers will be responsible for taking notes and remain off of their cell phones. As dancers are returning to practice from an injury, it is vital that they follow the protocols and instructions given by physicians and / or the school’s athletic trainer. To ensure these protocols are being followed, coaches must be given a copy of these instructions. It is possible for dancers to slip or fall during practices, games, and events. In the event the dancer experiences head trauma, the dancer will be required to sit out the remainder of practice. They will not be allowed to practice or perform until the Return-To-Play protocol is completed by their physician and / or the school’s athletic trainer.

Demerit System

The Poms of Dakota Ridge High School will be using a standardized code of conduct. The purpose of this is to help maintain discipline, promote reliability, and uphold fairness for all by setting an example of good behavior, unity, and pride. Whenever a rule is not observed, the dancer will be given a fixed number of demerits, or negative points. Likewise, merits, or positive points, will be given for conduct or performance. Upon the accumulation of 25 demerits, the athlete will be dismissed from the team. The demerit system is not up for discussion. Demerits and merits can only be given by coaches.

***The demerit system will begin at the start of the school year- August 16th 2022***

**Demerit Breakdown:**

| **Attendance** |  |
| --- | --- |
| Unexcused tardy (more than 15 minutes) | 1 |
| Unexcused tardy to game or performance | 2 |
| Leaving early from practice unless excused | 1 |
| Leaving early from a game or performance unless excused | 2 |
| Unexcused absence from practice | 1 |
| Unexcused absence from game or performance | 2 |
|  |  |
| **Conduct** |  |
| Failure to follow school dress code at practice | 1 |
| Hair in face and not pulled up during practice | 1 |
| Hair in face and not in uniform during a game or performance | 2 |
| Cell phone use during practice | 1 |
| Cell phone use during a game or performance | 2 |
| Failure to follow chain of command | 2 |

**Merits can be earned back by completion of the following, with approval from the coaches:**

| Volunteering at school events that team attendance is not required at | 1 |
| --- | --- |
| Receiving all A's on final semester grade reports | 5 |
| Tutoring another dancer on your own time | 2 |
| Helping a teacher or school administrator before or after school | 2 |
| One hour of community service | 2 |
| Nominations by other team members | 1 |
| Any outside assignments offered by coaches | varying |

Community Outreach

As a spirit team, it is important that we make a continued effort to help in our community. This is also a crucial aspect to increasing team visibility and continuing to grow the program. The poms team will be participating in monthly community outreach events throughout the year. Participation is required unless previously communicated and approved by the coach. Parent involvement in these events is also encouraged.

Lettering Requirements

At the end of the year banquet, all dancers will have the opportunity to letter as a Varsity Poms member. The requirements the letter in Poms are as follows:

**Attendance:** The dancer must maintain an 85% attendance rate throughout the entirety of the season.

**Grades:** The dancer must have remained eligible for all events and competitions throughout the season.

**Competitions:** The dancer must attend every scheduled competition throughout the season. The Dancer must be eligible and have performed at the season’s State competition.

**Demerit System:** The dancer must have no more than 5 total demerits at the time of the banquet.

**Community Outreach:** The dancer must have participated in all scheduled community outreach events with the team throughout the season.

Communication

There are several mediums through which the coaches will communicate with the team. Weekly emails will be sent out with event details and other important updates. The *Band* app will be used for the team calendar and short messages to team and parents. The team google calendar will also be kept up to date, and can be synced to every team member and parent’s phone calendars if requested.

**Daily Communication:** If you send an email, text, or call the coaches over the weekend, or during holiday breaks, you will not hear back from them until Monday, or the next workday. As a rule, the coaches turn their phones off at 8:00pm unless at a practice, game, or competition. If at one of these events, coaches will always have a phone on if you need to get a hold of your dancer. In the case of an emergency, dancers and / or parents will need to call the coaches direct cell phone number. For all other instances, parents and dancers must communicate through the *Band* app.

It is the dancer’s responsibility to read through each message and email, and respond when necessary. Failure to do so may result in removal from the events discussed in the communications. It is also the dancer’s responsibility to communicate any important information (i.e. absences) with their coach, via email.

**Event Communication:** Please do not attempt to confront or discuss concerns with a coach on the day of a game, events or performance, unless it is a dire emergency. These can be busy and emotional times for the dancers, parents, and coaches and do not promote objective analysis of a situation. Failure to do so will result in consequences.

**Chain of Command:** Athletes must always come to a Coach with a concern before a parent addresses the concern with the Coach. Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command and have the athlete follow-up first prior to parent involvement:

Coach, Athletic Director, School Principal.

If the dancer is having a problem, they will need to email or send a *Band* message to set up a time to speak with the coaches outside of practice and events.

**Parent Communication:** While representing Dakota Ridge, parents must also conduct themselves with the same standards dancers are held to. Any parent or athlete that is consistently negative, or acts in a manner that jeopardizes the name and reputation of Dakota Ridge Poms Team, will be putting their dancer at risk for removal from the team. Parents must also follow the above chain of command when discussing concerns with coaches.

Parent communication is necessary when it comes to ensuring your dancer is having a safe and successful year with the poms program. Typical concerns to discuss with coaches include; any specific health concerns or injuries your dancer is experiencing, absences and tardies, any altered learning plans. Concerns coaches need to know about include; any unhealthy mental or physical strain you detect in your dancer at home (especially if it is affecting academic performance), how we can best contribute to your dancer’s skill improvement and development, and any dramatic changes you detect in your dancer’s behavior due to team involvement.

**Team Mom:** The poms program does not have a booster group, and instead utilizes a team mom. The team mom will be responsible for helping organize team dinners prior to important events, gifts for the dancers for big performances, the end of year banquet, and any other areas coaches may need assistance with. The team mom will communicate with parents directly and responses from parents are required. Parent participation is highly recommended throughout the year and any other help is always welcomed! Parents may reach out in the group messages on the *Band* app or via email if they wish to participate more.

Financial Obligation

Please be aware that this program is an expensive activity, but every effort will be made to

keep costs down. The following list includes a breakdown of all predicted financial obligations associated with the DRHS Poms Team, as well as amounts and due dates for each fee. However, additional expenses may arise throughout the year and will be communicated when necessary. The amounts listed below are per dancer.

Highlighted fees will be paid directly to the vendor, and are not covered by the $500 payments made to the school.

| **Fee Description** | **Due Date** | **Amount Due** |
| --- | --- | --- |
| UDA Summer Camp | 04/19/2022 | $500.00 |
| Competition & Camp Uniforms- paid through Varsity Spirit portal | 4/20/2022 | Est $1,500.00 |
| Choreography & Music Licensing | 5/20/2022 | $500.00 |
| Game Day Expenses- Jazz Costume, Team Shoes, Team Gloves and Hats, Team Bows, Team Pictures  Competition Fees- Registration & Team Gifts | 8/20/2022 | $500.00 |
| Training- Dance Athletics Class Fees for year, Competition Workshop Fee | 9/20/2022  \*this amount will be adjusted based on how much has been fundraised | $500.00 |
| Dance Art Media Studio Fees- paid directly to the studio or through studio portal | Paid monthly to the studio | Est $900.00 |
| Nationals  \*The cost of Nationals competition will be determined as soon as the information is released (est December), and due in January. The estimate listed is based on last year’s fess. This is not included in the monthly payments. | January 2023 | Est $2,500.00 |

**Fundraising:** The poms program will do monthly fundraising events as an effort to minimize costs. The amount fundraised will be used towards competition fees, including nationals, and dancer expenses. This will decrease the total amount due for the final $500 stipend, and the total amount due for Nationals. Dancers are required to attend and participate in each fundraiser. If a dancer does not participate in the fundraiser, they will not receive any portion of the funds raised towards their costs. If a dancer is ineligible for any fundraiser, they are still required to attend. If they are ineligible and do not attend, they will not receive any portion of the fund raised towards their fees.

**Commitment Policy:** These payments and fees are non-refundable. If a dancer is removed from the team or chooses to remove themselves from the team after signing the contract, previously paid fees will not be refunded and the dancer will be responsible for fees remaining for the year. The cost of each category is pre-determined and divided evenly among the team members. If a dancer is unable or ineligible to participate in any competition, they are still responsible for the fees due towards those events.

\*The UDA Summer Camp cost will not be charged to the dancer if they are unable to attend. This event is mandatory and absence must have been previously discussed and approved by the coach.

Dakota Ridge High School Varsity Poms

2022-2023 Athlete Contract

**Team Composition & Conduct:**

I understand that I am an official representative of Dakota Ridge High School, and must act as such during school and at any events, as well as outside of school and team events. I will be dedicated, accept responsibility, and maintain good public relations with every faculty member and staff, the student body, and community to ensure success and respect for the squad

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will portray myself respectfully and tastefully online. I will accept requests from coaches at any time and understand that if they request access to a social media account that I must give it. I will not make any type of post or put myself in any situation that creates a bad image of myself, my Teammates, my Coaches, the DRHS Spirit Program, or Dakota Ridge High School. I understand that failure to do so will result in consequences that are decided by my Coaches and the Athletic Director.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_

I will not use tobacco, marijuana, or any other type of drug. This includes vape and juul products. I will not drink alcohol. The coaching staff has a ZERO TOLERANCE for illegal activity. I understand that if I take part in any illegal activity, I will be subject to School Board Policy; including removal from the squad, and suspension from the school.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that if for any reason I am suspended during my time in the Poms Program, I will still be required to attend all practices and events during my suspension. I understand that the third time I am suspended for any reason, I will be removed from the team.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**Attendance & Grades:**

I understand that I must be in attendance for a minimum of half of my classes that day, in order to attend practice and / or events. I understand that I am responsible for communicating all absences or tardies with my coach in a timely manner, via email. I also understand that I am responsible for communicating any last minute absences or tardies with my coach via *Band* app messaging. If I am more than 10 minutes late or do not attend practice and / or events without prior communication, I know that this will be counted as an unexcused tardy or absence.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that my Coaches will determine practice times and extra practices may be required based on competition season or events and are mandatory. Absences must be excused prior to the practice or event, unless in an emergency. To excuse an absence, I understand that I must contact the coach by email. I understand that not all absences may not be deemed excused by the coaches, and I will receive demerits if it is deemed unexcused.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that weekly progress reports will be sent to Coaches on Wednesday of every week in order to monitor academic progress. I understand that if I am ineligible, I will not be able to participate in games, events, or any performances (sanctioned or unsanctioned).

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that being ineligible for six consecutive weeks will result in being removed from upcoming events and performances until my grades meet eligibility standards for three consecutive weeks. During this time I will attend and study during practices, and will attend games and events and support my team from the side.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**Practice & Performance Conduct:**

I will step into all Pom/Cheer activities with a positive, encouraging attitude and a smile on my face. I will set a positive example for and be respectful to all peers, students, and parents, as well as competitors and all other affiliates. I will not be rude or disrespectful to any of these entities. I will not use foul language, show poor sportsmanship, or be unprofessional at any time in public.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will be on time and present at all designated practices and events. “On time” means being ready to dance at the start of practice, wearing proper attire that follows dress code, having all necessary equipment, and being both mentally and physically prepared to participate in practice and/or events at the assigned time. I will put 100% effort in every motion, jump, dance, routine, workout, conditioning drill, and event. I will be a team player. I will encourage all other team members to do the same. I will not whine or complain about workouts or coach/captain directions.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will make every effort to get along with everyone that has any part in the DRHS Spirit Program. I will not intentionally exclude, be mean to, or gossip about any member or coach. If I am experiencing conflict with other spirit program members, I will speak directly with them to resolve the issues. If the conflict is still not resolved, only then will I involve the coaches.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will put my health and safety first during all practices and events. I understand that if I am injured, I will be required to sit and take notes at practice until I am cleared by a physician or the school’s athletic trainer, and that I must follow given protocols and instructions to return back to dance. I will report any injury to the coach right away and give the coach copies of protocols and instructions for returning.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**Demerit System**

I understand that the Poms program will use a standardized code of conduct to help maintain discipline, promote reliability, and uphold fairness for all. I have read through the list of demerits and merits and understand what can cause me to lose or gain merits. I understand that if I reach a total of 25 demerits, I will be dismissed from the team. I understand that demerits and merits can only be given by coaches and are not up for discussion.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**Communication**

I understand that I am responsible for checking my emails and *Band* app frequently for information. I am responsible for using a calendar or day planner to schedule activities and ensure that I am able to attend all events. I understand that failure to check or respond (when necessary) to *Band* app messages or emails, may result in inability to participate in the events communicated.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that if I attempt to communicate with coaches over the weekend or during holiday break, I will not hear back from them until the next workday. I understand that my coach will turn their phone off at 8:00pm every night and I will not hear back from them until the next day if I attempt to communicate.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will not attempt to discuss concerns with the coach on the day of a game, event or performance. If I am having a problem, I will email the coach to set up a time to meet outside of practice and events. I will follow the chain of command when addressing concerns.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will be honest with the coaches about issues that really bother me. I will only discuss these matters with them in a calm, respectful, mature, and private way. I will set up a meeting outside of practice with my coaches and follow the chain of command. I understand that the coaches will listen to me, and I will respect their decision as the leaders of this program.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**Financial Policies**

I understand that I am responsible for all fees listed throughout the entirety of the year. I will participate in every fundraiser and understand that if I do not, I will not receive any funds from the amount raised at the fundraiser.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that if for any reason I chose to leave the team, or am removed for the team, the fees previously paid will not be refunded. I also understand that I will remain responsible for upcoming costs until this contract ends. I also understand that if I am unable to participate in any events or competitions, I will still be responsible for the fee due towards this event.

Athlete Initial: \_\_\_\_\_\_\_\_

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**DRHS Varsity Poms Program**

**2022-2023 Athlete Contract**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the dancer, understand the contract and handbook rules placed upon me as a member of the Dakota Ridge High School Pom Team. I will uphold the responsibilities and requirements stated in this contract and handbook, to benefit myself and the entire team. I understand that this contract is valid from the time that it is signed, until the end of the 2022-2023 school year. I am fully aware that breach of this contract will result in consequences and possible dismissal from the team.

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

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

Dakota Ridge High School Varsity Poms

Parent Contract

When conflicts arise, I as a parent of a Dakota Ridge Varsity Pom, promise to abide by the rules set forth. I recognize that failure to do so could affect my athlete’s participation in this program. All parents and/or legal guardians must sign.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that I am an extension of my dancer, and am therefore also a representative of the poms program and the school. I will conduct myself in a professional and respectful manner, and will follow all rules set forth in this handbook and contract. I understand that failure to do so may result in my dancer’s removal from the team.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that all decisions made by the coaches will be made in the best interest of the team, and not the individual. I will respect and support these decisions. If I have concerns with the program, I will talk directly with the coach and follow the given chain of command. To meet with the coach, I will first send an email requesting a meeting and the reason for the meeting.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

When meeting with the coach, I will refrain from accusations and harmful language. I will speak with respect and consideration. Personal attacks of coaching staff, administration, or athletes, will not be tolerated. I will recognize that it is not my place to criticize or critique individual members of the team, the team as a whole, choreography, or the program.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

If my athlete has concerns with the program, the coach or a teammate, I will support their need to vent to me. I will listen and offer constructive comments to help them resolve the conflict theirself. If my athlete finds conflict with a teammate, I will encourage a positive discussion between the two athletes. I will refrain from escalating any situation my athlete is experiencing, by talking to other members of the team, their parents, or the coach.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will refrain from calling any coach on her personal cell phone, unless there is an emergency. I will respect that the coaches will not respond to communication on the weekend, holidays or after 8:00pm every evening.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will communicate with the coach about any concerns I have related to my dancer having a safe and successful year as a member of the poms program, including but not limited to; injuries and health concerns, absences and tardies, altered learning plans, and any unhealthy mental or physical strain on my dancer.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that I am responsible for checking my emails and *Band* app frequently for information. I will ensure that my dancer communicates all necessary information via email with their coach, and responds to communications when necessary. I will respond to communication with the team mom and will participate within the program as much as I am able to throughout the year.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I understand that the Poms program will use a standardized code of conduct to help maintain discipline, promote reliability, and uphold fairness for all. I understand that if my dancer reaches a total of 25 demerits, they will be dismissed from the team. I understand that demerits and merits can only be given by coaches and are not up for discussion. I also understand that my failure to follow the rules set forth in this handbook could result in demerits towards my dancer.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

I will ensure all financial obligations for my dancer are met and payments are made in a timely manner. I understand that if for any reason my dancer chooses to leave, or is removed from the team, we will still be responsible for all costs due throughout the remainder of the season, and that no previously paid fees will be refunded. I understand that if my dancer is unable to participate in an event for any reason, we will still be responsible for the fees associated with that event.

Parent/Guardian Initial: \_\_\_\_\_\_\_\_

**DRHS Varsity Poms Program**

**2022-2023 Parent Contract**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the parent/guardian of this dancer, hereby rely as witness to this contract. I agree to support the dancer and the team, as well as make sure that my dancer upholds this contract. As a parent I will respect the leaders and their dedication to my dancer. I will encourage my dancer to do their best, and I will follow all rules listed in this contract and throughout this handbook. As the parent/guardian, I understand the consequences for my dancer’s actions, as well as my own. I understand that this contract is valid from the time that it is signed, until the end of the 2022-2023 school year.

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Parent #1 Signature Date

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Parent #2 Signature Date