



Sweethearts

EST. 2003

Centennial High School  
Sweetheart Dance Team Tryouts  
2022-2023

Please direct questions to Sweetheart Director, Marina Gonzalez.

Marina Gonzalez

Centennial High School Sweetheart Dance Team

469-633-5681

[gonzalezmar@friscoisd.org](mailto:gonzalezmar@friscoisd.org)

**Centennial High School Sweethearts**  
**2022-2023**  
**Tryout Information**

Dear Sweetheart Hopeful & Parent/Guardian,

Welcome to the Sweetheart Tryout Meeting! We are thrilled that you have expressed interest in becoming a member of this award-winning group. Sweethearts are not only exceptional dancers but exceptional ambassadors for our community. Our program provides members the opportunity to shine as problem solvers, team players, leaders, and dedicated individuals. Sweethearts will open the doors for lifelong connections, sisterhood, and opportunities. It is an honor to be selected as a member of this community. The Sweethearts set forth a standard of excellence that can only be maintained with 100% support of all its members and their families.

**Included in this packet:**

- Tryout Information
- Dance Team Code of Conduct
- Sweetheart Accountability System & Campus Addendum

**Tryout Qualifications and Requirements:**

- Anyone who meets the set qualifications will not be discriminated against because of race, gender, creed, or educational handicap.
- Candidates must be entering grades nine (9) through twelve (12).
- At least one parent of each candidate must be present at the orientation meeting or must contact the director prior to the meeting.
- Candidates and their families must agree to and be fully aware of the financial responsibilities of being a Dance Team member and meet all financial obligations throughout the year.
- Each candidate must tryout each year, regardless of whether or not she/he has previously been a Dance Team member.
- All financial obligations to any FISD affiliated programs must be cleared prior to tryouts.
- Dance Team members who have been dismissed or resigned from the previous year must have permission from the director and principal to tryout.
- Candidates must show proof of residence within the attendance zone of the school and be enrolled in that school.
- If a student transfers to Frisco ISD or within Frisco ISD before the beginning of summer practices for the new year, they must meet the following criteria to tryout:
  - Have participated in tryouts and made their former Dance Team OR have participated in studio Dance Teams if no Dance Team was available at their previous campus.
  - Present a letter of recommendation from their former director stating that they made the team, are in good standing, and meet the academic requirements for tryouts.
  - Tryout in front of the Frisco ISD director and score 70 points or higher

- Candidates must have the following forms on file prior to or on the designated date in order to qualify for membership:
  - Information/Agreement Form
  - Application/Permission Form
  - Travel/Medical Form
  - Participation/Code of Conduct Contract
  - Participation Physicals: When selected for the team – students must turn in a participation physical form signed by a physician. An up-to-date, recent athletic physical for another activity may be used for this requirement. This must be on file with the program director prior to the first official practice of the organization as determined by the local campus.
  - Any other FISD/Campus forms requested
- **All required forms must be turned in to Mrs. Gonzalez by Tuesday, March 1st by 4:30 PM. Incomplete forms and late forms will not be accepted after Tuesday, March 1st at 4:30 PM.**
- Must not have been academically ineligible for more than one nine-week grading period during the application school year.
- Students must have acceptable disciplinary records for the current year. Students who have been assigned to either ISS, OSS, or DAEP must have permission from the principal to participate in tryouts.
  - Students in DAEP at the time of tryouts are not eligible to tryout.
  - Students assigned to the JJDAEP during the school year are not eligible to tryout.
- After the first semester of the school year, students must have the following number of credits to tryout:
  - Incoming 9th Grade: on track to pass 8th grade and verified by both the outgoing and incoming principals
  - Current 9th Grade: 2.5 credits
  - Current 10th Grade: 7.5 credits
  - Current 11th Grade: 12.5 credits
- Students must not have been absent (without making up those hours) for more than 10% of school days in a school year.
- Students must be cleared through both the attendance and administrator's offices before being eligible to tryout.
- The student code of conduct for extracurricular activity involvement will continue to be in effect.
- The current year principal, in conference with the attending principal or designee and program director, will make the determination of eligibility to tryout (example: current 8th-grade student's eligibility will be determined by their middle school principal, the local high school principal, or administrative designee, and program director).
- Tryouts may be video recorded if a student is unavailable to tryout during the specified time because of a school-sponsored or University Interscholastic League sponsored event, or if they are medically unable to tryout, with approval from the sponsor and campus administration. (doctor's documentation will be required).

**Application Process:**

Place all application materials in a manilla envelope, in order, with the checklist on top, clearly marked as follows:

Attn: Marina Gonzalez, Centennial High School  
Candidate's Name  
Centennial High School Dance Team Auditions 2022-2023

Labeled manilla envelopes may be turned in to one of the following places:

Centennial High School Front Office  
Or  
Directly to Mrs. Gonzalez in the CHS Dance Studio (G113)  
**No later than Tuesday, March 1st by 4:30 PM.**

**Tryout Application Checklist: Forms can be found on the Sweetheart website.**

**[www.chssweethearts.com](http://www.chssweethearts.com)**

- Candidate Application Form
- Information/Agreement Form
- Participation/Code of Conduct Contract
- Parent Permission/Financial Obligations Acknowledgement Form
- FISD Signature Pages
- Report Card: Must show grading periods for Q1, Q2
- Manager Application (If applicable)

**\*\*\*Candidates with incomplete packets or forms will be disqualified from tryouts\*\*\***

### **Tryout Clinic Dates and Attire:**

Monday, March 14th through Thursday, March 17th from 5:00-7:00 pm.

Tryout clinics will take place in the CHS Main Gym.

Virtual Clinics will only be available to students quarantined due to close contact or illness.

Appropriate dance or workout attire is required. Accepted attire includes a leotard, dance top, dance pants, leggings/capris, and tan/black jazz shoes. **Shorts, crop tops, or athletic shoes are not allowed.** Hair must be in a high ponytail. All jewelry must be removed. Make-up is not required for the tryout clinics.

### **Sweetheart Tryout Day:**

Friday, March 18th beginning at 5:00 PM in the CHS Main Gym

Virtual auditions will only be available to students quarantined due to close contact or illness.

Candidates will be dismissed at the conclusion of tryouts.

Appropriate attire is required for tryouts with the judging panel.

- Hair must be in a slicked and high ponytail.
- Jewelry of any kind will not be allowed at our tryout. This includes small studs and facial piercings.
- Make-up is required for auditions to emphasize facial features. This includes eyeshadow, eyeliner, mascara, blush, and red lipstick.
- Clear, french, and American polish will be the only nail colors allowed at tryouts.
- Fitted, solid black dance top or solid black leotard with a black sports bra.
- Fitted, solid black leggings or solid black dance pants - No large or obstructive logos allowed.
- Black or tan Jazz shoes.

### **Tryout Clinic Agenda:**

At the tryout clinic, Sweetheart Hopefuls will learn a jazz combination, a kick combination, and an across-the-floor combination. Hopefuls will demonstrate saut de chat leaps, pirouettes, and both splits. Candidates will be placed in groups of 3-4 on the first clinic day. These are the groups that they will complete their tryout in for the judges on Friday, March 18th.

**Tryout clinics are closed to the public and may not be videotaped or recorded.**

**Tryout Process:**

March 18th is the only day to audition for the 2022-2023 Sweetheart Dance Team. Sweetheart Hopefuls are required to stay on campus for the duration of the audition process. Tryouts are closed to the public with only the director, administrators, judges, and Hopefuls present.

A qualified judging panel will watch each group and score them according to the preset criteria (see scoring below). A candidate can receive a possible of 100 points from each judge (300 points total). **The minimum score required to become a Sweetheart will be 210 points, this is an average score of 70.**

- |                      |                            |                            |
|----------------------|----------------------------|----------------------------|
| Presentation - 5 pts | Leaps - 5 pts              | Precision & Timing - 10pts |
| Right Split - 5 pts  | Kick Technique - 10 points | Showmanship - 10 pts       |
| Left Split - 5 pts   | Memory - 20 pts            |                            |
| Pirouettes - 5 pts   | Dance Technique - 25 pts   |                            |

**Announcement of the 2022-2023 Sweethearts:**

At the conclusion of the tryout process, all Sweetheart Hopefuls will be dismissed and must leave the building. Results will be posted by number on the Sweetheart website that evening. Results will **not** be posted at CHS. Students and parents are not to return to CHS once the tryouts have concluded.

Mrs. Gonzalez will not address the results. The judges' subjective and objective opinions regarding the adjudication process are final and are not appealable or grounds for the FISS formal grievance process. The tryout results, once reviewed and certified as accurate by the campus administration, are final and not appealable or grounds for the FISS formal grievance process.

Parents may request to view their student's individual tryout documentation. To view tryout documents parents must contact their officiating administrator. Parents are allowed to view their student's individual documents only. The statute of limitations for viewing is five (5) school days following the tryout session. Parents are not allowed to view any other students' documents or the tally sheets. Contact Associate Principal, Mrs. Kristin Pryor ([pryor@friscoisd.org](mailto:pryor@friscoisd.org)), to view your student's tryout documents.

**Manager Tryout Process:**

March 25th is the only day to interview for a 2022-2023 Sweetheart Manager position. Managers will be assigned a time to be interviewed by a panel of judges. Interviews are closed to the public with only the director, administrators, judges, and Hopefuls present. Professional attire is required. A brief resume is recommended.

A qualified judging panel will watch interview candidates and score them on the criteria listed below. The top 3 scoring candidates will be appointed as Sweetheart Managers for the 21-22 school year.

- Professionalism - 10 pts
- Maturity - 10pts
- Quality of Response -10pts

## 2022-2023 Sweetheart Requirements

### **Financial Obligations:**

The first year of Sweethearts can be the most expensive because each Sweetheart must purchase initial items, which are used for the remainder of their time on the team. The breakdown of costs will be discussed at the New Team Meeting on Monday, April 4th, 2022. The initial cost for a new member is approximately \$1,250.00. Your first payment will be due on Monday, April 4th, 2022. Extended financial plans are available with approval from the director and principal.

Many required items are a one-time purchase, therefore returning member fees can be considerably less. Exceptions to this include boots/hats/jazz Shoes that are not maintained throughout the year. These items will be evaluated at the end of each year.

There are other expenses associated with your time on Sweethearts such as trips, social events, and banquets that the Sweetheart Booster Club helps out with. There is a mandatory Team Event Fee that covers the cost of each Sweetheart to attend team social events. Joining the Sweetheart Booster Club can help ease the financial costs of these events.

### **Mandatory 2022-2023 Team Meeting/Practice Wear Fitting:**

All parents and Sweethearts of the 22-23 team must attend the new team meeting on Monday, April 4th, 2022 at CHS. Information about the team and parent expectations, camp, uniforms/practice wear, and more will be discussed at this meeting. **Payment #1 and the Team Event Fee are due at this meeting. Parents are also required to sign up for 3 volunteer opportunities at the new team meeting.**

Sweethearts must attend this meeting in form-fitting dance attire. We will begin sizing Sweethearts for practice wear/performance items. Many of the practice/performance items are non-refundable or available for exchange.

### **Grade Requirements:**

Upon selection, each member must pass all courses during the 9 week grading period.

- Academic Eligibility
  - Texas Education Agency-University Interscholastic League “NO PASS-NO PLAY” REQUIREMENTS:
  - Students can lose their eligibility if they are failing at the end of the sixth week of school (the “UIL Eligibility Check”) or at the end of a 9-week marking period. They can regain eligibility at the 9- week marking period or any Interim Progress Report (“IPR”) after the first 9-week marking period by passing all courses, not just the one they failed.
  - Students who pass all courses for the nine-week period are eligible for the next nine-week period.
  - Students who lose eligibility and then regain eligibility must wait seven calendar days before they become eligible to participate in competitions and performances. Students who are academically ineligible may continue to practice with their team, but may not perform.
  - If a student loses academic eligibility per TEA-UIL/FISD policy for more than one grading period during the school year, the dance team member may be dismissed from the team.

- Dance Team Grades
  - Grades are given to the Dance Team members, officers, and managers based upon effort, attitude, performance, responsibility, and achievement.

**Sweetheart Dance Team Class and Practice:**

All dance team members are required to enroll in the 3A Dance Team Class period for the fall and spring semesters as well as attend all scheduled practices and performances. Sweetheart Managers are required to attend all practices, performances, and events. This includes summer camps/practices, weekend rehearsals, performances, events, and appearances. Work is not an excused reason for missing practices or performances. Events will be communicated as early as possible. **Sweethearts and Parents should understand that our first obligation is to serve our community -- we are eager to serve at appearances and performances regardless of *when* we are asked to perform.**

Please see below for our **fall** practice schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
	6:30 to 8:00 AM	6:30 to 8:00 AM	4:45 to 6:30 PM Band Practice	7:20 to 8:00 AM

\*\*\*The practice schedule will fluctuate during football season to accommodate Thursday games.

**Sweetheart Obligations Outside of Class/Practice/Performances**

As ambassadors of Frisco ISD and Centennial High School, Sweethearts are required to participate in events that encourage a strong sense of culture and community. We firmly believe that showing up for others is the best way to show that we care. Sweethearts can expect to attend the following events, in addition to others not listed below.

- 1st Day of School Greeting at CHS
- Elementary and Middle School Pep Rallies/Events/Lunches/Carpool
- Band UIL (Fall)
- Titan Theatre Production (Winter)
- At least 1 additional Fine Arts Performance - Choir/Orchestra/Band
- Team Socials
- Team Dinners
- Squad Dinners
- Sister Dates

Cost of attendance, event location, and more will be communicated ahead of time.

**Uniforms:**

Members are required to purchase their own hat, boots, and field bloomers. Field uniforms and contest costumes will be provided and are the property of Centennial High School. Sweethearts are responsible for keeping all pieces in excellent condition. Students are responsible for repairs and cleaning to their fringed uniform pieces.



**Accountability System:**

Sweethearts are assigned demerits for infractions incurred throughout the year. Members may receive demerits by not following the expectations set forth by the director. Our accountability system promotes communication, promptness, neatness, responsibility, and character. Accumulation of infractions will affect a member’s ability to perform. Please see the table below to understand how demerits affect performance eligibility.

Merit opportunities may be made available to students with demerits. These will be communicated throughout the year.

5 Demerits	Conversation with director and student.
10 Demerits	1st Warning Phone call home to parents
15 Demerits	2nd Warning Phone call home to parents Removed from the upcoming performance <b>No longer eligible to audition for a leadership position for the 23-24 year.</b>
20 Demerits	3rd Warning Meeting with student and parent Removed from the next 2 performances <b>No longer eligible to audition for a leadership position for the 23-24 year.</b>
25 Demerits	Final Warning Meeting with student and parent Removed from the next 3 performances <b>No longer eligible to audition for a leadership position for the 23-24 year.</b>
30 Demerits	Dismissal from the Team

**Commitment:**

Being a member of the Sweetheart Dance Team takes a great deal of commitment. The Sweethearts make a full-year commitment to the team and our community. Members are expected to practice regularly, complete outside of rehearsal assignments, volunteer at CHS events, compete at regional contests, and perform at our Spring Show.

## **COVID-19 Tryout Protocols:**

### **Use of Face Coverings and Specifications**

Masks may be worn for the duration of the tryout clinic. Masks must be removed when performing for the judges.

### **Tryout Clinic & Tryout Day Procedures for Quarantined Students**

Students in quarantine due to illness will attend clinics via Zoom. A doctor's note is not required, however, students must submit documentation that they have been quarantined from their home campus.

Students in quarantine due to close contact and/or illness related to COVID-19 will submit a video audition to Mrs. Gonzalez on March 18th by 5:00 pm. **Students must submit documentation that they have been quarantined from their home campus.**

## **Important Sweetheart Dates**

**Mandatory 2022-2023 New Team Meeting:** Monday, April 4th at 6:00 pm at CHS

**Payment #1 & CSBC Team Event Fee Due:** Monday, April 4th

**Sweetheart Rookie Practices for Spring Show:** April 19-21st from 5:00-7:00 pm at CHS

**Sweetheart Spring Show Grand Dress:** April 28th beginning at 5:00 pm

**Sweetheart Spring Show:** April 29th at 7:00 pm, April 30th at 2:00 pm and 7:00 pm

**Team Social:** Monday, May 9th from 5:00 to 7:00 pm

**Payment #2:** Monday, May 9th

**Spring Practices:** May 9-13th, 5:00-7:00 pm at CHS

**Payment #3:** Monday, June 6th

**Sweetheart July Camp:** July 25th-30th

**Sweetheart August Training:** August 1-5th, August 8-9th

**Centennial High School Sweetheart Dance Team  
Addendum and Guidelines 2022-2023**

**Overview:**

1. The CHS Sweetheart Director will have the authority to discipline any member for not upholding the FISD Dance Team Code of Conduct, CHS school policy, and CHS Addendum/Guidelines.
2. Members will receive disciplinary action according to the FISD Dance Team Code of Conduct, CHS school policy, and the CHS Addendum/Guidelines.
3. Dance Team members are expected to follow Director directives as communicated by the Drill Team Officers. Failure to follow these directives will result in disciplinary actions as outlined in the FISD Dance Team Code of Conduct.

**Appendix to Inherent Risk Sheet:**

1. Team members will participate in an appropriate warm-up that is designed by the directors and the dance officers. (Refer to the 3rd guideline)
2. Team members will learn challenging stunts on a mat. Once members have executed the stunt, the stunt will be practiced in the gym, studio or auditorium as it would be performed. (Refer to the 7th guideline)
3. Team members will train to increase strength and guard against injuries such as weight lifting, endurance training, and conditioning. (Refer to the 13th guideline)

**Appendix to Article VII:**

1. In addition to excused absences listed in the FISD Dance Team Code of Conduct, additional excused absences may include
  - a. Family trips with advanced 2-week notice. Members must email Mrs. Gonzalez 2-weeks prior to the scheduled absence.
  - b. Family ceremonies with advanced 2-week notice. must email Mrs. Gonzalez 2-weeks prior to the scheduled absence.
  - c. College visits with advanced 2-week notice. must email Mrs. Gonzalez 2-weeks prior to the scheduled absence and email a letter of verification from the college visit.
  - d. Driving tests advanced 2-week notice. must email Mrs. Gonzalez 2-weeks prior to the scheduled absence and email a copy of the driving permit/license.
  - e. Studio Competitions (not rehearsals, or conventions) with advanced 2-week notice. Members must email Mrs. Gonzalez 2-weeks prior to the scheduled absence.
  - f.

**Requirements for Tryouts:**

1. Centennial High School will not grant a tryout to students who have been assigned OSS, DAEP, or have had more than 3 days of ISS.
2. Academic eligibility to try out will be based on Q1 & Q2 grading periods.

**Manager Tryouts:**

1. Managers will be selected by a panel of three judges.
2. Managers will be scored by an interview with the panel of judges.
3. The judges' decision is final and is not appealable or grounds for the FISD formal grievance process.

**Dance Team Code of Conduct 2022-2023**  
**Centennial High School Sweetheart Accountability System**

Overview:

1. Members will be assigned demerits proportionally to the number of infractions against the dance team code of conduct, school policy, and/or instructions set forth by the officers per directors.
2. Members will be assigned one demerit per infraction.
  - a. Incorrect attire item = one towel push
3. The accountability system affects the active status of the member and will remain in effect for the duration of the dance team year.

5 Demerits	Conversation with director and student.
10 Demerits	1st Warning Phone call home to parents
15 Demerits	2nd Warning Phone call home to parents Removed from the upcoming performance <b>No longer eligible to audition for a leadership position</b>
20 Demerits	3rd Warning Meeting with student and parent Removed from the next 2 performances <b>No longer eligible to audition for a leadership position</b>
25 Demerits	Final Warning Meeting with student and parent Removed from the next 3 performances <b>No longer eligible to audition for a leadership position</b>
30 Demerits	Dismissal from the Team

**Attendance Infractions**

- Tardy to practice, performance, inspection, or mandatory activity
- Unexcused or unreported absence from practice or mandatory activity
- Leaving early from practice or mandatory activity without the director's permission
- Failing to notify the director ahead of time when going to be absent from practice or mandatory activity
- Unexcused absence from a performance with prior notification
- Leaving early from a performance without the director's permission
- Unreported and unexcused absence from a performance

**\*\*\*Any infraction not listed above is at the discretion of the director**

**\*\*\*Excessive absences, excused or unexcused, are at the discretion of the Director/Principal for dismissal**

### **Uniforms/Equipment**

- Not returning items with a due date
- Failing to bring all required items to practice (poms, props, required shoes, etc)
- Incorrect practice uniform (hair, top, bottoms, and shoes are included)
- Failure of the student to dress out in dancewear for practice
- Not having correctly groomed hair when designated
- Wearing nail polish to a performance
- Not wearing proper performance makeup when required
- Not being fully dressed at the time of inspection
- Not having required props for performance
- Wearing jewelry of any kind to a performance or in dress uniform
- Incorrect performance uniform at the time of inspection
- Not wearing dress uniform when required
- Wearing a Sweetheart costume or field uniform outside of official Sweetheart performances
- Lending Sweetheart uniforms, sweats, t-shirts, or jackets to nondance team members

**\*\*\*Any infraction not listed above is at the discretion of the director**

### **Conduct**

- Dance Officer not communicating infractions when necessary
- Leaving behind messy practice, performance, and dressing area
- Letting a nonmember in the locker room
- Moving or talking in a performance line or while at attention
- Talking at inappropriate times
- Not following instructions while in stands or formation
- Use of cell phones without the director's permission
- Not cheering at games or pep rallies
- Chewing gum during practice or performance
- Eating or drinking in uniform without permission from the director
- Disrespecting a dance officer or fellow team member
- Non-compliance with team rules and expectations (PDA, cursing, playing profane music in the locker room, etc)

**\*\*\*Any infraction not listed above is at the discretion of the director**



**HIGH SCHOOL  
DANCE TEAM  
CODE OF CONDUCT**

**2022-2023**

The Fisd Mission:

“Our mission is to know every student by name and need.”

Student Services Department

Core Values:

Students Come First

Educate Through Opportunities

Relationships Drive Success!

# Frisco Independent School District Extracurricular Code of Conduct For High Schools

## Purpose and Vision

Frisco ISD dance team members are leaders chosen to represent the campus, district, and community in the promotion of team spirit, development of strong character and sportsmanship, and reinforcement of respect and positive relations within our community. The young men and women involved in these extracurricular activities consistently demonstrate tenacity, teamwork, and commitment. In addition, they continually develop responsibility, pride, loyalty, leadership, service, self-discipline, and self-confidence. As leaders, students are encouraged to achieve personal goals regarding their athletic abilities and their social and emotional development.

## Philosophy of Participation and Jurisdiction

The term “extracurricular activities” means, without limitation, all dance team performances and contests, competitions, or community events in which the district is represented. Membership includes any non-curricular event, participation in groups, clubs, and organizations. Membership is recognized and approved by the Board of Trustees and the school district as well as sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, are subject to the provisions of this document.

Student participation in these and other extracurricular activities is encouraged. Frisco ISD makes extracurricular activities available as an extension of the regular school program. Participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. While students engage in, perform, compete, or participate in extracurricular activities they represent themselves, their student body, and the school district whether in or out of uniform.

Since participation in extracurricular activities is a privilege and not a right, Frisco ISD is authorized to set higher standards for these participants than it would for those students who choose not to participate in these activities. Therefore, this Extracurricular Code of Conduct extends beyond the Frisco ISD Student Code of Conduct not only in types of behavior prohibited but also in corresponding consequences and jurisdiction for imposing discipline. This Extracurricular Code of Conduct will be enforced with all students grade 6-12 participating in Dance Team organizations regardless of:

- whether school is in session;
- whether the offense occurs on or off school property or at a school-related event;
- whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- whether the extracurricular activity is in-season; and
- where or when the conduct occurs.

It is possible that a student who violates the Frisco ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participant in extracurricular activities could violate the Extracurricular Code of Conduct and be subject to discipline by a coach or sponsor without having violated the Frisco ISD Student Code of Conduct.



## Conduct Expectations

The following conduct is expected of all participants at all times during his/her school career. The organization sponsor/director will assign consequences for any violation of expectations as outlined below. Consequences will be in accordance with the Frisco ISD Student Code of Conduct.

1. Student commitment to a team or organization is expected for the entirety of the season or activity as determined by the campus administration and organization sponsor. Students are encouraged to participate in more than one extracurricular activity; however, students may not quit one sport or program in order to participate in another while the activity he or she quits is still active.
2. Organization members are expected to behave in a manner that is becoming of the individual as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the organization and the campus they attend and should act accordingly in maintaining a higher standard of conduct. Organization members will abide by school codes of conduct both in and out of uniform, both at and away from school. Any question of appropriateness will be decided by the designated campus official and sponsor.
3. During performances organization members will stay with the team at all times unless given direct permission by the sponsor.
4. Dancers may not be on the field or gym floor without having the sponsor available.
5. Organization members will demonstrate good sportsmanship at all times. This includes behavior toward visiting or hosting teams as well as the opponent's fans. Frisco ISD participants will be noted for clean yet tough competition. Praise your opponents while competing beyond your ability.
6. Organization members will be courteous and respectful to their teammates, sponsors, teachers, classmates, and all school/district administrators at all times.
7. Organization members will refrain from public displays of affection while in or out of uniform.
8. Dance Team members are expected to maintain appropriate behavior on social media. Any online behavior that causes an interference with a student's educational opportunities or that does or could reasonably substantially disrupt the orderly operation of a classroom, school, or school-sponsored or school-related activity will result in disciplinary action.
9. At no time should organization members be in possession of or use tobacco or similar products of any kind (including vaping and e-cigarettes).
10. At no time should organization members be in possession of or consume alcoholic beverages.
11. At no time should organization members be in possession of or use abusive or illegal drugs (including but not limited to marijuana, narcotics, drug paraphernalia, etc.).
12. Students should arrive to practices (including workouts), meetings, and events on time and prepared, and are required to stay for the duration of the event.
13. Students should follow the rules promulgated in the Frisco ISD Student Code of Conduct. Failure to do so may result in disciplinary measures related to the student's participation in extracurricular activities as determined by the coach/sponsor and campus principal or designee.

## FISD Extracurricular Code of Conduct Disciplinary Policies

The following policies apply to all extracurricular activities at all FISD schools.

1. The possession or use of alcohol or controlled substances is prohibited.

The following penalties will be enforced.

### Step 1 (1<sup>st</sup> offense)

The student will be suspended from participation in dance team performances for the next two calendar weeks in which the student would otherwise participate. The suspension will be carried over from one season/school year to the next if there are not two calendar weeks in which remaining performances occur at the end of the current season/school year.

### Step 2 (2<sup>nd</sup> and subsequent offenses)

The student will be suspended from participation in dance team performances for the next five calendar weeks in which the student would otherwise participate. The suspension will be carried over from one season/school year to the next if there are not five calendar weeks in which remaining performances occur at the end of the current season/school year.

### Step 3 (3<sup>rd</sup> subsequent offense)

The student will be suspended from participating in all dance team activities at Frisco ISD for one calendar year from the date school officials notify the student and parent of the infraction. If the student wishes to return to dance team performances upon the completion of their suspension, then the student, parent/guardian, and sponsor/director may collectively determine if the student should remain in the dance team program during the one year suspension and/or if the student should be allowed to participate in the try out process.

Infractions begin at zero upon the student's enrollment as a freshman in any Frisco ISD high school and will carry over from year-to-year during their high school enrollment. Dance Team sponsors/directors, in conjunction with FISD administrative staff, will investigate all reported violations in accordance with campus guidelines and training. Any infraction or combination of the illegal use or possession of alcohol and/or controlled substances will result in the same consequences, whether it is a first, second, or third offense.

2. If a student commits a serious criminal act, it reflects negatively on all extracurricular activity participants.

The following consequence, in addition to any other school disciplinary action, will be enforced in the event school personnel have reasonable suspicion to believe a student has been involved in the commission of a felony offense, as defined by the Texas Penal Code or by Federal law.

The student will be removed from participation in all extracurricular activities for one calendar year from the date school officials first become aware of the offense.

3. Activity sponsors or coaches are permitted to assign reasonable consequences in the event a member of their activity group is in violation of any part of the FISD Student Code of Conduct or Campus Behavior Management Plan.

## Dance Team Guidelines

The following articles must be adhered to by all Frisco ISD High School Dance Team members. It must be understood that as a member of this organization, the student becomes a representative of Frisco ISD, and each member must maintain high moral and ethical standards. Membership is from the tryout date to the last day of school the following school year.

### Article I. Purpose

1. The purpose of Frisco ISD Dance Team shall be threefold:
  1. To serve as a performing group representing Frisco ISD and the high school campus throughout the community and state.
  2. To boost morale and spirit of the high school campus.
  3. To develop character, leadership, self-discipline, sportsmanship and individual responsibility in each member.

### Article II. Tryout Qualifications and Requirements

1. Anyone who meets the set qualifications will not be discriminated against because of race, gender, creed, or educational handicap.
2. Candidates must be entering grades nine (9) through twelve (12).
3. At least one parent of each candidate must be present at the orientation meeting or must contact the director prior to the meeting.
4. Candidates and their families must agree to and be fully aware of the financial responsibilities of being a Dance Team member and meet all financial obligations throughout the year.
5. Each candidate must tryout each year, regardless of whether or not she/he has previously been a Dance Team member.
6. All financial obligations to any FISD affiliated programs must be cleared prior to tryouts.
7. Dance Team members who have been dismissed or resigned from the previous year must have permission from the director and principal to tryout.
8. Candidates must show proof of residence within the attendance zone of the school and be enrolled in that school.
9. If a student transfers to Frisco ISD or within Frisco ISD before the beginning of summer practices for the new year, they must meet the following criteria to tryout:
  - Have participated in tryouts and made their former Dance Team OR have participated in studio Dance Teams if no Dance Team was available at their previous campus.
  - Present a letter of recommendation from their former director stating that they made the team, are in good standing, and meet the academic requirements for tryouts.
  - Tryout in front of the Frisco ISD director and score 70 points or higher.

10. Candidates must have the following forms on file prior to or on the designated date in order to qualify for membership:

- Information/Agreement Form
- Application/Permission Form
- Travel/Medical Form
- Participation/Code of Conduct Contract
- Participation Physicals: When selected for the team – students must turn in a participation physical form signed by a physician. An up to date, recent athletic physical for another activity may be used for this requirement. This must be on file with the program director prior to the first official practice of the organization as determined by the local campus.
- Any other FISD/Campus forms requested

Requirements for Tryouts:

1. Must not have been academically ineligible for more than one nine-week grading period during the application school year.
2. Students must have acceptable disciplinary records for the current year. Students who have been assigned to either ISS, OSS or DAEP must have permission from the principal to participate in tryouts. The principal will take into consideration:
  - the circumstances of the disciplinary assignment
  - the student's past disciplinary history
  - the satisfactory completion of the assigned consequence prior to the tryout.
  - If a student has more than three days of ISS, OSS, or DAEP assignments they may be allowed to tryout under a probationary status if granted approval by the sponsor and campus administration.
  - Students in DAEP at the time of tryouts are not eligible to tryout.
  - Students assigned to the JJDAEP during the school year are not eligible to tryout.
3. After the first semester of the school year, students must have the following number of credits to tryout:
  - Incoming 9<sup>th</sup> Grade: on track to pass 8<sup>th</sup> grade and verified by both the outgoing and incoming principals
  - Current 9<sup>th</sup> Grade: 2.5 credits
  - Current 10<sup>th</sup> Grade: 7.5 credits
  - Current 11<sup>th</sup> Grade: 12.5 credits
4. Students must not have been absent (without making up those hours) for more than 10% of school days in a school year.
5. Students must be cleared through both the attendance and administrator's offices before being eligible to tryout. Documentation for this clearance will be based on campus preference, but must be on file before the tryout process begins.
6. The student code of conduct for extracurricular activity involvement will continue to be in effect.
7. The current year principal, in conference with the attending principal or designee and program director, will make the determination of eligibility to tryout (example: current 8<sup>th</sup> grade student's eligibility will be determined by their middle school principal, the local high school principal or administrative designee, and program director).
8. Tryouts may be video recorded if student is unavailable to tryout during the specified time because of a school sponsored or University Interscholastic League sponsored event, or if they are medically unable to tryout, with approval from the sponsor and campus administration. (doctor's documentation will be required).

### Article III. The Tryout Workshop

1. Attendance at all Dance Team tryout workshops is expected. Failure to participate in the workshops could severely hamper the candidate's ability to learn the material used for judging at the tryouts and therefore could impact their ability to make the team.
2. Tryout workshops are closed to spectators and may not be videotaped or recorded.

### Article IV. The Audition

1. The audition will be held on a date designated by the director.
2. There shall be no minimum set number of Dance Team members for the team.
3. Candidates will tryout before a panel of three or more professionally qualified Dance Team judges hired by the director/administration.
4. A candidate can receive a possible of 100 points from each judge (300 points total).
5. The minimum score necessary to become a Dance Team member will be 210 points. This is an average of 70.
6. Entering 12<sup>th</sup> grade dancers who do not meet the minimum score of 210/average of 70 initially but were on the team as an 11<sup>th</sup> grader and are considered "in good standing" by the sponsor and campus administration, at the discretion of the campus personnel, may be allowed to participate as additional members of the team for their senior year.
7. The judges' subjective and objective opinions regarding the adjudication process are final and are not appealable or grounds for the FISD formal grievance process. The tryout results, once reviewed and certified as accurate by the campus administration, are final and not appealable or grounds for the FISD formal grievance process.
8. Tryouts are closed to all spectators. Those eligible for attendance include the judges, director, senior assistants, faculty volunteers, and administrators.
9. All candidates who have been selected for the Dance Team will have their name and/or tryout number posted in a place designated by the director.
10. If a parent wishes to view their student's individual tryout documents, they must contact their officiating administrator. Parents are allowed to view their student's individual documents only. The statute of limitations for viewing is five (5) school days following the tryout session. Parents are not allowed to view any other students' documents, nor the tally sheets. The judges' decisions are final and are not grounds for the formal grievance process.

### Article V. Membership Requirements and Expectations

1. Dance Team members must be enrolled for the designated Dance Team class for the fall and spring semesters of their membership year.
2. Dance Team members are required to attend summer practices or are subject to discipline. For every 2 days absent, a Dance Team member forfeits one performance beginning with the first performance of the season.
3. Attendance to all Dance Team activities, practices, and performances is mandatory. This includes, but is not limited to, before school, during school, after school, summer practices, and any emergency practices called by the director.
4. Members are expected to arrive on time and attend the entire practice until dismissed by the director. Dance Team members may not leave practice or the practice area without permission.
5. All organization trips, projects, and activities must be under the direction and approval of the director.
6. If an incident occurs during school or while on a team trip, during a competition, or during an exhibition, a member should expect disciplinary action from school as well as from the Dance Team
7. Members must audition for select performances. Members are not guaranteed to dance at every performance.
8. The director reserves the right to pull any member from a performance due to absence, conduct, or lack of effort. A member unable to meet the standards set for that performance will not be allowed to perform in that particular performance and will be placed on reserve status. She/he must attend the practices and performance in uniform and assume her/his responsibilities as usual.

9. Final field rehearsals are mandatory. Any member who misses the final rehearsal may be eliminated from that particular performance.
10. Members may be pulled from performances until their balance is paid in full on dance team expenses.
11. Dance Team members will abide by school codes of conduct including the FISD Code of Conduct for Extracurricular Activity Involvement both in and out of uniform, both at and away from school.
12. Dance Team members will demonstrate good sportsmanship at all times.
13. Dance Team members will be courteous and respectful to their teammates, sponsors, teachers, classmates, and all school/district administrators at all times.
14. Dance Team members will refrain from public displays of affection while in or out of uniform.
15. Dance Team members are expected to behave in a manner that is becoming to the individual as well as to the organization they represent. They should be aware that in or out of uniform they are representatives of the Dance Team and the high school they attend and should act accordingly in conduct both in and out of uniform, both at and away from school. Any question of appropriateness will be decided by the principal and director.

## Article VI. Grades

### 1. Academic Eligibility

- Texas Education Agency-University Interscholastic League “NO PASS-NO PLAY” REQUIREMENTS:
  - Students can lose their eligibility if they are failing at the end of the sixth week of school (the “UIL Eligibility Check”) or at the end of a 9-week marking period. They can regain eligibility at the 9-week marking period or any Interim Progress Report (“IPR”) after the first 9-week marking period by passing all courses, not just the one they failed.
  - Students who pass all courses for the nine-week period are eligible for the next nine-week period.
  - Students who lose eligibility and then regain eligibility must wait seven calendar days before they become eligible to participate in competitions and performances. Students who are academically ineligible may continue to practice with their team, but may not perform.
  - If a student loses academic eligibility per TEA-UIL/FISD policy for more than one grading period during the school year, the dance team member may be dismissed from the team.

### 2. Dance Team Grades

- Grades are given to the Dance Team members, officers, and managers based upon effort, attitude, performance, responsibility, and achievement.

## Article VII. Attendance

### 1. Excused Absences

- The status of an absence will be determined by the director. Some reasons for excused absences include but are not limited to:
  - Personal illness or accident
  - Death in the family
  - Religious holidays
  - Special school UIL activity with advance approval from the director

### 2. Unexcused Absences

- Absences for reasons other than those listed above will be unexcused (this includes absences from the Dance Team class). Unexcused absences will result in disciplinary action as determined by the local campus director and campus administration and may result in loss of performance eligibility, suspension, or dismissal.

### 3. Unexpected Absences

- In the event of an unexpected absence (illness, accident, or death in the family) the member must make every effort to inform the director of the absence and the reason for the absence prior to the class/practice.
- The parent/guardian of the member is required to call the director’s office and speak to her directly or leave a message on the director’s school voice mail or email. Leaving a message with an officer is not sufficient.

- A parent and/or doctor's note must be submitted to the director upon the member's return to school or practice. Two consecutive absences will require a doctor's note.

#### 4. Unreported Absences

- Unreported absences will not be allowed. The status of an absence or tardy will be determined and disciplined by the director.
- Members must attend school ½ day in order to maintain eligibility for participation in an organizational activity.
- Tutorials may be attended once a week without discipline consequences. However, the member may be placed on reserve status. The director must be notified 24 hours before the tutorial session. All other tutorials should be scheduled on "off" days/times. Members may not miss dance practice due to tutorials.

#### Article VIII. Routine Evaluations and Performances

1. All members must be present at the time of auditions to be eligible to audition.
2. The director has the final decision on who makes the performances, and that decision is final.
3. A member unable to meet the standards set for that performance will not be allowed to perform in that particular performance but must attend the performance in uniform and assume responsibilities as usual.
4. A complete uniform and equipment check will be held prior to any activity/performance.
5. Members who miss more than two practices during competition season may be subject to being placed on reserve status.

#### Article IX. Uniforms and Equipment

1. Dance Team members will be supplied items by the Frisco ISD and/or Booster Club. Dance Team members are responsible for the upkeep of each item received and will be held financially responsible for the item if lost or damaged.
2. Dance Team members are responsible for purchasing practice attire and other necessary clothing and accessories as required, and all personal items must be labeled with the member's name.
3. Practice attire/uniforms are to be kept clean and in good condition.
4. All designated uniforms, jackets, etc. are to be worn by Dance Team members only.
5. The length and style of the uniform will be selected by the director with the approval of the principal.
6. The uniform is only to be worn in conjunction with school sponsored events.
7. Hair will be worn as specified by the director.
8. No Dance Team member will lend her/his uniform for Powder Puff, Halloween, etc.
9. No jewelry will be worn during practices, performances, or pictures.
10. No nail polish, other than French manicure, will be worn while in uniform or performing.

#### Article X. Transportation and Travel

1. Dance Team members are required to ride to and from all activities in the transportation provided by the Frisco ISD and/or Booster Club.
2. If a member has requested an early release from an activity, departure may not occur until the performance events have been concluded. The director must be contacted prior to the event.

#### Article XI. Finances and Fundraising

All fundraisers will fall under the guidelines as outlined by Frisco ISD and will benefit all members of the program. In all situations, fundraising activities must be approved by the campus administration and fall under requirements as outlined by the district for the current school year.

1. If a Dance Team member is dismissed or resigns, she/he will be held financially responsible for any and all items already ordered. No refunds will be made.
2. Individual refunds from fundraising profits will not be made.

## Article XII. The Disciplinary System

Additional details regarding individual campus disciplinary systems will be outlined in the campus program addendum. Details regarding these policies are at the discretion of the campus administrator and Dance Team director. Campus disciplinary decisions are final and are not grounds for the formal grievance process. Please reference page 4 of this document for additional information.

## Article XII. Probation, Suspension, Dismissal, Resignation, and the Appeal Process

### A. Probation

#### Disciplinary Probation

1. Disciplinary probation is a period designated in which the member continues to uphold all responsibilities of being a Dance Team member but may not participate in performances. Members may attend social activities and wear the uniform.
2. A contract will be written and must be signed by the member, parent, and director.
3. If the reason for disciplinary probation is not corrected within the time frame established, the member is subject to suspension or dismissal.
4. Reasons for disciplinary probation (but not limited to):
  - Being assigned Saturday School or administrative disciplinary consequences
  - Poor conduct/attitude

#### Academic Probation

Academic probation (or ineligibility) will be determined in accordance with TEA-UIL/FISD rules and regulations. Members may not wear the performance uniform, travel, or sit with the team. Members may attend education field trips but not participate or assist with a public performance.

### B. Suspension

1. Suspension eliminates the member from participation at mandatory activities and participation in performances and special events. The member may not attend Dance Team social activities. The member is not allowed to wear any part of the uniform to school or activities during the period of suspension. The member may not travel or sit with the Dance Team at performance events or public activities. The member will continue to attend Dance Team class and assist the managers in their duties.
2. A suspension contract will be written for the member with the length of the suspension to be decided upon by the director. The suspension contract must be signed by the member, parent, and director.
3. If the reason for suspension is not corrected within the time frame established, the member is subject to dismissal.
4. Suspensions will be handled in the following manner:
  - First Suspension: 2 games/performances
  - Second Suspension: 3 games/performances
  - Third Suspension: Any member who receives a suspension for a third time will be removed from the squad for the remainder of the school year.
5. Reasons for Suspension (but not limited to):
  - Second assignment of administrative disciplinary consequences-contract may vary.
    - Continuing to fail one or more classes after three week probation-three week's suspension.

### C. Dismissal

1. Dismissal involves a loss of membership from the organization. All school equipment and uniforms must be returned and all financial obligations must be cleared within one week of dismissal. Once a member has been dismissed, she/he loses all privileges of the organization. This includes awards, recognition, etc., although they may have accrued over the duration of the Dance Team year. This also includes attending Dance Team only events, using the Dance Team facilities, and wearing Dance Team attire.
2. A Dance Team member who has been dismissed will not be eligible to participate in the next year's tryout without approval from the director and principal. Areas to be reviewed will include but may not be limited to a review of the reason(s) for dismissal and student records since the dismissal (academic grades, discipline records, attitude, etc.).



3. In all cases of dismissal, the director will confer with the principal of the school.

## Grounds for Dismissal

All rules become enforceable the day the Dance Team member is selected and remain in effect until the end of the Dance Team year. All students must also abide by the Code of Conduct for Extra Curricular Activities involvement as stated in the Frisco ISD Student Handbook.

1. A dancer will be automatically dismissed from the squad for the following reasons:
  - Any member who receives a suspension for a third time will be removed from the squad for the remainder of the school year.
  - Dance Team members will attend all practices, school games, pep rallies, and other scheduled events or activities as notified by their sponsor(s). The accumulation of 3 UNEXCUSED absences from one or a combination of the afore-mentioned activities will result in immediate removal from the team for the remainder of the school year.
  - Any member who is expelled from school will be removed from the squad for the remainder of the school year.
2. Any dancer that accumulates three written warnings regarding behavior or conduct, dress code violations, attendance, failure to follow a coach's directive and or other violations of the dance team code of conduct.
  - First Warning: parents will be notified, written notice will be signed by the parent and student, and the dancer will be benched for one performance
  - Second Warning: parents will be notified, a conference will be held with the parent and student, written notice will be signed by the parent and student, and the dancer will be benched for two performances.
  - Third Warning: results in the student's removal from the squad for the remainder of the school year. Please note that any dancer removed from the squad is not eligible to attend any squad activities including the end of the year banquet.

### D. Resignation

- Resignation shall be defined as "a choice made by the individual member that she no longer desires to participate in the organization."
- Once a member has resigned from the organization, she/he forfeits all privileges of the organization. This includes awards, recognitions, etc., although they may accrue over the duration of the Dance Team year. This also includes attending Dance Team only events, using the Dance Team facilities, and wearing the Dance Team attire.
- Resignation procedures involve a conference with the director and a letter of resignation (preferably typed) by the resigning member, signed and dated, with a parent/guardian signature as well.
- All equipment must be turned in and financial obligations cleared at the time of resignation.

Upon dismissal or resignation every effort will be made to move the student to an alternative setting; however, this will remain at the discretion of each campus.

### E. The Disciplinary Appeal Process

1. The Appeal Process is the order a parent/guardian or Dance Team member should follow concerning the appeal of a disciplinary decision:
  - a. Reference to the code of conduct rules.
  - b. Conference with the director.
  - c. Conference with the Campus Coordinator(s) or Assistant Principal.
  - d. Conference with the Principal.

The decision of the campus principal is final and is not subject to the district appeals process unless the concern is related to district wide policy, guidelines, or procedures.

## Leadership Positions

Selection processes and procedures for any and all dance officers, social committee members, managers, and honor guard members will be determined by the dance team directors and campus administration.

### Article XIV. Dance Officers

#### 1. Dismissal of a Dance Officer

- Additional details regarding individual campus disciplinary systems and dismissal of dance officers will be outlined in the campus program addendum. Details regarding these policies are at the discretion of the campus administrator and Dance Team director.
- If an officer becomes academically ineligible, she/he may be relieved of her/his officer duties. If the officer is relieved of his/her duties due to academic ineligibility, he/she will remain a line member for the remainder of the season and be expected to follow the code of conduct rules and regulations as a line member.
- If an officer is placed on probation or suspension, she/he may be relieved of her/his duties as an officer and will remain a line member for the remainder of the season and be expected to follow the code of conduct rules and regulations as a line member.

### Article XV. Social Committee

#### 1. Dismissal of a Social Committee member

- Additional details regarding individual campus disciplinary systems and dismissal of social committee members will be outlined in the campus program addendum. Details regarding these policies are at the discretion of the campus administrator and Dance Team director.
- If a Social Committee member becomes academically ineligible, she/he may be relieved of her/his committee duties. If the Social Committee member is relieved of his/her duties due to academic ineligibility, he/she will remain a line member for the remainder of the season and be expected to follow the code of conduct rules and regulations as a line member.
- If a Social Committee member is placed on probation or suspension, she/he may be relieved of her/his committee duties as a Social Committee member and be expected to follow the code of conduct rules and regulations as a line member.

### Article XVI. Managers

1. Managers may be selected by the director.
2. Managers are non-performing team members and must uphold all duties, rules, and regulations, including grade policies, presented in the code of conduct. Failure to comply with the rules and policies will result in termination from the manager position.

### Article XVII. Honor Guards

1. Honor Guards may be selected by the director.
2. Honor Guards are expected to treat every Dance Team member with respect.
3. Honor Guards are responsible to the director and dance officers. They will assist the team with props, escort them on the sidelines, and escort them across the field to the visiting Dance Team during football games, and other various duties assigned by the director.
4. Honor Guards must uphold all duties, rules and regulations, including grade policies, presented in this code of conduct. Failure to comply with the rules and policies will result in termination from the Honor Guard position.

### Article XVIII. Parental Responsibilities

1. Parents must be willing to meet all financial obligations and time commitments involved in having their daughter as a Dance Team member. All payments are final and non-refundable.
2. Parents are responsible for arranging transportation to and from all activities, practices, except when transportation is provided by the school district.
3. At least one parent of each Dance Team member is encouraged to attend the Booster Club meetings held throughout the year.
4. Parents should be supportive of their child and of the Frisco ISD organization.

## CHS Sweetheart Dance Team Checklist

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

Grade level **for** 2022-2023 \_\_\_\_\_

Place all application materials in a manilla envelope with this checklist on top in the correct order listed below, clearly marked as follows:

Attention: Marina Gonzalez, Centennial High School  
Candidate's Name  
Centennial High School Dance Team Auditions 2022-2023

Turn in at the Centennial High School Front Office  
*Or*  
Directly to Mrs. Gonzalez (CHS Dance Studio G1113)  
**No later than Tuesday, March 1st by 4:30 PM**

Tryout Checklist:

- Candidate Application Form
- Information/Agreement Form
- Participation/Code of Conduct Contract
- Parent Permission/Financial Obligations Acknowledgement Form
- FISD Signature Pages (3 total)
- Report Card showing grades for Q1 and Q2

**\*\*\*Candidates with incomplete packets or forms will be disqualified for tryouts\*\*\***

To be checked off by Dance Director:

- Parent/Candidate attended mandatory meeting
- Candidate fulfills all requirements stated in the FISD Dance Team Code of Conduct.

## 2022-2023 Sweetheart Candidate Application

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ (mm/dd/yy)

Current Grade Level: \_\_\_\_\_ Student ID # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Student Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

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

Mother/Guardian Name: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

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

Address (if different than the student's): \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

Cell Phone: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

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

Address (if different than the student's): \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Other Organizations you plan to be involved in next year:

\_\_\_\_\_

## Centennial High School Information Agreement Form

A mandatory Parent/Candidate meeting for the Sweetheart Dance Team Auditions was held on February 1st, 2022 at Centennial High School. Applications for memberships were distributed and discussed at that time. General team information, including expenses, tryout procedures, policies, and expectations were presented. While the applications contains complete information, each candidate is responsible for any information discussed at that meeting.

This form must accompany your application whether or not your parent or guardian attended the meeting on February 1st, 2022. Your application will be incomplete without this page and you will not be allowed to audition.

---

Parent Signature

Date

---

Candidate Signature

Date

**Centennial High School Sweetheart Dance Team  
Participation/Dance Team Code of Conduct Contract  
2022-2023**

Participation in the CHS Sweetheart Dance Team organization is a privilege, not a right. In order for the member to retain this privilege, the policies, and procedures contained in the FISSD Code of Conduct and the Centennial High School Sweetheart's Addendum/Guidelines must be adhered to in the spirit of discipline, education, and overall goals and objectives of the Frisco Independent School District and the Centennial Sweetheart Dance Team.

The policies and enforcement procedures are relative to the CHS Sweetheart Dance Team program and will be administered accordingly. The rules, regulations, and policies are all outlined in the FISSD Dance Team Code of Conduct, Centennial High School Addendum/Guidelines, and Sweetheart Accountability System.

I have read the Frisco ISD's Dance Team Code of Conduct 2022-2023, and fully understand the expense, time, and discipline that would be required of me as a dance team member. I agree to abide by all provisions of the CHS Sweetheart's Dance Team. I understand that if I am unable to meet the requirements set forth in the FISSD Dance Team Code of Conduct and Centennial Sweetheart Accountability System, I will forfeit my membership as a CHS Sweetheart Dance Team Member.

\_\_\_\_\_  
**Student Name (Printed)**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Date**

I have read the Frisco ISD's Dance Team Code of Conduct 2022-2023, and am fully aware of the time, expense, and discipline membership would mean to my son/daughter. I understand and agree to abide by all provisions of the FISSD's Dance Team Code of Conduct and Sweetheart Dance Team Accountability System. I further stipulate that I will assist the Sweetheart Dance Team Director and Centennial High School in the monitoring and enforcement of the code of conduct policies and procedures. I support my son/daughter in this endeavor and understand the implications that will result in the event that rules and regulations are not followed.

\_\_\_\_\_  
**Parent Name (Printed)**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Date**

## **Centennial High School Sweetheart Dance Team Parent Permission Form**

\_\_\_\_\_ (candidate's name) has my permission to participate as a member of the Centennial High School Sweetheart Dance Team in all team practices, performances, and other activities. I understand and accept the rules and regulations that accompany participation as a member of the dance team as well as the penalties for failing to comply (as outlined in the Frisco ISD Dance Team Code of Conduct and guidelines of the Fisd Extracurricular Code of Conduct). I will assist in every way to ensure that the rules and regulations of the Centennial Sweethearts are upheld. I also understand that parental involvement is essential to the success of the Centennial Sweethearts and I will do my best to lend my help to my son/daughter and the team through involvement in the Centennial Sweetheart Booster Club.

An estimate for individual expenses for the 2022-2023 CHS Sweethearts is approximately \$1250.00. Many required items are a one-time start-up expense, as well as other expenses that will cover two or three years. Therefore, upon the member's return in subsequent years, expenses are considerably less.

Approximate Total Cost = \$1,250.00

Covers items such as camp, practice attire, jazz shoes, field pieces, tights, team bag, etc

On or before

April 4th      Camp Balance (\$300) /Hat & Boot Order (\$149), CSBC Team Event Fee (\$50)

May 9th      Leapin Leotard Balance (Varies per dancer) and Bloomer Order (\$75)

June 6th      Remaining Balance Due

I understand and agree to pay the costs involved for my son/daughter to participate in the CHS Sweethearts. I understand that my son/daughter will not be allowed to perform until these payments are secured.

\_\_\_\_\_  
Printed Parent Name

\_\_\_\_\_  
Parent Signature



**FRISCO INDEPENDENT SCHOOL DISTRICT**

## **Dance Team Acknowledgment Form**

*to be turned in prior to tryouts*

I PLEDGE TO FOLLOW THE DANCE TEAM CODE OF CONDUCT SET FORTH BY FRISCO INDEPENDENT SCHOOL DISTRICT.

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE CODE OF CONDUCT AND WILL ADHERE.

\_\_\_\_\_  
STUDENT SIGNATURE

\_\_\_\_\_  
DATE

I HAVE READ AND UNDERSTAND THE GUIDELINES SET IN THE CODE OF CONDUCT AND MY CHILD WILL ADHERE.

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE



# FRISCO INDEPENDENT SCHOOL DISTRICT

## Dance Team Medical Release Form

*to be turned in prior to tryouts*

### DANCE TEAM MEDICAL RELEASE FORM

Student's Name: \_\_\_\_\_

School: \_\_\_\_\_

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

I certify that \_\_\_\_\_ is physically capable and able to fulfill requirements needed to be a dance team member. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my daughter in the event of illness or injury during any squad related activity when either parent cannot be reached. If there is any physical or medical reason why she should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during Dance Team.

Parent(s) Signature: \_\_\_\_\_

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

### MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my daughter is on a school sponsored practice, performance, or trip. I grant my permission to the school and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or its employees to give consent for my daughter, to receive medical treatment.

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

*Person to be notified other than parent or guardian in an emergency:*

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

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

Family Doctor: \_\_\_\_\_

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

If you do not grant permission/authorization for consent to medical treatment, what procedure should be followed?

Insurance Company: \_\_\_\_\_

Policy # \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_

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

### Medical Information:

Heart condition or disease	<u>Circle One</u> Yes No	Asthma	<u>Circle One</u> Yes No
Diabetes	Yes No	Allergic to medication	Yes No
Convulsions disorder	Yes No	Allergic to insect stings	Yes No

State allergies: \_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_

Additional medical information that might be helpful: \_\_\_\_\_

Any medications currently receiving: \_\_\_\_\_



# FRISCO INDEPENDENT SCHOOL DISTRICT

## Inherent Risk Sheet- *to be turned in prior to tryouts*

### **INHERENT RISKS OF DANCE TEAM:**

Dance Team participation is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Dance Team is an anaerobic/aerobic activity which includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your sponsor informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in Dance Team include, but are not limited to, the following: *Blisters, muscle strains, ligament sprains, joints and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.*

### **BE SURE TO CONSISTENTLY ABIDE BY THE FOLLOWING GUIDELINES:**

**NEVER** stunt or tumble unless a sponsor or sponsor's designee is present

Always practice in the presence of a qualified teacher

Always warm-up appropriately before dancing (practice and games) by jogging & stretching

Do not attempt a stunt that you do not know how to perform safely and that has not been checked *off* by the teacher

Always use attentive spotters when stunting

Always dance in an area free from obstruction

Always use mats or a grassy area when stunting during practice

Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather

Never talk, laugh, mess around when performing a stunt

Report all injuries to the coach as soon as they occur

Follow all trainer and doctor recommendations

Lift weights to increase strength and guard against injuries

Always wear shoes and clothing appropriate for Dance Team

Never wear jewelry of any kind or chew gum when dancing (practice and games)

Always have your hair pulled back from your face and shoulders

Eat nutritious meals and get plenty of rest

Always ask for assistance or advice at any time

I have read the preceding warning

I thoroughly appreciate and understand the assumption of risks inherent in Dance Team participation

I acknowledge that I am physically fit and am voluntarily participating in this activity

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_