



Sheldon Colleens Middle School Dance Team

Head Coach, Hillary McClintick. PH: 541-337-3367 EM: nextstepdance@comcast.net WEB: www.sheldoncolleens.com

~ Winter 2020 ~

DATE/TIME:

Tuesdays
4:00 – 5:00 PM

LOCATION:

Sheldon High School Dance Room
Park, drop-off, and pick up in the back of the building closest to the dumpsters!

DURATION:

Season: Tuesday, January 6, 2020 – Tuesday, March 17, 2020

COST:

- \$170 for the season (11 weeks, 2+ performances, and costume: shoes, tights, and costume)
- Cash and Check accepted. Checks are made out to “Sheldon Colleens”
- Payment is due at the first practice.
 - Please email the coach for a payment plan (\$100 due Jan 7th, \$70 due Feb 11th)
- All dancers are enthusiastically requested to be present for team pictures on February 22nd
 - Picture packages will be provided.
 - Selecting to purchase team and individual pictures is optional.

REGISTRATION FOR FALL:

Please register to dance this Winter!

www.nextstepdancestudio.net/sheldon-colleens

DRESS CODE:

- Dancers are asked to come to class in *modest dance attire showing no under garments or bare midriffs*.
- All clothing must be appropriate for families of all ages.
- Please wear black athletic clothing (leggings and tank top for example)
- Dance shoes, socks, or bare feet only in the dance room
- Bring a water bottle (please do not share with others)
- Hair in a ponytail or braid
- Extremely minimal jewelry

GENERAL RULES:

- No Street Shoes on the dance floor
- No “street” wear or denim jeans, no skirts, etc.
- Loose shorts require spandex shorts or tights underneath
- Sagging pants or shorts will not be allowed
- Shirts should not show chest or stomach
- No chest, belly, or booty showing at anytime.
- No gum, no drink, no food. Water only.

Sheldon Middle School Dance Team Expectations:

- Dancers will warm-up/condition, stretch, learn, and practice technical skills.
- Dancers will learn a performance routine for the Fall season.
- The team will perform at local showcases and community events.
- Dancers should have a focused and mature mind-set.
- Parents and dancers need to be willing to adhere to the expectations to participate on this team.
- The expectations are as follows:
 - Attendance: Dancers are expected to attend practice each week with as minimal absences as possible.
 - Focus: Dancers are expected to listen and work hard during practice. No side talking, goofing off, disrespect, laziness or poor attitude. Etc.
 - Dancers will be taught proper stretching and warm-up activities, which they will engage in each week and be expected to do at home at least three other days per week on their own. Dancers are expected to display improvement in flexibility throughout the season.
 - Dancers will be working on technical ballet and jazz skills including a variety of kicks, leaps, turns and combination tricks.
 - Dancers are taught hand, foot, leg and arm motions; they are expected to know these positions ASAP.
 - ***Dancers will be learning choreography each week, and thus, each dancer is expected to practice at home to memorize the choreography and improve her ability to execute it accurately. A practice video will be provided.***

CONSTITUTION

This Constitution has been written and adopted for Sheldon Colleens Middle School Dance Team.

I. Organization

1. The purpose of the team is to:
 - a. Develop dance skill
 - b. Create a connection to one's community, meet new people, and perform.
 - c. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character.
 - d. Teach teamwork and pride in a quality performance as a student and an athlete through maintaining and enforcing high standards.

II. Eligibility

1. Each member must be in regular attendance in order to perform.
2. Each member must demonstrate knowledge of the routine in order to perform.
3. Each member's behavior must be in good standing with the coaching staff and other team members.
4. The dancer will be dismissed from the team upon the third occurrence of non-compliance with the attendance or behavior requirements.

III. Dancer Expectations and Strikes

Dancers will be expected to maintain the following:

1. Team members should be leaders within the school and set a good example at all times.
2. Each member must abide by the standards set by his/her school.
3. Each member must put forth his/her best effort and attitude at all practices, performances, fundraisers and competitions. No team member is exempt from clean-up, team enthusiasm, or team participation.
4. Each member must be respectful to the coaches, team leaders, administration, school faculty, parents, student body, members of other teams, members of other schools, and he/she must be a credit to the school.
5. Each team member must be aware that if a coach has to speak with him/her or reprimand him/her for inappropriate behavior, including poor attitude, disrespect, etc. more than three times, that team member will be dismissed from the team.
 - a. Three strikes and you are dismissed from the team.
 - b. The coach will determine which action to take each time she determines that disciplinary action is necessary.
 - c. A parent will always be contacted regarding any disciplinary action.

IV. Attendance

All students who participate in school activities must be in regular full-day attendance the day the activity is scheduled. (Your school determines full day attendance.)

2. A team member may be pulled from or replaced by another member for a performance if she misses too many practices.
3. Please contact the coach immediately upon knowledge of a future missed practice, performance, fundraiser, competition, etc.
 - a. This can be done via text, phone call, or email to the head coach.
4. The coach may excuse a tardy or absence at her own discretion.

V. Supervision

All students involved in dance team will be supervised during scheduled times only.

- Supervision begins when the scheduled activity begins (practice, fundraiser, performance, etc.) and ends when the scheduled activity ends.
- Parents are responsible for their dancer before the scheduled activity begins and directly after the scheduled activity ends.
- The coaches are not available to supervise your dancer before or after a practice or event – even if you are late to pick them up or you need to drop them off early. Please make arrangements. We encourage you to meet parents of other dancers to arrange carpool and supervision needs.

Practices:

- Supervision is from the beginning of practice until the end of practice – as listed on the calendar. Students who arrive early or stay late are not supervised during this time.

Performances:

- Event specific information will be given for each performance. Information will be sent via email, and hard copies can be available upon request. Often final information is not provided by locations until the week of, so please be patient; I will send it out as soon as I am able.
- Dancers will meet – performance ready – at a specified location and time. We will then stretch, run through the routine, and perform. Dancers will be dismissed at the end of a brief team meeting directly after they perform. The amount of time dancers are under coaches' supervision is very minimal at each performance. For this reason, parents are highly encouraged to attend each performance with their dancer.

VI. Uniform

Each member is responsible for the purchase and maintenance of all team-wear.

1. Each member is expected to provide practice uniforms.
 - a. Practice uniforms consist of clothing that is non-restricting and form fitting. Athletic wear/dance wear must be worn at each practice. This is not a fashion show! Jewelry must be kept to a minimum and removed upon the coach's request.
 - b. No gum or food please
 - c. Please use the restroom before practice!
 - d. Dance shoes and/or athletic shoes without tread are required.
 - i. Dancers who are not dressed appropriately will not be allowed to participate at practice.
2. Any serious hardships concerning appropriate practice gear should be discussed with the Coach.
3. Each member will be required to maintain good condition and cleanliness of her/his uniform on a weekly basis.
4. Performance shirts will be purchased for each dancer as part of the fee.
5. Dancers need to supply their own black leggings (no mesh, no holes, no slashes, no Capri, etc.)
6. Dancers need to supply their own dance shoes
 - a. Tan jazz shoes, black jazz shoes, or flexible sneakers.

VII. Dance Team Seasons/Fees

We appreciate your payments being on time! All checks must be made out to “Sheldon Colleens”.

- You may mail your check:
Sheldon HS
Attn: Sheldon Colleens
2455 Willakenzie Rd.
Eugene, OR 97401
- You may turn in your payment at dance practice. Please make sure your payment is in a clearly marked envelope.

Fees will be used to purchase team costuming, music, choreography, entrance fees, and as a fundraiser for the Sheldon High School Dance Team.

VIII. Parent Involvement

Parent involvement is encouraged in the following areas:

Support as a spectator:

- Please attend all your dancer’s performances!
- Take your dancer to the high school teams’ performances and competitions, so she/he can watch and learn.
- Take your dancer to other dance performances in the community/state.

Support through training:

- Pay for your dancer to take additional dance classes. Can’t pay? Inquire about scholarships or “work study” opportunities.

Support through fundraisers:

- Volunteer to run a fundraiser for the team.

Support by encouraging Positivity:

- A dancer will be removed from the team if his/her parent has made verbal or written negative and/or destructive talk or action against the team and/or coaches.

IX. Performance Schedule (Performances may be added or deleted from the schedule)

See calendar for performances

* Dates and times are subject to change. We have no control over performance and/or competitive events cancelled due to weather and/or school closure/event cancellations.

I have read and agree to conform to the Constitution for Sheldon Colleens Middle School Dance Team. I understand that non-compliance with any of the expectations may result in my dismissal from the program.

Dancer: _____ Date: _____

Parent/Legal Guardian: _____ Date: _____

Parent/Legal Guardian: _____ Date: _____



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JANUARY – FEBRUARY - MARCH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|----------------------|-----------|----------|--------|--------------------------------------|
| 5 | 6 | 7 4:00 – 5:00 PM | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 4:00 – 5:00 PM | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 4:00 – 5:00 PM | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 4:00 – 5:00 PM | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 4:00 – 5:00 PM | 5 | 6 | 7 | 8 Performance? |
| 9 | 10 | 11 4:00 – 5:00 PM | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 4:00 – 5:00 PM | 19 | 20 | 21 | 22 Performance @ Team Pictures |
| 23 | 24 | 25 4:00 – 5:00 PM | 26 | 27 | 28 | 29 |
| 1 | 2 | 3 4:00 – 5:00 PM | 4 | 5 | 6 | 7 Performance? |
| 8 | 9 | 10 4:00 – 5:00 PM | 11 | 12 | 13 | 14 Performance? |
| 15 | 16 | 17 4:00 – 5:00 PM | 18 | 19 | 20 | 21 |