

TRAINING RULES

1. Practices, games, and competitions are **MANDATORY!!!**
 - Tardiness (10 minutes past without valid excuse) to practices and performances will result in demerits (see attached list of reasons for demerits). Remember, we are a team, and if one member fails to meet requirements, the whole squad is affected!
 - Tardiness (10 minutes past without valid excuse) to practice during a game week or competition week will result in forfeiting your right to perform!
 - If you must leave a practice early, bring a note **TWO weeks** in advance to your coach.
 - Absences from practices and performances are **UNACCEPTABLE** unless cleared by the coach in advance! More than two unexcused absences can result in the removal of the member from the squad. If you are sick or have an emergency, you must contact your coach that day (you will receive a list of phone numbers on the first day of practice). **Informing another squad member of your absence does not excuse you!** Unexcused absences **WILL** prevent you from performing that week! **You MUST talk to your coach directly (either in person or on the phone, e-mail is not acceptable the day of an absence)!**
 - * *Exceptions include: family vacations (must be cleared with a note to your coach **TWO WEEKS** in advance), illness, or an emergency (which require a parent and/or doctor's note upon return).*
 - * ***There are absolutely NO exceptions on the last practice before a game or competition!*** However, absences during this week (even excused) may result in a dancer being pulled from a performance.
 - It is your sole responsibility to learn what you missed before coming to the next practice. If you do not do this, you will not perform that week.
 - If you are injured or ineligible, you are still required to attend the practices and performances. If you are **NOT** at school due to an injury or illness, you will **NOT** be able to practice or perform. The **ONLY** exception is for school-related events. You must be at school for half of the school day (4 periods) to be eligible.
 - * To be eligible for a performance, you must:
 - be healthy
 - be academically eligible
 - attend practices according to the above guidelines
 - show the ability to perform the routine to the coaches' standards!!

- * The more effort you put forth, the more likely you are to perform. You may be pulled from performing at any given time if you fail to meet these standards!! Even though you are a member of the LCHS dance team, it is not a guarantee that you will perform at every competition this season.
- 2. All Junior Varsity members will stay through halftime of the Varsity games. Varsity members will stay the entire game. If there is a specific reason you need to leave a game or competition early, your coach needs written confirmation from your parents. You will not be released from an event until that parent releases you. You are expected and required to sit with your squad and support each other!
- 3. You must be dressed appropriately for practices, the day before games, and game days. **NO EXCEPTIONS!!!**
 - Appropriate dress for practices includes attire that allows you to move but is also an outfit that our administration would find acceptable. We are dancers, but we also want to display ourselves in a way that would earn the RESPECT of our peers, teachers, and community. Also, wear appropriate dance shoes for the routine being practiced. Absolutely no jewelry or gum during practices. ALL hair must be up and out of your face. If you have hair that hangs, pin it back. Also, there is absolutely no food at practice unless cleared by the coach first.
 - Appropriate dress for the day before a game and game days is also required. This will be chosen by the captains and coaches, and will be told to you in advance. Remember, you are representing the team and the school, and you must be dressed appropriately. You are to wear EXACTLY what the rest of the team is wearing! **NO EXCEPTIONS!**
 - All LCHS Dance Team members are also expected to dress appropriately on regular school days. Even if you are not wearing Lakes Dance Team apparel, you are ALWAYS a representative of this team and Lakes Community High School.
- 4. All team members **MUST** participate in fundraisers. They are to benefit the whole team (refer to fundraising handout for more details).
- 5. If you are having a personal issue with another member(s) on the team, and you cannot resolve it amongst yourselves, **YOU** need to come to your coaches. Your coaches should not hear about your problem from another person on the team, or your parent.
- 6. **YOU MUST FOLLOW ALL SCHOOL, IHSA, and TDI RULES (you will receive copies of the above rules and regulations)!! ALSO, YOU MUST FOLLOW ALL STATE AND FEDERAL LAWS, AS WELL. NO EXCEPTIONS!!!**