

## **Ladurette Dance Team Constitution & By-Laws**

### **Article 1: Objective**

- I. The team objective is to work together as a single unit to enhance school spirit & represent the school in competitions, as well as build individual pride.
- II. The number of members on the performance team and competition team is subject to the discretion of the coaches. Members are chosen based on their skill level as well as dedication to the Laduettes, while being a team player.

### **Article 2: Membership Requirements**

- I. Team members will meet all eligibility requirements to be members of the squad:
  - A. Be positive role models and respect the uniform both in school and away from school.
  - B. Abide by all the rules of the Ladue Athletic Code of Conduct, school, and district.
  - C. Be “creditable citizens” by abstaining from drugs, alcohol, tobacco, stealing, vandalism, & any other act that would discredit the student or the school, both during dance team season & all school year long.
  - D. Maintain positive relationships with coaches, administrators, teachers and classmates.
  - E. Maintain a minimum 2.3 GPA and receive no more than one F in a given semester.
  - F. Show complete cooperation and respect to all coaches, captains, & teammates.
  - G. Accept instruction and constructive criticism with a positive attitude & a willingness to improve.
  - H. Accept responsibility for behavior & actions without making excuses.
  - I. Support team unity by showing respect, pride and be willing to forgo personal desires for the benefit of the team.
  - J. Show commitment, dedication, and responsibility by lending support to all Ladurette activities.

- K. Wear appropriate clothing, accessories and behave in a dignified manner so as not to attract undesirable attention or disrespect.
  - L. Follow all MSHSAA rules.
  - M. Failure to abide by the above code will result in temporary or permanent loss of membership
- II. Prospective students must tryout annually. There is no automatic placement on the team.
  - III. Dance team members may not be members of other school sports teams, which conflict with the dance season.
  - IV. Each team member is encouraged to attend camp in the summer.
  - V. Fundraising is mandatory for all team members.

### **Article 3: Attendance**

- I. Team members must attend all practices & performances unless permission is obtained from the **ALL** coaches at least 2 weeks prior to the practice or performance. It is then up to the coaches if the absence will be excused.
  - A. Members must obtain permission from all the coaches if the member will be tardy.
  - B. Each member is required to attend the **practice before a performance**, or the member will not be allowed to participate in the following performance. As required by Ladue School District and Missouri State High School Activities Association (MSHSAA), students must attend school a minimum of half a day (arriving at school by 10:45am) to participate in any scheduled activity, including practices, for that day. Similarly, for a Saturday event, a student must be in attendance for at least half the day (arriving by 10:45am) on the preceding day.
  - C. Excused absences include: excused school absence returning to school by 10:45am, summer vacation, make-up exams, teacher run help sessions, & selected other school activities, not too demanding of time and talents, at the discretion of the coaches.
  - D. Examples of unexcused absences include: vacation during our scheduled season, concerts, doctor's appointments, music lessons, detentions, & after school jobs.

- E. Members are required to stay for the entire game at which the team performs & sit with the team with the exception being basketball games that fall on school nights, at which time members are permitted to leave after the performance, to complete homework.
- F. If chosen to be a member of the competition team, attendance is required at ALL competitions.
- G. Attendance is mandatory during boot camp week.

#### **Article 4: Illness and Injury**

- I. Coaches must be contacted regarding illness resulting in a missed practice. The dancer will be required to attend practice at the discretion of the coaches depending on the severity of the illness and time of our season.
- II. When a member sustains an injury, causing her to be unable to participate, the member is required to produce a doctor's note as well as be evaluated by the school Athletic Trainer. Dancer will not be cleared to practice until going through the proper protocol with the school trainer.

#### **Article 5: Performances**

- I. All members must meet the standards set by the coaches to perform.
  - A. Membership on the team does not guarantee participation in any and/or all games, assemblies, pep rallies, or competitions. Before each performance, coaches will evaluate members' dance technique, ability to memorize the choreography, ability to retain changes made to choreography, & member's execution of the routine. Based on this criterion, a routine may or may not include places for all team members.
  - B. Coaches decide the placement of members in the routine.
  - C. If a member is not placed in a routine, she is still required to wear the uniform at school, attend the performance in warm-ups, & sit with the team.

#### **Article 6: Uniforms/Equipment**

- I. All members are expected to wear the same uniform at all public appearances.

- A. When wearing a uniform to school, all members must wear all the same uniform pieces.
- B. All members are expected to stay in uniform the entire time of an event.
- C. Members should bring their bag to every performance/event with weights, bands, poms, jazz shoes, pirouettes, and tennis shoes.

II. All uniforms must be treated with respect

III. The member is financially responsible for any lost or mistreated items.

**Article 7: Requirements & Selection Process for Captain**

- I. A captain must be a strong leader with a positive attitude, dedicated to their team and capable of working directly with the coaches. Duties include presiding over practices & meetings, ensuring all members know the rules, assigning members to set up & take down equipment, & executing other duties assigned by the coaches. Captains must be willing to enforce rules during school hours & performances & report all mishaps to the coaches.
- II. The team votes on who they want their leader to be. Coaches have the final say while considering the team votes, based on who is the best fit for the team.
- III. In the judgment of the coaches, a captain not fulfilling all responsibilities will be removed & unable to be a captain for the remainder of the year.

**Article 8: Parental Involvement**

- I. For the Laduette Dance Team to be great, all parents have to be involved with team activities & willing to lend their support when needed.
  - A. To keep harmony and discipline within the team, parents must understand that the coaches will make all final decisions.
  - B. Conflicts within the team will be handled internally to the best of our ability.
  - C. Parental involvement is always welcome, and we would love to have you in attendance for events and numerous fundraisers. Plus, any suggestions for fundraisers or performance opportunities are welcome.

- D. While parental involvement is wanted, parents must understand that to make the team run effectively, the coaches make all decisions concerning the team.
- E. If parents feel the coaches have made a poor decision, parents should feel free to speak with the coaches about a possible change. Ultimately, the coaches have the final say.
- F. Students & parents should discuss problems & concerns with the coaches before discussing them with the administration.
- G. Parents should respect Ladue's "Parent/Coach Communication" policy & follow the chain of communication to handle appropriate concerns.
- H. Signing the Parent, Member, and Coach Agreement signifies a parent fully understands the terms of the Constitution, including Article 8 on "Parental Involvement," & agrees to abide by the rules listed.

**Article 9: The Competition Team**

- I. This is a greater commitment in addition to the regular team.
  - A. Additional financial responsibility (travel, choreography, etc)
  - B. Dedication and commitment to the competition is crucial to the success of the competition team and is required.
  - C. Attendance is mandatory when choreographers are in town to teach competition dances. Dates are listed in our schedule.
  - D. Absences from competition practice could result in change in formation placement or removal from the team at the discretion of the coaches.
  - E. Multiple regional and out of town competitions are required in attendance by all members.
  - F. Members that quit or are dismissed from the competition team during the season are not allowed to return that season.
  - G. Costumes are provided to the team through fundraising.
  - H. The practice schedule is given out before try-outs. All vacations must be made around the schedule so it does not interfere with the season. This is **required** for competition members. During the school year we do not hold practices during Thanksgiving, winter, and spring breaks, so please use

that time to travel. Any other travel is not permitted for competition members from bootcamp (August) until Spring Break.

**Article 10: Governing Documents**

- I. This constitution is only a guideline for the rules & regulations of this organization. The coaches & administration have complete authority in the organization.
- II. The Ladue High School Code of Conduct & Sportsmanship addresses member behavior in & out of school & uniform.