Stellar Dance Center

Competitive Team Constitution

ALL INDIVIDUALS WHO DECIDE TO TRYOUT MUST AGREE TO ABIDE BY THE FOLLOWING RULES AND REGULATIONS BEFORE SELECTIONSARE HELD. ALL INDIVIDUALS WHO ARE SELECTED TO SERVE AS COMPETITIVE TEAM MEMBERS MUST ABIDE BY THESE RULES THROUGHOUT THE SCHOOL YEAR, OR THE DEMERIT POLICY WILL BE APPLIED.

I. PURPOSE

A. To promote and uphold dance excellence and spirit at all times.

B. To develop positive sportsmanship amongst the local and greater dance community.

C. To strive to uphold the highest moral and personal standards.

II. TEAM SELECTION

A. Participant selection is to the discretion of Stellar Dance Center staff and owners. Parents and dancers are expected to respect decisions of SDC.

B. Selection process will include, but not limited to: SDC member history, training performances, and character recommendations.

C. Participants must try out each year; selection is not guaranteed year to year.

D. Coaches will determine dance styles/divisions All-Stars compete in (pom, hip hop, jazz, lyrical, etc) based on strengths/weaknesses displayed by those selected.

E. Selections may include alternates or "in-training" participants.

1. Alternates and "in-training" selections will still be expected to follow all constitution expectations and financial obligations.

F. Team captains will be selected at the coaches' discretion.

III. PRACTICE EXPECTATIONS

A. GENERAL

1. Participants will be expected to attend all practices.
2. 100% "Full out" effort is expected at all times.
3. Tardiness is unacceptable. **ON TIME** is defined as dressed, correct shoes on, hair up, or COMPLETELY READY in any other way previously defined by the coach.
   i. It is suggested to arrive at minimum 5 minutes early.
   ii. Adults are responsible for getting those who can't drive to practice. Adult excuses like "Don't punish them, it's my fault" will not excuse participants' tardiness.

4. Eat snacks/meals before practice. Packing snacks for long practices are acceptable and encouraged.
5. *NO SODAS, ENERGY DRINKS, JUICES, TEAS ALLOWED AT PRACTICE. WATER OR SPORTS DRINKS ONLY.*
6. *PARENTS SHOULD GO OVER RESPONSIBILITY, CONDUCT AND ACCOUNTABILITY WITH THEIR CHILD.*
7. Correct apparel/appearance for all practices (outlined III.B.). Parents/Students will be notified the practice wear schedule by the coaches.
8. There may be NO additional person at practice sessions other than the dance team members and the coaches, unless approved in advance or designated "View Days" by the coach.
    i. Coaches have the authority to limit/cancel "View Days" in comparison to recreational SDC classes.
9. All practice sessions begin and end promptly. It is imperative that parents be prompt about picking up their All-Star participant.
10. Parents must provide/organize transportation to all practices/competitions. Stellar Dance Center will not be responsible
11. NO CELL PHONE USE DURING PRACTICE.

B. APPAREL, APPEARANCE

1. It is the responsibility of those involved to know what to wear and when.
2. Participants are responsible for keeping up with their items.
3. Participants may not wear their mandatory practice/competition clothes outside of SDC dance practices/events.
4. *NO ONE EXCEPT SDC PARTICIPANTS MAY WEAR MANDATORY SDC APPAREL/UNIFORMS.*
5. Excellent care must be taken of apparel at all times. Please follow laundry instructions carefully!
6. If a dance team member should lose or damage any part of their uniforms, he/she will be expected to pay for and replace the item(s).
7. It is the coaches' authority to determine appearance.
8. Alterations must be approved in advance by the coach.
9. Practice attire appearance should include: appropriate footwear (no street/casual shoes), no jewelry, hair up and completely secured out of face.
10. No chewing of gum in uniforms or in practice wear.
11. Jackets or other over wear should be worn over uniforms/practice wear if consuming food/liquids that could cause stains. *You replace anything damaged!

C. FITNESS/SKILL

1. All Dance Team members will be required to participate in a rigorous fitness program including, but not limited to, running, crunches, push-ups, and extra recreational dance classes.
2. Each All-Star member must be physically able to participate in long periods of vigorous activity without undue fatigue.
3. Each member must be willing to try and learn to perform new dance techniques and skills. "I can't, I'm scared," will not be acceptable.
4. Each Dance Team Member must have accident insurance to cover any accident that might occur. Proof must be submitted prior to tryouts.
5. All-Star members are expected to maintain a healthy diet outside of practice/competitions. Consistently eating junk foods and drinking beverages that provide little health benefits are highly discouraged. For participants to perform their best at practice and competitions, they need to consume healthy foods and exercise outside of practice.
6. Participants who are unable to achieve skills or maintain health and fitness levels required could be benched or dismissed.

D. ATTENDANCE - EXCUSES

Attendance shall be MANDATORY with the following guidelines:

1. Illness. Medical excuse signed by a physician for missed practice. The medical excuse MUST include the nature of the illness, the restrictions/limitations, the date examined, and the return date for practice/participation.
   i. Excuses are expected at the next returned practice.
   ii. If dancer is unable to provide a doctor's excuse at the following practice, then a parent note will be used. NO EXCEPTIONS.
   iii. Dancers who are not contagious are still expected to attend practices, even if they are limited or must sit out.
   iv. There are no limits to doctor's excuses. With that in mind, if the dancer seems to be absent or limited with sickness often, the coaches have the authority to remove the dancer from performances/competition routines if they are not able to put in as much time as other participants.
   v. ALL CHECK-UPS, DENTAL APPOINTMENTS SHOULD BE MADE OUTSIDE OF DANCE PRACTICE AND COMPETITIONS!
      a. If it is an appointment that HAS to be made in conflict of practice/competition and could interfere with practice in any way, then coach should be notified as soon as the appointment is made.
      b. "I made the appointment before the schedule was posted," yet notifying less than 24 hours prior to an absence does not count as excused.

2. Injury.

   If dancer sustains an injury that limits their ability to practice full-out, they MUST see a physician.

   i. Injured dancers must present a medical excuse, as described above (III.D.1.i-iv).

3. Parent Excuses:
   i. (1) parent excuse will be allotted for the competitive season.
   ii. Parental excuses will NOT be allowed the week prior to major practices and competitions.
   iii. Dancers and/or parents are to notify coaches at least 24 hours prior to using a parental excuse. Failure to do so will result in an unexcused absence, extra conditioning and/or demerits.
   iv. Dance team member must present a parental note the following practice.
4. Death of friend/family member
   i. Please present obituary/program so coaches may document absence.
5. Coaches must be notified immediately whenever a participant will be absent.
6. *PARTICIPANTS WHO MISS PRACTICE, EXCUSED OR UNEXCUSED, ARE RESPONSIBLE FOR LEARNING INFORMATION AND MATERIAL MISSED ON THAT ABSENCE. COACHES ARE NOT RESPONSIBLE FOR SEEKING OUT STUDENTS TO GIVE INFORMATION.*
7. Depending on the progress and schedule of practices, coaches may still leave participants out of performances even if absence is excused.
8. Students are NOT allowed to miss practices the week of competition – no exceptions!
   i. Even those with a doctor's note will still be required to come in if they are not contagious.

E. ATTENDANCE - SCHEDULING

1. The length and number of practice sessions will be determined by the coach.
2. Participants must have open availability throughout the season to participate.
3. Competition season is November-April.
   i. ALL SATURDAYS/MONDAY HOLIDAYS OCTOBER THROUGH MARCH MUST BE FREE UNTIL SCHEDULE IS SET BY COACHES.
4. Each dance team member practices several hours each week and attends several performances per season. The amount of time required for dance should be weighed against other time-consuming activities (piano, gymnastics, work, extracurricular school activities, etc) before deciding to participate in All-Star.
5. Vacation breaks (Fall, Christmas, Spring) will be given to students, in accordance to Hopkins County School System.

a. 1-2 practices may be scheduled over Christmas break, depending on competition schedule and progress. No practices will be schedule Dec. 23rd-26th or Dec 31st-Jan. 1st .

F. UNEXCUSED ABSENCES

1. Any dance team member who misses practices or performances MUST learn everything they missed before returning to the next scheduled practice. This means that they must work on their own time and get with another dancer to be prepared to move on at the next practice.
   i. If they are not prepared for the next practice, they may be taken out of the formation and will not be allowed to perform the dance.
2. Unexcused absences will result in demerits.
3. All excuses must be turned in the next scheduled practice after the absence (NO EXCEPTIONS). Excuses not turned in on time will count as unexcused.

IV. CONDUCT

A. Each All-Star member must maintain a desirable attitude and spirit of cooperation at all times. Offenses include, but not limited to: eye rolling, laziness, saying "I can't", cursing, sassing, disrespecting coaches, team members, or other SDC students/parents, and talking while being instructed by the coach or captains.

B. Parents, guardians, and any other adult in association with All-Star members must also display respectful behavior at all times (above).
   1. Threatening or inappropriate behavior may result in banning from SDC facility or events for which SDC All-Stars perform.

C. Each All-Star member must realize the commitment he/she makes to Stellar Dance Center as a member; many people "look up" to you. All-Star members will respect their teachers/coaches, other dancers, other parents/adults, etc, and be a positive example. We are not just upholding high DANCE standards, but high MORAL standards at SDC.
   1. All-Star members and parents are expected to abide by rules outlined in Stellar Dance Center Parent and Student Handbook.

D. Each team member is required to practice "full out" unless told otherwise, at ALL practices. Full out is defined as the actual complete performance of all motions/movements of a dance routine. There will be no "marking" of motions, cheating conditioning, etc. HONOR SYSTEM is expected at SDC.

E. An atmosphere of teamwork and good sportsmanship will be mandatory. There will be **ZERO TOLERANCE** for poor sportsmanship and bullying by DANCERS AND PARENTS. This includes, but is not limited to: trash talking and taunting other teams in person, gossiping about other teams or SDC team members, parents, and coaches, inappropriate social networking posts, wishing ill will upon other teams, being sore losers/complaining of judges' scores and decisions at competitions.

F. Let coaches and administration handle ALL situations involving poor sportsmanship displayed towards our team. PARENTS AND DANCERS ARE NOT TO RETORT AGAINST OTHER TEAMS.
    1. This is to avoid the possibility of getting disqualified/banned from competitions.

G. Any dancer or parent with a Facebook, Twitter, Instagram or any other "social networking" account, should not include anything on their page that does not reflect SDC in a positive manner. This includes but is not limited to: inappropriate pictures, comments, links, inappropriate language (cursing, innuendos, slang, etc.). You will remove anything coaches deem inappropriate and consequences will follow as designated in Constitution.

H. ABSOLUTELY NO TOBACCO, ALCOHOL, DRUG ABUSE TOLERATED!
    1. Doing so in uniform or any time while representing Stellar Dance Center will result in your immediate dismissal.
        i. Medication use will only be allowed if prescribed by a doctor. Parents are responsible for the distribution of medicines.

I. No PDA while in uniforms!

J. Disciplinary action will follow the Dance Team Constitution. Coaches have the authority to add additional disciplinary action – conditioning, apology letters, etc. as they see fit for the offense

K. WE GO BY THE GOLDEN RULE! Treat others like you want to be treated. If you can't say something nice, then don't say it at all.

IV. FINANCIAL OBLIGATIONS

A. MONTHLY TUITION
    1. All tuition is due by the FIRST practice of the month.
        i. Anyone with unpaid tuition may be benched from competitions.

B. UNIFORMS, APPAREL
    1. Participants are required to pay in FULL: all uniforms, practice wear, warm-ups, accessories, shoes, and undergarments required mandatory by SDC coaches.

C. COMPETITION COSTS
    1. Participants will be required to pay competition fees in FULL.
    2. Other competition-related costs may include hotel stay, traveling expenses such as flight, gas, and meals.
    3. All-Star members and their parents may be required to stay at specific hotels or resorts for competitions.
        i. This is so that all team members can get ready and check in with coaches.
        ii. Other family, spectators will NOT be required to stay in the same hotel as SDC All-Star dancers and parents.

D. CHOREOGRAPHY, MUSIC, & PRIVATE PRACTICE FEES
    1. Team members will be subject to fees pertaining to competitive material.

F. SDC will make every effort to give parents/guardians 30+ days' notice for expenses outside of tuition costs.

G. FUNDRAISING

1. Stellar Dance Center will allow a maximum of (3) fundraisers throughout the season.
    i. All fundraisers must be approved by owner, Natalia Gordon.
    ii. Only those who participate will be allowed to partake of the funds raised.
    iii. Parents and dancers must assist with fundraising efforts if they choose to participate in a fundraiser. This includes helping organize and manage.

V. COMPETITION EXPECTATIONS

A. CUTS/ALTERNATES will be made as coaches see fit.

B. BEHAVIOR: Outlined in IV. A-J.

C. UNIFORMS/APPEARANCE

1. Participants will be subject to uniform checks prior to each competition.
2. NO LONG NAILS OR POLISH.
3. Review Section III.B.
4. Coaches will decide on themes, music, costumes, hair, and makeup choices.

D. Parents will be responsible for supervising children outside of competition times.

E. COACH'S/COMPETITION REQUIREMENTS

1. Parents/Spectators will NOT be allowed backstage.
2. Parents will be allowed to SUPERVISE/ESCORT children, but other times parents/spectators will need to give the team and coaches' space. Coaches will notify parents about these times.
3. SCHEDULES will be made and parents/participants MUST be on time and follow schedules outlined by coaches.
4. Parents should not try to alter the schedule with the coaches.
5. Competition time is NOT family reunion/vacation time.
6. No loud noisemakers.
7. Competitions that allow signs will vary from competition to competition. MOST DO NOT ALLOW you to hang signs! Hand-held are usually OK.
8. All-Star dancers may NOT use cell phone during competitions unless coach allows.

VI. IV. MISCELLANEOUS

A. Any dance team member who quits the team during the year will not be allowed to try out for at least 1 calendar year. Depending on the nature of dismissal, student may not be allowed to ever try out for the team again.

B. NO BOYS OR BOYFRIENDS until after the coach has dismissed the team members from any dance related event.

C. It is requested that any concerns by participants or parents first be brought to the coaches.

1. Parents are asked to present any problems or concerns to coaches in an adult manner. No accusing, cursing, or yelling will be accepted. Coach reserves the right to remove themselves from any such situation.

D. Failure to comply with the mandates set forth in this Constitution will result in disciplinary action and possible expulsion from the team.

VII. CHARITABLE WORKS/NON-COMPETITIVE PERFORMANCES

A. Competitive members may occasionally be asked to perform at local events.
B. Competitive members may be occasionally asked to give back to the community.

VIII. DEMERIT SYSTEM

Each infraction of the Dance Team Constitution will result in the issuance of demerit(s), which is/are cumulative throughout the dance season).

Demerit #	Consequence
1	Warning to dancer, Conditioning.
2	Conditioning, phone call to parent.
3	Benched one performance, extra conditioning, phone call to parent.
4	Formal meeting with SDC owner, coach, parent, and participant. Extra conditioning, removal from all future competitions.
5	Dismissal from team. Severity of offenses may result in permanent ban from All-Star.

Poor Conduct/Defiance - this includes, but is not limited to, eye rolling, saying "I can't", cursing, sassing, bad mouthing coach's decisions, disrespecting the coach, team members, SDC students and parents, talking while being instructed by the coach or captains, poor sportsmanship, inappropriate behavior outside of school/dance events.
*First offense – ½ demerit - 1 demerit, dismissal
*Second offense – 1 demerit, dismissal
*****Demerit issued depends on severity of offense
****Participants may also be asked to give formal apologies for poor conduct**

Incorrect/Forgotten Equipment/Uniform, Incorrect Appearance (practice)
½ demerit

Incorrect/Forgotten Equipment/Uniform, Incorrect Appearance (competition)
1 demerit

Public Display of Affection (while in uniform or SDC apparel)

½ demerit

Laziness, refusal to give FULL OUT effort
First offense – ½ demerit
Second offense – 1 demerit

Unexcused Absences
First Offense: 1 demerit Second Offense: 2 demerits

Tardies
1st and 2nd offenses – conditioning from coach (laps, crunches, push-ups, any other conditioning)
Each reoccurring offense – ½ demerit

Inappropriate Social Networking Posts
First Offense: ½ demerit
Second Offense: 1 demerit
Unsportsmanlike social networking posts will result in immediate removal from competition routines for 1st offense. Second offense will result in immediate dismissal from team.

Unauthorized Cell Phone Use
½ demerit

Use of alcohol, drugs, tobacco, unsubscribed pills
DISMISSAL FROM THE TEAM.

****COACHES HAVE THE AUTHORITY TO ALTER DEMERIT POLICY BASED ON THE SEVERITY OF THE ACTION.**

STELLAR DANCE CENTER COMPETITIVE TEAM

DANCE CONSTITUTION AND DEMERIT POLICY

SIGNATURE PAGE

I, _____, parent/guardian of_____ acknowledge that _____ and I have received a copy and understand the rules outlined in the Stellar Dance Center All-Star Dance Constitution and Demerit Policy. We understand that failure to comply with the mandates of this constitution will result in disciplinary action ranging from demerits to dismissal from the team. We further understand that a spirit of respect, cooperativeness, sportsmanship, and teamwork is necessary to maintain status as an SDC All-Star member.

Team Member Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____