



# TEAM HANDBOOK

# 2024-2025

HENRY M. JACKSON DANCE TEAM  
2024-2025 HANDBOOK

The following items are included in this handbook:

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2. Eligibility
3. Discipline and Reinstatement
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*For any questions regarding Jackson Dance Team forms, please contact Alyssa Lunardi via email or through the [Band app](#).*

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### **IMPORTANT NOTE TO GUARDIANS**

**All athletes are responsible for getting a physical and it must be on file with Henry M. Jackson High School in order to participate.** Physicals must be performed by a licensed medical professional including MD, Doctor of Osteopathy (DO), Certified Registered Nurse (ARNP), Physician's Assistant (PR), or Naturopathic Physicians. Physicals performed by Doctors of Chiropractic are not acceptable. If an athlete's current physical will expire during a sports season, the athlete will not be permitted to turn out for that sport until their physical is updated.

*The terms dancer, athlete, student, and team member are used interchangeably in this document.*

## **Purpose and Team Philosophy**

### ***Purpose and Philosophy***

Participation in school sponsored athletics is a privilege. Participation in dance will assist students in preparation for life after high school by learning the importance of time management, cooperation, respect, sportsmanship, teamwork and commitment. At Jackson High School, our dance team values *hard work, perseverance, discipline, and accountability*.

### ***Sportsmanship***

Dancers, parents/guardians, and fans are expected to demonstrate good sportsmanship at all times including but not limited to during classes, practices, performances, competitions, and community outings. Good sportsmanship should be demonstrated both in-person and online. Examples of good sportsmanship include but are not limited to: encouraging others, being respectful, remaining positive, clapping/cheering for others, using appropriate language, communicating, following our guidelines, etc. Poor sportsmanship may be subject to a range of consequences including dismissal from the team.

### ***Social Media***

Dancers and parents/guardians should be aware of what they post on social media. Words, pictures, and actions reflect the team. Remember, all athletes are representatives of Henry M. Jackson High School. Inappropriate use of social media may result in a range of consequences including dismissal from the team.

## **Eligibility**

*\*Eligibility requirements are set by the [Everett Public Schools Athletic Code of Conduct](#). Below is a summary of the eligibility requirements. Please see the Everett Public Schools Athletic Code of Conduct for more details.\**

### ***Eligibility***

- Must have a current physical on file with the school. If an athlete does not obtain a physical or the physical expires during the season, the athlete will not be permitted to practice or perform until the physical is complete.
- Provide proof of insurance coverage.
- Athletes and parents/guardians must sign an Acknowledgment of Risk form.
- Athletes must be a member of the school in which they participate (enrolled a minimum of a half-day).
- Athletes must purchase an ASB card.
- Athletes must reside with their parents/guardians within the boundaries of the school for which they participate. Athletes cannot transfer between schools for athletic purposes without a change of residence.
- Athletes must pass five of six classes, or six of seven classes in the previous semester or trimester.

- Athletes must be enrolled in a minimum of five full time classes in a six period day, or six classes in a seven period day. Seniors on track to graduate may enroll in one less class (i.e. four) in fall and spring semesters.
- • For high school sports, athletes must be under the age of 20 on September 1st for fall sports, on December 1st for winter sports, and on March 1st for spring sports.
- Athletes must not have unpaid athletic fines.
- If an athlete is a transfer, the athlete must contact the building athletic administrator to determine eligibility requirements.
- If an athlete is from a foreign country or if an athlete plans to participate in a foreign exchange program, the athlete must contact the building athletic administrator prior to participation or leaving.
- Athletes must be in amateur standing to compete in interscholastic athletics.

### ***Maintaining Eligibility***

- Once an athlete is deemed eligible, athletes must meet the following standards to participate in athletic events:
  - **Grades:**
    - Athletes must be passing (no grade of F) all scheduled classes to remain fully eligible during the season.
  - **Attendance:**
    - Athletes will attend all organized functions including practices, competitions, meetings, and celebrations unless the coach/advisor designates such activities as optional. Coaches/Advisors may excuse athletes from events for reasonable situations per his/her discretion.
    - Unless approved by a building administrator, athletes must attend and fully participate in all class periods of the school day to be eligible for contests or practices that day.
    - If an athlete is absent from one or more classes due to illness, the athlete is ineligible to participate or compete that day. If the athlete is suspended from school, including in-school suspension, the athlete may not participate in practices or contests.
  - **Appeals:**
    - If an athlete is placed on probation or suspension and the athlete feels they are working to their full capacity, the athlete may appeal their status to the building eligibility committee.

### **Discipline and Reinstatement**

*\*Disciplinary actions and reinstatement requirements are set by the [Everett Public Schools Athletic Code of Conduct](#). Below is a summary of the disciplinary actions and reinstatement requirements. Please see the [Everett Public Schools Athletic Code of Conduct](#) for more details.\**

### **Disciplinary Actions**

- Athletes using social media in an inappropriate manner towards any adult or student, may be subject to removal from the team or other discipline after review by the school's administrators.
- If an athlete is suspended from school, the athlete cannot practice, compete, or perform in an event during the period of suspension.
- If the athlete is convicted of a crime by the criminal justice system, the athlete may be subject to removal of the team or other discipline after review by their school's administrators.
- Athletes shall not be under the influence, possess, sell, deliver, and/or use alcohol, any form of tobacco, or illegal drugs or a controlled substance not prescribed by a physician for them.
- Athletes also shall not be in the presence of, or remain in the vicinity of, others illegally using alcohol or using illegal drugs or controlled substances not prescribed by a physician for the user.

### **Disciplinary Actions (Dance Team Specific)**

- Disciplinary actions taken are at the discretion of the coach and will be dependent on the nature of the situation. You may encounter a *variation* of one of the following:

Option 1	Option 2	Etc. Disciplinary Measures
Verbal Warning	Parent Contact	Moved to "Alternate" for competition
Written Warning <i>Includes parent contact</i>	Contact Athletics	Cannot perform for a period of time
Probation	Probation	Cannot practice or perform for a period of time
Suspension	Suspension	Immediate Probation, Suspension, or Dismissal

### **Reinstatement Process**

Application for reinstatement following any form of athletic discipline will be accepted by the principal upon completion of the following:

- Letter of intent and purpose of reinstatement.
- Drug, alcohol and/or tobacco assessment by an individual agency that is acceptable to the school district. Results will be shared with family and school administration.
- Proof that a drug, alcohol and/or tobacco counseling or preventative education program has been completed.
- Treatment recommendations must be followed as a condition for reinstatement.
- The principal may waive any or all of the requirements above if deemed appropriate.
- Final decision for reinstatement resides with the school principal.

### **Due Process**

If an athlete feels that they are being unjustly punished, the athlete may appeal in the following manner:

- The athlete may submit a written appeal to the building athletic administrator expressing their concern within three school days of being notified of their suspension. This appeal will be reviewed by the building eligibility committee.
- If the building eligibility committee finds against the athlete, the athlete may submit a written appeal to the District Director of Athletics and Activities within two school days of the eligibility committee's finding.
- If the District Director of Athletics and Activities finds against the athlete, the athlete may appeal to the Discipline Appeal Council in writing within two school days. The findings of this committee shall be final.

### **Injuries**

*Dancers and parents/guardians should be aware that even with proper warm-up, conditioning, and training, injuries do occur. Dancers should inform the coach regarding any pre-existing conditions that might impact their performance.*

If a dancer is injured, the dancer will report it to the coach immediately. The coach may provide some treatment if it is deemed appropriate. The coach may recommend or require the dancer see the school's athletic trainer or other medical professional for further evaluation. **If the dancer consults a physician, the dancer must obtain written permission from that physician prior to physically participating in practice or competition.** Depending on the nature of the injury, the dancer may be asked to observe practice and/or attend mandatory performances/events.

If the dancer is seriously injured (e.g. concussion, broken bone, surgery, etc.) outside of school activities in season or out of season, the dancer will notify the coach so that the coach can monitor the dancer in the event of re-injury or subsequent concussions. Even with a note from a doctor, the coach may keep the dancer from full participation if there is concern that the athlete is not fully healed.

*Please note, even if a dancer is cleared for activity by a doctor, the dancer is not guaranteed placement back into the performance routines. Dancers coming back from injury will follow any doctor's orders and/or ease their way back into activity to avoid re-injury. Dancers will also see the JHS Athletic Trainer. Dancers out for any reason must be up to par with the team and be performance ready in order to perform i.e. the dancer's technique, execution, stamina, and showmanship must match the team's current level of ability for placement.*

## **Dance Team Requirements**

### ***Dance Team Code of Conduct***

- All dancers should abide by the rules set forth in this handbook, the [Henry M. Jackson Student Handbook](#), and the [Everett Public Schools Athletic Code of Conduct](#).
- Be on time and properly dressed for practices, performances, and community events. Failure to do so may result in being prohibited from practicing or performing that day or result in disciplinary measures.
- All practices, performances, fundraisers, and meetings are mandatory unless stated otherwise.
- All dancers must be up to par with the team and be performance ready i.e. the dancer's technique, execution, stamina, and showmanship must match the team's current level of ability for placement. Failure to meet these requirements may result in the dancer moving to an "Alternate" status and/or removal from the performance until the dancer is deemed performance ready.
- If a dancer is placed on academic probation or suspension, the dancer will meet with the coach to discuss how to get their grades back on track in addition to practice/ performance eligibility.
- Cell phones will not be allowed at practice or while hosting an event. Turn ringers off.
- Chewing gum will not be allowed during practices or performances.
- Dancers should promote good sportsmanlike conduct and school spirit through cooperation with other students, teachers, coaches, and administrators.
- Unsportsmanlike behavior, like taunting, teasing, hazing, inappropriate language, bullying, etc. towards teammates, other sports, other activities, or other individuals will not be tolerated.
- Smoking, drinking, or drug use will not be tolerated.
- Before/after performing at a competition, dancers in uniform should sit together while in the stands to observe and support the other performances.
- During auditions, dancers will be inclusive and demonstrate good sportsmanship.
- During auditions, returning members will be held to the same standard as potential new members and all dancers auditioning will be judged in the same manner. A current member re-auditioning is not guaranteed a position on the new team.
- Quitting the team prior to the end of season may result in student not being allow to return to the program the following year. If you have quit the program in the past, you are required to meet with the coach prior to auditions to discuss eligibility.
- Failure to meet any of the above requirements may result in disciplinary measures the coach 's discretion.

### ***Alternates (Competition Routines)***

- Alternates are held to the same code of conduct as above.
- Alternates will be selected at the start of the season based on their audition score, however, other team members may move to an "Alternate" status during the season if they fail to remain performance ready and vice versa.
- Alternates have a great responsibility and play an essential role in our program to help maintain the integrity of our competition choreography.

- All alternates will have placement in game day routines provided they are performance ready.
- Alternates may be placed in competition routines per the coach's discretion in the following situations: another team member is sick, injured, or absent; another team member is no longer performance ready.
- Alternates will be given specific dancers' competition choreography to know and execute.
- Alternates are required to practice and travel alongside the team.
- Alternates may be asked at any time to step into or replace another team members' spot with little notice; because of this, alternates may need to learn and execute different sections of choreography quickly.
- Failure to step in as an alternate when requested may result in disciplinary measures.

### ***Attendance for Practices and Performances***

Practices are scheduled in advance and dancers are expected to plan accordingly. Dancers should avoid scheduling medical and dental appointments during practice and performance times when possible. The practice schedule will be placed on the [Band app](#). Every effort will be made by the coach to avoid changes in the schedule however, if a change is to be made, the coach will be responsible for notifying dancers and parents/guardians as soon as possible. Practices may occur on weekends or on days when there is no school. Practices may be added if necessary. Practices may also be cancelled due to weather, cancellation of an event, emergencies, etc. *Please note that our practice schedule (including days and times) are subject to change with minimal notice throughout the season to accommodate for other seasonal sports. Dance is a year round commitment.*

All practices and performances are mandatory for all team members unless stated otherwise. Students may not be tardy or absent on a regular basis for other commitments. If a dancer is at school, they are expected to attend practice. If a dancer misses a class period or is absent from school (provided they are not sick), dancers are required to observe practice. Dancers with more than two unexcused tardies or absences in one month will be subject to disciplinary measures (e.g. verbal/written warning or sit out of a performance).\*

A dancer who arrives after the designated start time will be considered tardy. A dancer who misses the entirety of practice will be considered absent. If a dancer is to be tardy or absent, it is the dancer's responsibility to contact the coach and captain(s) via the [Band app](#). If a dancer fails to notify the coach and captain(s), the tardy or absence will not be excused. Leaving practice early is counted the same as a tardy.

Dancers who are absent from the practice immediately prior to a performance will not be allowed to perform at the following event. The dancer will still be required to attend the event. Exceptions to the rule will depend on the preparedness of the team and the individual dancer.



Extended periods of absence, excused or unexcused, may result in the dancer being removed from a performance or moved to an alternate status. Reminder, all dancers must be up to par with the team and be performance ready i.e. the dancer's technique, execution, stamina, and showmanship must match the team's current level of ability for placement.

*Excused Tardies and Absences Include:*

- Injury with corresponding doctor note; dancers who have physical limitations but can still attend school are required to attend practice in order to remain up-to-date
- Illness with corresponding doctor note
- School Related Activities with > 1 day's notice (e.g. JHS club meetings, make-up tests, guidance counselor, etc.)
- Travel or Events with > 30 day's notice
- Transportation Outside of Dancer's Control (e.g. parent comes home late from work to take dancer; delayed bus; inclement weather; other unforeseen circumstances)
- Emergencies

*Unexcused Tardies and Absences Include:*

- No Contact
- Transportation (e.g. dancer can drive and is running late, traffic, etc.)
- School Related Activities with < 1 day's notice (e.g. JHS club meeting, field trip, etc.)
- Travel or Events with < 30 day's notice
- Unrelated JHS Commitments (e.g. dance class at a local studio)

*\*If a student must arrive late or leave practice early on a regular basis due to transportation or running start, please communicate with the coach to discuss accommodations. Dancers may not be regularly late or absent to engage in other extracurricular activities. Please see the [Jackson Student Handbook 2024-2025](#) for school policies on tardies/absences; Attendance details in regard to athletics can be found in the [Everett Public Schools Athletic Code of Conduct](#).*

**Attire for Practices**

Dancers are expected to wear clothing and footwear that is safe and conducive for physical exercise and full range of motion. On some occasions, dancers may be asked to wear specific clothing like team items or all black. Dancers may also be asked to do a dress rehearsal in which performance hair, makeup, and costuming will be required.

Dancers who are dressed in attire that interferes with the dancer's safety or safety of others may be prohibited from practicing at the discretion of the coach. If a dancer does not have sufficient clothing or footwear, please bring this to the attention of the coach and captain(s) for accommodations.

*For each dance practice please bring/wear the following:*

- Jazz shoes and/or lyrical half-soles
- Running/athletic shoes

- Street shoes are okay for hip hop ONLY
- Appropriate clothing with accessories and jewelry removed
- Knee pads (suggested, not required)
- Hair neatly secured in a ponytail, braid, or bun
- Extra hair ties/bobby pins
- Water
- Snacks
- Any necessary medications

*Examples of appropriate athletic dance-wear:*

- Sports bra
- Leotard
- Fitted tank top, t-shirt, or long-sleeve
- Athletic shorts (e.g. dance-wear shorts, running shorts or Nike pros)
- Leggings
  - If leggings are flared on the bottom, please make sure they are appropriately hemmed in order to avoid slipping
- Fitted athletic jackets/pants
- Crewneck or sweatshirt (for warm-up only or hip hop)
- Sweatpants (for warm-up only or hip hop)
- Hair must be pulled back in a ponytail, bun, or braid; hair must be secured well enough that it does not come loose during practice.
  - If a dancer has hair that is too short or textured to form a bun, ponytail, or braid, please pin back or tie to dancer's best ability. Dancers must be able to pull ALL of their hair into a bun or ponytail for performances when requested.

*Examples of inappropriate clothing:*

- Socks or bare feet
- Non-athletic shoes for weightlifting or tumbling (e.g. Converse, Vans, Air Force 1s, other street shoes)
- Everyday bra or bralettes
- Excessively baggy clothing
- Sweaters/Cardigans
- Jeans/Demin
- Outerwear (e.g. rain jackets, puffy jackets, vests)
- Accessories (e.g. rings, bracelets, dangling earrings/hoops, piercings, necklaces, hats, beanies)
- Hair down (unless requested for a dress rehearsal or performance)

**Attire for Performances**

- Dancers are responsible for bringing ALL costume pieces to performances. This may include but is not limited to:
  - Hair necessities (e.g. brush, bobby pins, hair ties, hair nets, hair pieces, hairspray/gel)
  - Makeup
  - Accessories (e.g. earrings or chokers)

- Jazz/Lyrical costume
- Hip Hop costume
- Costume for Game Day or Assembly
- Tights (two pairs)
- Appropriate shoes (jazz shoes, lyrical half-soles, athletic shoes, hip hop shoes, etc.)
- Team t-shirts
- Team warm-ups
- Team bag
- Any necessary medications
- Extra materials (e.g. safety pins, needle and thread, bandaids, etc.)
- Nail polish will NOT be allowed for performances. This includes nails that are painted nude, French tip, light pink, clear/pink, or clear. All nails must be kept SHORT (i.e. at the base of the nail bed) per NFHS Spirit Rules.

Dancers will be provided with a checklist of what they will need to wear and bring for each performance. If a dancer forgets a key performance piece (e.g. costume or shoes), the dancer may not be permitted to perform at the coach's discretion and may be subject to disciplinary measures.

### ***Hair and Makeup Tutorials***

Hair and makeup are subject to change throughout the season. The links below are provided for your reference.

[Performance Makeup Tutorial](#)

[How to Put on False Lashes](#)

[Smooth Ponytail](#)

[Smooth Ponytail Curly Hair](#)

[Dance Bun](#)

[Dance Bun for short hair](#)

[Dance Bun with bun builder](#)

[Dance Bun for curly hair](#)

[Dance Bun for box braids](#)

[\\$3 Eyeshadow Palette - Elf Bite Size Eyeshadow in Truffles](#)

[\\$10 Eyeshadow Palette - Elf Everyday Smokey Eyeshadow Palette](#)

### ***Uniform and Costume Care***

Team members may be asked to wear their team uniforms to school or when traveling on days of performances. Costumes may not be worn unless they are “on deck” or performing. Dancers will be provided with instructions on what to wear prior to the day they are requested to wear their team items.

ALL pieces of team uniforms are to remain clean and in good condition, including shoes. Dancers are responsible for hemming their own uniforms so that they fit

appropriately. Dancers are also expected to clean their own uniforms and shoes. Generally, uniforms should be hand washed in cold water with a gentle detergent and dried flat. Costumes (especially those with rhinestones) will be given specific washing and steaming instructions when they arrive. Additional performance shoes that are part of a costume should *only* be worn during a performance and the soles should be kept clean. If any team item, including shoes, dance bags, and accessories, become damaged, stained, lost, or stolen, it is the dancer's responsibility to replace the item prior to the next practice or performance or the dancer may be removed from the performance until the item is replaced per the coach's discretion.

### **Practice and Performance Schedule**

The team practice and performance schedule will be available in the calendar on the [Band app](#). Details on the location will also be available in the calendar. *Please note that our practice schedule (including days and times) are subject to change with minimal notice throughout the season to accommodate for other seasonal sports. Dance is a year round commitment.*

***THE BELOW DATES ARE TENTATIVE AND SUBJECT TO CHANGE; PLEASE HOLD THESE IN YOUR CALENDAR.***

#### **\*Tentative Breaks:**

- June 20th-July 7th
- August 1st-August 15th
- August 31st-September 2nd (Labor Day)
- Thanksgiving
- Winter Break
- Spring Break

#### **\*Tentative Practice Schedule:**

See the [Band app](#) for our full practice schedule. Below are notable dates.

- May 2024
  - Tuesday, May 28th: Mandatory Parent/Dancer Meeting at JHS from 6:30-8:30pm
- June 2024
  - Tuesdays and Fridays
  - See the calendar for times, locations, and scheduled breaks
- Summer (July and August 2024):
  - Tuesday, Wednesday, Thursday 8:00-11:00am
  - Friday, July 12th and Saturday, July 13th: Hip Hop Choreography
  - Friday, July 19th and Saturday, July 20th: UDA Private Dance Camp at JHS
- Friday, August 23rd and Saturday, August 24th: Jazz Choreography
- School Year (September 2024-March 2025):
  - Tuesdays and Fridays
  - Saturdays TBD
- Holidays:

- TBD

**\*Tentative Performance Schedule:**

- Fridays in September-November for Home Football Games
- Saturday, 12/7: Winter Showcase
- December TBD: Winter Assembly
- January/February TBD: Girls and Boys Basketball
- Saturdays in January and February for Competitions
- February, 22nd: Competition at TBD (\*Required to participate in Districts)
- Saturday, March 8th: Districts at TBD
- Friday, 3/28 to Sunday, 3/30: Travel for State Championship on Saturday, 3/29
- March TBD: Spring Assembly

*\*All practice and performance dates are subject to change, pending approval.*

**Transportation**

Dancers will be responsible for providing their own transportation to and from practices. We will do our best to fundraise to provide transportation to and from events, like competitions, in which dancers will be required to arrive and leave with the team.

If a parent/guardian would like to transport their dancer to and from the event, a Private Vehicle Form (requires district approval) must be requested and be given back to the coach at least two-weeks before the event. In the event we do not fundraise enough money for district transportation, dancers may be asked to transport themselves or we will arrange for parents/guardians to volunteer. Dancers may not transport other dancers to and from events.

**Fundraising**

Each dancer is expected to contribute to all fundraising efforts. Families can contribute to fundraising efforts through both donations and volunteering at events. All fundraising events must have the approval of the coach, captain(s), and Booster Club or Associated Student Body (ASB) when applicable. Fundraisers occur year-round. Any profit raised on behalf of the JHS Dance Team will be deposited in the ASB account or given to the Booster Club for use by the JHS Dance Team. The coach and captain(s) must approve all expenditures. *Please note that all fundraisers are subject to change and are pending approval.*

**\*Tentative Fundraiser Schedule:**

- June TBD: Booster Bingo
- July TBD: Booster Car Wash
- August TBD: Booster Car Wash
- September TBD: Team Gear Store
- September TBD: Restaurant

- October TBD: Dance Clinic
- November TBD: See's Candies
- December 7th: Holiday Kid 's Clinic and Winter Showcase
- January TBD: MOD Pizza
- February TBD: Dance Clinic
- March TBD: Restaurant
- April TBD: Audition Clinics

Please note that in order to earn participation points in our fundraisers, the following must occur (for a breakdown of participation points, please see the "Criteria to Earn a Varsity Letter"):

- *Online Fundraisers* — dancers do not earn participation points for this because it would require a financial commitment; however, dancers are expected to share and/ or create promotional materials for fundraisers.
- *In-Person Fundraisers* — all in-person fundraisers are mandatory for dancers to attend and participate in; dancers will be eligible to participate at no cost; usually, dancers will be provided with "jobs" to do at each in-person fundraiser for additional participation points.
- *Food Related Fundraisers* — it is understood that not all dancers may have the funds to financially contribute to food-related fundraisers; for participation points, dancers must still attend the hosting restaurant either with the team, with family/ friends, or individually and provide proof of attendance for credit.
- *Salesman Fundraisers* — there may be instances where dancers are required to sell a certain number of items (think similarly to Girl Scouts!); any items that are not sold, dancers are required to buy out.

### **Financial Commitment**

*All prices and items listed are an estimate and subject to change. Items dancers receive will be dependent on their availability and final cost when the order is being placed. Please note that production and shipping times vary. Additional team items may be required and/or purchased throughout the year with money from ASB, our Booster Club, and Fundraisers. All purchases must be pre-approved by the appropriate parties.*

*Please speak with the coach within one week of the signed and dated financial agreement if you need to set up a payment plan. If you qualify for free lunch at JHS, your fees for ASB will be waived.*

In addition to the lump sum payment, each dancer will pay a \$20 fee to the Booster Club on the first of the month for the duration of the program to support our dance season.

- When payments are made to the Booster Club:
  - Please check the [Band app](#) for the link to pay
  - Payments will be made electronically through Square

- When payments are to be made to the ASB treasurer:
  - Pay online (when applicable) only if you can print a receipt at home.
  - If you can't print a receipt, please pay the cashier in person.
- Items purchased independently are not eligible for reimbursement unless they are for an event (e.g. purchasing balloons for the showcase).
  - If you are purchasing an item for an event and would like to be reimbursed, reimbursement requests must be made prior to any purchases — reimbursement from Booster Club or ASB is not guaranteed.
  - If you are replacing a team item independently (e.g. damaged or lost costume), you will not be eligible for reimbursement.

Parents/Guardians			
Item (Cost Per Dancer)	Costs	Notes	Due Date
Dance Bags	\$ -	ASB or Booster to Cover Costs	N/A
Hip Hop Costume	\$ -	ASB or Booster to Cover Costs	N/A
Jazz Costume	\$ -	ASB or Booster to Cover Costs	N/A
Lodging for Competitions	\$ -	ASB to Cover Costs	N/A
Transportation to Competitions	\$ -	ASB to Cover Costs	N/A
ASB Card	\$ -	Purchase Independently	ASAP
Hair Accessories (hair ties and bobby pins)	\$ -	Purchase Independently	ASAP
Additional Makeup	\$ -	Purchase Independently	ASAP
Custom Team Jacket*	\$ 200.00	Payment to Booster Club; <b>New Members Only</b>	June 25th, 2024
Athletic Team Tennis Shoes	\$ 65.00	Payment to Booster Club	June 25th, 2024
Jazz Shoes	\$ 35.00	Payment to Booster Club	June 25th, 2024
Dance Shorts	\$ 20.00	Payment to Booster Club	June 25th, 2024
Leggings	\$ 30.00	Payment to Booster Club	June 25th, 2024
Joggers/Sweatpants	\$ 30.00	Payment to Booster Club	June 25th, 2024
Custom Team Shirts (2) & Crewneck (1)	\$ 120.00	Payment to Booster Club	June 25th, 2024
Tights (2 Pairs)	\$ 35.00	Payment to Booster Club	June 25th, 2024
Makeup (Lipstick and False Lashes)	\$ 20.00	Payment to Booster Club	June 25th, 2024
<b>Subtotal TEAM GEAR NEW MEMBERS:</b>	<b>\$ 555.00</b>	<b>Booster or ASB to Cover Tax/Shipping</b>	<b>June 25th, 2024</b>
<b>Subtotal TEAM GEAR RETURNING MEMBERS:</b>	<b>\$ 355.00</b>	<b>Booster or ASB to Cover Tax/Shipping</b>	<b>June 25th, 2024</b>
UDA Private Dance Camp*	\$ 215.00	ESTIMATE - Payment to Varsity Spirit	June 11th, 2024
<b>Subtotal CAMP:</b>	<b>\$ 215.00</b>	<b>ESTIMATE - Booster or ASB to Cover Tax</b>	<b>June 11th, 2024</b>
<b>Subtotal BOOSTER DONATIONS:</b>	<b>\$ 200.00</b>	<b>Payment to Booster Club (\$20.00/month June-March)</b>	<b>Last Day Each Month June-March</b>

### **Booster Club Financial Aid**

Booster Club has created a financial aid opportunity! [Apply for Booster Club Financial Aid](#) by June 4th, 2024. Applications will be by third party dance professionals reviewed within 3-4 business days and results will be emailed to you before the first payments are due on June 11th, 2024. Failure to complete payments on time may result in the dancer being ineligible to participate in practices/events/performances or from receiving their team gear.

### **Criteria to Earn a Varsity Letter**

Team members who have met the criteria below will be rewarded with a Jackson Dance Varsity Letter Award at our end of the year banquet. The judgment of the coach is the final factor in deciding who will receive a letter.

#### **Criteria**

- Must be a member of the JHS Dance Team
- Dancers begin the season with 100 points
- Must earn at least 90 points (see below)
- Demonstrate good sportsmanship throughout the season
- Fully participate in fundraising activities throughout the year

<b>Category</b> <b>(Points deducted for each infraction)</b>	<b>Points</b> <b>Allocated to</b> <b>Each Dancer</b>	<b>Points</b> <b>Earned</b>
<u><b>Attendance</b></u> Unexcused tardies = -1 pt. Unexcused absences = -2 pts. Missed performance = -2 pts. Missed competition = -5 pts.	30	
<u><b>Grades</b></u> Placed on academic probation = -1 pts. Placed on academic suspension = -2 pts. 3.5 GPA or higher = +5 pts.	30	
<u><b>Sportsmanship/Disciplinary Measures</b></u> Verbal warning = -2 pt. Written warning = -4 pts. Put on probation = -6 pts. Put on suspension = Automatic 0	20	
<u><b>Fundraising</b></u> No participation = -5 pts. for each event Participation = +1 pt. for each event	20	
<u><b>Extra Credit Points</b></u> Perfect attendance = +5 pts. Extra fundraising = +1pt. For every \$100 (only applicable for certain fundraisers) Completed a service for the team (e.g. posters or “jobs” at fundraisers) = +2 pts.	No Limit	
<b>GRAND TOTAL</b>	<b>100/XXX</b>	



**STUDENT AND PARENT/GUARDIAN AGREEMENT**

*I have read the Henry M. Jackson High School Dance Team Handbook for the 2024-2025 school year. I have also read and understand all of the eligibility requirements, discipline and reinstatement terms, dance team requirements, and transportation and fundraising expectations. I understand the guidelines, expectations, and rules are established for all members of the Henry M. Jackson High School Dance Team. I understand the dancer's role in maintaining Henry M. Jackson's traditions and standards, and I pledge to honor and abide by them.*

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*As a parent/guardian, I acknowledge that I have read the Henry M. Jackson High School Dance Team Handbook the 2024-2025 school year. I have also read all of the eligibility requirements, discipline and reinstatement terms, dance team requirements and transportation and fundraising expectations. I understand and endorse all expectations in these rules and guidelines as they pertain to each and every member of the Henry M. Jackson High School Dance Team. I support all consequences stated in the Dance Team Handbook. I agree to abide by these rules, and to see that my dancer abides to them as well.*

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**FINANCIAL AGREEMENT**

*I understand that as a member of the 2024-2025 Henry M. Jackson High School Dance Team, I am responsible for all expenses incurred and will be required to pay for the aforementioned items such as camp, ASB cards, warm-ups, etc. and expenses incurred to secure fundraisers when applicable. In the event I am dismissed from the team or voluntarily quit the team at any time, I understand that I am still required to pay these expenses, once they are incurred.*

*I understand that if there is a financial hardship, that I will contact the coach privately to make a payment plan arrangement within two-weeks of the date below. If you have already set a plan with the coach, please write out the payment plan on the back of this document.*

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

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ACKNOWLEDGEMENT OF RISK/AUTHORIZATION FOR CONSENT TO TREATMENT**

*By signing this document, you acknowledge that you have read the "Injuries" section in the Henry M. Jackson High School Dance Team Handbook 2024-2025. By signing this document, you understand that even with proper warm-up, conditioning, and training, injuries do occur.*

In the event of an injury or emergency, I, (insert parent/guardian names)

\_\_\_\_\_, hereby authorize and give consent to:

**Alyssa Lunardi, Head Coach  
Henry M. Jackson High School  
Mill Creek, WA**

who is of 21 years of age or older, to provide care in the event of an emergency to my child: (insert student name) \_\_\_\_\_.

Please check here if you do **NOT** consent to provide care in the event of an emergency:

The above authorization will be effective for the duration of the program starting with the first practice from *May 31st, 2024 to June 1st 2025.*

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

and/or \_\_\_\_\_ Date: \_\_\_\_\_

***Medical information in the event of an emergency:***

Address of parent/guardian:  
\_\_\_\_\_  
\_\_\_\_\_

Phone number(s) of parent/guardian: \_\_\_\_\_

Participant's Date of Birth: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Group number: \_\_\_\_\_

Chronic illnesses or allergies: \_\_\_\_\_

Current medications: \_\_\_\_\_

Other medical information:  
\_\_\_\_\_

**GENERAL CONTACT INFORMATION**

Dancer Name and Pronouns: \_\_\_\_\_

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

Number of Years on Team: \_\_\_\_\_

Dancer Phone Number: \_\_\_\_\_

Dancer e-mail (school provided): \_\_\_\_\_

Dancer Social Media: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone Number (emergencies only): \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Phone Number (emergencies only): \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

**TRAVEL & EVENT PLANS**

If you are aware of any travel plans you have for this season, please list the dates below. As a reminder, travel and events will be excused for dancers with > 30 days notice. In the event you are planning a surprise for your dancer, please contact the coach privately or indicate your estimated dates below.

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

Travel and Event Dates/Times:

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