

# Stillwater Chevals Dance Team Handbook

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The Stillwater Chevals Dance Team strives to provide a fun, challenging, and supportive environment for all dancers. Our coaching staff upholds high standards to help dancers excel in technique, discipline, and team spirit.

Being a member of the Chevals is a privilege. Dancers will grow not only in skill but in areas such as time management, teamwork, self-confidence, and honoring tradition.

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## **Purpose**

The Chevals Dance Team exists to:

- Develop the physical, mental, and moral character of each dancer.
  - Promote teamwork and the pursuit of shared goals.
  - Improve individual dance skills and technique.
  - Build school spirit through performances at athletic events and competitions.
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## **Season Overview**

### **Fall Season - Performance Team**

- Focus: Skill-building and preparation for competition.
- Performances: Home football games (weather permitting).
- Practice: 4 times per week.
- Note: This is a learning season for development and growth.

### **Winter Season - Competitive Team**

- Focus: Full commitment and competitive excellence.
- Practices: 5–6 days per week.
- Teams: Varsity and JV
- Events: 4 Conference meets, Conference Championship, Saturday Invitationals, and Sections.
- **All practices and events are mandatory.**

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## Section 1: Qualifications

To be eligible for the Competitive Season:

- Must be a full-time student in grades 7–12.
  - Maintain a minimum 2.0 GPA. Academic leave may be granted if discussed with dancer, parent/guardians, and coach.
  - Must follow MSHSL Rules.
  - Must be physically and emotionally prepared for daily training.
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## Section 2: Expectations

### Dancers Must:

- Maintain academic responsibility.
- Represent the team and school with spirit, sportsmanship, and positivity.
- Bullying of any kind will not be tolerated.
- Be punctual, prepared, and present for all practices, performances, and competitions.
- Refrain from: drinking, smoking, profanity and any behavior that brings disrespect to the Chevals Dance Team.
- No cell phone use of any kind during practice.

### Parents/Guardians Should:

- Support your dancer academically and emotionally.
  - Be actively involved — attend events and join booster or volunteer committees.
  - Always demonstrate good sportsmanship.
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## Section 3: Practice Guidelines

- **All practices are mandatory.**
  - Excessive absences will have consequences.
  - Required attire:
    - Proper practice clothes
    - Hair pulled back
    - No jewelry or gum
    - Correct shoes
  - No talking during practice.
  - **Be on time:** Early is on time, on time is late.
  - Late arrivals must have a signed note from a parent/guardian or teacher.
  - Please schedule tutoring, appointments, and extra help outside of practice hours.
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#### Section 4: Attendance Policy

- Attend **ALL** practices, performances, competitions, and fundraisers — including evenings and weekends.
  - Dancers must attend practice the **day before a performance** to be eligible to perform.
  - Dancers must attend school all day on the day of a competition to compete, unless approved by administration.
  - Additional practices may be scheduled by coaches and must be attended.
  - Work, babysitting, hair appointments, etc. are not valid excuses for tardiness or absence.
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#### Section 5: Tryouts

- Tryouts for the Winter Competitive Season will be conducted by coaches.
  - Judging will be done by Fall & Winter coaching staff.
  - Tryout scores will not be released.
  - Final placement is at the discretion of coaches and is **non-negotiable**.
  - Coaches may adjust team placement during the season if necessary. These discussions will be held only with the dancer, not parents.
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#### Section 6: Substance Abuse Policy

- **Zero tolerance** for substance use.
  - Any use of drugs, alcohol, or tobacco will result in immediate removal from the team.
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#### Section 7: Lettering Criteria (Winter Season Only)

To earn a varsity letter:

- Maintain a positive attitude, strong dedication, and excellent attendance.
  - Do not miss any performances, competitions, or events (regardless of whether you're dancing).
  - Must be part of Varsity Kick for the entire season.
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#### Section 8: Grievance Procedure

- Any concerns should first be addressed directly with the coach.
  - Coaching decisions are discussed only with the dancer, not with parents.
  - For formal complaints:
    1. Request a meeting with the coach or submit a signed letter outlining your concern.
    2. Coaches will review based on this handbook.
    3. If unresolved, concerns can be escalated to the Athletic Director.
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## **Section 9: Fundraising**

- Dancers/Parents will participate in fundraising throughout / after the season.
    1. Home Conference Meet on Friday, November 21<sup>st</sup>
    2. Townie Tuesday & Wrapping Gifts at Lift Bridge on December 10<sup>th</sup>
    3. Lil Chevals Dance Clinic
    4. Egg My Yard – Filling Eggs & Deliver Easter Eve
    5. Bagging Groceries at Kowalski's
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## **Final Notes**

- The Chevals Dance Team values respect, excellence, and accountability.
- Participation requires full commitment from both dancers and their families.