Molalla Dance Team Rules, Regulations, & Expectations

Membership Requirements:

1. All members must pay their balance in order to perform/compete
2. All members are required to attend all practices & competitions.
3. All members are expected to refrain from drugs & alcohol; there is a zero tolerance policy. If a dancer is caught doing drugs or alcohol, they will be removed from the team.

Fundraisers:

1. The dance team could participate in 1-2 fundraisers. Participation in these fundraisers is MANDATORY.
2. All proceeds from fundraisers will go directly into the MYS dance team account.
3. Profits from fundraising may be used towards:
   
   Competition fees
   Costumes/Uniforms
   Other expenses
General Expectations:

1. Dancers must maintain a positive and encouraging attitude at all practices and events.
2. Proper appearance is required at all times, appropriate to the occasion.
3. No foul language or inappropriate gestures will be used at any time by any member of the dance team.
4. **Insubordination to the coaches or other authority figures is unacceptable and will not be tolerated.**
5. The use of alcohol or drugs of any kind is strictly prohibited and will be grounds for dismissal from the team.
6. The use of cell phones during practices is strictly prohibited unless in an emergency situation. All cell phones must be put on silent, or turned off, and must be kept in dancers bags during practice. Water and bathroom breaks are not cell phone breaks.

Attendance:

1. **ALL** practices and competitions are mandatory.
2. Tardiness includes being late as well as leaving early.
3. All dancers must be on time to scheduled practices, and events. Tardiness is defined as not in the facility and ready to dance five minutes prior to the scheduled start time.
4. If for any reason you are going to be absent, then you must email, text, or call your coach.
5. Attendance requirements pertain to practice, competition, and events.
6. Attendance is **VERY** important. Too many absents could result in a dancer to sit out part of or the entire dance during competitions.

**Practices:**

1. Dancers will wear the appropriate practice attire to each and every practice. All black is the best attire as it makes it easier for the coaches to see mistakes and help correct. Pajama pants and baggy clothing is **NOT** appropriate attire.
2. Hair must be pulled up and away from the face and should remain secure for the entire practice. Extra warm up clothing should be removed after the stretch and warm up period of practice.
3. No large jewelry, body piercings, or excessively long artificial nails is allowed.
4. No gum chewing or cell phone use is allowed.
5. No horsing around will be tolerated during practices. Focus is necessary to get things done in a timely manner.
6. **No friends** are allowed to come watch practice as we find this as a distraction. Parents are encouraged to come watch their dancer in practice. Siblings are welcomed as long as it does not become a distraction.
7. A positive and encouraging attitude is **expected** of all dancers at all practices.
8. Questions, comments, and general discussion should be kept to a minimum. Any questions or concerns should be discussed either before or after practice.
9. Be prepared to work! No excuses! All dancers should give 
110%, 100% of the time!

10. Dancer’s need a ride to and from practice. They are not 
allowed to walk. It will be dark when practice starts and ends.

Competition:

1. Parents will need to provide transportation for their dancer to 
each and every competition or event. There is no bus service 
available to us.

2. Dancers must come prepared with all pieces to uniforms, makeup, 
hair pieces, etc.

3. **All** dancers will be required to help clean up our designated room 
at all competitions before they are released to leave.

4. Dancers will not be released to leave until a coach sees a parent 
or guardian.

5. No jewelry, nail polish, or piercings of any kind are allowed during 
competition.

6. If your dancer does not know part of the routine they still must be 
present at the competition but may have to sit out of the dance 
on the area they do not know.

7. It is mandatory for dancers to be at ALL competitions.

8. If a dancer is unable to attend a competition, a parent must notify 
the coach(s).

9. There will be practice on Fridays only the weeks of a competition.
Acknowledgement

Dancer’s name__________________________________________

I have read the dance team rules and understand the expectations, obligations, and rules set forth by the Dance Team. I understand that breaking any of these rules will result in appropriate disciplinary action.

Signature of Dancer

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Signature of Parent/Guardian

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