



Linganore High School Pom-N-Dance Team Expectations

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THIS CONTRACT PROVIDES GENERAL INFORMATION ABOUT THE LHS POM-N- DANCE TEAM, PROGRAM AND DANCER REQUIREMENTS, AND SUMMARIZES THOSE MAJOR POLICIES AND PROCEDURES RELEVANT TO THE STUDENT. THE INFORMATION CONTAINED IN THIS CONTRACT IS NOT ALL INCLUSIVE OF THE RULES AND REGULATIONS OF THE LHS POM-N-DANCE TEAM. THE LHS COACH RESERVES THE RIGHT, WITHOUT PRIOR NOTICE, TO CHANGE, DELETE, SUPPLEMENT OR OTHERWISE AMEND AT ANY TIME THE INFORMATION, REQUIREMENTS, AND POLICIES CONTAINED IN THIS CONTRACT OR OTHER DOCUMENTS RELATED TO TEAM MEMBERSHIP.

The Linganore High School Pom-n-Dance Team provides an opportunity for students to receive dance training while also learning the value of discipline and commitment, teamwork, and school involvement. Pom-n-Dance team members serve as role models for the school and the community. They must not only have the desire and dedication to give their best effort during each practice and performance, but they must also serve as exemplary students in behavior and academic achievement.

Members of the LHS Pom-n-Dance Team are selected for participation on an annual basis through *audition only*. No student is required to be a member of this team therefore; participation is considered a *privilege and an honor*. It is imperative that students selected for the LHS Pom-n-Dance Team, and their parents/guardians, understand the LHS Pom-n-Dance Team contract and rules herein.

Members of the LHS Pom-n-Dance Team must participate in the following activities:

- All after school practices
- Home varsity football games and select home varsity basketball games
- Competitions
- Various other school-related performances, including Pep Rallies
- Fund raising activities for the Pom-N-Dance Team.

Purpose

The LHS Pom-n- Dance Team is a competitive activity. The purpose of the Pom-N- Dance Team is to promote school spirit involvement; teamwork; dedication; strong work ethic; strong discipline; respect; development of dance skills; character; and leadership. During the first half of the school year the Pom-N- Dance Team will promote and maintain school spirit through performances as a team. During the second half of the school year, the Pom-N- Dance Team will further promote school spirit and recognition through participation in several dance competitions as well as performances during Basketball games.

Mission

The mission of the LHS Pom-N- Dance Team is to bring a diverse group of individuals together as one unit and strive for a common goal of excellence through dance, academics, and school spirit. Members will gain confidence, develop disciplines, responsibility, and character through performances, academic achievements, and team spirit. The LHS Pom-n- Dance Team will always: Smile Big, Kick High, and Dance Strong.

What We Expect:

DISCIPLINE

Understand the need for practice and make time for it. It is pivotal to a competition squad that we are all disciplined and making the effort to show at EVERY practice and game.

PUNCTUAL

Always be on time for class, practices and games. If you can't be on time, be early!

PERSISTENT

Understand that becoming a good DANCER is a process, and it takes time! We are always working to master and improve skills, and this takes a lot of persistence.

POSITIVE

Attitudes are contagious, so be sure yours is worth catching! Smile and be part of the solution, not a part of the problem! WE WANT A DRAMA FREE YEAR!

HONEST

Admit your limitations and mistakes. Take full responsibility for your actions and attitudes. Do not lie, cheat or steal. Also, be honest about any injuries/limitations immediately, especially those that occur outside of practice/performance.

RESPONSIBLE

You are young adults. Do not wait for me to tell you the obvious.

WELL-BEHAVED

Follow instructions the first time they are given. Be quiet, attentive, and in control of yourself at all times so no one gets hurt!

ETHICAL

DANCE MEMBERS wear their uniforms 24-7, both inside the school and community. Conduct yourself in a way that honors this privilege, and does not jeopardize your role on the squad.

PREPARED

Bring all necessary items to each practice, game and competition. You will not be allowed to participate if you are missing necessary items to your uniforms.

DEDICATION

Realize the impact that your individual attitudes, actions, and performances will have on the group. Think of the team first! If you don't show, you are not easily replaced and the whole group will suffer.

TEAM MEMBERSHIP

Qualifications

The LHS Pom-n-Dance Team is a challenging, competitive dance team that requires physical endurance, financial commitment, and the ability to manage academic classes during the entire school year while putting in numerous after-school hours of practice. Therefore:

1. In order for a student to become a member of the LHS Pom-N- Dance Team, he/she must be physically and emotionally capable of dancing extensively, both in a climate controlled environment and outside in heat and inclement weather, as determined by a physical examination.

2. All members of the team are selected by audition only in the spring of each school year for the following school year. The Pom-N- Dance Team admits students of any race, color, national origin, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national origin, and ethnic origin in administration of its educational policies, admission policies, scholarship and loan programs, and athletic and other school-administered programs
3. All members must be enrolled in grades 9 – 12 during the upcoming school year; maintain a minimum GPA of 2.0 on a quarterly basis; and be in good standing within school administration rules and regulations.

a) **Ineligibility Policy**

- If a team member becomes ineligible at any point during the year, she has until the next eligibility date to become eligible or she will be suspended from the team indefinitely.
- If a team member becomes ineligible two consecutive times during the year, she will be suspended from the team indefinitely.
- When a team member is ineligible, she **MUST** attend all practices! All team rules and regulations still apply to her position on the team. She will use all of the time at practice to complete school work or study.
- When an ineligible member becomes eligible again, she may not automatically be included in a team's performance or in formation. It is the coach's discretion, based on the affect it will have on the team as a whole, when she will be included in performances, again.
- **MEMBERS WILL BE REQUIRED TO:**
 - **Submit a printed grade report Monthly to head coach prior to the first practice of the month.**
 - This is a new policy instilled to avoid dancers becoming ineligible to participate. Ineligibility can prevent a dancer from participating for all of or part of a season. The policy is meant not to create a burden for the members of the varsity squad, but for their own personal benefit!
 - **Consequences for failing to submit will result in not being able to participate in performance.**
 - **Losing a member to ineligibility can seriously deter group progress and ruin a season for that player- you are all important, and seeing problems early gives us time to help fix them!**
 - **Dancers who show signs of dropping grades will participate in mandatory STUDY HALLS during off hours.**
 - Athletes **must show proof of seeking tutoring help from subject area teacher in the form of a signed pass including: start time, end time, teacher signature.**
 - Failing academics is **not** an excuse to miss practice, unless absolutely necessary, schedule tutoring sessions during off hours (before/after practice, non-practice days, after school on game days). In those cases, seek prior approval from coach.
 - Failure to report to mandatory study halls will result in the same consequence procedure as failing to submit grade report.
- Anyone who wishes to try out for the LHS Pom-n-Dance Team must be eligible at the time of tryouts.

There will be NO exceptions to this policy for any reason!

4. An LHS Pom-N- Dance Team member must give freely of her time for any dance team activity throughout the year. This includes practices and performances after school, evenings, and weekends as needed. Practices/performances/travel may be scheduled during holidays, including Thanksgiving, Winter and Spring breaks, as well as scheduled days off from school. (See Season Commitment Agreement)
5. The Dance Team member must be willing to fully participate in all fund-raising activities, and her parents/guardians must be supportive with her involvement.

SQUAD PLACEMENT

Students are assigned to the squad based on their overall audition score which takes into account dance skills and teacher recommendations. Returning members are required to audition each spring.

1. Auditions will be judged by personnel not associated with LHS or the Pom-N- Dance Team. The LHS Pom-N- Dance coach does not participate in the auditions or the scoring. The judge's scoring totals are final and not open to discussion.
2. Final selections will not be discussed with students or parents. Phone calls, letters, and emails regarding this topic will not be answered.

LHS POM-N-DANCE TEAM MEMBER CODE OF CONDUCT

A member of the LHS Pom-N- Dance Team is expected to adhere to the LHS Pom-n-Dance Team Code of Conduct as outlined below. This list is not meant to be all-inclusive. A member who does not adhere to the Code of Conduct will be subject to suspension or dismissal from the team at the discretion of the Coach.

Each LHS Pom-N- Dance Team member:

1. Must take pride in being a member of the team, always display school spirit, and be a positive representative of the LHS Pom-N- Dance Team and Linganore High School.
2. Must display good sportsmanship in class, rehearsals, practices, performances, and competitions.
3. Will follow all rules and regulations of the LHS Pom-N- Dance Team Contract including but not limited to Practice, Performance, Attendance, Uniform, and Fundraiser procedures.
4. Will always give 110% during all classes, practices, and performances.
5. Will seek additional dance instruction on their own time or request additional assistance from team officers in order to master the required team routines.
6. Must be respectful of Pom-N- Dance Team Coach; Pom-N- Dance Team Assistants; Team Officers; teammates; chaperones; and all other faculty/administrators/personnel associated with Linganore High School and the Frederick County Public School system.
7. Must display a good general positive attitude regarding the Pom-N- Dance Team, LHS, and others. There is no time for negativity.
8. Must not drink, smoke, or use illegal/prescription/over-the-counter medications for recreational purposes – or participate in any activity degrading to the team – in or out of uniform.
9. Must adhere to all rules and regulations of Linganore High School and the Frederick County Public School system Code of Conduct.
10. Must not engage in improper behavior, poor judgment, or misconduct that leads to referrals; in-school suspension, out-of-school suspension, or expulsion – or any acts that would dishonor the dancer and/or the LHS Pom-N- Dance Team.
11. When wearing any Pom-N- Dance Team apparel in or out of school will act with class and dignity so as not to discredit herself, the Pom-N- Dance Team, or LHS.
12. Will not use cell phones during any practice or performance without the direct permission from Coach.
13. Will follow all instructions regarding team travel and bus rules.

14. Will treat all chaperones with respect and dignity and follow their instructions.
15. Will be responsible and accountable for staying informed of all Pom-N- Dance Team activities and deadlines, and will keep parents informed on a timely basis.
16. Will respect all Pom-N- Dance Team, school, and other team member property.
17. Must not engage in any unfavorable, questionable, or illegal manner through electronic media (i.e. websites, personal home pages such as 'My Space' or 'Facebook', blogs, text messages, chat rooms, or similar websites) or use electronic communication devices (i.e. cell phones, camera phones, digital photos) in such a way as to bring discredit, dishonor, or disgrace on the LHS Pom-N- Dance Team or team members - including yourself - or any other LHS student.
18. Will not engage in any vulgar or inappropriate conduct, or use vulgar language, while representing LHS and the Pom-N- Dance Team while in uniform. This includes practices, performances, events, and competitions – on or off school property – with or without the team.
19. Will never speak disrespectfully to or about any teammate.

LHS POM-N-DANCE TEAM LEADERSHIP POSITIONS

These positions will be selected in the spring for the following school year from the members that will be returning to the team on their current squad. It is the decision of each returning member whether to apply for an Officer position. Officers will be selected by their coach through a series of auditions and interviews; and will hold the position for the school year.

Officer Qualifications

All members serving as a Team Officer:

1. Will be a veteran (one year) member of the LHS Dance Team.
2. Must be able to lead the Pom-N- Dance Team in a positive manner, through excellence by example.
3. Must be able to communicate through constructive criticism, in a positive manner, giving positive as well as negative feedback when necessary.
4. Must have a flexible schedule that allows additional hours dedicated to the team throughout the year.
5. Must be responsible and organized.
6. Must have patience and the ability/willingness to assist other teammates with individual instruction when needed.

Officer Duties

Main purpose/duty of each officer is to assist the Pom-N- Dance Coach in the organization and operation of the team as a whole. Each officer will be assigned a "line" of team members for which they will be directly responsible for during the school year.

Captains will:

1. Uphold and adhere to all Pom-N- Dance Team Contract provisions as well as LHS regulations and the Frederick County Public School system student code of conduct.
2. Serve as a respected leader and role model of the team.

3. Maintain discipline within it during class, practice, performances, and events utilizing positive motivation skills.
4. Set a good example at all times by not talking in class/practices and arriving early for all practices and events – and stay late as needed by the team members and/or director.
5. Know all team routines and assist team members in practices, and performances.
6. Be prepared for all team events.
7. Know and have available all information for team members.
8. Be responsible to enforce all team rules and communicate freely with the director, assistants, and team members.
9. Is responsible for keeping the team motivated in a positive manner throughout the year;
10. Is responsible for ensuring the group is in appropriate uniform/costume; make-up applied correctly; hair and hair pieces are correct; and team members have all required items/props for each particular event/number.
11. Ensure all props are stored properly and are in good repair prior to each performance.
12. Assist assigned line members with execution of each number.
13. Assist in the daily operation and direction of practices.
14. Run the daily stretch routine.
15. Be responsible for ensuring the practice area, dance room, and dance locker room are clean and presentable following all team classes/events.
16. Assist the Coach and Pom-N- Dance Team committees with other duties as assigned.

Competition Officer will:

1. Work with the coach and be responsible for keeping members of the team up to date on information regarding competitions.
2. Prepare write up for competitions.
3. Plan and report hair and makeup to the team.

Activities Officer

1. Work with the coach and team in planning: group activities, social events, banquets, and team bonding activities.

Business Officer

1. Assist the coach in planning and organizing fundraising activities.
2. Assist in the collection of money, and accounting information.

At the Pom-N- Dance Coach's discretion, Officers not performing their duties will be removed from their position and the Pom-N-Dance Coach will appoint another team member to fill their spot.

PRACTICE PROCEDURES

In order to ensure that practice runs as efficiently and effectively as possible, certain guidelines must be followed.

During each practice, all members will:

1. **Dressed in appropriate** uniform and be in formation and ready to begin on time. This means no loose fitting clothing.
2. Wear their practice attire appropriately along with the **assigned footwear**.
3. Have water container at all practices.
4. Not wear any jewelry except small earrings.
5. Have their **hair pulled back** into a neat, tight ponytail unless otherwise instructed by the Coach.
6. Not leave the dressing/locker room until they are COMPLETELY dressed and must be appropriately dressed before leaving practice.
7. Be attentive and listening at all times, following the directions of the Coach, assistants, and officers without comment.
8. Master all counts; routines; and performance numbers.
9. Display an appropriate attitude and behavior.
10. Not talk in class or practices until the Coach has given a break.
11. Understand and accept that class and practice times are not 'me' times – they are 'team' times.
12. Gum is not to be chewed at anytime during practice.

PERFORMANCE PROCEDURES

To ensure that each performance will run smoothly and successfully, all members will adhere to the following rules:

1. Arrive 15 minutes early prior to the designated time for all events to begin warming up and practicing.
2. Arrive in uniform, performance make-up, and hair done – ready to perform – as instructed.
3. Bring the necessary uniforms and props including headgear and footwear.
4. Travel as a professional, polished team: Members will walk in two lines, arms behind back; dance bag crossed on left shoulder; eyes forward; chin up; shoulders squared; and smile on. There is NO acceptable talking or head movement when in this formation. This includes waving to friends or family in the audience or stands.
5. Members will properly participate in all warm-up routines prior to a performance and will follow the Officer/Assistant/Coach instructions during warm-up without comment.
6. Must listen and follow all Officer directions without comment.
7. Follow all chaperone instructions and respect all chaperones with polite responses.

ELIGIBILITY for PERFORMANCE

Not all dancers will dance in every performance. Those not performing (alternates) - or benched members - must still dress in uniform and travel with the team, but they will sit out during the actual dance/performance. The following is a list of reasons why a team member could be chosen as an alternate or benched:

1. Not mastering the routines required for the performance.
2. Missing a practice (excused or unexcused) during the five days prior to any scheduled event.
3. Failure to attend any performance without appropriate prior notice given.
4. Tardiness to any practice, or performance.
5. Disruptive behavior during, practice, or performance.
6. Earning below a 2.0 grade point average in any quarter.
7. Failure to attend a practice or performance in the correct uniform or with the appropriate equipment.
8. Receiving a referral from any teacher.

COMPETITION SEASON PROCEDURES

Following Football Season, the Pom-N-Dance Team begins to prepare for Competition Season. Competition is very tough and all members must continue to give 110% during this time of year. The Team competes in district/regional/state-sanctioned events as well as other dance competitions.

1. Every Pom-N-Dance team member will be in one routine while some members may be cast in two or more routines depending on their ability. All casting decisions are at the discretion of the Coach and Assistants.
2. Alternates will be assigned for each dance and they are vital to the team. Whenever there is someone who gets sick or injured an alternate replaces the original team member. Therefore, members cast as an alternate should not take the responsibility lightly. You are invaluable to the team.

TEAM ATTENDANCE POLICY

All practices, performances, and competitions are *mandatory*. The Pom-N-Dance Team cannot reach its goals if members are late or absent. It is imperative that the monthly calendars be referenced before doctor appointments, work, or vacations are scheduled. Members will not be released early from any practice, or performance for any reason except for a family emergency.

1. Examples of excused absences are illness, physical injury, death in family, and religious events.
2. Examples of un-excused absences are doctor or similar appointments, Saturday school, tutoring, attending another function instead of practice/performance, work, test or make-up test in another class.
3. Tardiness to any practice, or performance will be unexcused. If a member is going to be tardy – a voice mail or email must be left for the Pom-N-Dance Coach. .
4. It is the parent's responsibility to immediately contact the Coach in the event a student will be absent from practice/performance. The parent must leave a voice-mail or email with the name, date of absence, reason, and a phone number where the parent can be contacted. Voice mails from dancers are not acceptable.

5. If a dancer misses a practice the week of a game they will be benched from the game that week. It is not possible to make up the work they missed from the practice.
6. If a dancer knows they will be absent from practice/performance due to a scheduled event – i.e. religious, pre-planned vacation, etc. – a written note from the parent is required no less than ONE week prior to the absence.
7. Dancers receiving pre-scheduled tutoring during practice/performance must present a signed note from the tutor to the Coach when they return to practice, class, performances, etc.

FAILURE TO MEET EXPECTATIONS WILL BE MET WITH THE FOLLOWING CONSEQUENCES:

ATTENDANCE CONSEQUENCES:

- Consequences for missing a practice PRIOR to a game/performance: suspension for the following game. (This will be enforced so please realize that you are hurting the team more than yourself)
- Consequences for missing 4+ practices: removal from main squad and placement as alternate until coach decides dancer has re-earned spot on team- this may or may not occur prior to competition/season close.
- Consequences for missing 1 game: suspension from next game.
- Consequences for missing 2 games: removal from main team and placement as alternate.
- If you are unable to participate in activities, you are still expected to show up and sit with coaches during events. You may **not** wear your uniform. You may **not** sit in the stands/bleachers with friends/family as you are STILL a member of the team.

Minor infractions include, but are not limited to: (Tardiness, talking, not dressed properly, attitude, gum, etc)

- Members will be asked to pull a card which will contain one of the following for the member to complete:
 - Technique (5 Pirouettes', 5 leaps, 5 Russians)
 - Stamina (Jump rope for three minutes non-stop, or run around the school)
 - Flexability (right and left split, V stretch, etc)
 - Strength (Wall sit, 10push ups, 20 situps)
- These will be done at the end of practice so not to take additional time from team practice.

Please remember this is meant to help members to remember their dedication to the team.

GENERAL TEAM PROCEDURES

Team Uniforms

1. Flip-flops or other foot attire is not permitted while in uniform at any time.
2. It is the member's responsibility to keep all uniforms clean, spot free and properly mended.
3. Uniforms that do not meet the Coach's standards - due to wear or improper laundering - will be required to be replaced at the member's expense.
4. No one other than a Pom-n- Dance Team member is allowed to wear ANY dance team apparel item. This includes any article of clothing from the current or past years that has any LHS Pom-n-Dance Team logo or squad name.

Points to Remember:

- Be ready at all practices, wearing proper shoes and clothes for workout, and with hair tied back and secured.
 - Practices consist of serious athletic events, be sure to wear items of clothing that are not only appropriate but supportive of these situations.

- Arrive on time
- Remove all jewelry- rings, bracelets, necklaces, earrings, anklets, etc. Jewelry can cause injury to yourself and others during activities.
- Friends/boyfriends/family members are not allowed to be present at practices.
- Absolutely **NO GUM** at any time.
 - Chewing gum is a leading cause of choking incidents for young athletes.
- Attitudes must be positive and upbeat! You must always be willing to work and cooperate at both practices and games.
- Please do not come to practice if you are legitimately sick and contagious.
- You need to be willing to do what is necessary- no whining, complaining, or moaning! ☺
- All members are to participate in *all* areas: creating dance routines, participating in fundraisers, service projects, and pep rallies, etc. Everyone gets the opportunity to create, and everyone must share the workload.
- Responsibility of care for bringing equipment to practices and games will be deviated evenly.
- Everyone must have a solid working knowledge of all dance routines.
- Be dedicated to the point of extra practices in areas of weakness.
- Be an active listener and accept constructive criticism.

Concerns and Conflict

Any member with a concern about a Pom-n-Dance Team situation should go to the Coach first. The Coach will be able to assist with a resolution. Talking about concerns with other team members and non-members only leads to half-truths and drama –which undermines the team and will not be tolerated.

Parents that wish to discuss concerns regarding their member, or the Team, need to contact the coach.

Team Fundraising

The Pom-n-Dance Team holds several fundraisers each year to raise money to support the squad, pay competition fees, and purchase uniforms and essentials. Through the fundraising efforts the team will be able to purchase these items without placing a significant additional financial expense on the individual member or her family.

1. Each team member is required to participate and support each fundraising activity through a minimum sale or a specified monetary donation.
2. Parents/guardians are expected to support the team and their dancer with these fundraisers.
3. Failure to sell the minimum required or make the established monetary donation will result in the member not being able to participate in a performance.

PARENT/GUARDIAN RESPONSIBILITIES and PROCEDURES

The LHS Pom-n-Dance Team cannot succeed and attain its goals without parental/guardian support. Parents/Guardians play a critical role with the Pom-n-Dance Team from moral support for your dancer to chaperoning events and handing out water bottles. While parents/guardians may not be on the field or stage performing, all parents/guardians are required to assist with the team as “stage hands” during the school year. Parents/Guardians should keep these items in mind as your dancer becomes a member of the LHS Pom-n-Dance Team:

1. Practices will end on time – dancers must be picked up within 15 minutes after the conclusion of practice - please be prompt for their safety. The Coach will wait 15 minutes after practice and then leave.
2. There will be occasions when additional practices are called or a practice time is changed. The Coach will attempt to give everyone as much notice as possible at these times.

3. It is the dancer's responsibility to keep parents informed however, it is also the parent's responsibility to read weekly emails, and return forms as requested. The Pom-n-Dance Team committees will publish and distribute information as it becomes available and strive to publish monthly calendars in advance to keep all parents well-informed of the Team news.
4. When contacted via email, telephone, or mail from a Pom-n-Dance Team Committee member, please respond as requested and willingly volunteer your time to the team. Committee members are Team representatives that freely give an enormous amount of their personal time – please be courteous and polite when they contact you.
5. In order to ensure all parents/guardians receive team information in a timely manner, it is the parents' responsibility to keep mailing addresses, email addresses, and phone numbers up-to-date with the Coach.
6. For the safety of your dancer and in the event emergency treatment it is necessary to keep the Coach informed of any and all your dancer's physical injuries and illnesses as well as all prescription medications she must take.
7. Parents/Guardians and other family members are not to enter the practice area prior to or after any performance without advance permission from the Coach. Parents/Guardians and other family members must wait in the hallway or the bus ramp until their dancer is dismissed. Further, no male family members are allowed to enter the practice area unless an 'all clear' signal has been given – before and after performances the team members are changing in/out of costume – please keep their privacy in mind.

Season Commitment Agreement

Being a member of the Pom-n-Dance team is a commitment on the part of each dancer. Each dancer is asked to sign a commitment agreement for each season of participation.

Football Season: August – November
Practices: 2-3 per week
(Varsity games are typically held on Friday nights and some Saturdays at LHS)

Basketball Season: November – March
Practices: 2-3 per week
(Varsity and Junior Varsity games are typically held on Tuesday and Friday nights at LHS)

Competition Season: September – March
Practices: 2 – 5 per week
(Events held on Saturdays during January, February and March with Exhibition in late December)

I agree to commit t : *Please check all that apply

Football Season

Basketball Season/Competition Season

I agree that the obligation that I have to the Pom-n-Dance Team come before work or any other obligation that I have outside of school. I understand what it means to be a member of a team and that my decisions affect every member of this team. In agreeing to commit to any particular season, I agree to give my time, effort and energy fully to my team, my coach and my practice schedule. I also agree that if I should not meet my commitment during the upcoming year, that I will be ineligible to try out for the following year.

Name _____

Signature _____ Date _____

Parent Signature _____ Date _____

LHS Dance Team - Written Audition Interview

Name _____

Year in School Next year _____

Please answer these questions as fully and honestly as possible. Your responses will help in determining whether you belong on the team. Please write neatly, and use additional space on the backside, if necessary.

1. Why do you want to be a member of this team?
2. What dance experience have you had (dance classes, gymnastics, competitions, dance groups, etc.)?
3. How do you think the Linganore Dance Team adds to Linganore High School?
4. What are your best qualities?
5. In what ways do you feel you could add to our team?
6. Is there anything we should know in judging your audition performance?

LHS POM-N-DANCE TEAM

STUDENT/PARENT AGREEMENT

TO

TEAM CONTRACT and GUIDELINES

STUDENT SECTION

I have read and understand the LHS Pom-n-Dance Team Contract and Guidelines and the responsibility of being a team member. My signature below signifies that I agree to abide by all team guidelines as well as the Linganore High School and Frederick County School System Code of Conduct. I understand that it is an honor and a privilege to be a member of the team and I will represent the team and LHS in a positive manner at all times.

I agree to abide by these regulations if I am selected to the LHS Pom-n-Dance Team.

Print Full Student Name

Date

Student Signature

PARENT/GUARDIAN SECTION

I have read and understand the LHS Pom-n-Dance Team Contract and Guidelines. I have discussed the requirements, responsibilities, financial commitment, and rules with my student. With this understanding, I give my student permission to participate on the team.

I agree to support and uphold the Contract provisions and Guidelines if my student is selected as a member of the LHS Pom-n-Dance Team.

Print Full Parent/Guardian Name

Date

Parent/Guardian Signature

Teacher Evaluation

Pom-N-Dance

Team Candidate _____ Captain/Officer _____

Teacher _____ Class _____

Student: Please complete the top section of this form. Also, indicate with a check mark if you plan to tryout for either a captain or officer position.

Teachers: Please fill out the information as thoroughly as possible. Your information will be taken into consideration during the upcoming Pom-N-Dance Team tryouts. After completing the form, please put in my mailbox or send through the courier to: Michelle Richardson, Pom-N-Dance Team Advisor, Linganore High School by May 10th 2010. Thank you so much for your time and effort!

Please rate the student on a scale from 0 - 5 (5 being the highest) on the following:

1. Attendance/Punctuality	0	1	2	3	4	5
2. Respect of Authority	0	1	2	3	4	5
3. Respect of Peers	0	1	2	3	4	5
4. Effort/Quality of Work	0	1	2	3	4	5
5. Honesty and Integrity	0	1	2	3	4	5
6. Willingness to Work in a Group	0	1	2	3	4	5

Total Points = _____

Comments:

Teacher Signature _____ **Date** _____

Teacher Evaluation

Pom-N-Dance

Team Candidate _____ Captain/Officer _____

Teacher _____ Class _____

Student: Please complete the top section of this form. Also, indicate with a check mark if you plan to tryout for either a captain or officer position.

Teachers: Please fill out the information as thoroughly as possible. Your information will be taken into consideration during the upcoming Pom-N-Dance Team tryouts. After completing the form, please put in my mailbox or send through the courier to: Michelle Richardson, Pom-N-Dance Team Advisor, Linganore High School by May 10th 2010. Thank you so much for your time and effort!

Please rate the student on a scale from 0 - 5 (5 being the highest) on the following:

1. Attendance/Punctuality	0	1	2	3	4	5
2. Respect of Authority	0	1	2	3	4	5
3. Respect of Peers	0	1	2	3	4	5
4. Effort/Quality of Work	0	1	2	3	4	5
5. Honesty and Integrity	0	1	2	3	4	5
6. Willingness to Work in a Group	0	1	2	3	4	5

Total Points = _____

Comments:

Teacher Signature _____ **Date** _____

Teacher Evaluation

Pom-N-Dance

Team Candidate _____ Captain/Officer _____

Teacher _____ Class _____

Student: Please complete the top section of this form. Also, indicate with a check mark if you plan to tryout for either a captain or officer position.

Teachers: Please fill out the information as thoroughly as possible. Your information will be taken into consideration during the upcoming Pom-N-Dance Team tryouts. After completing the form, please put in my mailbox or send through the courier to: Michelle Richardson, Pom-N-Dance Team Advisor, Linganore High School by May 10th 2010. Thank you so much for your time and effort!

Please rate the student on a scale from 0 - 5 (5 being the highest) on the following:

1. Attendance/Punctuality	0	1	2	3	4	5
2. Respect of Authority	0	1	2	3	4	5
3. Respect of Peers	0	1	2	3	4	5
4. Effort/Quality of Work	0	1	2	3	4	5
5. Honesty and Integrity	0	1	2	3	4	5
6. Willingness to Work in a Group	0	1	2	3	4	5

Total Points = _____

Comments:

Teacher Signature _____ **Date** _____

Linganore High School Pom and Dance Team

Student Information Sheet

Please Complete the following information

Students Name:		Grade for 2010-2011 School Year:	
Birthday:			
Address:	City:	State:	Zip Code:
Students Cell Number			
Email Address			

Guardian's Name:		Phone #:
Email:		
Guardian's Name:		Phone #:
Email:		
Emergency Contact Name:		Phone #:
Email:		

Allergies or other health information as necessary

Student Check Off

The following items should be turned in no later than the second day of tryout clinic:

- _____ **Student information Sheet**
- _____ **Teacher Recommendation Forms**
- _____ **Current print out of grades from Pinnacle**
- _____ **Season Commitment**
- _____ **Parent/Student Agreement form**
- _____ **Written Audition Interview**

The following is needed by the start of the school year:

- _____ **Physical**



ANY QUESTIONS
PLEASE CONTACT MICHELLE RICHARDSON @
Paula.richardson@fcps.org

Or
240-566-9650

Dear Prospective Pom Member,

I am so pleased that you are interested in trying out for the Pom Squad for the 2010-2011 season. Please read all the information in this packet carefully so you will be prepared for the tryout process. All tryout clinics will begin promptly. **ALL CLINICS ARE MANDATORY!!!! Please contact Coach Richardson prior to tryouts if you must miss a day or portion for an emergency. Tryouts will be held on the following dates and times:**

Pre-tryout Clinic

Saturday, May 8th, Gym 9-12 AM

Monday, May 10th Gym 5-7 PM

Tuesday, May 11th Gym 5-7 PM

Tryouts

Saturday, May 15th Gym 1-4 PM

Please Remember:

- Wear a white top and a dark bottom for the clinics and tryouts. No Loose fitting clothes! Wear dance shoes if you have them or a smooth-soled shoe (no grip)
- Hair should be pulled back. Appearance counts!!
- No Jewelry
- No Gum
- No Cell Phones

YOUR COMPOSITE SCORE WILL CONSIST OF THE FOLLOWING ELEMENTS:

Attendance at the clinics	Switch leap
Knowledge of the routine	Scorpion
Precision	Donkey Kick
Splits (Right and Left)	Heal Extension
Leaps (Right and Left)	Double Russian
Pirouettes (Single/Double)	Overall skill, enthusiasm and personality
Toe Touch	Teacher Recommendations

The following may be done for bonus points:

Fouettes	C Jumps
Axels	Other
Illusions	