



Central Valley High School Dance Team Contract

2025-2026

Team Expectations

These expectations and guidelines are intended to inform dancers, parents/guardians, and other relevant parties of various policies and rules regarding the expectations of the Central Valley High School Dance Team. In all aspects, members shall first be professional, law-abiding citizens and exemplary representatives of the school and the Greater Spokane League. Dance Team is a sport where we work to promote school spirit and help bring our community together. Participation in any sport is a privilege, and adherence to the Dance Team and CVHS rules is vital to the success of the team. Participation in the Dance Team may be revoked at any time during the season by the Coach or Administrator when a team member violates rules or regulations.

General Expectation and Conduct

- All members of the CV Dance Team must follow all CVSD and CVHS protocols, expectations, and guidelines. **Please attend the parent meeting in the Winter for general winter sports information.**
- All members must demonstrate strong work ethic and dedication to this program in order to remain on the team.
- As a member of the Dance Team, you are under constant scrutiny by your peers, teachers, and spectators; you are expected to display exemplary behavior during school, practices, games, traveling, and on social media. Excessive public affection with significant other at school and/or games is inappropriate; remain professional.
- Promote good sportsmanship at all times with how you interact with each other, peers, and the public.
- Violation of rules and regulations of our team and CVHS are grounds for discipline, removal from performance, suspension, and up to removal from the team. The Head Coach and/or Athletic Director has the final decision on discipline. This includes:
 - Consumption of alcohol, drugs, tobacco, or vaping
 - Failure to leave a party, function, or location where substances named above are present and being consumed illegally
 - Bullying/Intimidation/Harassment
 - Excessive absences both at school and at practice
 - Failure to be present at practices and competitions when scheduled
 - Extreme disrespect to coach, teammates, or faculty made by member or parent/guardian
 - Posting inappropriate pictures, videos, etc. on social media
- We will follow our district's Pride and Honor Code: [PrideHonorActivitiesCode 2024.cdr \(edl.io\)](https://pridehonoractivitiescode2024.cdr.edl.io)
- As a member of the team, you are ALWAYS representing Central Valley. Please make good decisions and be kind!
- Every member is expected to join and frequently check the Band app. This is how the coaches will primarily communicate with the team!
- Lettering in Dance Team is at the sole discretion of the coach and all decisions are final and not up for negotiations or appeal. Please refer to Lettering Standards provided by the coach.
- Keep your language clean! Do not make statements or jokes that can be considered offensive to others including religious subjects, racial slurs, gender and sexual preference, body image, or political stance.
- Members must maintain regular attendance in ALL classes.

- All FinalForms information must be up-to-date and accurate information in order to be eligible.

Attendance

- Each member is expected to attend every practice on time. If you repeatedly miss practices, you will meet with the coaches and may be put on a contract and/or removed from performance(s).
- If you miss the practice prior to a performance, you may be removed from the performance.
- Any unexcused absences are taken seriously - if you do not communicate with Coach Rogers/Cas PRIOR to practice (at least 24 hours) you are subject to being removed from the next performance.
- Practices may only be excused directly to the coaches - you must include both coaches in your message.
- Being excused from school does not automatically excuse you from practice.
- If you come unprepared for practice (not in the right attire, proper gear, equipment, shoes, etc - you will either be sent home or told to sit out and will be considered unexcused.
- Jobs, drivers ed, and other miscellaneous activities are not a valid excuse to miss practices, games, or competitions. Our dance calendar will be updated regularly and you are expected to plan around practices and performances.
- Attendance will be taken on FinalForms and parent/guardians will be notified immediately if the dancer is unexcused.

Safety

- Each team member must have an updated physical in order to participate in practice. It is for your safety!
- As a physical sport, Dance Team is considered high risk. Proper warm ups, cool downs and adequate strength/flexibility training will be a daily part of the injury prevention process.
- NEVER attempt a "cool trick" you have seen on the internet without proper progressions taught by coaches.
- Any members who become injured will be seen by our CV Athletic Trainer Lexie Elwell and must go through proper clearance to return to play. Any member who fails to get injuries treated will not be able to practice or compete.
- Never stunt or tumble without coach supervision. Failure to follow this rule may result in removal from the team.
- No jewelry or piercings at competitions or practices (WIAA Dance Rules and Regulations)
- NO gum, at practices nor competitions
- Nails need to be cut sport length during competition season, not exceeding your fingertips. Nails out of regulation are dangerous and will result in the member sitting out of practice or the competition. Nails also need to be completely bare.

Fees, Costumes, Gear

- Each member is expected to pay their fees; financial assistance is available, please work with the Business office as the coach is not responsible for covering fees. Included is their costume (dance costume, hip hop costume, tights, shoes), hair accessories, supplies for competitions).
- Each member is required to purchase/use their **own** liquid foundation, eyeshadow, eyelashes, and brushes for sanitary reasons. Please let me know if you need assistance with this.
- Each member will receive a warm-up jacket and practice shirt/tank.
- You are responsible for cleaning your costumes and keeping them intact. Please do not allow others to wear your costumes or team gear. You are responsible for replacing any costume pieces that become damaged.

- The 2025-2026 season estimated cost is \$250 (there may be additional costs for makeup/hair products, camp t shirt, team gear, etc.) and:
 - ASB GSL card
 - Team black leggings
 - Team shoes
 - Tights
 - Jazz shoes
- The following costumes/gear that dance team members must be checked out and returned at the end of the season; if you fail to return them at the end of the season, the full price of the item will be charged directly to your ASB Account:
 - Warm-up jackets
 - Team backpacks
 - Pom costumes
 - Hip Hop pants
 - Practice poms
 - Garment bag

Practices :TUESDAY/THURSDAY 3:45-5:30, Saturdays TBA

- As a member of the CV Dance Team, you are expected to attend and be on time to every practice. If you become ill or have a conflict, it must be approved with the coach prior to practice. **See conflict agreement.** Approve via Band app.
- If an athlete fails to show up to practice within the first 10 minutes, and no contact has been made directly with the coach, the student will be marked 'Unexcused' on FinalForms. Repeatedly failing to communicate with the Coach Rogers/Cas and showing up late or missing practices may result in removal from the team.
- Repeatedly showing up late to practice **3 times** will result in a conversation with the coach to come up with strategies to get the athlete to practice on time. If repeated tardiness continues, this will result in disciplinary action and possible dismissal from the team.
- Every practice is a closed practice. No family, friends, or guests are allowed at any time.
- Cell phone use is prohibited during practice time unless you need to contact home for transportation or an emergency.
- For your safety and as a WIAA guideline: hair secured, no jewelry, no piercings, and no gum at any time.
- Practices during the Fall and Winter will vary depending on availability between the Main Gym/Fieldhouse, Wrestling Room, Weight Room, and Gymnastics Room.
- You are not to leave the practice area for any reason unless you tell the coach. They are responsible for your safety.
- Every member in DANCE OR POM needs either shorts/tights OR leggings and dance shoes. Every member in HIP-HOP needs sweats/joggers and tennis shoes to practice in.
- Every member must wear CV dance or dark colored CV gear to every practice.
- You are not to ride with a Coach or Volunteer coach to or from practices, games, or performances.

Competitions

- No guests, family members, or friends are allowed in our ready room or on-deck at any time **unless** they are actively helping (hair, makeup, costumes, supplies, etc.)
- If a member misses a practice during competition week **and** fails to learn choreography while they are absent, it is up to the coaches discretion if they are able to compete that Saturday.

- If a member misses a practice during competition week marked Unexcused, they are subject to being removed from the competition.
- Sportsmanship is the most important thing at competitions. You are expected to be kind, considerate, and supportive to ALL other teams! Any member who uses foul language during competitions or practices will sit out for the remainder of the practice or competition.
- Athletes may not drive to competitions. A school bus will provide transportation between CV and the hosting school. Athletes need to find their own transportation to camps and practices.
- All athletes must be to CV at the scheduled time on competition day. Failure to arrive to practice the day of competition will result in removal from the competition routine.

December 13 Ferris

January 17 Rogers

January 31 West Valley

February 14th Ridgeline

February 28th Chiawana - tentative

March 7th Districts Pasco

March 27-29th State Competition

Time Commitment

- Dance Team is a large commitment of both time and energy.
- Our Fall practice schedule will be posted on Band. In the Winter competition season, we will increase practices to 3x/week. There will be occasional Saturday practices.
- Every practice is **required** unless the member is sick or there has been prior approval with the coach.
- Our fall season will consist of performing at halftime games and training for our Winter season. We will wear warm-up jackets during our performances.
- Competitions begin in December and will wrap up at the end of March at the state competition.
- If you are committed to multiple sports/activities, this is possible if there are **minimal** conflicts. You cannot be on the competition varsity routine if you have conflicts with our practices and/or performances and competitions.

Here is a list of year-long responsibilities and events that a Dance Team member will participate in. This is not a comprehensive list, it is only meant to give you an idea of what the commitment is:

SUMMER:

- Attend dance camp, learn choreography
- Skill building classes and conditioning practices
- Free Planet Fitness gym membership - HIGHLY recommended!
<https://www.planetfitness.com/summerpass/post-registration>

Varsity Lettering

- Athlete will receive a varsity letter only when:
 - Athlete attends and participates in all local and state competitions
 - Athlete maintains eligibility throughout our Winter competition season (November-March)
 - There are no violations of Team Expectations
 - Season ending injury: Letter earned if it is determined by coach that a letter would have been earned otherwise (this applies when injury happens AFTER their first competition performance)

- Coaches discretion for each situation based on number of competitions participated in and/or absences throughout the season
- If a dancer is unable to practice, perform, or compete, they will not receive a varsity letter for that season

Note to parents

As a dance team parent, I hold you to high standards. I ask that you remember that I am the coach and will make the decisions for the team. Having so many different dancers and families as part of our team, I understand that I will not always make decisions to your liking, but please know that I will always make decisions based on what is best for the entire team. There are certain things that I welcome you to approach me about (*attendance, needing assistance, volunteering to help at competitions, general questions*), and matters I ask that you do **not** (*your dancer's position in a form, discussing other team members, etc.*). I take each dancer's privacy seriously and will not discuss a dancer with another parent. Lastly, you are the backbone of this program and I appreciate you so much - I couldn't do this without you! 💙 Coach Rogers and Coach Cas

PLEASE RETURN ONLY THIS PAGE TO COACH

1. Team Expectations Agreement

I understand and agree to the Team Expectations for being a member of the Central Valley Dance Team.

_____	Date _____
CV Dance Team Member Printed Name	
_____	Date _____
CV Dance Team Member Signature	
_____	Date _____
CV Dance Team Parent/Guardian Signature	

2. Conflict and Attendance Agreement

One person being absent impacts the entire team. This policy is to help every member and the entire team to be successful.

- Jobs, drivers ed, parties, events, and other miscellaneous activities are not a valid excuse to miss practices or games. Any change in practice time or location will be communicated to families and members and there will be ample time to coordinate outside activities or appointments.
- Absences due to medical issues (sick, surgery) may be excused with a health care provider's note and/or parent confirmation.
- It is the responsibility of the student to contact the coach regarding attendance. It is unacceptable for another team member to notify the coach of your absence.

Please list every conflict you have for the 2025-2026 Dance Team Season:

I understand that any absences that are not listed above or cleared with the coach prior to the event will be considered unexcused and may impact my dancer's standing on the team. _____

Initials