

MK MODERN 2026 FQ CONTRACT

MK Modern Directors: *Ela Wang, Rosa Ostadrahimi, Gemmel Coloma*

Rehearsal Days for FQ '26

- Mondays, 8:30pm
- Thursdays, 9pm

NOTE: *Dates and location are subject to change. **Practices may extend past 12 am and/or extra practices may be added to the schedule depending on need.** Please stay up to date via GroupMe (i.e. Tentative Hell Week)*

CONGRATULATIONS on making MK Modern for 2026 Fall Quarter! Several expectations are required of you to make this quarter a very successful and enjoyable one! The following terms and conditions will be your responsibilities:

MK MODERN PRACTICE RULES

- **Tardiness / Attendance**
 - **All** dancers must be on the dance floor ready to stretch as soon as rehearsal begins
 - Rehearsals may / may not be added, **dependent** on the situation and how productive the team is every practice
 - **Missing Rehearsals:** absences from rehearsals will result in disciplinary action:
 - **YOU ARE RESPONSIBLE FOR CALLING / TEXTING THE DIRECTORS** a **minimum** of 3 hours prior to absence
 - **Excused Absences:** Excused absences are only due to sickness, mental health, or medical/personal emergencies. Missing practice for school work is NOT an excusable reason, as we are ALL college students having to balance school work. If you choose to miss practice due to school work, it will count as an unexcused absence.
 - **Tardiness / Leaving Early:** 3 late arrivals to rehearsal/leaving early without an excusable cause will equal 1 unexcused absence
 - 3 unexcused absences will result in a meeting with the directors to discuss potential removal from the team or other disciplinary action.
 - Please notify the directors for last minute tardy reasons
 - **Arriving late** may result in the whole team running laps before practice
 - NOTE: **COMMUNICATION IS KEY. Please be reasonable and honest with your excuses, the directors are empathetic and understanding!**
- **NO use of electronic devices with the exception of a device that's sole purpose is to play media files (e.g. set music, dance videos, etc.)**
 - Use of your phone is *allowed* during breaks and in the case of emergencies
 - Checking your notifications is *allowed*, but do not stay on your phone for extended amounts of time during rehearsal
 - Note that this privilege can be taken away at any time

STUDENT ETIQUETTE

- **Appropriate Communication/ Respecting Boundaries**
 - Although we are a college team, MK Modern is a professional, competitive dance team. All communication regarding MK Modern towards the directors should be communicated professionally in AND outside of practice.
 - If need be, all dancers are responsible for communicating **appropriate** issues and concerns that are within the directors' boundaries. Concerns regarding one's formation placement, the set's theme, a choreographer's song choice, etc. exceeds this boundary.

- Members should not communicate personal opinions regarding a director's decision on choreography, formation, vision, theme, costume, etc. or provide feedback that is derived from personal opinion and not objective concern.
- Appropriate communication involves:
 - Feelings/concerns surrounding other members' behaviors such as bullying, harassment, misgendering, belittling, etc.
 - Feelings/concerns surrounding mental health, especially in the Modern space
 - Any issues/concerns/feelings surrounding an unjust, triggering, or unsafe experience
- If there are any issues that you aren't sure is inappropriate or cross a boundary, ASK and communicate that with the directors. It is CRUCIAL that you communicate honestly so that we can help you.
- It is ALWAYS okay to ask for help and validation. We understand that rehearsals can sometimes feel stressful and isolating, so please reach out to the directors if you feel this way. This clause is in no way an attempt to silence you. It is simply here for the purpose of creating a clear boundary to ensure professionalism!
- **Respect During Rehearsal / All Dance Environments**
 - Be respectful when a director, guest choreographer, or set choreographer is teaching.
 - Keep talking to a minimum and ask questions respectfully.
 - Don't be afraid to say thank you to those who are teaching/ set building/ or pouring work and energy into you.

GENERAL CONDUCT IN DANCE ENVIRONMENTS

- Stay hungry and always keep a growth mindset
- MK Modern is a competitive team but we are NOT a mean, discouraging, unkind, or problematic team.
- MK Modern does NOT tolerate talking negatively about other members on the team, especially DURING rehearsal.
- MK Modern does NOT tolerate talking negatively about other members of the Davis community, members of competition communities, etc. Monitor the way that you talk about others during auditions, workshops, competitions, etc.
- NO vaping or smoking allowed DURING practice.
- The places we use to rehearse are not just Modern's space as they are shared by students and other dance organizations
- **BE RESPECTFUL of the space and clean up after yourselves**
- Keep the area clean
 - Throw away your own trash and pick up after yourselves and each other
 - If you are bringing food, PLEASE BE EXTREMELY CAREFUL
 - Please clean up after your own spills and help each other out
- If you forget anything, ask any director as we will do our best to do last minute sweeps of rehearsal area

MK MODERN BEHAVIORAL RESPONSIBILITIES

- **You** are responsible for attending all practices
- **You** are responsible for your own growth; you will receive from this team what you put into it. Be proactive: ask questions, take class outside of our own organization, take class outside of Davis, etc.
- **You** are responsible for consciously conducting yourself and representing MK Modern in and outside of practices in a respectable manner
 - As a member of a team, you represent something larger than yourself. Your actions have consequences that will affect the team as a whole, which will inevitably affect the individuals within the team
 - THIS INCLUDES COMPETITION SETTINGS

- Respect yourself, your directors, your fellow dancers, as well as other members of the Davis dance community
- **You** are responsible for keeping what occurs in relation to the progression of our set(s) a secret. This includes the contents of our GroupMe messages as well as the videos on our YouTube channel.
 - For videos of choreo assignments or unpublicized performances, ask first before posting
- **You** are responsible for making decisions with the best interest of the team in mind
 - Although we all have ourselves to worry about, do your best to work hard, encourage your teammates, be optimistic, etc.
 - Practice is **NOT** a burden. It is a place to destress, connect with the team, and be immersed in a positive environment.
 - Your mental state **will** affect the people around you. Do not use this space to project negatively onto others, use this space to confide in others, be honest, vulnerable, and kind.
- **You** are encouraged to participate and advertise fundraisers/performances for MK Modern
- **You** are encouraged to attend as many socials as you can to get to know your team and grow together as a family!

MK MODERN ZERO-TOLERANCE POLICY

- We are a team that emphasizes the importance of the **physical and mental safety/well-being** of each individual member both inside and outside of the dance setting.
 - As stated in our Behavioral Responsibilities clause, how you conduct yourself outside of Modern affects our team as a whole. Be self-aware, open-minded, humble, and respectful to people, especially within our dance community.
 - Before we are dancers, we are human, and therefore it is expected that we treat each other how we ourselves want to be treated.
- We do not tolerate **any form of discrimination or inappropriate conduct within the spaces that we occupy**. This includes homophobia, transphobia, sexism, verbal/physical/sexual harassment, racism, xenophobia, religious discrimination, etc.
- You are responsible for reporting any incidents that fall within those categories above, including any criminal offenses or behavior that is committed by/to any of our team members so that the directors can handle the situation accordingly.
- You are expected to treat every single member on this team with respect, patience, and understanding. Our dance space needs to be a safe environment for people to learn and grow, and we do not tolerate any behavior that will demoralize/stop them from doing so.
- By signing this contract, you agree to follow our zero-tolerance policy both **in and out** of our team. You are also aware that by signing, you pledge that you do not have a history of conducting any behavior that falls within our zero-tolerance policy and will continue to do so.

MK MODERN 'DOUBLE TEAM' POLICY

- You are allowed to be members in other dance groups (inclusive of exhibition projects) if you adhere to the following rules and responsibilities:
 - **You are NOT allowed to perform/compete with another group of dancers IF it conflicts with MK Modern** (i.e. if MK Modern is scheduled to perform at 10am at the quad and the other dance group performs at the same time but at the pavilion, **by signing the contract you agree to prioritize Modern**)
 - This also means that if you anticipate for your performance or event to cut into rehearsal time due to commute, event time, etc, you are expected to prioritize Modern.

- **You are NOT allowed to join another team IF their practice times conflicts with MK Modern**
- You are responsible for communicating when your other organization(s) practices are to the directors
- **Performing with other teams in a competition against MK Modern is NOT allowed**
- You may not disclose anything discussed during practices and on any of our private Facebook pages or Youtube channel
 - This also includes the prohibition of sharing our online accounts (and contents of) with anyone outside of the current team
- Give 100% when you're at MK Modern practice. Your participation in other teams should not affect your participation in MK Modern

MK MODERN FINANCIAL TERMS

- **You** are responsible for paying a due of \$40 for this entire season
 - **IT WILL BE DUE THE SECOND PRACTICE OF THIS QUARTER (MON 10/5)**
 - Please give this money to Rosa or Ela.
 - If you cannot pay by the designated date, please talk to any of the directors so that we can discuss a payment plan.
 - Venmo (@rosaorahimi)/Zelle (6614811562) are accepted!
 - NOTE: 100% of the money from fundraisers and dues are used for the team (i.e. bringing outside choreographers, retreat, competition fees, etc.)

INVOLVEMENT WITH MGA KAPATID

- **BRIEF HISTORY OF MGA KAPATID AND MK MODERN:**

Mga Kapatid, which means My Brothers and Sisters in Tagalog, has a purpose as an organization of UC Davis to provide personal, social, cultural, and academic support to spread consciousness of relevant issues and to support the purposes and activities of the Pilipinx American community. Although it pertains to the Filipinx community, any and all who are of interest are welcome to join the MK family no matter what race/gender/ethnicity/sex/religion one identifies as.

MK Modern began when a group of students, who were involved in Mga Kapatid's Annual Pilipino Culture Night, decided to pursue their passion for modern dance and take it to the next level. These students go by the name of CJ Eustaquio, Vincent Hutalla, and Shirley Nicdao. Together they worked with FilAm to find a safe space to dance and celebrate community.

MK MODERN 2026 FQ AGREEMENT

I, _____, have read the rules, guidelines, and conditions stated above thoroughly and fully understand my responsibilities as a dancer for MK Modern. I acknowledge that failing to adhere to the circumstances provided may result in my loss of position as a member of the team.

Dancer Signature

Date

Print Name