



# BARTLETT HIGH SCHOOL VARSITY DANCE TEAM

## RULES AND REGULATIONS

The following Demerit System will be implemented in order to ensure the Bartlett High School Varsity Dance Team, School District U-46, Bartlett High School and IHSA code of conduct is maintained.

One (1) Demerit will be assigned for the following infractions:

- Unexcused tardy to practice or performance. The inability to arrive on time demonstrates disrespect for the team and coach.
- Disruptive behavior during practices. Our time together is short and every minute is important. If asked to remain quiet or cease disruptions more than three times, one demerit will be issued. Cell phones must be turned off during practices and games.
- Failure to warm-up. It is important that your muscles and body are prepared for every rehearsal. Warming up greatly decreases your chances of injury and will help keep you physically prepared.
- Leaving early unexcused. Once rehearsal begins, you are not to leave the rehearsal area. Entire practices are necessary for strong routines. Members are expected to stay the entire length of games, performances and competitions.
- Indolent attitude. All practices should be taken seriously. Routines should not be marked (unless specified by coach/captain) as members are expected to dance to their fullest potential to build endurance and stamina, as well as increase precision and memory.
- Unconstructive attitude. Negative feelings toward a routine, choreography, placement in formations should be discussed with coach in private. Any continual outward display of negativity will result in a demerit.
- Improper attire. Correct dance attire, including hair and shoes, must be worn at all practices and performances. Always bring the necessary accessories, equipment or props.
- Food, gum, drinks. No food, gum or soft drinks will be allowed during rehearsals or in the stands area at games. Water is allowed and necessary for proper hydration during practices.
- Jewelry. No jewelry of any kind should be worn during practices, games or competitions.
- Inappropriate conduct. Members are representatives of the school and inappropriate conduct at practices, games, and competitions is not allowed. Members are to sit with the team during games/performances/competitions and conduct themselves accordingly.
- Detention. If you are assigned detention by any teacher for any reason.
- Coming to practices unprepared. Practice at home is essential to developing a strong team. If a member misses a practice or choreography, it is her responsibility to learn what she missed *prior* to the next practice.

Two (2) Demerits will be assigned for the following infractions:

- Lack of respect. For the coach, captains, team members, camp instructors, faculty members or any other authority figures.
- Unexcused absences for a team fundraiser. Participation in all fundraisers is mandatory.

Four (4) Demerits will be assigned for the following infractions:

- Unexcused absences. From a practice or performance. Excused absences will be determined on an individual basis by the coach.
- Inappropriate displays of affection. Members should conduct themselves with dignity and class; thus, any displays of public affection, especially in uniform, are not acceptable.
- Obscene gestures or language. Abusive language or gestures is not healthy in any environment and will not be tolerated.

Eight (8) Demerits will be assigned for the following infractions:

- Failing a subject
- Illegal/illicit acts or substances. Including alcohol, drugs and tobacco.
- Stealing or destruction of property.
- Inappropriate behavior at overnight stays. Members' focus at camps and competitions should be with the team. Therefore, members are not allowed to interact with other friends and boyfriends during any overnight stays.
- Disciplinary reasons determined by the coach, principal and athletic director. Includes gang symbolism, fighting, lying, and forgery.

#### CONSEQUENCES FOR DEMERITS:

Four (4) demerits in a school year = suspension from the next performance or competition

Eight (8) demerits in a school year = suspension from two (2) performances or competitions

Twelve (12) demerits in a school year = suspension for six weeks

Sixteen (16) demerits in a school year = suspension from team

#### ISSUANCE AND ACCOUNTABILITY

Demerits will be issued by the coach verbally and in private. If a member earns four or more demerits, her consequence will be provided in writing and require a parent's signature to be returned to the coach.

Members are accountable for maintaining the account of their demerits.

#### RESIGNATION

Any member who voluntarily/involuntarily leaves the team for any reason will be suspended from trying out for the following school year.