



Dance Team
Handbook
And Tryout Packet

2022/2023

Dear Students and Parents,

Welcome to the Huntington Beach High School Dance Team tryouts for the 2022-2023 season. We wish you the best of luck on trying out for the Dance Team! Becoming a Dance Team member is a full-time commitment. It is very important that students and parents read and understand the contents of this letter and the Dance Team Contract. Commitment: The tryouts are just the first phase of a long and very fun season. We are a team that supports and entertains at school games and assemblies and at competitions for team members that wish to participate. Our season starts in July with camp, social events, fundraising and team practices and goes into fall with football games and Homecoming! Winter brings basketball games, Senior Night, Light a Light of Love Holiday Parade, social events and more fundraising. Spring is competition season (for members of the competition squad) Dance Team Banquet and preparing for our Dance Team Spring Showcase. Hard work and dedication lead to fun and success! If you lack the dedication or commitment, cannot accept the concept of team and school spirit or question the standard set forth by this organization, please rethink your decision to try out. If you agree to all these things, we would love to see you at tryouts! Please read the Dance Team Handbook and understand all the expectations. It is important that you be aware of the rules, regulations, and procedures before committing to this agreement. Good Luck on making the 2022-2023 HBHS Dance Team!

Sincerely,

Coach Nicole & Coach Alexa

Huntington Beach High School

Dance Team Handbook

2021-2022

The Huntington Beach Dance Team will serve as a support group for the various HBHS athletics teams and activities. The purpose of the team is to boost school spirit, promote good sportsmanship, encourage and help student participants and spectators enjoy school wide events, and most importantly exemplify **Character, Leadership, Positive Attitude, Academic Commitment, and Service to the School.**

Because HBHS dancers are a highly visible presence on the school campus and in the community, it is imperative that high standards and appropriate conduct are exercised at all times. In order to earn the respect of the student body, the squad must demonstrate positive personal behavior and team cohesiveness.

Part I ~ PROGRAM OVERVIEW and PURPOSE

The HBHS Dance Team is a yearlong commitment.

Dancers are student leaders who exemplify and promote school spirit, pride, and sportsmanship. Dancers enhance a positive school climate by exhibiting leadership skills such as respect for individual differences, academic excellence, and modeling appropriate behaviors, in and away from school, at all times.

Dancers are expected to be athletically and technically skilled in the field of dance and both mentally and physically fit. As a representative of HBHS, members of the dance team will be expected to maintain a higher standard of behavior than that of their peers, both on and off campus. In or out of uniform, dancers have a large responsibility to live up to these expectations at all times.

General Team Expectations ~

Academics ~

Dancers must adhere to the same academic eligibility rules for athletics and activities at HBHS. If a dancer becomes ineligible, she/he is still required to attend all practices and activities, but is benched for all games and performances until eligibility is achieved.

Health and Fitness ~

Dance is a rigorous activity and all participants are required to be in top physical condition.

Students with serious health problems that are aggravated by exercise and/or which limit full participation for a substantial amount of time should not try out for the squad. Dancers will be required to fill out forms located within the athletic packet, which ensures clearance through a physical evaluation by a physician. Although dance is not sanctioned by CIF, we want to ensure the safety of all students who participate in physical activity.

All dance team members will be considered athletes, and are expected to condition and train in such a way as to benefit not only themselves, but the squad as a whole. We are a team, and will function as a whole, and not as individual parts. We will conduct ourselves in such a way as to model a strong, cohesive, and motivated athletic team.

Financial Responsibility ~

In order to have a quality dance team, a fair number of expenditures are required, and team members must raise and contribute toward these funds through donations and fundraising. We aggressively seek donations from the community and pursue as many lucrative fundraising ideas as possible. However, even with aggressive community based fundraising, the bulk of the team's expenses are expected to be funded through voluntary family donations.

Family Donations ~

The HBHS Dance Team is not funded by Huntington Beach High School; therefore it is critical that all members who are able contribute through donation. The annual donation is \$525 per dancer, and it covers all expenditures for the team that are not covered through fundraising efforts. If we do not meet our financial goals, activities will be limited, and if sufficient income is not obtained to pay coaching fees and insurance, the entire program will be cancelled. Individuals who do not contribute through donation will not be able to participate in extracurricular team related activities, but they are still able to participate in all school related events and activities.

Fundraising ~

This is a necessary component of every team or group to ensure a quality program. There will be several fundraising opportunities throughout the year, and each member of the squad is expected to participate. Although money earned benefits the dance team as a whole, there will also be opportunities for funds to be credited to a dancer's account directly to offset individual costs. It is essential that every member participate fully in fundraising endeavors to ensure the teams success. Individuals who do not participate in fundraising might not be able participate in extracurricular team related activities. **Donations and fundraising income are distributed throughout the year for the following:**

- Coaches Salaries (including whole team choreography fees)
- Varsity Letters/Patches
- Insurance
- Team Banner
- Welcome Pool Party*
- Holiday Party* Homecoming crowns
- Senior Night and Gifts*
- Administrative Items: office supplies, form fees, checks, etc.

- Banquet & Gifts*
- Sponsorships

***Participation in these extracurricular team activities is dependent upon receipt of donation.**

Payment plans are available to all members of the team upon request, and may be set up on an individual basis through the booster treasurer. Full and partial sponsorships may be given to members in need. These sponsorships are confidential and are made available on an as-needed basis through the Dance Team Boosters. If sponsorship is needed, contact the booster treasurer directly. Dancers on payment plans and/or full/partial sponsorships are eligible for all dance team activities and events.

Additional Expenditures NOT covered by donations:

- Uniforms (cost varies by year depending on what each dancer needs) & must be paid for following team fitting in June to ensure on-time delivery
- Camp (strongly encouraged- routines will be used to start the performance season & participation creates strong team bonding among dancers!)
 - Camp fees must be paid in full no later than one week prior to camp session
- Competition Team
 - Choreography fees
 - Costumes
 - Competition fees (dependent upon number of dances per dancer for each competition)
 - Entry fees must be paid in full prior to each competition

Part II ~ GUIDELINES AND EXPECTATIONS

Uniform and Dress Code ~

Failure to wear any part of the uniform or practice gear, as well as not having proper shoes or undergarments, will result in documentation, and the dancer will not be able to perform/participate .

- The dancer is required to be in uniform prior to arriving at the game or event. There will be no putting on make-up, doing hair or changing on the field, court, or bleachers. The coach(es) or captains will determine what uniforms will be worn.

- As long as you are in uniform, no other pieces of clothing may be worn (Uggs, flip-flops, jackets, etc...)
- Nails must be kept at sport length.
- No visible tattoos (must be covered)
- No gum chewing or candy is allowed at games or team events.
- Hair must be in the appropriate style set by the coach(es). We are a team and need to look like a team.
- All pieces of gear (uniform, hair accessories, team earrings, warm-ups, etc...) will be brought by the dancer to each event, game and practice.
- Game Days at School ~ The coach(es) and/or captain will determine what is worn on these days. If you show up and you're missing any part of your attire, the coach(es) reserves the right to bench you from the event or activity.

Dance Behaviors and Expectations-

- Above all, dancers will abide by all school rules.
- Dancers will be dressed out and ready to practice by specified practice time.
- Dancers will know all routines
- Dancers will not use cell phones or other devices during practices, games, or other dance events.
- Dancers will not eat or chew gum during practices, games, or events unless given permission by the coach(es).
- Dancers will be focused and on task at all times.
- Dancers will be respectful of themselves and others.
- Dancers will be responsible for their actions, attitudes, and performances. Coaches have the right to pull dancers from games/events if they feel the dancer is not performing up to their expectation or he/she is not reflecting the appropriate attitude.
- Dancers will maintain a positive and outgoing attitude when performing.
- Dancers will use appropriate language at all times.
- Dancers will use appropriate displays of affection, especially in uniform or spirit wear at games and at school.
- Dancers will represent the school in a positive manner on and off campus.
- Dancers will always give the task at hand 100%, and without complaint.
- Dancers will ALWAYS represent themselves with class on ALL SOCIAL

MEDIA including text messages. Foul language, inappropriate pictures, hazing or harassing on any social media will not be tolerated. The coach(es) reserve(s) the right to determine the appropriate action which could include dismissal from the squad.

Time Commitment ~

Being a member of the Huntington Beach High School Dance Team requires a major commitment from dancers and their families. Successful dance teams require many hours of work from each dancer. Our goals include developing as an individual and as a team. These goals take no less than 100% effort from each individual. Therefore, it is important for dancers to understand the necessity of time management. Calendars are essential! It is the dancer's responsibility to be aware of upcoming events and to plan accordingly. Although we do not discourage involvement in multiple sports and activities at HBHS, we encourage members of the dance team to not overbook themselves. Budget your time wisely!

- After school practices and attendance at sporting events occur during the school year, and they include, but are not limited to: football and boys basketball.
- Team Fundraising events, community service events, rallies, and showcases may also be included in the dance team calendar.

THE IMPORTANCE OF PROCEDURE ~

Policies and procedures are put forth in this handbook to ensure that all aspects of the dance team run smoothly, and that each participant has a fair, safe, positive, and successful experience. It would be appreciated if exceptions to the rule are not requested.

At times, unforeseen circumstances may dictate modification of a policy. In this case, modifications will be made on a case-by-case basis at the discretion and judgment of the coach(es).

- Any dancer who is ineligible for any reason is expected to attend all practices and games in full uniform/practice gear and sit where designated by the coach; this includes injured members.

- The entire team is expected to be at games, rallies, practices, and events on time.
- Transportation is the responsibility of the dancer.
- If a dancer is absent for any reason for any event she must contact the coach(es) prior to the absence. Do not send word with another team member, we will not accept messages from anyone but the parent or dancer that is absent. By calling the school to clear attendance will not clear the dancer from dance team. If we do not hear from the dancer or parent prior to practice, game or event, the dancer will be docked as unexcused absence.

Attendance/Discipline ~

The school policies for attendance and discipline, as stated in the school handbook, will be enforced. If at any time a dancer acts or speaks inappropriately, causes harm to another student, or simply acts with conduct detrimental to the organization, the coach reserves the right to choose the appropriate consequence. Any participant who quits will be disqualified from trying out the following year; exceptions may be made at the discretion of the coach(es). Any participant who quits or does not complete a full season forfeits her/his right to earn a varsity letter.

EXCUSED ABSENCES

- Illness (more than 3 days provide doctor's note)
- Injury that prevents attendance
- Doctor/dentist appointment (with note provided- 3days to clear)
- Funeral
- Religious holiday
- Unexpected emergency (contact coach); absence pre-arranged and approved by the coach.

UNEXCUSED ABSENCES

- Work/job (not cleared in advance)
- Uniform/dress code violation
- Tardies
- Vacation (not cleared in advance)
- Extra-curricular outside of school (unless cleared by coach(es)).

Social Media/Bullying ~

As this issue is taken extremely seriously on our campus, any bullying/cyber bullying issues or social media conflicts will result in disciplinary action. Depending on the severity of the issue, dismissal from the squad is left up to the discretion of the program advisor.

Behavior/Attitude/Dishonesty ~

This documentation is dependent upon the action of the dancer and will be left up to the discretion of the coach(es).

Complaint/Concern Procedures ~ Please follow this hierarchy:

- 1). Bring your concern/complaint to the coach's attention first. Most issues can be resolved at this time.
- 2). If then you are still not satisfied, contact the Dance Team Advisor in charge of overseeing the Dance Team
- 3). If the above steps have been done and you are still not satisfied then we will make an appointment with the Dean of Students. The Dean of Students and or Principal will not meet with parents unless the above steps have been taken.

Communication ~

There are several ways to communicate with coaches and other team members. Information may be put on the team's Shutterfly site, e-mails, sent home via a flyer or handout, or communicated by phone/text message. You may directly contact the coach(es) and/or faculty advisor as well:

Nicole Hogg - Varsity Dance Team Coach (408) 857-2561

nicolealexishogg@gmail.com

Alexa Palminteri - Varsity Dance Team Coach (201) 819-9846

lexa.palminteri@gmail.com

Andy Verdone Dance Team Faculty Advisor (714) 536-2514 Ext: 4287

averdone@hbuhdsd.edu

Ed Begany Varsity Dance Team Coach Assistant Principal (714) 536-2514 Ext:

4406 ebagany@hbuhdsd.edu

Dance Team Handbook Acknowledgement

Signing the Dance Team Handbook Parent/Student Acknowledgement form confirms agreement to the expectations outlined on the previous pages.

The dancer must follow the rules and expectations throughout the entire season. Failure to follow this contract may result in dismissal from the squad.

Student Signature X _____

Student Name (print) X _____

Parent Signature X _____

Parent Name (print) X _____

Huntington Beach High School 2022-2023 Dance Team Audition Application Packet

Auditions will be in person and will be held indoors Sunday, June 5th in the HBHS Gym. Please wear black form fitting clothing as well as sneakers/jazz shoes to dance in. Dancers will also need to submit this packet with the completed attached documents the day of audition. Results will be released the following Friday, June 10th!

Good Luck Dancers!

CHECKLIST:

Name: _____

#	Required Paperwork	Check when completed
1	Completed Dance Team Application	
2	Current Photo	
3	Signed Parent/Student Agreement	
4	Teacher Recommendation:English	
5	Teacher Recommendation:Math	
6	Teacher Recommendation:Other teacher/ dance teacher	
7	Semester/Trimester Grade Report (Minimum 2.0 GPA required)	
8	Personal Paragraph on why you want to join dance team	
9	Non-refundable Audition fee \$45	

Huntington Beach High School 2022-2023 Dance Team Application

Name: _____

Birthday: _____

Address: _____

Phone number: _____

Email: _____

Current Middle/High School & Grade: _____

School ID# (if HBHS) & Overall GPA: _____

Parent/Legal Guardian Name & Phone Number: _____

Parent/Legal Guardian Email: _____

Huntington Beach High School Dance Team Parent/Student Agreement

My child _____ has permission to participate in tryouts to be a Dance Team Member at Huntington Beach High School.

I understand the tryout process and that all decisions are final!

I understand the financial and time commitments involved in being a member of the HBHS Dance Team. I understand parent contributions are essential to the operation of the Dance program. I understand that the coaching services, as well as other planned events, are not possible without parent contributions. I agree to organize and/or partake in fundraising opportunities, if necessary, in order to contribute.

I understand that the very nature of the activity of dancing carries a risk of physical injury. No matter how careful the participant and coach are, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from falls on the back, neck, or head. I understand these risks and will not hold Huntington Beach High School, Huntington Beach Union High School District or any of its personnel or designees responsible in the case of accident or injury at any time.

I shall not use profanity, abusive language or actions toward any coach, official, parent, team member, advisor, or any other person present, before, during or after any practice, game or HBHS function. I will not coach from the sidelines, nor incite or aggravate the coaches or anyone acting in an official capacity. I will not harass, ridicule, abuse, use profane actions to said coaches, advisors and administrators, nor "second guess" their decisions. If I have a suggestion for improvement, I will review this with an advisor or administrator at an appropriate time.

I agree to support the program and abide by the program guidelines. I understand that all possible situations that may arise during the year cannot be anticipated and that the advisor, coaches, and/or administration will make final decisions on any and all situations that arise. I recognize that coaches and advisors have invested a great deal of time, effort and energy to ensure my child will have a successful season. I understand that they will make decisions for the good of the entire group.

I fully understand the commitments involved in being an HBHS Dance Team Member and that my child must abide by all rules and regulations as stated.

Parent/Legal Guardian Signature: _____

Print name: _____ Date: _____

Student Signature: _____

Date: _____

Print name: _____

Teacher Evaluation Form Requirements

• Student Name _____

• Teacher Name & Signature (subject they teach as well)

Rating on a scale 1-5 on these categories:

• Academic performance

• Responsibility/Leadership/Integrity

• Work Ethic

• Attitude toward peers

• Attitude toward authority

• Overall impression

• Any extra comments that they'd like to share about student

A Note From the Coaches

Thank you to everyone auditioning! We can't wait to see you all at tryouts!!

Auditions will be judged by outside professionals so just do your best and don't

stress. We are hoping to build a passionate, and positive team for this 2022-2023

season, so show us what you got!! We will be releasing who made the team

Friday, June 10th 2022. If you have any questions or concerns please don't

hesitate to reach out to our coaches email: coachlex.nicolehbhs@gmail.com

Sincerely,

Coach Lex and Nicole