



# *Rules and Regulations*

**2025-2026**

# *THE DANCE CRU at RRCA*

## *BASIC RULES AND REGULATIONS*

The Dance Cru at RRCA is a newer addition and still growing in its description and purpose. Mostly, it is designed to give an outlet for those students who have a love for dance. This team's main goal is to grow in knowledge, respect, and love for the God-Gifted art of dance and the many genres it holds. In addition to dance class held during last period (before school or after – times TBD), the team will practice for and perform at select pep rallies and select HOME football games as well as compete at the TAPPS State Dance Championships.

The Dance Cru is a team with a moderate commitment level. It will not be in season for a consecutive 12 months, allowing for members to participate in other sports and different fine arts programs. Although it starts at a moderate commitment level, every member is expected to give 110% when in practice or while performing.

**Below are basic rules and guidelines that all members will need to follow and obey.**

### **TRY OUTS:**

- You must be an incoming 9<sup>th</sup>-12<sup>th</sup> grader who is **currently enrolled** at RRCA to be considered for the team.
- Interested students will have to try out for a spot on the team. We are searching for members who have a basic understanding of the fundamentals of dance.

### **FEES:**

- You are required to pay a Dance Team Fee that is mandatory and helps offset the costs of rental space, props, costumes, stipends, etc.
- You are required to purchase a team uniform and costumes for performances and competitions.

- You are responsible for these items - if you lose an item, you will be responsible for replacing it.
- You are required to attend a summer dance camp and to pay the fee for camp.
- All fees paid are non-refundable.

### **PRACTICES:**

- You are required to attend **all** practices (even in the summer) to be ready for the first performances.
- Practices may include warm-ups, technique, dance fundamentals, and conditioning. All are important aspects of the dance team and will be required for all members of the squad.
- You are expected to give 110% during practice, as well as a game.
- You are expected to be at every practice unless ill.
- Missing practices and getting behind on material is hard on you and on your team so do your best even when feeling less than your normal self.
- Please do not schedule Doctor Appointments during practice time if possible.
- Please plan around our practice schedule as much as possible. I will try to get schedules to you as soon as I have time and space is approved.
- If you are unable to make a practice, YOU must contact the coach at least 24 hours prior to the absence or as soon as possible.
- It is your responsibility to contact the coach. We want to help you grow into a responsible young adult. Please do not rely on your parents to do this.
- An unexcused absence from a performance or game will result in suspension from the team.
- If you miss one or more practices prior to a performance, you could be asked to sit out of that routine. You would still be required to “dress out” and support the team during the event though. The coach will decide if allowed to perform because of missed practices.
- If you miss a practice, you will be asked to learn the material before the next practice. Every practice provides new learning and can set the team back if one member misses.
- Punctuality is a must! Being tardy is frowned upon. Punctual... meaning – dressed out, shoes on, on the floor stretching at scheduled time of practice (not running in the door at the last minute.) 😊
- The coach has the right to “sit” you out of a game if she feels that you are not fully prepared to perform.
- **Home practice is vital!**

### **COMPETITION:**

- Competing at the State Level is not optional for team members.
- TAPPS State takes place in January of each year.
- In addition, all members may not get to perform in all areas available. Commitment, attitude, and skill level will be taken into consideration when deciding. This is at the coach’s discretion.
- Costumes will be chosen by the coach and fees will be communicated by November of each year.

### **MISC:**

- All hair must be up and away from face during practice and performances. If hair is long, it needs to be in a ponytail securely, so you won't be putting it up over and over.
- No jewelry is to be worn at any time during any dance team event (practices, games, competitions or special appearances, unless specified by coach)
- Gum chewing will not be allowed during any dance team event or practice.
- Anything that has been purchased during season is not to be worn at any time other than times specified by coach. (Jackets, t-shirts, shoes, uniforms, etc.) These are exclusive to games, practices and special events. Dance shoes are NOT to be worn outside! Bring shoes to games and practices in bag and change into them when you get there.
- All members must participate in Fundraising. Fundraising participation will be treated the same as practice participation. It is essential for rentals and needs for dance team.
- Please respect your coach. Coach's decisions are FINAL.
- Please respect your teammates. We encourage unity and we frown upon division. Be a good teammate – favor others over yourself!
- You are expected to always have a POSITIVE attitude. Whether you are tired, sore, or any other reason, it is not acceptable to show a bad attitude. Always BE RESPECTFUL TO EACH OTHER!! We are a family.
- Unkind attitudes and actions that cause dissension will not be tolerated at any time.
- No cell phone use at practice please.

### **TDC AT A GLANCE:**

- *Season starts in June with practices and camp and runs through January.*
- *TDC will perform at select football games and pep rallies in the fall/winter.*
- *TDC will compete at TAPPS STATE which is held in January.*
- *TDC Uniforms are purchased by each dancer. Additional materials are the dancer's responsibility.*
- *TDC will meet each week, but times are TBD at this time. It will depend on the gym schedule and room availability. Additional rehearsal/practice times will be needed when preparing and will be held after school.*
- *Students cannot be on the dance team if they have other sports and/or commitments that meet during the same period as dance team.*

## **THE DANCE CRU CONTRACT:**

I UNDERSTAND AND AGREE TO THE ABOVE RULES AND REGULATIONS OF THE DANCE CRU. IN ADDITION, I UNDERTAND THAT BY NOT ABIDING BY THESE RULES AND REGULATIONS – I COULD BE DISMISSED FROM THE TEAM.

**PRINT NAME :**

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**DANCER SIGNATURE :**

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**DATE :**

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**PARENT SIGNATURE :**

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