



Rules and Regulations

2022-2023

THE DANCE CRU at RRCA

BASIC RULES AND REGULATIONS

The Dance Cru is a new program to RRCA and is designed to give an outlet for those who have a love for dance. This team will practice for and perform at select pep rallies and HOME football games as well as compete at the TAPPS State Dance Championships.

The Dance Cru will start off as a team with a moderate commitment level. It will not be in season for a consecutive 12 months, allowing for members to participate in other sports and different fine arts programs. Although, it is starting out as a moderate commitment level, every member is expected to give 110% when in practice or while performing.

Below are basic rules and guidelines that all members will need to follow and obey.

- You must be an incoming 9th-12th grader who is currently enrolled at RRCA to be considered for the team.
- Interested students will have to try-out for a spot on the team. We are searching for members who have a basic understanding of fundamentals of dance.
- You are required to pay a Dance Team Fee that is mandatory and helps offset the costs of rental space, props, etc.
- You are required to purchase a uniform and costumes for performances and competition. Costs will always be considered and kept to a minimum. You are responsible for these items - if you lose an item you will be responsible for replacing it.
- You are required to attend a summer dance camp and to pay the fee for camp.
- All fees paid are non-refundable.
- You are required to attend any and all practices (even if in the summer) to be ready for first performances.
- You are expected to be at every practice unless ill. Missing practices and getting behind on material is hard on you and on your team.
- Please do not schedule Doctor Appointments during practice time if at all possible.
- Please plan around our practice schedule as much as possible. I will try to get schedules to you as soon as I have time and space is approved.
- If you are unable to make a practice due to a reasonable excuse, YOU must contact the coach at least 24 hours prior to the absence or as soon as possible.
- It is your responsibility to contact coach. We want to help grow you into a responsible young adult. Please do not rely on your parents to do this.

- An unexcused absence from a performance or game will result in suspension from the team.
- If you miss one or more practices prior to a performance, you could be asked to sit out of that particular routine. You would still be required to “dress out” and support the team during the event though. Coach will decide if allowed to perform because of missed practices.
- If you miss a practice, you are asked to learn the material before the next practice. Every practice provides new learning and can set the team back if one member misses.
- The coach has the right to “sit” you out of a game if she feels that you are not fully prepared to perform. **Home practice is vital!**
- For State Competition, team members may not get to perform in all areas available. Commitment, attitude and skill level will be taken into consideration.
- Punctuality is a must!! Being tardy is frowned upon. Punctual... meaning – dressed out, shoes on, on the floor stretching at scheduled time of practice (not running in the door at the last minute.) ☺
- You are expected to give 110% during practice, as well as a game. No “marking” the routine unless told to.
- Please have a positive attitude at all times. Unkind attitudes and actions that cause dissension will not be tolerated at any time.
- Practices may include warm-ups, technique, dance and conditioning. All are important aspects of the dance team and will be required for all members of the squad.
- All hair must be up and away from face during practice and performances. If hair is long, it needs to be in a ponytail securely so you won’t be putting it up over and over.
- No jewelry is to be worn at any time during any dance team event (practices, games, competitions or special appearances, unless specified by coach)
- Gum chewing will not be allowed during any dance team event or practice.
- Anything that has been purchased during season is not to be worn at any time other than times specified by coach. (Jackets, t-shirts, shoes, uniforms, etc.) These are exclusive to games, practices and special events. Dance shoes are NOT to be worn outside! Bring shoes to games and practices in bag and change into them when you get there.
- All members must participate in Fundraising if deemed necessary. Fundraising participation will be treated the same as practice participation. It is essential for rentals and needs for dance team.
- Please respect your coach/coaches. Coach’s decisions are FINAL.
- Please respect your teammates. We encourage unity and we frown upon division. Be a good teammate – favor others over yourself!
- You are expected to have a POSITIVE attitude at all times. Whether you are tired, sore, or any other reasons, it is not acceptable to show a bad attitude. Always!! Always!! BE RESPECTFUL TO EACH OTHER!! We are a family!
- No cell phone use at practice please.

THE DANCE CRU CONTRACT:

I UNDERSTAND AND AGREE TO THE ABOVE RULES AND REGULATIONS OF THE DANCE CRU. IN ADDITION, I UNDERTAND THAT BY NOT ABIDING BY THESE RULES AND REGULATIONS – I COULD BE DISMISSED FROM THE TEAM....

PRINT NAME :

DANCER SIGNATURE :

DATE :

PARENT SIGNATURE :
