

RHS DANCE TEAM

Team Handbook

2017-2018

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2017-2018 Auditions

We are very excited to begin auditions for the RHS Dance Team! This year we are looking for 22-30 dedicated, energetic dancers to represent the Rocklin Thunder. Our VARSITY team is comprised of 11th and 12th graders only, with *consistent* advanced technique & performance skills. Our JUNIOR VARSITY team is made up of 9th and 10th grade dancers who perform at an advanced level as well. During auditions, the coaching staff is looking for dancers who *show improvement, a positive attitude* and potential to advance. We have put together this handbook to inform you of all expectations, please feel free to ask as many questions as you like! We are confident that our audition process will be meaningful and fun for all dancers, whether or not they earn a place on this year's team. Get ready to work hard, have fun and dance your hearts out!

APRIL 18- Mandatory Parent & Dancer Meeting
7pm RHS Theatre

APRIL 24- Introduction Day ****(Headshots, Grade Reports & Blue Forms Due)****
3-4 Veteran Candidates, 3:45-5 Rookie Candidates

APRIL 25,26,27- Audition Clinic
3:30-5:30 Learn and Clean Audition Material

MAY 1- Audition Clinic / Interviews
3:30 - 5:30 Audition Cleans & Interview Time Slots

MAY 2 - Mock Evaluations
4:45-8pm Run Through Finals Day With RHS Cheer

MAY 3- Finals Day
3-6pm Final Dance Evaluations JV, V, Callbacks

MAY 3,4,5 - Results Day
All day Results Via One on One Meeting With Coach

MAY 17 - First Team Meeting (Dancer and Parent must attend, 7pm RHS)

MAY 18- Uniform Fittings 3-5:00pm *ORDER A WILL BE DUE AT TIME OF FITTINGS

MAY 19, 23, 24, 25, 26 - Rally Routine Practice 3:15-5:30

MAY 30 - Rally Routine Practice 7:30-9:00pm

JUNE 1 - Final Rally Routine practice 3:15-4:15

JUNE 2 - Morning Rally Run Through 6:15am

THANK YOU for your interest in the RHS Dance Team!

Being part of a high school team can be one of the most rewarding experiences of your life! Representing your school while dancing your heart out is a way to truly connect & get all you can from Rocklin High School.

The training, presentation skills & teamwork experienced as part of this team will stay with you for life. We are proud to have RHS Dance Team Alumni who are dancing for top college and professional NBA/NFL dance teams!

Please thoroughly read this handbook as you decide if you will audition for this team.

Thanks & Good Luck!

Abby Huber
Dance Team Director

AUDITION INFORMATION

The purpose of the RHS Dance Team is to support all programs at RHS, provide entertainment at school and sporting events, and develop strong student-athletes through hard work and a passion for dance. We are looking for well rounded, spirited dancers who will represent Rocklin with energy and integrity. These personal characteristics are so important that they account for 50% of the audition evaluations.

WHAT TYPE OF TEAMMATE ARE WE LOOKING FOR?

The serious time commitment & cooperative nature of the team makes it imperative that dancers selected are **POSITIVE, COACHABLE, RESPECTFUL, HARDWORKING, RESPONSIBLE, DEDICATED, HIGHLY ORGANIZED, HUMBLE & COOPERTATIVE.**

WHAT TYPE OF DANCER ARE WE LOOKING FOR?

Solid technique, physical strength & spirited performance skills comprise our ideal dancers. We are very focused on entertaining our crowds with school spirit - so a strong dynamic & energetic execution of choreography is vital.

The RHS Dance Team performs the 4 styles of dance performed on college & professional dance teams:

JAZZ - clean lines, strong carriage, crisp turns, strong jumps, ballet technique, flexibility & strength

HIP HOP - energy, natural sense of style, isolations, confidence & ability to entertain the crowd

POM - body control, strength of movement, placement, performance skills, sharp motions

KICK - straight lines, extensions, posture, strength

DAILY AUDITION WORK & INTERVIEW

We are evaluating from day one, and are looking for dancers who are **ON TIME, WORKING HARD, SHOWING POTENTIAL FOR IMPROVEMENT, FRIENDLY & OPEN, DRESSED APPROPRIATELY, TAKING THE TASK SERIOUSLY, HAVING FUN, BEING KIND TO OTHERS, LEARNING FAST, GETTING STRONGER, FOLLOWING DIRECTIONS & HAVING A POSITIVE ATTITUDE**

Feedback will be given constantly throughout the audition process. At any appropriate time, a dancer may speak with a coach or senior helper to get individual & specific tips & feedback. Dancers should bring all final questions to their results meeting - after this meeting, auditions will **NO LONGER** be discussed with the coaching staff.

WHAT TO WEAR

A neat appearance shows you are taking this task seriously and will represent the team with professionalism & class.

Black shorts & spandex, black tank or tee, jazz shoes or non marking tennis shoes, **NO** jewelry, hair back in a neat ponytail or bun.

WHAT TO BRING

Being prepared demonstrates dedication and accountability.

Water bottle, CD if you would like a hard copy of the music, this handbook, pen or pencil, and due on 4/24: headshot (2x3 **ONLY** please), most recent grade report and blue registration forms

WHAT TO DO

Arrive on time, prepare your body properly by stretching and warming up, treat everyone with respect, demonstrate strong work ethics, ask questions, show improvement each day, pay close attention to critiques, enjoy yourself!



DANCE TEAM EVENTS

Team members are given a calendar months in advance, and all events on that calendar are mandatory. Any events that are added to the calendar later are not mandatory.

DAILY PRACTICES:
3-5pm from late August through early February

MORNING PRACTICES:
6:15-7:15am when needed during football season and before rallies

GAMES:
On game days the team often has a field/court run through after school, attends team dinners and performs at home games during pre-game, sidelines & halftime.

RHS PLAYOFF GAMES:
The Dance Team performs at all home playoff contests for Football, Basketball & Volleyball.

RHS SENIOR NIGHTS:
The Dance Team supports all RHS programs and often assists in Senior Night Festivities.

COMMUNITY SERVICE:
Monthly service bonding events serve as a chance for the team to represent their school and give back to their community.

APRIL/MAY 2017

APRIL 24-27, MAY 1-3 Auditions
17 First Team Meeting (Dancer & Parent) 7pm
18 Uniform Fittings (Dancer & Parent) 3-5pm
19,23,24,25,26 Practice 3:15-5:30pm
30 Practice 7:30-9pm

JUNE 2017

1 Practice 3:15-4:15
2 6:15am Morning practice & rally
Celebrate America (optional)

JULY 2017

10 Team Physical is due
10-14 Practice 9am, Kids Camp done by 4:30
25-27 Gameday Camp 9am-noon

AUGUST 2017

1-4 NDA Camp overnight trip
7 Regular team practices begin (times TBD)
Welcome Back Rally
25 First Football Game vs. Grant

SEPTEMBER 2017

1 AWAY Football Game vs. Napa
8 Quarry Bowl vs. Whitney (at WHS)
22 Football Game vs. Nevada Union
TBA - Community Service Weekend

OCTOBER 2017

20 Homecoming Rally & Football Game
TBA - Soccer Senior Night & Volleyball Playoffs

NOVEMBER 2017

3 Football Game vs. Granite Bay *Senior Night
Possible Home Football Playoff Games

DECEMBER 2017

Nov 26-Dec 2 4WRD Dance Show & Party

JANUARY 2018

Runaway Rally
TBA -Home Basketball Games, Wrestling Meets

FEBRUARY 2018

TBA - Home basketball Games, Senior Nights

DANCE TEAM UNIFORMS

Most of our uniforms are custom made, so our athletes purchase their own and keep them after they leave the team. All pieces of the uniform are used through multiple years on the team. There will be plenty of fundraising opportunities made available to those who request it.

Payment plans are flexible and the prices below are an estimation only.

Uniform Fittings take place during practice on May 18 from 3-5.

Dancers must bring a parent to approve fittings and provide payment.

UNIFORM ORDER A

due **May 18** via Credit Card or Cash only balance due Aug 1

DANCE TEAM UNIFORM DRESS (rookies only)	160
SPARKLE JAZZ SHORTS (rookies only)	35
FOOTBALL JERSEY (rookies only)	70
BLUE SKIRT (rookies only)	25
BLACK SCHOOL SHORTS (rookies only)	35
JAZZ UNIFORM TOP (rookies only)	100
WARM UPS (rookies only)	150
BLACK TEAM TANK (rookies only)	35
POMS (all dancers)	45

UNIFORM ORDER B

all or 50% due on June 2 via Check or Cash only balance due Dec 1

NDA SUMMER CAMP	330
ACCESSORIES FEE (includes team earrings, bows & more)	30
DANCE BAG (rookies only)	25
BLACK JAZZ SHOES (if needed)	35
TAN JAZZ SHOES (if needed)	35
NEW LEGGINGS	50
TEAM SWEATSHIRT	FREE
TEAM LONG SLEEVE TEE	FREE

PURCHASE ON YOUR OWN BY AUGUST 1

KEDS WHITE LEATHER SHOES	45
NYLONS / TIGHTS	5-10

FOLLOW & LEARN ABOUT THE DANCE TEAM!

check team website rhdanceteam.weebly.com for routine videos, pictures and more!

follow on twitter @DanceRocklin

follow on facebook Rocklin Dance

follow on instagram Rocklin Dance

For More Information,

Contact Dance Team Director Abby Huber ahuber@rocklin.k12.ca.us

Contact Head Coach Jenae Celira jen.lea.cel@gmail.com

RHS DANCE TEAM GUIDELINES

Members of the team are expected to conduct themselves in a positive, respectful manner. They must be aware that as soon as they earn a spot on the team, their actions and words are representing their team, their teammates, their coaches, their school and their community. Team members are expected to show support for all RHS organizations and display positive sportsmanship at all times. We lay out the expectations here so that all is clear before deciding to audition.

RHS ATHLETIC DEPT HANDBOOK & CODE OF CONDUCT

The RHS Dance Team is a member of the Athletic Department and thus requires its members to adhere to the department standards. Please follow the link below and discuss the code of conduct before committing to the audition.

<http://rhs.rocklinusd.org/Athletics/Athletic-Handbook/index.html>

*RHS Athletic Director
Ryan Spears
rspears@rocklin.k12.ca.us*

GUIDELINES FOR ATTENDANCE

Events on the Dance Team Calendar are Mandatory. Events added later are not. Excused absences (illness, court, funeral) need verification via parent email or text. Dancers are allowed 1 free unexcused absence/year, must give 1 week notice. Additional unexcused absences will be followed up with an attitude demerit. If dancer misses the practice before the performance, they will be taken out. Dance Team members must attend school the full day of any event to be eligible.

GUIDELINES FOR PRACTICE

All practices are mandatory, except for a verified excused absence. Dancers must arrive on time, be completely prepared & warm up for each practice. Prepared = jazz shoes, tennies, journal, all black, calendar, no jewelry, hair up. When items are due, they need to be turned in at the start of practice. If dancer misses the practice before the performance, they will be taken out. Dancers need to leave all social / personal distractions at the door when they enter. Display respect & teamwork values; be supportive & respectful of all contributions.

GUIDELINES FOR GAMES & EVENTS

All games & events are mandatory, except for a verified excused absence. Dancers must arrive on time to all events, with hair & makeup done prior to arrival. This team exists in support of RHS, team members will display positive spirit. While the National Anthem is sung, team members will remain at complete attn. Dancers will display constant showmanship - someone is always watching! Dancers will focus on the team at events & stick together to remain cohesive. Uniform will be clean & pressed, with no bra straps or undergarments showing. Hair will be worn how team decides, with no crazy clips or messiness.

GUIDELINES FOR SCHOOL

Dance Team members' first role is a student at RHS. To remain eligible, dancers will maintain a GPA of 2.5+, with only 1 NM at any time. Dancers will not discuss teammates or any team issues at school. Behavior with friends, boyfriends, etc will be appropriate at all times. Dancers will wear clean & appropriate uniform to school on game days. Team members will be excellent leaders in their classes, polite to all.

OUR MERIT SYSTEM

The RHS Dance Team operates on a merit system which is designed to encourage discipline and promote respectful behavior towards all. The coaching staff has discretion for our merit system. Failure to adhere to the RHS Dance Team Guidelines or the RHS Athletic Handbook Code of Conduct may result in demerits, suspension, referral to school administration or dismissal from the team.

MERITS are given in recognition of positive behaviors:

(outstanding improvement, extra tasks, high grades, etc)

DEMERITS are given for violations of the guidelines:

(late, missing uniform, incomplete jobs, academic ineligibility, etc)

ATTITUDE DEMERITS are given for any negative attitude issues.

Possible disciplinary action could include:

3 demerits - parent notification

5 demerits - parent conference

7 demerits - possible suspension

RHS DANCE TEAM GUIDELINES

1. I realize my first role is a student at RHS, and second a member of the RHS Dance Team.
2. A minimum 2.5 GPA is required before auditions and I will maintain that academic standard the entire season. I will have no more than 1 NM at any time.
3. I acknowledge that as a member of the RHS Dance Team, I am a highly visible school leader. I will uphold this role with positive & appropriate behavior. I will conduct myself with integrity at all times.
4. I will enroll in Dance 4 at RHS for the entire academic year. If scheduling makes this impossible, confirmed by school counselor, I will enroll in an approved technique class outside of school.
5. I will have a medical doctor's physical exam completed after June 1 and turned in by July 10. I will maintain proper nutrition and take care of my body & health.
6. I will make any social media accounts accessible to the coaching staff for monitoring, and will keep all material appropriate in accordance with the social media section of the RHS Athletic Handbook.
7. I acknowledge that any RHS Dance Team member drinking, smoking, using drugs, fighting, or associating themselves with any other illegal behavior can be automatically dismissed from the program and referred to school administration.
8. My family and I will respect the decisions of the coaching staff and school administration. We acknowledge that audition decisions are final and will not be discussed after the one on one results meeting is over.
9. I acknowledge that if I am selected for the team, I will follow the RHS Dance Team Guidelines, RHS Code of Conduct and RHS Athletic Handbook.



We, the dancer and parent/guardian, have read this RHS Dance Team Handbook and have been notified of the audition schedule & evaluations, team schedule, uniform information, guidelines & academic expectations. We will follow the guidelines put forth above and in the RHS Athletic Handbook.

DANCER NAME _____ SIGNATURE _____ DATE _____

PARENT NAME _____ SIGNATURE _____ DATE _____