

# Arrowhead Hawkette Dance Team

## 2018 - 2019 Team Handbook

### ***Philosophy***

The Arrowhead Hawkette Dance Team is a Varsity level competitive dance team. We strive to promote the pride, success and tradition established by Arrowhead High School. As ambassadors to our school, we aim to provide a positive image both on and off the field. We seek excellence in performing for our school, providing community service as well as competing at the State level. The success of this team is due to a strong commitment from the team members, parental involvement and experienced coaches.

### ***Commitment - Dancer/Parent***

Being a member of the Hawkette Dance Team is a full time commitment. The Varsity team is a large commitment both financially and time-wise, and every dancer and parent who chooses to participate must be ready to commit to the team and the hard work required to produce a successful team. The Hawkettes are similar to all sports teams where the players depend on each other to work hard and be present. Practice is essential to learn, choreograph and perfect routines. Each dancer must be physically and mentally present in each practice, to be fair to the other dancers, coaches and themselves.

### ***Financial Commitment***

There are costs involved with the program with the majority being due at the beginning of the season.

- Choreography \$250
- Spirit Wear/ Warmups/ Poms/ Jazz and Hip Hop costume \$300-\$400.
- Misc. jazz shoes, tights, black leggings, black sports bra, etc

### ***Behavior***

Hawkettes serve as ambassadors for Arrowhead High School. Hawkettes are expected to be positive reflections of the team, both in and outside of school functions. This includes but is not limited to: overall attitude, school conduct and social media. While social media is a place for you to express your thoughts and opinions, any negative comments regarding the team or a specific member will result in removal from the team. All dancers will work as a cohesive team, which means holding their team members and coaches in the highest regard.

### ***Attendance***

To ensure the success of the team, dancers must maintain a positive attendance record while being on the team. The Hawkettes attendance policy is as follow:

- All practices, performances, meetings, fundraisers are mandatory.
- Each member of the team is allowed an excused absence with a coach's approval at least TWO WEEKS prior to the absence with the exception of illness or family emergencies.
- An excused absence will not be approved for a date one (1) day before a game or five (5) days before a competition
- Involvement in any activity outside of Hawkette Dance Team must not conflict with scheduled team events. Dancers must schedule work, driver's ed, and any other activity around practice and performance times. Involvement in studio dance is beneficial to your performance, but may not take priority over the dance team. I will work with each studio, as necessary, to provide our Hawkette schedule in a timely manner. In the

event a studio competition is scheduled at the same time as a school event, I will make a decision based on what is best for the team.

- Tardiness is unacceptable. Hawkettes must be on time and properly prepared for practice. Properly prepared means having proper shoes, attire, hair pulled back and no jewelry. If dancer is late, she must have a note from a teacher or parent with proper excuse. If dancer is late without proper excuse she will not be allowed to practice, which will then affect her ability to perform/compete.
- When a dancer is absent, they are required to learn any material covered in the missed practice. The coach will determine when the dancer is ready to perform.
- Based on absences, the cast of any given routine is up to the discretion of the coach. Even if a member is not performing, she must attend all practices that week and dress in full costume at the performance unless excused by the coach. Decisions are always in the best interest of the team.

### ***Uniforms***

For Varsity Hawkettes, skirts, shells, long sleeved top and dance dresses will be provided by AHS. All other performance attire, including but limited to: jazz costume, hip hop costume, hip hop shoes and accessories will be purchased by each team member. The coaches/captains will decide what costume/dance attire the team will wear and how hair will be styled for each performance and competition. Makeup shall be worn as directed for each performance. Each Hawkette will be responsible for the upkeep on each piece of the uniform. Members assume financial responsibility for all damaged, lost or stolen articles. Uniforms should be returned in the same condition as issued. If the dancer fails to do so they will be charged the replacement fee and be fined \$50 if an item is lost or damaged.

### ***Practice Expectations***

- Practices will be 3 days a week through summer as well as 3 days a week after school during the school year. During the year we will be adding Saturday practices
- Hawkettes must be on time and properly prepared for practice. Properly prepared means having proper shoes, attire, hair pulled back and no jewelry. If dancer is late, she must have a note from a teacher or parent with proper excuse. If dancer is late without proper excuse she will not be allowed to practice, which will then affect her ability to perform/compete.
- No jewelry may be worn for practice, performances or competitions.
- No eating or chewing gum at practice.
- No cell phone usage during practices, including breaks.

### ***Communication***

Communication is vitally important within a team dynamic. Coaches will keep in contact with both parents and dancers on a consistent basis via e-mail, text and/or social media. In the event a disagreement between teammates occur, the following chain of command should be used to address issues:

Dancer-> Captain-> Coach -> Administration

Likewise if there is an issue between parents and coach this chain should be followed:

Parent and Dancer-> Coach -> Administration

### ***Games***

Our priority as a member of the Hawkette dance team is to support our school and their teams. We will set a high standard for school spirit and be a role model to the rest of the school. At games we are there to support and show school spirit by performing our dance routines. At games, we will arrive a half hour before game time, get ready in proper attire, perform pre game routines and then sit as a team for the first half of the 1st quarter. During the second half, the team will warm up and prep for the performance. At half time the team will perform and support other half time performances (Cheerleaders/pep band).

## ***Competition Alternates***

Competition alternates will be chosen based on the following criteria:

Technical skills

Ability to learn and memorize choreography

Attitude

Work ethic

Motivation

Attendance at practices

Competition alternates are valuable for many reasons. It allows girls the chance to be on Varsity Hawkettes while still fine tuning their technique and skills. It allows for less cuts for both new members as well as program wide. It provides an insurance against last minute formation/routine changes due to the unfortunate circumstance of illness, injury or athletic code violation.

Alternates will also perform at most games, specialty performances, play-offs and Sport (Football/Basketball) state tournament game(s). Competition alternates will be expected to practice and participate as any other member of our team; however, alternates will not compete at November through February events unless circumstances dictate the necessity. In addition, designated competition alternates may change during the season at the discretion of the coach based on the previously outlined criteria.

The MINUTE you make the team, you begin working to earn a performing spot. If you are unmotivated to improve, you will probably not compete. If you are motivated, you will probably reap the rewards of your hard work. Skills are assessed throughout the summer, and honest, direct, and candid feedback is provided.

Whether new to the program or a veteran, meeting the minimum expectations individually and relative performance to your peers will dictate competition participation. For everyone, including alternates, every productive practice and season of experience you have will provide you the opportunity to maintain or capture a "full time" performing position immediately and in the future. Competing or alternate, all productive skill building and training is invaluable to you and your role on the Hawkettes.

# **Hawkette Handbook**

I have read and understand the Hawkette Handbook. I will abide by the rules and expectations set forth in this handbook.

---

Student Signature

I have read and understand the rules and expectations set forth in this handbook. I give my daughter permission to audition for the Hawkette dance team.

---

Parent Signature