

Arlington Middle School Dance Team
Competitive Dance Team
Try-Out Packet
2018-2019

Dear Parents & Participants:

Thank you for your consideration in allowing your child to try-out for the AMSDT. In addition to representing Arlington Middle School as a dancer, there are many other commitments to the dance program you will need to consider. Please read this packet carefully and completely. *****Students must be currently enrolled as a 5th grade student in Arlington Elementary, Donelson Elementary, or be a 6th or 7th grade student at Arlington Middle in order to try-out for AMS Dance.**

A mandatory parent interest meeting will be held **Monday April 2nd beginning at 6:00pm.** This meeting is to emphasize important information and answer questions you may have about our dance program. If a parent is not at the meeting to represent the dancer, your clinic fee will be refunded, and the dancer will not be allowed to try-out.

Before you are able to attend the clinic & try-out, you MUST have submitted ALL of the following to Mrs. Shepherd (Arlington Middle School Room 212) **NO LATER THAN Monday, April 2nd:**

1. Parent Signed Application
2. Medical Authorization Form with copy of Insurance Card (front and back) ****A physical will need to be completed if your daughter makes the team, as well as a notarized AMS Health Form.**
3. Dance Squad Constitution & Demerit System Agreement
4. Copy of Latest Report Card, A 'C' must be shown for Semester 1 grade for each subject.
5. \$20 clinic & try-out fee will be collected by and made payable to Arlington Middle School
6. Teacher Recommendations - must be submitted by your teachers no later than April 2nd. Fifth graders may bring them in a sealed envelope with a teacher's signature to the first day of the clinic.

***PLEASE NOTE: STUDENTS MUST HAVE A "C" AVERAGE OR ABOVE IN EACH CLASS FOR FIRST SEMESTER, AND SATISFACTORY CONDUCT OR ABOVE IN EACH CLASS IN ORDER TO TRY-OUT. ONCE, THE DANCER MAKES THE TEAM, A "C" AVERAGE AND S IN CONDUCT IS REQUIRED FOR EVERY SUBJECT EACH 9 WEEK GRADING PERIOD IN ORDER TO REMAIN ON THE TEAM. SEE DEMERIT SYSTEM INFORMATION FOR SPECIFIC DETAILS.**

There will be a three day try-out clinic held **Tuesday April 3rd - Thursday April 5th from 4:00pm - 6:00pm**, in the AMS gym for 5th - 7th grade students zoned to AMS by the ACS district. Try-outs will be held Friday, April 6th, at 4:00pm. There is also a MANDATORY parents meeting prior to clinic at AMS on April 2nd at 5:30pm. **Both the clinic and try-outs are closed to parents and other spectators.**

The girls will try-out with a dance routine learned at the clinic. Girls will also be asked to demonstrate the following skills:

- right, left and middle split
- right pirouette (single, double, or triple)
- toe touch
- leg hold
- high kicks
- headstand

Each dancer will also be asked to demonstrate 2 bonus elements for pom and 2 for hip hop.

Approved Pom Bonus Skills:

- chaine' turns
- c-jump
- any variation of a laseconde' turns
- Any combination of skills (chaine' open, chaine' s jump, around the world etc)
- Leg hold turn
- Split Leap
- Firebird Jump
- Tilt
- Leg Hold Variations
- Any turn into an ariel

Approved Hip Hop Bonus Skills:

- Any variation of Kip up
- Any variation of Headspring
- Ariel
- cartwheel
- Any type of Handstand
- Any type of freeze
- Any other advanced hip hop trick
- 2 eight counts of freestyle hip hop dance

Try-out results will be posted on the front lobby doors and gym doors no earlier than 7:00pm, April 6th

Please have rides arranged for pick-up, before attending the clinic and try-outs. It is very important that all girls are picked up promptly at the stated end time each day. An estimate for pickup time on try-out day will be given on Wednesday March 29th based on try-out order.

If you have any questions, please contact
 Laura Shepherd (Lead Sponsor) laura.brown@acsk-12.org

Thank You & Go Bobcats!

Arlington Middle School
Dance Team Application

Last Name _____ First Name _____ Middle _____

has my permission to participate in the clinic and try-outs for the AMS Dance Team, April 3rd-6th 2018.

I understand that there are grade and citizenship requirements. Failure to maintain the requirements can result in temporary or permanent suspension from the team.

All participants MUST be covered by a PRIVATE INSURANCE POLICY. A copy of the insurance card must accompany the Medical Authorization Form. Everything possible to prevent injuries will be done. Dancers and their parents will not bring suit against the sponsors, coaches, school administration, or Arlington Community Schools for injuries involving team activities.

If my child is selected as a member of the AMS Dance Team, I will agree to the above guidelines.

Parent or Guardian

Date

Participant's Name

Home Phone #

Street Address

City/Zip Code

Parent Email Address

In order to participate in the clinic and tryout, you **MUST SUBMIT A COMPLETED TRY-OUT PACKET WITH \$20 TRY-OUT FEE** to Ms. Shepherd NO LATER THAN Monday, April 2nd (Packets will be accepted at the parent meeting on April 2nd, and 5th graders may bring completed packets to the AMS Main office or turn them in no later than the 1st day of clinic, March 28th):

1. Parent Signed Application
2. Medical Authorization Form with copy of Insurance Card (front and back) **** A physical will need to be completed if your daughter makes the team, as well as a notarized AMS Health Form.**
3. Dance Team Constitution & Demerit System Agreement
4. Copy of Latest Report Card, Quarter 3 Report Card Only (will not be returned)
5. \$20 clinic/tryout fee will be collected by and made payable to Arlington Middle School
6. Teacher Recommendations must be submitted by your teachers.

Current Grade/Homeroom Teacher: _____/_____

(Please return this form filled out with application.)

Arlington Middle School Dance Team
MEDICAL INFORMATION

Participant's Signature

Parent's Signature

To Whom It May Concern:

Laura Shepherd (Lead Sponsor)
Brittney Jackson (Coach)
Dr. Clark
Mrs. Lukas
Mrs. Banks

Any of the above has my permission to obtain any medical treatment, she and the doctor deem necessary for my child.

Name of Dancer

Date of Birth

____-____-____

SS#

Insurance Company

Policy #

Address of Insurance Company

____/____/____
Insurance Co. Phone #

Name of Person on Insurance Policy

This permission includes doctor visits, any emergency medical treatment, and giving prescribed medications.

Parent's Signature

Date Signed

YOU MUST ATTACH A COPY OF YOUR INSURANCE CARD (front and back) WITH THIS FORM

(Please return this form filled out with application.)

AMS Dance Team Parent Information Sheet

PURPOSE: To perform at Arlington Middle School basketball games and selected competitive and non-competitive functions. The dance team is to promote and maintain school spirit and sportsmanship, support the girls' and boys' basketball teams, compete in local, regional, and national competitions, and develop character, leadership, and individual responsibility.

MANDATORY PARENT INTEREST MEETING: Monday April 2nd Middle School library. This is a MANDATORY MEETING for the parent(s) of any girls interested in trying out for the dance team. Without a parent in attendance, the dancer will not be allowed to try out.

CLINIC: April 3rd-5th from 4:00-6:00pm in the AMS gym. *Clinic fee- \$20.00 (Make checks payable to Arlington Middle School)

CLINIC and TRY-OUT ATTIRE: Dancers need to wear shorts and a t-shirt (ACS dress code applies) and tennis shoes or dance/jazz shoes, and hair in a ponytail. For try-outs, dancers need to wear shorts and a t-shirt (AMS or blue/black/white/gray).

TRY-OUTS: April 6th , 4:00pm AMS Gym

1. NO PARENTS OR VISITORS ARE ALLOWED IN THE SCHOOL DURING CLINIC OR TRY-OUTS.
2. RESULTS WILL BE POSTED ON THE FRONT LOBBY DOORS AND GYM DOORS NO EARLIER THAN 7:00pm, April 6th.
3. JUDGES' DECISIONS ARE FINAL.

TRY-OUT JUDGING:

Each participant will be judged on the following:

1. Dance routine (taught at clinic): memorization, execution, overall effect/showmanship
2. Technical Skills listed above
3. 2 pom bonus skills and 2 bonus hip hop skills
4. Spirit and appearance

IF YOUR DAUGHTER IS SELECTED FOR THE TEAM THERE WILL BE TWO MANDATORY PARENT MEETINGS:

1. Dance Informational Meeting/Booster Club Meeting: Monday April 9th , 5:30pm; General dance information will be given for the year; Booster Club Officers will be voted on; Please be prepared to make the 1st Dance Payment of \$350 at this meeting.

2. Uniform Fitting:** April 16th, 4:00pm Science Lab. **A parent must attend the fitting in order to approve sizes that will be purchased for your daughter.** New Dancers will be fitted from 4:00pm – 5:00pm; Returning Dancers will be fitted from 5:00pm – 6:00pm.

** Reselling of current uniform pieces will take place **Saturday, April 14th at 9 am** at AMS. This is **optional**, but items can be purchased for 50% of cost. Items available for resale are:

- Competition Dress

- Competition Bow
- Game Day Bow
- Game Day Dress
- Cheer Shoes

COACHING FEES:

The coaching fee is \$128 per month. All required fees must be made out to Arlington Middle School/AMS.

PHOTOGRAPHY/MEDIA RELEASE:

The squad will be photographed throughout the year. All parents must complete the Student User Agreement/Parent Permission Form, which gives authorization for the school to utilize the photos for positive media coverage, as well as for yearbook purposes. This includes the school web page, newspaper articles, and if selected UDA advertisement materials. Also, a school appointed photographer will photograph the dancers at various events that may be used for positive media coverage and the yearbook. This form will be completed once the team has been selected.

PRACTICES: Practices are mandatory and will be held 4-5 times a week (times will vary based on practice space availability), with the frequency of practices increasing as we move closer to competitions. Practices will continue during basketball season due to competitions. Necessary practices may be held off campus. Sitting out of, or missing three practices for ANY unexcused reason will result in a performance and/or competition suspension. Two performance suspensions will result in dismissal from the squad. ****THERE WILL BE NO EXCUSED ABSENCES FROM PRACTICES TWO WEEKS PRIOR TO DANCE CAMP IN JUNE, OR ANY COMPETITIONS.** This includes family vacations, church activities, other activities outside of dance, etc. Participants will be available for summer travel **after camp, June 10-13th.**

FIRST PRACTICE: MONDAY APRIL 9th 4:00 – 6:00

SUMMER TECHNIQUE: Summer technique classes will take place on Tuesday and Thursday evenings in July at AMS. There will be 8 sessions total and each dancer is required to attend at least 6 sessions. If a dancer is unable to attend the 6 required sessions, they must set up private lessons with an approved instructor to make up for the missed team sessions prior to the start of school.

CAMP (MANDATORY): Universal Dance Association (UDA) will hold an overnight camp for the squad at Mississippi State University **June 10-13th, 2018.** The girls will work on team unity, routines, technique, and dance conditioning. This will also be the girls' first competition to receive a bid to Nationals. They will be evaluated and rewarded by the instructors. Girls will stay overnight on campus. Attendance at camp is mandatory. If a dancer must go to the Emergency Room for any reason the parent will need to come immediately upon notification by the sponsor. The dancer will then be released to the parent upon arrival. More details about travel plans will be given later. The cost of camp includes lodging and all meals for the girls for the duration of camp.

COMPETITIONS (MANDATORY): We will participate in multiple competitions. Out of town travel will be required to some. The dates/times/locations of the competitions are to be determined (in the past they have been in October, November, January, and Nationals in February). There will be a mandatory entry fee per dancer. Travel, lodging, and eating expenses will be discussed closer to competition time. Frequency and intensity of practices will increase closer to competitions, therefore all appointments, etc. need to be scheduled at a different date or time once a calendar for the month has been given. Rooming assignments for camp, Nationals, and overnight travel are determined by the coach and sponsor. **If your child has special dietary or medical needs, the sponsor needs to be informed in writing prior to April 9th, 2018.** At Nationals only one chaperone per room is permitted. The remaining room assignments are made by the coach and sponsor only.

ESTIMATION OF COSTS

Please note: Until all items are paid for all costs are approximate. **All fees must be paid on the designated date.** Non-fee payment will result in a dancers removal from the squad. **Required Item purchased by parent**

Items	Cost	Due Date to AMS
Try-Out Fee	\$20.00	On or before March 28, 2017
Coaching Fee	\$128.00 per month	1 st day of each Month, April – January – Required Fee
Knee Pads, 2 – 3 lb. wrist/ankle weights	\$40.00	Required ITEM- Purchased by parents by April 14th.
Pom/Hip Hop Music	\$42.5 per girl (\$21.25 for pom/ \$21.25 for hip hop)	Required April Fee
Varsity UDA Camp	\$405.00	Required April/May Fee
Returning Dancer: warm up, camp/practice clothes (4 outfits)	\$413.84	Paid directly through Varsity Portal by April 12, 2017 @ Midnight
New Dancer: Game Day Uniform, camp/practice clothes (4 outfits), Competition uniform, warm up, Backpack and cheer shoes	\$1,019.09	
Jazz Shoes/2 Pair Tights	\$55.00	Required ITEM- Purchased by parents no later than May 1st.
Make-up (Lipstick, eye shadow, mascara, eyeliner, blush)	\$20.00 (Estimated)	Required ITEM- Purchased by parents by May 1st.
New Dancer: Competition Earrings, Travel bag	\$60.00	Required June Fee
Airline Ticket Deposit – Nationals	\$60.00	Required June Fee
Banquet/Awards	\$40.00	Required June Fee
Technique Fees	\$40.00	Required June Fee
Hip Hop Uniform, Shoes, Rhinestones and Accessories/Glue	\$250.00	Required July Fee
*Rhinestones for Competition and Game Day Uniform/Glue	\$75.00	Required July Fee
Competition Fees <ul style="list-style-type: none"> • Memphis Pom Legacy • Mid-South Regionals • TMSAA State • DTU Regionals • Nationals Competition Poms (if needed) 	\$185.00	Required August Fee
Nationals - Registration Fee	\$115.00	Required September Fee
Nationals - Plane Ticket	\$400.00	Required October/November Fee

Nationals – Park Hopper/Rooming Package	\$600.00	Required November/December Fee
Nationals Per Diem – Coach, Sponsor, Administrator; Sponsor Substitute Pay	\$50.00	Required December/January Fees

Estimated Monthly Fees

These are estimated costs per month. The actual cost may be higher or lower.

Sponsor will provide parents with an updated monthly fee for December and January.

New Dancer: \$3,545.00 (without Varsity) ----- \$4,564.09 (with Varsity)

Returning Dancer: \$3,485.00 (without Varsity) ----- \$3,898.84 (with Varsity)

These are approximate prices based on the 2017-2018 season. This could be more or less depending on actual cost of everything with tax, number of practices, etc. Payments will continue through January.

*Monthly payments will cover all travel expenses including mileage/airfare, rooming, and per diem expenses in accordance with ACS travel guidelines for employees for the sponsor, coach, and one administrator for out of town travel and Nationals.

Arlington Middle Dance Team Constitution

As a member of the Arlington Middle Dance Team, you will be expected to know and follow the rules and guidelines set down for you. It is important for you and your parents to know what is expected of you.

I. Purpose:

The AMS Dance Team will:

- A. Compete in dance competitions, local and national, with good sportsmanship
- B. Perform at basketball games and represent the school
- C. Promote and maintain school spirit
- D. Set an example of good behavior at all times in class, at games, and at all school functions
- E. Promote friendship with all dance squad members
- F. Develop character, leadership and individual responsibility.

II. Requirements:

- A. Team members may be 6th, 7th or 8th graders
- B. School comes first!! Members MUST maintain good citizenship, attendance, class performance, and teacher recommendations during their time on the squad (at least an 'S' in conduct and 'C' in each and every class). Disciplinary actions will be taken as necessary. If a dancer makes below a "C" in an academic area or below an "S" in conduct on a report card or interim, they will be placed on probation. Probation agreement is a one time event for the dance year.

C. Being on the team one year in no way guarantees placement on the team for the following year. Every girl must go through the same tryout process each spring. In addition, each girl's cooperation, effort, ability to get along with others, behavior at school & overall attitude from the previous year will be considered.

D. Participants MUST be covered by a PRIVATE INSURANCE POLICY. A copy of the insurance card must be on file with the sponsor (due the first day of clinic). Everything possible to prevent injuries will be done. Dancers and their parents will not bring suit against the sponsor, coaches, school administration, or Arlington Community Schools for injuries involving team activities. A Medical Authorization Form must be filled out and on file with the sponsor (due the first day of clinic).

III. Conduct: Attitude is a major factor in whether or not you will be a part of the team. Remember that being a member of this team is a privilege, not a right. Your attitude should be positive at all times. Remember you are representing Arlington Middle at ALL times!!

A. By accepting the privilege/honor of wearing an Arlington Middle School uniform, a girl

accepts the fact that her actions are more prominent than those not associated with such an activity.

B. Because of this prominence and because members represent the school, exemplary behavior is MANDATORY AT ALL TIMES.

C. Proper appearance and following school dress code is required at all times.

D. Members must not use foul language at practice, in school, at games, camp, etc. The anti-bully policy will be enforced.

E. Smoking or drug use (including alcohol) is not allowed at school sponsored events and any use of illegal substances reported to us by the proper authorities (either school or out), will result in PERMANENT DISMISSAL and school discipline consequences per ACS board policy and school rules.

F. Being with people who are in possession of alcohol or other drugs could result in dismissal.

ALL rules and regulations imposed on any Arlington Middle School student will be imposed on dance squad members.

G. Members MUST display proper behavior in class, including being on time, not skipping, and not cheating.

A. Because all situations may not be foreseen and thus outlined here, each will be dealt with in a manner decided upon by the coach/sponsor, with assistance from the school administration if deemed necessary.

B. Members will follow rules and guidelines that are required by the coach/sponsor and show proper respect at ALL times.

C. Poor conduct/behavior under any of the above circumstances could result in warnings, demerits, extra conditioning, probation, or suspension/removal from the squad. This action will be taken, by the decision of the coach/sponsor, and or administrator.

D. In the event of a dancer being dismissed from or quitting the team, the dancer will not be allowed to try-out for the school dance team in following years.

IV. Practices: All Practices are Mandatory

A. Members are expected to be attentive and cooperative during practices.

Repeated disruptions, especially during the same practice, will result in a warning or conditioning, then demerits. Continued problems will result in calls to parents, performance suspensions, and or removal from the squad

B. Constructive criticism (suggestions given in a polite manner) is welcomed. Complaining and or rudeness to the coach/sponsors are prohibited.

C. Practices will take place on average four to five days a week with the frequency increasing prior to competitions and nationals.

D. Missing practice for unexcused reasons will result in demerits and competition suspension if unexcused for 3 practices.

E. Sponsors/coach must be notified at least 2 days BEFORE PRACTICE BEGINS, **via email**, of any absence from that practice (unless unexpected emergency or illness arises). A reason for the absence must be stated in the email in order for sponsor/coach to take into consideration whether or not the absence is excused. In the case of emergency or unexpected illness the coach/sponsor must be notified as soon as possible, **via email or text**, prior to the beginning of practice. The dancer will be responsible for requesting and learning any material missed prior to the beginning of the next practice. Communication with Sponsor/Coach should be restricted to email, text, and phone calls during the school day unless a medical emergency has occurred. Please allow 24 hours for a response from sponsor/coach.

F. Sponsor/coach must be notified via email at least 24 hours prior to the start of practice by the parent if the dancer is unable to participate full out in practice due to illness or injury. If this happens consecutive practices the dancer will be asked to provide a doctor's note.

G. Practices are mandatory; therefore, please remember that appointments should be made on non-practice days. The only excused absences from practice include weddings, funerals, contagious illness, doctor's appointments in which no other time was available, or other AMS academic activity that affects the dancer's grade in the class (band, orchestra, & chorus). Absence for any other unapproved reason will result in demerits.

H. You will be expected to be a good listener at practice.

I. We will start on time. When practicing after school, you should dismiss with car riders and walkers and change into your practice clothes immediately, ready for practice by 4:00 (on school days)

J. You must wear your tennis shoes and appropriate clothes to practice (shorts, comfortable t-shirt), and bring dance shoes. Clothes worn for practices MUST meet the Arlington Community Schools dress code. No spaghetti straps, PJ pants, rolled shorts, etc. Once camp outfits come in, you will wear an assigned outfit on an assigned day. Failure to bring anything necessary for practice will result in demerits or extra conditioning. Once camp is completed, camp clothes become practice outfits.

K. No dangling jewelry or gum is allowed at practices.

L. The required conditioning will take place at every practice.

V. Basketball and Football Games:

A. You must attend assigned games and stay until the end.

B. You will perform during half time at the girls' and/or boys' home games.

C. You may ONLY eat/drink at half time and between games when we are not performing. Water is permitted in the stands during the game.

- D. You must sit together as a team. No one is to wander around.
- E. Good sportsmanship is expected at ALL times.
- F. For away games, meet in the front lobby. You must obey and be courteous to the carpool parent(s) at all times.
- G. For home games, meet in the sponsor's classroom.
- H. During the basketball tournament, dance and cheer will alternate attending games through The TSSAA Basketball State championship.
- I. **All** games assigned are mandatory. Any unexcused absences will result in demerits.

VI. Attire:

- A. No nail polish (competition only), dangling jewelry, or gum with uniform. (At competitions, only jewelry from the costume is allowed)
- B. Your uniform must be kept in good condition, and always neat and clean.
- C. Hair should be pulled back with uniform ribbon/bow.
- D. If a member is sitting out at a game performance due to a disciplinary action, she is still required to dress in full uniform.
- E. Failure to dress in required uniform (in school as well as at the games) will result in sitting out of the game (thus 10 demerits).

VII. **Travel:** We will be traveling to some away basketball games and competitions.

Because we travel as a team, it is important that you are on time. Parent car pools will be necessary to get all dancers to away games and competitions. **No dancer may leave school prior to the end of a school day, for a basketball game or a competition unless permission is granted from the administration. It will be an unexcused absence if this occurs.**

VIII. **Rides for Games/Practices:** All girls are to be picked up at the back entrance of the school on time. After a full day of being away, everyone likes to get home to their families, and the girls are usually very tired. Due to family obligations and schedule, sponsors cannot repeatedly wait for a late pickup; your promptness is always appreciated. After one warning, demerits will be issued for a late pickup.

XI. **Competitions:** All competitions are mandatory. The girls will remain as a team with coach/sponsors during the duration of the competition until they are released to their parents.

XII. **Injuries:** In the event of a dancer being injured and taken out of the routine, the dancer will only be put back in the routine if the doctor gives the okay at least 3 weeks prior to the next competition. Dancers who are injured are expected to attend all practices, games, competitions, and any other squad activities.

XIII. **Booster Clubs/Fundraising:** The purpose of the booster club is to support our athletic activities and serve as a liaison. Fundraising is solely the booster club's responsibility, after receiving the principal's approval. All monies collected from other sources outside of the dancer's parent/guardians would be considered a fundraiser/donation. Fundraisers/donations must be approved by the principal and be in accordance with ACS Policy 2.404, The following shall not incur any liability for the failure of a school support organization to safeguard school support organization funds:

- A. A.Principal
- B. Board Members
- C. Director of Schools

D. D.Any other school official

IX. **Required Fees:** All fees that are required to participate in the AMS Dance Team are due on the first Monday of each month, April – January. All fees must be paid on time or dismissal from the squad will result.

X. **Alternates:** The final placement of dancers in a routine will be made by the couch and sponsors.

A. The squad may maintain alternates to be used to replace dancers with injuries, grades, conduct infractions, or not meeting expectations.

B. Alternates will cheer at all games and participate in all squad and school functions.

C. Alternates will be announced before each individual competition. (Being an alternate for one competition does not necessarily result in being an alternate for each competition. There is also the possibility of being an alternate for one routine and dancing in the other.)

D. Alternates must attend all practices and competitions.

E. Alternates will be decided according to strengths, position, and dance skills.

AMS DANCE TEAM DEMERIT SYSTEM

Every reasonable attempt will be made to avoid situations likely to lead to disciplinary action; however, demerits will be given as outlined below.

AMS ACADEMIC/BEHAVIORAL INFRACTION PROBATION AND DISMISSAL

-If a dancer does not maintain an "S" in conduct in each classes and a grade of "C" in each class (grades will be checked when interims and report card are finalized), the student will be placed on probation until the next report card or interim period, whichever is first. If the student has met the grade requirement they will be taken off of probation and will be in good standing with the team. **If the dancer does not meet the requirements of the probationary period they will be removed from the team.**

-A dancer will only be allowed one probationary period per dance year (April – February)

****A NO TOLERANCE ** CAUSE FOR IMMEDIATE DISMISSAL****

- Blatant disrespect toward sponsor/coach or displaying a defiant attitude
- Possession of tobacco products, alcohol/drugs or any illegal substance
- Bullying others
- Receiving OSS (Out of School Suspension)
- Breaking the same rule excessively, and as otherwise deemed necessary by the sponsor and/or school administration

****CAUSE FOR IMMEDIATE COMPETITION SUSPENSION AND/OR GAME SUSPENSION= 10 DEMERITS****

- Receiving ISS (In School Suspension)
- Disrespectful or defiant attitude toward sponsor/coach
- Not dressing in required uniform on game days (at school and at the game) or competitions.
- Missing more than 1 practice without giving proper notification to the coach or sponsor (including cases of illness where coach/sponsor have not been notified).
- 2 or more unexcused absences from practice/game.
- Being placed on Academic/Behavioral Probation**

****MAJOR INFRACTIONS = 5 DEMERITS****

- Uncooperative attitude and/or undesirable conduct toward sponsor/coach, squad, or faculty & staff
- Receiving a school detention
- Unsportsmanlike conduct
- Unexcused absences from practices or games (Practices & games are mandatory. Appointments should be scheduled outside of these events. All absences must be accompanied by a note, email or phone call, including when a student checks out of school prior to the missed practice, or it will be considered unexcused.)

****MINOR INFRACTIONS = 2 DEMERITS****

- Arriving late for a practice or game
- Being picked up late from practice or a game
- Not having correct practice clothes (poms, correct outfits, shoes, ponytail holder, bow)

(Infractions may also be enforced with extra conditioning in lieu of demerits.)

IMMEDIATE SUSPENSION or 10 DEMERITS = 1 GAME SUSPENSION

12 DEMERITS = 2nd GAME SUSPENSION

15 DEMERITS = SQUAD DISMISSAL

After the 2nd game suspension is served, the dancer's representation will be re-evaluated by the sponsor & administration. If there is no improvement, or upon receiving the 15th demerit, the dancer will be dismissed from the squad.

****SERVING A GAME/COMPETITION SUSPENSION****

1. Dancers are still required to attend the game/competition in full uniform
2. If absent from school that day, the suspension will apply to the next game.

In order to have FUN, we have to be FUN people!! The season is in your hands. We all have to work hard to contribute in the BEST way we can to the squad. Always strive to improve your outlook and ATTITUDE along with your dancing. See the POSITIVE in all things!! Work on coming to practice with a SMILE on your face. Bad moods should be left outside of practice, as your mood is contagious.

5th GRADE DANCE RECOMMENDATION
Arlington Middle School Dance Team

TEACHER RECOMMENDATION for _____ (student's name)
by _____ (teacher's name)

5th grade students trying out for the AMS Dance Team must have TWO teacher recommendations completed by teachers they have this year. Please send the form to Kristen Newton via the pony to Arlington Middle by Monday, April 2nd, 2018 or place it in a sealed envelope (with teacher signature on the seal) and return to student. All sealed envelopes must be given to Mrs. Shepherd, by the first day of the clinic, April 3rd Thank you for your time!

Teachers, please circle a score for each area below (3 being the best):

Attendance/Punctuality	1	2	3
Quality of Work/Effort	1	2	3
Ability to get along with others	1	2	3
Courteous/Respectful	1	2	3
Overall Attitude	1	2	3
Ability to retain new material	1	2	3

TOTAL PTS. _____/18

Do you feel this student would be a good representative/leader of the school?

Yes No

Additional Comments: _____

5th GRADE DANCE RECOMMENDATION
Arlington Middle School Dance Team

TEACHER RECOMMENDATION for _____ (student's name)
by _____ (teacher's name)

5th grade students trying out for the AMS Dance Team must have TWO teacher recommendations completed by teachers they have this year. Please send the form to Kristen Newton via the pony to Arlington Middle by Monday, April 2nd, 2018 or place it in a sealed envelope (with teacher signature on the seal) and return to student. All sealed envelopes must be given to Mrs. Shepherd, by the first day of the clinic, April 3rd. Thank you for your time!

Teachers, please circle a score for each area below (3 being the best):

Attendance/Punctuality	1	2	3
Quality of Work/Effort	1	2	3
Ability to get along with others	1	2	3
Courteous/Respectful	1	2	3
Overall Attitude	1	2	3
Ability to retain new material	1	2	3

TOTAL PTS. _____/18

Do you feel this student would be a good representative/leader of the school?

Yes No

Additional Comments: _____

6th/7th Grade
Teacher Recommendation Form

6th/7th grade TEACHER RECOMMENDATION for _____ (student name) by
_____ (teacher name)

6th & 7th grade students trying out for the AMS Dance Squad must have TWO teacher recommendations completed by teachers they have this year. Please place all recommendations in Laura Shepherd's box by Monday, April 2nd, 2018. Thanks for your help!

Teachers, please circle a score for each area below (3 being the highest):

Attendance/Punctuality	1	2	3
Quality of Work/Effort	1	2	3
Ability to get along with others	1	2	3
Courteous/Respectful	1	2	3
Overall Attitude	1	2	3
Ability to retain new material	1	2	3

TOTAL PTS. _____/18

Do you feel this student would be a good representative of AMS?

Yes No

Additional Comments:

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