

# LVHS Dance Team Auditions

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student ID# \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: (     )     -    

**NUMBER**

*Teachers, please comment on student's work ethic and overall behavior. The LVHS Dance Team prides itself on being a respectable and academically driven representation of our school.*

Class	Current Grade	Citizenship	Teacher Signature
Period 1			
Teacher Comments:			
Period 2			
Teacher Comments:			
Period 3			
Teacher Comments:			
Period 4			
Teacher Comments:			
Period 5			
Teacher Comments:			
Period 6			
Teacher Comments:			
Period 7			
Teacher Comments:			
Period 8			
Teacher Comments:			



# LVHS Dance Team Expectations and Contract

All students who are selected for the LVHS Dance Team must have, maintain, and understand the following:

## General Conduct

- Respect and Professionalism: Treat all team members, coaches, and others with respect. Avoid negative comments or behavior.
- Team Spirit: Maintain a positive attitude and support your teammates both on and off the dance floor.
- Punctuality: Arrive on time for all practices, performances, and events.
- Commitment: Follow through on your responsibilities and team obligations.
- Grades: Maintain a 2.0 gpa or above at all times. Any students who fall below a 2.0 or have failing grades, will attend mandatory tutoring during Wildcat period and be placed on probation until grades improve.
- Turn in monthly progress reports
- Bad attitudes, rude behavior, and disrespect will not be tolerated. This will result in removal from the team.
- Represent LVHS in and out of school
- Not have any fines or referrals
- Be enrolled in a dance course.
- Always give 100% in rehearsal and performance. Dancers should rehearse how they will perform.

## Attendance

- Mandatory Practices: Attend all scheduled practices unless excused by the coach in advance.
- Missing up to 3 rehearsals prior to a performance will result in removal from that performance.
- Notify in Advance: Inform the coach if you are unable to attend a practice, performance, or event.
- Performance Attendance: Be present for all scheduled performances unless there is an emergency or prior approval.

## Practice Etiquette

- Preparation: Come to practice ready to work, with the appropriate attire, shoes, and any needed equipment.
- Focus: Minimize distractions during practice—no excessive talking, phones, or unnecessary breaks.
- Effort: Always give your best effort and actively participate in all activities.

## Uniforms and Appearance

- Uniform Care: Keep all costumes, uniforms, and accessories in good condition. Wear them as instructed.
- Dress Code: Follow the dress code for practices and performances to ensure uniformity and professionalism.

## Health and Safety

- Stay Healthy: Take care of your body by eating well, staying hydrated, and getting enough rest.
- Injury Reporting: Inform your coach about any injuries immediately and follow their recommendations.
- Warm-Up: Participate in all warm-ups and cool-downs to prevent injury.

## Communication

- Respectful Feedback: Be open to receiving constructive criticism and offer feedback respectfully when appropriate.
- Team Communication: Keep up with team announcements and updates via group chats, emails, and remind
- Conflict Resolution: Address conflicts respectfully and promptly through proper channels
- Lack of communication will result in probationary action or removal from the team.

## Performance Rules

- Choreography Commitment: Learn and practice choreography exactly as taught—no improvisations unless directed.
- Energy and Expression: Perform with energy and enthusiasm to captivate the audience.
- Adaptability: Be ready to make last-minute adjustments if needed for performances or formations.

## Code of Conduct

- Sportsmanship: Maintain good sportsmanship during competitions and interactions with other teams.
- Representation: Remember that you represent your team and organization, both online and in person. Behave accordingly.
- No Gossip: Avoid gossip, negativity, or cliques that can harm team unity.

## Teamwork

- Inclusivity: Welcome new members and help them feel part of the team.
- Collaboration: Work together to achieve team goals and solve problems collectively.
- Leadership Support: Respect the leadership roles of the coach and captains.
- Participate in Fundraisers to help lower out of pocket cost.

## LVHS Team Class Dress Code

- Black leggings/shorts
- Team shirt, Black t-shirt, tank, or leotard
- Black crew socks and jazz shoes
- (All rehearsal attire must abide by the school dress code)

## LVHS Dance Team Must Haves

- Team Shoes
- Flesh tone Jazz shoes
- Black leotard
- Black bike shorts (mid-thigh)
- Black leggings
- Black joggers/sweats/cargo pants
- Black socks
- Team T-Shirt

## LVHS Dance Team Agreement

LVHS Dance team is a performance team. We will focus on conditioning, flexibility, some acro, Jazz, Hip Hop, and Majorette styles. The rules listed above must be followed. Failure to abide by the expectations listed, means students will sit out of performances and competitions. Students understand that the various of styles of dance performed will require the appropriate uniforms and they may be asked to step outside of their comfort zone for said uniform. Students must be at every rehearsal and performance and support their teammates until they are cleared to join again if they are placed on probation. Students will stretch, condition, and rehearse to the best of their abilities. It is important that students understand the commitment and expectations set for them by the director. All students on the LVHS Dance Team for the 2025/2026 school year must be enrolled in "Elements," the course set specifically for Dance Team. If needed extra rehearsals will be scheduled in advance. Cost for traveling, competition, and uniforms will be fundraised to avoid extensive out of pocket cost.

The LVHS Dance Team is more than just a group—it's a movement! We proudly represent our school, our dance family, and our community with passion and purpose. From energizing performances at school events to impactful community service projects, we bring our love for dance wherever we go. Our vision goes beyond the stage as we strive to compete at the district and state levels, setting new standards of excellence. Looking ahead, we aim to empower our dancers by offering scholarships, internships, and mentorship opportunities through partnerships with community leaders. Join us in shaping the future, one step at a time!

I have read the expectations and agree to meet those requirements to the best of my ability.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Dance Team Parent Agreement

Parents understand that their support and communication is just as important to success of the team as their student's. Important dates and information are sent via **Infinite Campus**. It is important that parents stay up to date on the events as we progress through the year.

As a parent/guardian of a dancer joining the [Dance Team Name], I agree to support my child and the team by adhering to the following expectations:

### Commitment and Support

I will ensure my child attends all practices, performances, and team events unless excused in advance.  
I will encourage my child to maintain a positive attitude and give their best effort.

### Communication

I will stay informed by regularly checking team communications (emails, messages, etc.).  
I will notify the coach promptly if my child is unable to attend an event or practice.

### Financial Responsibilities

I understand and accept the financial obligations associated with participation, including uniforms, competition fees, and other costs.  
I will do my best to assist my student with fundraisers to keep the out-of-pocket cost as low as possible.

### Respect and Conduct

I will respect the coaches, team members, and other parents, refraining from negative comments or actions.  
I will model good sportsmanship at practices, performances, and competitions.

### Volunteer Involvement

I agree to assist with team activities as needed, such as fundraising, event coordination, or transportation.

### Representation

I understand that I represent the team and will act respectfully in person and online to uphold the team's reputation.

By signing below, I acknowledge that I have read, understood, and agree to these terms.

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_