

NAME: _____

HINGHAM HIGH DANCE TEAM FALL 2015-2016

Congratulations and Welcome to the Team!

The Hingham High School Dance Team is a varsity sport. The Team performs at events throughout the season, representing both HHS and the Hingham community. As a team member, you join an enthusiastic group of students who enjoy dance, community, and the friendship of their teammates.

As a team sport, it is important to remember that the goal of the Team is to best represent the team, our school, and our community. The job of the dance team is to promote school spirit, pride, and sportsmanship. Several guidelines presented here support that goal.

Positions on Dance Team

As a **Varsity Team Member** you are expected to perform at all games, events and competitions. A team member is not guaranteed a spot on next season's team and is not guaranteed to dance at competition. Consistently good performances and attendance is likely to result in a varsity member's performance at games and pep rallies. Only dancers who are ready for competition will perform at competition. It is the coaches' discretion as to who will participate in competition.

As an **Alternate Team Member**, you are required to attend all practices and will dance at some (not all) games depending on performance at practice. Alternates are a critical part of this team. Alternates generally do not dance in major competitions but may perform if a varsity member is sick, unable to attend, or if the coaches decide otherwise based on performance. In prior years, alternates have been called on to dance at multiple events throughout the season.

Rules and Regulations

Absences:

Dance Team is a Varsity Sport. Attending all practices, games and competitions is mandatory. Under MIAA rules no more than **2 unexcused absences** are allowed in any varsity sport. Excused absences include being sick, attending a funeral, court appearances or college visits. A note must be submitted and approved by a coach for the absence to be excused.

Tardiness:

If a member is more than 10 minutes late to practice it will be considered an unexcused absence.

Conduct:

Poor conduct/behavior could result in warnings, suspension or removal from the team. Inappropriate behaviors not only reflect on the individual, but can also affect the image of the entire team. The squad always comes before any one individual. No one is irreplaceable or indispensable.

Uniforms and Dress Requirements

Uniforms:

New members will be provided with uniform(s), jacket and t-shirts. Measurements for uniforms will be taken during the June summer workshop. Team members are required to wear the uniform at all events. Should a teammate lose a component, they are responsible for replacement of that article prior to dancing.

Footwear:

Members are required to purchase the following footwear:

Black Jazz Shoes

Capezio Adult "E-Series" Slip-On Jazz Shoe (BLACK)

[http://www.discountdance.com/dancewear/style_EJ2.html?](http://www.discountdance.com/dancewear/style_EJ2.html?&pid=6439&Shop=Style&&key=jazz+shoes&search=true&SID=696844427)

[&pid=6439&Shop=Style&&key=jazz+shoes&search=true&SID=696844427](http://www.discountdance.com/dancewear/style_EJ2.html?&pid=6439&Shop=Style&&key=jazz+shoes&search=true&SID=696844427)

Tan Jazz Shoes

Capezio Adult "E-Series" Slip-On Jazz Shoe (CARMEL)

SAME LINK AS ABOVE

White High Top Converse (Hip Hop)

Chuck Taylor Classic (OPTICAL WHITE)

http://www.converse.com/regular/chuck-taylor-classic-colors/M7650_030.html



Sports Eligibility Information and Health Forms

Academic Eligibility:

All members must be academically eligible. Two failures, incompletes or no credits or any combination will prevent a member from being academically eligible to participate on dance team.

Impact Testing:

Impact concussion testing is required for all members of the team. Freshman, Juniors and new students are required to take the impact test at the end of summer. Dates, location, and times will be announced before the beginning of the season.

Physicals:

A valid physical must be submitted to the HHS Athletic Director by August 31, 2015. Physicals are valid for 13 months to the day.

Registration:

Members and parents must register with HHS Athletic Department online. The registration includes a Sport Candidate Clearance and Emergency Treatment Consent as well as Parent Permission to participate in HHS interscholastic athletics.

User Fees

Dance Team User Fees: The user fee includes the cost of uniforms (full uniform for new members), t-shirts, dance team jacket, pom-poms, hair accessories, Monday technique practice, and the end of year banquet including gifts.

Please note, although all members must register online to participate we DO NOT pay a user fee to the High School Athletic Department. User Fees are as follows:

Returning Members: \$85

New Members: \$300

Fees are due immediately but **no later than June 26, 2015**. Financial assistance is available if needed and should be discussed directly with a coach.

Checks should be made out to the Hingham High Dance Team and mailed or dropped off to our Treasurer:

Hingham High Dance Team
c/o Noelle Russell
679 Main Street

Hingham, MA 02043

Practices

Attendance is mandatory at practice. Members must arrive on time and cannot leave early without permission prior to practice from a coach. There is no cell phone use during practice. A preliminary fall practice schedule is attached. Practice times are subject to change at the coach's discretion.

Captains Practices

Captain's practices will run during the month of August. During these practices the team will learn the first round of halftime dances and sidelines. All team members **MUST** attend these summer practices - they are crucial to a successful start of the season. Exact dates and locations are TBA. Please try to clear your schedule for the last 2 weeks in August. More information will be provided once our summer workshop intensive begins.

Games

The dance team will perform at all home football games. The team does not perform at away games, with exception of Thanksgiving Day. Games are held on either Friday nights or Saturdays. Kick off time vary. Team members should plan on a one hour practice before every game. Each member of the dance team is required to stay for the entire game. **There is absolutely no cell phone use during a game.**

Competitions

All members are required to attend competitions even if they are not performing.

MSAA guidelines require that we participate in at least one state-sponsored competition. Ideally, we will compete in 2-4 competitions during the season. Dates, times and locations are TBA.

Fundraising

Fundraising events are required to raise money for the cost of items not covered by the user fee and benefit all team members. All team members and/or parents are asked to participate in at least one fundraising activity. We will be looking for volunteers to help with the following events:

Homecoming Booth - October 10, 2015

Holiday Boutique Table -December 5, 2015

Concession Stand Sales/Donations (Date TBA)

Communication

Team Member Communication

Facebook Group: HHS Dance Team '15-'16

The members of the team and coaches communicate primarily through Facebook. It is the responsibility of each dancer to let their parents know any last minute changes to the schedule.

Parent Communication

E-mail address: HinghamHighDanceTeam@gmail.com

We will be communicating with parents via email. This will inform parents about events, competitions, fundraisers, etc. It is imperative that we have a valid e-mail address for at least one parent and/or guardian. This email address will be monitored during the season. Should you have questions, please feel free to email the team address and one of the captains' parents will try to assist.

Website:

Hinghamdanceteam.weebly.com

Additional information can also be found on the Dance Team Website. Please check the website often because it will be updated and contains pertinent information. We will also post pictures of the team here.

Coaches Contact Information:

Jenn Feeney
857-919-6504
jennf916@yahoo.com

Erin Vadaro
781-385-9810
erin.vadaro@gmail.com

Krissy Litchfield - Monday Technique
classicfunkproductions@yahoo.com

Summer Activities

Dance Team Intensive Summer Workshop

Not mandatory but strongly encouraged.

June 3rd, 10th & 17th

3:00-4:30

LocationL TBD

In preparation for the upcoming season Coach Jenn Fenney will be running a summer intensive workshop focusing on the general elements (including, but not limited to precision, synchronization and technique) which competitive high school dance teams are required to perform.

FEE \$30.00

Make Checks Payable to: Jenn Feeney

UDA Dance Camp at Emmanuel College

Not mandatory but strongly encouraged

UDA Camp is great way to start our team off on a positive note and will help prepare us for the upcoming season. We will be participating in classes that focus on technique, choreography and team building strategies.

July 13th -16th

Emmanuel College, Boston, MA

http://www.ayosinoffcheerdancecamps.com/dance_camps.html

FEE \$375.00

Make Checks Payable to: Jenn Feeney

2015 Fall Practice Schedule Tentative

Location of Practice is subject to change

MONDAY - Technique - Full Team Practice

3PM - 5PM

Location: Hingham High School

TUESDAY - Full Team Practice

3PM - 5PM

Location: Hingham High School

THURSDAY - HIP HOP COMPETITION TEAM ONLY

3PM - 5PM

Location: Hingham High School

FRIDAY - Full team practice /Game Preparation

Friday practice times will be announced at the beginning of each week via Facebook depending on whether or not there is a football game.

Location: Hingham High School

SATURDAY - JAZZ COMPETITION TEAM ONLY

8:30 AM - 10:30 AM

Location: Hingham High School

2015 Fall Dance Team Schedule Tentative

Please note: some Dates/Times/Locations have yet to be determined.

August 2015

8/24 -8/31

Captains Practices

September 2015

9/11 Friday 6 pm

Girls Varsity Soccer
v. Norwell

9/17 Thursday 6 pm

Pasta Party
TBA

9/18 Friday 7 pm

Boys Varsity Football
v. Braintree

9/21 Monday 6 pm

Girls Varsity Soccer
v. Duxbury

9/24 Thursday 6 pm

Pasta Party
TBA

9/25 Friday 7 pm

Boys Varsity Football
v. Duxbury

October 2015

10/8 Thursday 6 pm

Pasta Party-TBA

10/10 Saturday 3 pm

HOMECOMING
Boys Varsity Football
v. Silver Lake

10/27 Tuesday 6 pm

Girls Varsity Soccer
v. Scituate High School

November 2015

Competition	Date/Time TBA	UDA Reggie Lewis Athletic Center Roxbury, MA
Competition	Date/Time TBA	MSSAA States Location TBA
11/26 Thursday	10 am	Thanksgiving Day Boys Varsity Football at Scituate High School

HINGHAM HIGH SCHOOL DANCE TEAM

FALL 2015 CONTRACT

By Signing, I, _____ and my legal guardian _____ agree to and understand all of the terms listed below:

I understand that I must maintain academic eligibility.

I understand I must attend all scheduled practices and events.

I understand that if I am more than 10 minutes late for practice, it will be considered an unexcused absence.

I understand that 3 unexcused absences will result in a suspension or my removal from the team.

I understand that in order to perform at any dance team event I must attend the practice prior to said event. Excused absences are NOT exceptions.

I understand that I must be in full uniform (including accessories and shoes) in order to perform. No gum, jewelry or nail polish.

I understand that I am responsible for purchasing the required items requested by the dance coaches.

I must be an active participant in all Dance Team fundraisers.

As a representative of Hingham High School I must keep a positive attitude and respect myself, my teammates and others at all times.

Student: _____

Date: _____

Guardian: _____

Date: _____