



Concordia University Dance Team Handbook 2009-2010

INTRODUCTION

This document is intended to inform dance team members of various policies and expectations of the Concordia University Dance Team program. In all policy and program matter, participants in the program shall first be good, law abiding citizens of their country, state, city and university, and secondly, shall be exemplary representatives of Concordia University. These policies are as follows:

I. PHILOSOPHY AND OBJECTIVES

The CU Dance Team program is a *student activity*. As a student activity, is to support and not compromise the student's academic career. Specifically, the program is a means of improving the student's mental and physical well being. The primary purpose of the dancer is to be a member of the team, which has as its goal the support of intercollegiate athletics and Concordia University. That support is directed into three fundamental purposes: (1) participating in dance routines which keep the crowd's attention/direction focused on the field/court where the intercollegiate activity is taking place and for entertainment and competitive purposes to create an atmosphere of enthusiasm and excitement at sporting events, thereby increasing attendance and raising the level of fan support; (2) to monitor the game diluting any potential controversy with appropriate crowd control psychology; (3) to serve as public relations ambassadors of intercollegiate athletics and Concordia University; to uphold, hold, reflect, and project the goals and ideals of the University; to appear at University activities, functions, and programs.

II. ORGANIZATION STRUCTURE

The CU Dance Team is comprised of student members. The team is chosen at the spring and winter tryouts. CU Dance Team members primarily perform sidelines routines and cheers during football season; and longer one-minute dance routines, sidelines dances, and cheers at basketball games.

III. ALCOHOLIC BEVERAGES

As stated earlier, dancers are expected to be law abiding citizens of the nation, state, and city. This expectation is foremost when it comes to alcoholic beverages. Dancers are reminded that as highly visible members of the University community, their actions and behavior are under constant observation. Absolutely when in uniform, but also while not in uniform, CU dancers are known, subject to scrutiny, and can easily be the object of criticism for their behavior and actions; in particular, for indulging or for over-indulging in alcoholic beverages.

The Concordia University Dance Team members shall adhere to the following rules:

- Dancers shall not consume alcoholic beverages before or during a game or practice;
- Dancers shall not offer to procure for or attempt to coerce dancers who are under 21 or who do not want to drink alcoholic beverages into doing the same;
- Dancers who violate these rules shall be subject to serious disciplinary measures up to and including immediate dismissal from the team.
- In addition, University officials shall not purchase or furnish alcoholic beverages for dancers at any University event/function.

In summary, dancers are expected to be good citizens and therefore, carefully and faithfully abide by University rules and regulations and the laws and ordinances of the city and state in which they live or travel.



IV. DRUGS

Concordia University is committed to providing a safe and healthy environment for the Dance Team program. Thus, conduct which involves the unlawful possession, use, dispensation, or manufacture of controlled substances by a dancer while on the team or at any official Dance Team function, shall result in the immediate termination from the CU Dance Team program. Similarly, the unlawful possession, use, dispensation, and manufacture of controlled substances by a dancer at any other time shall result in appropriate discipline, up to and including termination from the program. Any action for such a violation outside of Dance Team functions/activities shall be with consideration to the potential embarrassment or negative reflection on the dance program and/or the University. The legal use of prescribed medications under the direction of a personal licensed physician is permitted.

V. MEMBER SELECTION PROCESS

The Concordia University Dance Team will host a tryout session each spring and winter to assess the skills, abilities, and potential of interested and qualified candidates for one of the available positions. Returning members of the team are not exempt from the tryouts, nor guaranteed a spot on the team. Returning dancers must re-secure their position for the following season by trying out alongside other prospective team members. Returning dancers are assessed not only on the minimum qualifying criteria (as listed below), but also on performance throughout the previous season, dedication, attitude, progress and improvement of skills, and overall sportsmanship.

Tryouts are intended to be a low stress event and its' primary focus is to showcase a candidate's technical abilities, showmanship, talents, and ability to "blend" with current and prospective teammates' dancing styles. A short interview with the candidate may be conducted at anytime during the tryout, and multiple cuts/eliminations may be made throughout the tryout as seen fit by the coach. Actual attendance by the candidate at the tryout session is highly recommended, however persons who cannot attend the tryout session may submit a videotape for consideration.

Minimum Qualifications for Tryouts

Persons who wish to try out for the Concordia University Dance Team must meet the following minimum qualifications:

1. Maintain an overall GPA of 2.5 or above
2. Enrolled as a student at Concordia University
3. Not be on disciplinary probation
4. Have sufficient physical fitness, strength, and athletic skills to perform dance skills described below
5. Have health/hospitalization insurance information and clearance from athletic trainer

Skills Criteria

- Single, double, triple pirouettes
- Series of three fouette turns
- Gran jete (right and left)
- Center leap
- Switch leap
- Toe Touch
- Series of 10 high kicks
- Performance of 7/8 eight-count routine (taught at the tryout)



Appearance Criteria

Appearance will be considered at all times during the tryout. Candidates should wear comfortable and appropriate dancewear while keeping in mind you are trying out for an important position representing Concordia University. Any dance-type footwear is acceptable. We are looking for athletic females and males with a great attitude and work ethic. Please look “game ready” at tryouts. This includes natural makeup and hair half-up or secured in a headband. No chewing gum please. Tattoos and piercings must not be visible.

Other Criteria

- Strong leadership qualities
- Charismatic presence/personality
- Confidence
- Independence
- Spirit/Enthusiasm
- Showmanship

VI. SCHOOL YEAR COMMITMENT

Mandatory Pre-Season Practices

All Dancers will be required to be on time and participate at pre-season practices. August practices will be held. Optional pre-housing information can be obtained by contacting the Concordia University Housing Department.

Mandatory Practice Times

All Dancers will be on time and practice throughout the year. Weight room or technical training times will be given out for the Fall Semester. Each dancer will be required to lift/workout according to the strength and conditioning program for a minimum of one time weekly. These workouts will be recorded and should last no longer than 1 hour each. Practice facility for the fall TBD. An occasional practice may be scheduled.

- *DO NOT register for classed during these time periods. Your practices are mandatory. If professors schedule tests during practice time, we ask that you plan ahead and attempt to work out alternate test times with your specific professor.*

Games

All dancers are required to be at every game for the sport you are scheduled for regardless of when the game is scheduled. There will not be any picking and choosing of games. Do not plan on leaving school early for Thanksgiving break, winter and spring break. You may also be required to return to Concordia early from breaks and/or winter break depending on game/practice schedules. All Football and Basketball players show up; therefore, you, too, will show up. Please be aware of this requirement prior to trying out. Again, professor’s schedule tests outside of class times, and the tests may come in conflict with games. We ask you to plan ahead and attempt to work out alternative times with your professors.

CU Dance Team Program Costs

- Black Dance Bootie Shoes: approx. \$40
- Tan Tights: approx. \$20
- Clean Tennis Shoes (preferably an athletic or running shoe): \$ 60
- Sweatshirts: \$50

Each dancer will receive from the University a warm-up suit, travel bag, dance pants, costume tops, and pom poms. We make every attempt to keep cost down. Please DO NOT let personal costs weigh in your decision to try out for the Dance Team. We understand some individuals may not be able to afford all expenses. A fundraiser may be offered to offset individual costs to help those needing financial assistance.



Academic Commitment

All dancers will be required to maintain an overall GPA of 2.5 or above. Upon review at the end of each semester, students falling below a 2.5 will be required to seek academic counsel and could be placed on temporary team suspension.

- *Students participating on the dance team are eligible for Physical Education credit.*

Athletic Appeal

If a student is dismissed from the program for any reason, he/she may request an athletic appeal consisting of:

1. A written grievance from the student submitted to the Head Coach.
2. A meeting between the student, Coach, and Athletic Director.
3. If further resolution is required, the student will submit written documentation to the Athletic Director. The coach will also provide a written assessment to the Athletic Director documenting the decision that resulted in the termination from the team.
4. The final decision regarding the status of the spirit squad member will be the sole responsibility of the Athletic Director.

VII. INJURIES/ILLNESS

Any illness or injury shall be reported to the coach and trainer immediately! If an injury or illness incapacitates a team member, she shall not be permitted to practice and perform for a period of time as determined by the CU trainer or doctor. In some situations, the Coach may require an injured athlete to attend certain practices for observation/communication purposes only. Generally, another member shall replace an injured/ill member of the team until she is fully recovered. If a doctor recommends that a team member no longer dance due to an injury or health problem, the team member shall be removed from the team. If chronic illness or injury causes a team member to miss games or practices repeatedly, the dancer may be removed from the team.

VIII. HEALTH, LIFE-STYLE, AND NUTRITION

The Concordia University Dance Team Program is committed to promoting and fostering healthy lifestyles and eating habits for all team members. Conduct which opposes this philosophy and/or conduct which poses unacceptable risk and disregard for health, safety, and welfare of participants is violation of this policy and will result in appropriate counseling recommendations. We DO NOT support height/weight requirements. All dancers must maintain the appropriate physique in order to participate safely in all aspects of dancing.

CLOSING

Anyone selected to the CU Dance Team Program is expected to be a leader among the University student body. Involvement in the program makes that individual a highly visible Concordia University representative. We are seeking talented people wanting to continue their dance experience, who are healthy and fit, and who are committed to obtaining a college education at Concordia University.

I, _____ have read the above information and will comply and abide to the Concordia University, Dance Team, and Athletic Department rules and regulations.

Student Athlete Signature

Date