

2024- 2025 BEND SENIOR HIGH DANCE TEAM EXPECTATIONS

Tryouts: You must be cleared by the Athletic Office by 4pm at 5/16 to be eligible to tryout.

- 5/20 6-8pm 9th, 10th, 11th graders tryouts @ mini gym
- 5/21 6-8pm 8th graders only tryouts @ mini gym
- 5/28 6:30-8pm ALL dancers audition @ main
- 5/29AM team to be announced. 5/31 by 10am signed contract and clothing order to be returned to coach, if you wish to join. 6/3 by 2pm, first payment must be made to school- see below.

Practices (not confirmed):

- Tuesdays 4:15p – 7:30p & Thursdays 4:15p – 7:30p
- Third practice day will be added during competitions, or when needed- typically Wed mornings, Wed afternoons, weekends.

Summer conditioning:

- TBD (mid- end aug)

Performances:

- Sporting event half-times, assemblies, school events
- Parades, community events, etc.
- Youtube videos
- Competitions, State

Competitions:

TBD. These take place on Saturdays – all day commitment and travel required. 3-5 competitions, to be expected. Keep Saturdays open *thru the end of March!*

Forecasted costs:

Expected costs per dancer (Women's)-

I do not have forecasted cost for men.

Varsity Jacket: \$115

Nike Air Force 1s: \$135

Sweatshirts: \$43

Tank top: \$28 (existing team members do not need to purchase)

Team Legging: \$40 (existing team members do not need to purchase)

Make-up, hair, accessories: \$20 (team make up, not personalized bags)

Duffle bag: \$35 (optional. Same bag as last year. Minimum of 3 need to be ordered.)

Participation fee: \$100

Total: \$481 (+\$35 bag if you choose) **for NEW dance team members.**

Total: \$413 (+\$35 bag if you choose) **for RETURNING dance team members** (assuming you still have your leggings and tank top.)

Payments to be made online at touchbase.bend.k12.or.us . Username: Student ID# Password:

Students last name. OR submit payment to the account window. They accept cash, check, CC.

\$250 Due by 2pm on 6/3

____(remainder) **Due 8/1**

Fundraisers:

Dancers are expected to participate in all fundraisers throughout the season. All fundraiser proceeds go towards the team and is not refundable. Additional fundraisers to be added-determined by parent involvement. All fundraisers will have a minimum requirement that must be met. If minimums are not met, it is the dancer/ parent responsibility to pay difference.

- Sponsorship: August/ September
- Carwash: August/ September
- Willamette Valley Pie sales: October
- Chipotle, Mod Pizza, Panda Express: January, February, March

I would like to look into hosting a kid clinic again, but would require parent coordination.

Proceeds cover-

- Dry Cleaning – roughly \$100
- Props – roughly \$100
- Competition entry fees - \$100 to \$300 each
- DDCA and OSAA – \$300
- Wear and tear/ replacement - \$50
- Competition Uniforms - \$800 to \$2,000+ & Comp themed shirts for dancers
- Team Clothing Items/ Accessories - \$500 to \$1,000 (addtl jazz pants, poms)
- Hotel/ stay for competitions
- Coach travel/ mileage
- Party supplies
- Supplied food

Expected to supply outside of team budget: subject to change based on comp costume/ style

-Dance shoes: half-sole lyrical shoe, paws

-2 nude-to-you colored tights

-Black backless (or clear strap) leotard and/ or a nude backless (or clear strap) leotard

-If your student plays a specific role for a play or performance, it will be the responsibility of the parent to purchase.

-If existing team members no longer have their leggings or tank top, they will need to repurchase on the order form.

Competition ware & new pom poms:

To be fundraised. Minimum fundraising efforts need to be met, or parent pay out. Competition ware and pom poms are team owned and are never allowed to leave coaches possession. More pom poms may need to be purchased if we have more dancers. See Fundraising section.

2024- 2025 BEND DANCE EXPECTATIONS COMMITMENT CONTRACT

Bend Senior High Dance Team proudly represents Bend Senior High School at sporting, community, and competitive events. Members and parents of the DT recognize that their actions are observed more closely than students not associated with such an activity. Members and parents understand and accept that being a part of this groups is a privilege and a responsibility.

1. In order for dancers to be eligible to perform, they must maintain appropriate grades and credits as outlined by the Bend-La Pine School District guidelines. Dancers must be passing 5 classes and maintain a 2.0 GPA at the end of each grading period to maintain eligibility. Should a dancer fall below this standard, they will be on “inactive” status until grade improves at the next grading period. This means the dancer must attend all required dance team event on the sidelines.
2. Members must maintain good citizenship marks, attendance, class performance and teacher references during their time on the team.
 - A. **School Attendance Policy:** Participants must attend school the full day in order to practice or participate in any dance team event. Doctor’s appointments on the day of an event **MUST** be pre-arranged. Emergency appointments **MUST** be cleared through the attendance office.
 - B. **Dance Team is a Priority:** Members are allowed to have their other social events outside of dance team (work, clubs, other dance classes), but dance team must take priority, second to education. If other reservations are making a negative impact on Bend DT time, it will be brought to dancer and parents attention.
3. **Smoking or drug usage (including alcohol)** is not allowed at any time and will result in your immediate removal from the team.
4. **Bullying of any form will not be tolerated** and may result in your removal from the team.
 - A. This includes- in class, at school events, DT events, outside activities, and social media. Social Media includes- Memes, captions, comments, posts, videos with negative suggestions towards teammates, other teams, coaches, and peers.
5. **Team members MUST ATTEND ALL required activities**, practices, games, performances, competitions, and fundraisers, unless that dancer is ill or has an immediate family emergency. Dance team must take priority over ALL other extracurricular activities (within season), including jobs, school clubs, studio, etc.
 - A. **Team Policy:** All pre-arranged absences must be submitted to the coaches at least one month prior to the practice you will be missing. Absence approval is up to the coach’s discretion. All unexcused absences are 100% unacceptable. *If you are not at practice, you do not learn the choreography, and you are not in the routine.*
 - B. **Injury:** If you are injured and have a doctor’s note, you will not be in the choreography being taught. *If you are not able to practice/ participate, you do not learn the choreography, and you are not in the routine- even if you come sit and watch practice.*
 - C. **All practices are mandatory**, unless stated otherwise (pre-approved) from your coach. This includes weekends, holiday breaks, summer practices, conditioning, and camps.
 - D. **All practices are CLOSED practices.** No friends, parents, grandparents, siblings at any time during practices. This time is set aside for our team only. If you are dropping something off, your child can come get it from you during a break- do not come into practice.
 - E. **Wear only black, white, grey, and navy to practice, no baggy clothes. Hair must worn back, securely, out of your face.** Dance shoe (paws or half-sole lyrical shoe) and sneaker need to be brought to every practice. Not following this, will result in dancer being sent home.

- F. No vibrant/ vivid hair colors, during dance season.
 - G. **No piercings/ jewelry for ALL dance activities-** including halftimes, parades, competitions, practice, etc.
 - H. **No nail polish/ fake nails for performances-** including halftimes, parades, competition, etc.
 - I. No visible tattoos- If our comp wear does not cover it, you will not be in comp. Covering with make up, band aid, etc. will not be accepted.
 - J. No gum during any practices, performances, competitions, etc.
6. **Tardy Policy:** Be dressed and ready to warm up/ work out/ dance when practice is scheduled to begin. If you are late, that will be considered an unexcused absence. Time can and will be added.
 7. **Fundraisers:** Dancers are expected to participate in all mandatory fundraisers throughout the season. All fundraiser proceeds go towards the team and are not refundable. See fundraiser section to see what proceeds cover.
 8. At any time, your coaches may change practice, activities, events dates and time frames.
 9. You represent the school. Team gear will be worn on performance dates, specified by your coach. You will adhere to the school dress code. Uniforms must be clean and stain free. When you are in uniform or Bend DT gear, you are to be respectful and polite in school, and outside of school.
 10. **Communication:** It is important to keep the lines of communication open between parents, dancers, and coaches. Every dancer will have “off” days. It is safe to say that most of the time when a dancer goes home upset; the coach was unaware of a problem. It is the responsibility of the dancer to speak with the coach about concerns. Parents also need to remember to contact the coach with concerns, most of the time we can resolve issues with a brief discussion. If not, we will involve the Activities Director. If I do not know that a problem exists, I can’t fix it.
 - A. We will be using the Band App for all team communication. It is recommended that every dancer, and at least one parent is on the app.
 - B. If there is an ongoing communication issue, I will have parent communicate with Activities Director, Athletic Director, or AD moving forward.
 11. **Cell phone use is prohibited** during all dance activities, practices, games, competitions, fundraisers, etc. We encourage you to have it turned OFF in your bag or left at home. First offense- will be taken for the rest of practice/ event. Second offense- will be confiscated until your coach talks to your parent.
 12. Team Captains: A minimum of two completed, consecutive years on the team is required to be eligible for consideration for a captain’s position. Captains are chosen based on leadership abilities (in and out of the gym), participation, and attitude. How many captains and roles (head captains, co-captain) is dependent on coaches’ choice.
 13. Team Uniforms: Are all owned by team, with the exception of your shoes and warmups. Do not take team uniforms home. If uniforms are damaged, it will be the responsibility of the dancer/ parent to replace.
 14. If your dancer does not drive themselves, it is the responsibility of the parent to assure that your dancer has appropriate transportation.
 15. Everyone is to respect all guests brought in by Coach. This includes assistant coach(es), trainers, choreographers, photographers, etc.
 16. Dancer/ parent is responsible to pay fees by due date, without reminders. See Team Expectations for more info.

17. Attitude: If any dancer appears to have an attitude that is having a negative impact on our team and/ or coaches, your position with the team will be re-evaluated. If a negative attitude becomes an ongoing problem, you may face removal of the team. Attitude with team mates or coaches will no longer be tolerated in any capacity and you will be sent home and removed from routines. Being on the Bend DT is a privilege and needs to be treated as such.

18. Understudies: The understudy program is simple- as an understudy, you may not be in every 8 count of every routine. Understudies may, or may not, be in routines, or in parts or sections of routines. Understudies may be moved out of the understudy program at any time. AND members not in the understudy program, may be moved into the understudy program at any time.

- A. Being on the team does not guarantee any dancer a spot in all routines. Your ongoing performance throughout the season will determine if you will, or will not be, in the next routine.
- B. Due to injury, illness, grades, you may be removed from routines without notice.

AGREEMENT TO EXPECTATIONS

We have read the Bend Senior High Dance Team Expectations. We agree to abide by the expectations outlined, as well as respect the decision made by the coaches. We understand that actions taken outside of this contract may result in removal from the team.

By signing I also agree to turn in the signed contract, get my physical, and my payments in by due dates.

Student Signature: _____ Date: _____

Print Name: _____

Parent/ Guardian Signature: _____ Date: _____

Print Name: _____ Relationship: _____

PARENT PERMISSION FORM/ PARENT & DANCER CONTACT INFO

_____ (Dancer name) has my permission to participate in the Bend Senior High School Dance Team. **We have read the Team Expectations and Contract and understand the obligations and costs of being a dance team member and dance team parent.** We also understand that the coaches will have access to GPA records to determine eligibility throughout the season. We will all work together to uphold the team expectations and support coaches and team members.

We acknowledge and recognize that hazards are present in athletic participation and that injury may result. My signature authorizes the dance team to obtain any emergency medical transportation or care that may become necessary in the course of athletic activities and travel. I also release Bend Senior High School Dance Team and Bend – Lapine School District from liability.

Dancer: _____ DOB: _____ Date: _____

Dancer Phone: _____ Dancer Email: _____

Parent/ Guardian Signature: _____ Date: _____

Parent Phone: _____ Parent Email: _____

1. Does the dancer have any other health, medical, physical information that your coaches should be aware of? Allergies?

2. Is there any information on your dancer that the coach should know about or be aware of? Injuries/ health/ personal.

2024- 2025 Bend DT Order Form

DANCERS NAME: _____

DANCERS PHONE: _____

PARENTS NAME: _____

PARENTS PHONE: _____

(Circle your size)

Varsity Jacket: XS, S, M, L, XL, XXL \$115 \$_____

Sweatshirts: XS, S, M, L, XL \$43 \$_____

Air Force 1s: write in your shoe size _____ \$135 \$_____

Make-up, hair, accessories: \$20 \$_____

Participation fee: \$100 \$_____

Not for returners, if you still have the below items:

Tank top: XS, S, M, L, XL \$28 \$_____

Leggings: XS (25-26" waist, 35-36" hip), S(26-27" waist, 36- 37" hip),
M(28.5-29" waist, 37-38" hip), L(29.5-31", 39-40"),
XL(33-35",42-44"), XXL(35-36",45-47") \$40 \$_____

Same as last year, run slightly big. If you're in between, rec sizing down

Duffle bag (optional):
Same as last year, has name screen printed. \$35 \$_____

TOTAL: \$_____

\$250 Due by 2pm on 6/3

\$_____ (remainder) Due by 8/1