**2022-2023**

**Marshall Tiger Dance Team**

**Winter Handbook**

Coaches:

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**Marshall Tiger Dance Team Mission Statement**

The Marshall Tiger Dance Team is a group of young women who are dedicated to the sport of dance. They embody grace, class, and enthusiasm through the work they put forth on and off the dance floor. They are respectful, dedicated and passionate athletes who continuously strive to be better than they were the day before. The MTDT is committed to excellence and does not settle for anything less. In this program, we strive to provide young women the skills and confidence to succeed beyond dance through hard work, dedication, and competition.

**MEMBERSHIP REQUIREMENTS**

1. The Tiger Dance Team has high academic expectations. A dancer should not fall below a **2.5 grade point average**. In the event that a dancer is not making satisfactory progress towards graduation a meeting will be scheduled with the student, coach, and Athletic Director to discuss future participation.

2. All members must have a current physical on file with MHS.

3. All members must pay the MHS activity fee.

4. All members must pay their balance with the Tiger Dance Team Booster Club including but not limited to costume fee, clothing, etc.

5. All members must adhere to the MSHSL rules regarding alcohol, tobacco and mood-altering chemicals. Violation of these rules will result in consequences as outlined by MHS.

**SUBSTANCE ABUSE POLICY**

**A. Bylaw: Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia.**

1. The bylaw applies continuously from the first signing of the student Eligibility Brochure.

2. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student’s own use by her doctor.

**B. Penalty:**

1. **First Violation:** After confirmation of the first violation, the student shall loose eligibility for the next six (6) weeks of a season in which the student is a participant. No exception is permitted for a student who becomes a participant in a treatment program. If the violation occurs between seasons, the suspension begins the Monday of the week in which contests first appear in the next season of participation.

**2. Second Violation:** After confirmation of the second and any subsequent violations, the student will lose eligibility for a minimum of one calendar year. After that time, the student may petition for reinstatement of her eligibility. The activities director will explain that process to the student upon request.

**ATTENDANCE POLICY**

* ALL practices, competitions and team events are mandatory.
* If you are absent from school the Friday before a competition, you will not compete on Saturday, unless it is an excused absence (funeral, appointments, etc.).
* Unforeseen occurrences, such as funerals, family emergencies, etc., will be addressed on an individual basis.
* **If, for any reason, you are going to be absent, you must email/call/text your coach!**
* Multiple absences, **both excused and unexcused** will be dealt with on a case by case basis per coach discretion.
* If absent, dancer is expected to return to practice knowing the choreography, formations, and any additional information missed that day.

**HOLIDAY ATTENDANCE**

* Practices scheduled over holiday breaks are mandatory.
* More than two absences over holiday break will result in the dancer sitting out the first competition in January.
* If absent, dancer is expected to return to practice knowing the choreography, formations, and any additional information missed that day.

**CONDUCT**

Certain standards are necessary for the integrity and reputation of this team. We feel that members of this team should be leaders within the school and should set a good example at all times.

By accepting the privilege/honor of being selected as a Tiger Dancer, a member accepts that her actions are more prominent than those not associated with such an activity.

A member must be on her best behavior at all times, anywhere in the community, and at all functions where you are recognized as a representative of the Tiger Dance Team.

Attitude. The success and growth of the Tiger Dance Team depends on the attitudes of the team members. Repeated occurrences of a poor attitude towards the dance team policies, the coaches/team members, or the decisions made in the interest of the team will not be tolerated.

Dedication. The expectations of the team members are high. Practices are demanding and dancers are expected to work hard, pay attention, and accept constructive criticism with grace. Your goal should be to be a better dancer.

Respect. Team members will respect their teammates and their coaches**.** It is important for team members to understand that decisions will be made in the best interest of the **ENTIRE** team.

**COMPETITIVE TEAMS**

The team will be divided into three competitive teams, Junior Varsity, Varsity, and B-squad Jazz. If there are four or less dancers on the B-squad Jazz team, JV Jazz and B-squad Jazz will be combined.

Your position on the Tiger Dance Team is never guaranteed. Dancers will be moved up to varsity or down to Junior Varsity (or into an alternate spot) throughout the year as coaches see fit. Every member must go through the same tryout process each season. In addition to ability, each member’s attitude and dedication will be considered.

**ALTERNATES**

Varsity alternates will be sharing a spot in formation with another alternate(s). There are several roles an alternate may experience over the course of a typical season; performing, resting while their alternate partner performs, sitting from a varsity routine and remaining a varsity member, or sitting from a varsity routine and choosing to perform with JV. Over the course of the first half of the season, each alternate will be offered an opportunity to compete and/or perform with the varsity team. Alternates will be given post performance feedback from varsity coaches. Over winter break, coaches will determine a tentative final team placement for the team expected to compete at sections. At that time, alternates who will not be performing will then have the option to remain a non performing varsity alternate or perform with the JV team for the remainder of the season. **ALL TEAM PLACEMENTS ARE SUBJECT TO CHANGE PER COACH DISCRETION.**

**UNIFORMS AND EXPENSES**

Basic uniforms and costume are provided by the team, and therefore **belong** to the team. Uniforms are to be kept clean, neat and in good repair at all times. Team members, at their own expense, will replace any team item that is damaged, lost, or stolen.

**DISCIPLINE**

Failure to abide by the regulations and requirements outlined in this handbook can result in various disciplinary actions. This includes any of the following: suspension from a performance, suspension from a competition, suspension from a regular practice or dismissal from the team. Attitude, public conduct, participation, attendance and punctuality are all factors that will also be considered.

Bullying, either at practice or at school, will not be tolerated. Period. This is a very serious violation and it will be dealt with by both coaches and school administration. We are a team. You do not always have to like your teammates, but you HAVE to respect them. The only way we can succeed and grow as a team is if we have respect and care for one another.

**LETTERING**

Athletic letters will be awarded to dancers that perform at a Varsity level throughout the season. In addition to ability, each team member’s cooperation, effort, attitude, and dedication will be considered when awarding letters.

**INJURIES**

All injuries must be reported to the coaches. The coaches may refer the injured dancer to the Athletic Trainer. If a dancer is sitting out of practice due to injury for extended period of time, she must have a signed form from the Athletic Trainer, medical doctor, or chiropractor. They must also have a note to be allowed to return to normal practice.

**COACH EXPECTATIONS**

It is the responsibility of the coach(es) to determine all team policies and all team requirements. Coaching staff and administration of Marshall High School will make all final decisions.

The good of the team **ALWAYS** comes before any one individual. If it is in the best interest of the team that any one individual not perform, or that she should be removed from the team, this action will be taken by the coaches.

When concerns and/or conflicts arise, they need to be immediately brought to the coach’s attention, first by dancers then followed up with parents if necessary.

Coaches will communicate with parents during designated “business hours.” Monday-Saturday parents may contact coaches **via email** from 8am-6pm. Responses can be expected by the coaches within a 24 hour period.

Coaches politely request parent communication take place strictly via email and not through cell phone unless there is an emergency, if the team is traveling or if agreed upon ahead of time. **DANCERS ARE ALWAYS WELCOME TO CONTACT COACHES ON THEIR CELL PHONES AT ANY TIME.**

**COMMUNICATION**

Open communication is very important to the coaches and the overall success of the team. To help ensure the best possible communication, the following policies will be followed:

1. **E-Mail, BAND App, Team Website:** E-mails are often sent out pertaining to practice, upcoming events, and all other important information. It is necessary that parents and dancers check their e-mail and BAND app regularly to stay informed of important information. We also have a team BAND page. Dancers and parents should both be on the BAND group to get weather/practice updates, view practice videos, encouraging posts, lost & found items, etc. In addition to BAND, our team has a website: [www.mtdtdance.com](http://www.mtdtdance.com), where all team schedules, documents, and important information is located. **Before emailing coaches, please check these areas to answer questions you may have.**
2. **Concerns:** In order to promote good team communication and build communication and conflict resolution skills, coach(es) will only discuss issues and concerns with parents after speaking with the dancer about the issue. If after the coach(es) speak with the dancer, parents would like to discuss the issue, a meeting time will be scheduled for coach(es), parent, and dancer to sit down and discuss the issue. It is asked that parents encourage their dancer to come to the coach(es) or team captains with any concerns or issues.
   1. Exceptions to this policy may be allowed based on the situation. Meetings with parents will be allowed if there is concern over a dancer’s well-being.
3. **Absence Notification:** Each member of the team is expected to be responsible and organized. If a dancer is going to be missing from practice, competition, or any other team event, dancer or parent is expected to notify coaches ahead of time.
4. **Sick Absences:** A dancer or parent must notify coach(es) if dancer is sick or goes home sick from school. If you go home sick from school, you may not come to practice even to watch. Lack of notification will be considered an unexcused absence.

**The Coaches Promise**

[I Am Your Coach. Not Your Mother.](http://mikailaetheredge.weebly.com/blog/i-am-your-coach-not-your-mother)

**I will not baby you**

I will not coddle you. I will not tell you in a sweet voice that “It’s okay.” That’s what Momma is for. I will never belittle or degrade you but I will toughen you mentally, emotionally, and physically. It will sting. It will hurt. But you will be a better athlete and person for it.

**I will hold you to a higher standard**

I will expect things from you that no one else will. I will expect you to be an outstanding student, citizen, and team player. You will not get detention, ISS, or any other type of school punishments. You will respect your teachers, judges, fellow students, and teammates. You will leave the school even cleaner than you found it. You will abide by the rules. The bare minimum will never be enough. I will expect you to go above and beyond in all aspects of your life because that is the mark of a great individual.

**I will push your boundaries**

I will test your limits. You will do things that you never thought possible. You will run faster, turn stronger, and kick higher. You will sacrifice yourself for the good of the team. You will grow with your team. You may suffer from growing pains, but in the end you will cast a bigger shadow.

**I will not give you special treatment**

You will earn everything you get, and no matter how many times your name appears in the paper, you will abide by the same team rules as every other dancer. If disciplining a dancer costs us a meet, so be it. That is the short term. The long term is what’s important. And there will be a much larger price to pay down the road if we cannot work as a team. No one is above anyone.

**I will discipline you**

You will hate it. That’s okay. You will be a disciplined dancer.  You will be a disciplined person. You will be in control of your body, your emotions, and your actions. You will be able to push through a mentally and physically exhausting practice. That takes discipline. It would be much easier to be undisciplined but you would be no better for it.

**I will teach you**

That’s what this is all about. Dance itself is just a metaphor for life. There will be highs and lows. I am preparing you for life. Life is not always easy or fun. I want you to be ready. I want you to be the best you can be on and off the floor.  Life will not baby you or give you special treatment and neither will I.  I would do you a great injustice if I only taught you the skills of dance.

I will do whatever it takes to help you succeed on and off the dance floor because I love you. I will not call you my daughter nor will I treat you as such. If I did, I would not be doing my job correctly. But I will make sure you are taken care of. I will make sure you are fed, watered, clothed, and are constantly being pushed to improve yourself. You may not love me back. That’s okay. But know that everything I do in practice and much of what I do out of practice...is for you. I am not your mother. You don't need another mother. What you need is a coach.