



## **Adrian College Dance Team Constitution**

### **Article I: Purpose**

The purpose of this spirit organization shall be: to promote and uphold school spirit, to develop a sense of good sportsmanship among the students and alumni, and to better relationships between schools by performing appropriately at scheduled athletic events.

### **Article II: Membership**

The Adrian College Dance Team is an all female organization. The team will consist of no more than 20 members. These ladies share the responsibility of dancing at football games, men's and women's basketball games, and any scheduled college or community events. The coach has the final say on the number of members on the team each year.

### **Article III: Rules and Responsibilities**

1. A dancer's responsibility is to perform for all assigned athletic events. This includes games, rallies, homecoming, and other athletic functions. It is each member's job to motivate the crowd and get them involved. This is a spirit activity.
2. Eligibility-A dancer must be a full-time Adrian College student, maintain 12 credit hours, and maintain a 2.0 GPA. If a dancer drops below a 2.0 GPA or 12 credit hours, they are removed from the team until these requirements are met.
3. All practices are mandatory. A dancer cannot take any classes during our set practice times. Only fourth year students preparing for graduation may be exempt from this rule with prior approval from the coach.
4. The coach has the right to change the performance schedule.
5. The coach must be informed two days in advance that an individual will be missing any dance event. The coach will decide if it is considered an excused absence. Any phone call or email on the day of the event will automatically be deemed unexcused. Reminder: Violation of this rule may result in removal from the team.
6. Excused absences are: serious injury/illness (accompanied by a doctor's excuse within 48 hours), family emergencies, class requirements, or a prearranged absence. The prearranged absence has to be approved by the coach at least two weeks before the absence. All other absences are unexcused.

7. Tardiness/Absence
  - Late means that you are not in the facility and ready at the stated time.
  - If you are late four times in the season, you are removed from the team.
  - Two unexcused absences result in removal from the team.
  - If a dancer does not show up to a practice or event without contacting the coach, the coach has the right to immediately remove the dancer from the team.
8. Event Rules:
  - A. Personal appearance
    1. No body piercing or jewelry at scheduled events.
    2. Uniforms are cleaned and pressed.
    3. Wear designated attire for all events.
    4. Hair style will be determined by the coach for each performance.
    5. All body tattoos must be completely covered.
  - B. Expected behavior
    1. Stand in formation during the National Anthem.
    2. Polite and courteous behavior towards fans, referees, and opponents.
    3. No gum chewing or eating during an event.
    4. Stay focused.
    5. You are always dancing or showing spirit.
    6. **No smoking, drinking alcoholic beverages, etc. in any dance attire on or off campus, in or out of season. The consequence is removal from the team.**
9. If a dancer is not present at the practice before a game, the coach has the right to pull the dancer from the scheduled game.
10. Absolutely no consumption of an illegal substance.
11. Dancers must report to scheduled events one-hour prior to starting time.
12. Dancers must ride the designated transportation to and from events.
13. The coach and the team select the captains based on responsibility and interpersonal communication skills. This position is not selected based on ability.
14. Captain's responsibilities include, but are not limited to:
  - Beginning the practice session (stretching, warm-up, review)
  - Making phone calls
  - Making team decisions while on the floor at events.
  - Relaying messages between the coach and dance team.
  - Organizing group responsibilities.
15. If a captain does not perform her duties, the coach has the right to take the captain's position away. A new captain will be assigned.

16. Each dancer must maintain a healthy, physically fit appearance throughout the entire season. Dancers are also expected to maintain the same appearance throughout the summer.

#### **Article IV: Auditions**

Dancers will be selected from an audition. Audition results are based on each individual's dance technique, performance, and athletic appearance. The coach makes the final decision on the number of members chosen. There will be one scheduled audition for the dance team. A fall audition will be scheduled if the coach feels it is necessary. Members of the team will not have to tryout again in the fall. However, to promote fairness and competition, every dancer must tryout each year she attends Adrian College. There are no spots saved for ladies who were previously on the team.

Requirements at auditions:

1. Each dancer must have on file or come with an Adrian College Athletic Physical and Athletic Health Insurance Form. These forms are available through Student Health Services and must be completed in their entirety to participate.
2. Each participant must come with their signed Constitution Commitment Form.
3. Each student must bring a 60-90 second dance routine that highlights their abilities as a dancer. You are responsible for providing a CD of the music.
4. The following skills must be demonstrated: double turns (right and left), fouette turns, switch leap, axle, toe-touch, and a skill demonstrating flexibility.
5. A short dance will be taught to assess motion technique.
6. Final Selections will be based on technique, execution, ability, attitude, and appearance.

If you are unable to attend the tryout dates, but are serious about trying out for the dance team, you must contact the coach three weeks prior to the audition dates. However, being at auditions in person is in the potential dancer's best interest. A video tryout will be allowed in certain circumstances; the requirements for which will be explained after the coach receives notification.

#### **Article V: Uniforms, Fees, and Fundraisers**

- Each dance member is responsible for fees relating to personally sized apparel. This includes, but is not limited to shoes, pants, practice attire, hair devices, and tights. The cost for this apparel will be \$200.00 and is due on July 1 if you are selected. Adrian College will provide the basic uniform pieces that can be used in sequential years.
- If you damage or destroy a piece of the dance uniform, you will be responsible for the cost of the replacement piece.

- If the coach plans a team fundraiser, everyone must participate. These fundraisers will not defray the cost of personal items; however, it may be used to purchase new uniforms, equipment, or pay competition entry and travel costs.

#### **Article VI: Practice Schedule**

1. You cannot schedule work, class, or meetings during practice or event times.
2. Schedule: Sunday 4:00-6:30, Wednesday 3:00-5:30  
The schedule will be based on all dancers course schedule. This will be determined in the fall.
3. Dancers are expected to condition in the weight room on their own time at least two times per week.
4. The coach will notify the captains in advance if there is a schedule change. It is the captain's duty to notify the entire team.



## Dance Constitution Commitment Form

PLEASE PRINT

Name: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Summer Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_\_) \_\_\_\_\_

\*I will contact you by cell phone unless you request otherwise.

E-mail address (the one you always check): \_\_\_\_\_

It is your responsibility to check your email on a regular basis.

College: Class Status for 2007-2008

Freshman \_\_\_\_\_ Sophomore \_\_\_\_\_ Junior \_\_\_\_\_ Senior \_\_\_\_\_

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I authorize the dance team coach to verify that I have been admitted to Adrian College and to verify any academic information deemed necessary.

\_\_\_\_\_ (Initial)

I have read the constitution and fully understand the rules and my obligations to the team. I have no questions or concerns over any other written material. If any of these rules are broken, I will take the penalty given, and I will understand if removal from the team occurs. I will pay all fees charged for damaged or destroyed uniforms.

\_\_\_\_\_ (Initial)

\_\_\_\_\_  
Signature of prospective dancer

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent if dancer is under age 18

\_\_\_\_\_  
Date

