

New Trier High School

Dance Team Manual

2021

THANK YOU for your interest in trying out for the New Trier Dance Team! We are excited to meet you! This informational packet is designed to help you understand the basic policies, expectations and procedures of this team. Additionally, we hope that it addresses many of the questions that students and parents have brought forward over the years. That said, if you find that you still have questions, please share them with us so that we may continually work to better explain and clarify procedures.

Whether you are new to the program, or are continuing your journey as returning team member, we'd like to thank you for getting involved and look forward to a great year!

Sincerely,
Your Coaches

Team Goals

The primary purposes of Dance Team is to represent New Trier High School by competing in local competitions and the IHSA state series for competitive dance. We support New Trier High School as a spirit organization by performing during halftime at varsity home football and basketball games.

Coach Contact Information

Courtney Kafkis, Head Coach
kafkisc@nthsh.net

Bailey Seymour, Assistant Coach
seymourb@nthsh.net

Team Policies, Expectations & Procedures

Tryouts

- Tryouts for Dance Team are TYPICALLY held over three days in the spring of each year for the spirit season and a separate tryout in October for the competition season. Tryouts are open to all rising freshman, sophomore, junior and senior students. All returning members are expected to tryout each year.
- Candidates are evaluated on their technique, presence and overall performance of the learned choreography.
- Students will receive an acceptance or cut notification, in person, following tryouts.
- Students who wish to receive more detailed feedback may make an appointment with the coaches on a designated date following tryouts.
- **Any dancer who does not contact the coaches prior to end of the first day of auditions will be considered as having dropped the team.**
- **There will be a mandatory new team meeting Thursday, January 28 from 4:00-5:30pm at the Winnetka Campus.**

Conduct & Eligibility

- All team members are subject to the school's Academic Eligibility Policy and the Extracurricular Code of Conduct as outlined in the annual New Trier Guidebook. Dancers are expected to serve as positive ambassadors of the team and of New Trier High School by displaying appropriate, respectful behavior at all times.

Attendance Policy

- Daily attendance is expected as part of your commitment to the team. Communication with your coaches about any absence or tardy is your responsibility.
- Generally, practices are held every Monday through Thursday, unless otherwise announced, starting at 3:45pm until approximately 5:45 or 6:00pm.
- All dancers are expected to be dressed and ready for practice at 3:45pm. If you do not come dressed in the appropriate clothing and shoes, you will not be able to participate that day. If you are meeting with a teacher and will be late, a pass is required.
- If a dancer needs to leave practice before 5:30pm three times it will count as an absence.
- If a dancer cannot attend a practice or performance, the dancer or parent must communicate with their coaches IN ADVANCE of that practice/performance.

Absences

- Excused: These typically include family emergencies, family commitments, medical appointments, illness, injury, religious observances, or school commitments. Missing more than 3 days for illness or injury will require a doctor's note.
- Unexcused: Would be some other reason that you miss a practice and/or performance that are not related to the reasons listed above. Missing practices and performances for non-New

Trier related club/recreational activities or work is considered an unexcused absence. Anytime you do not communicate an absence with your coaches is also considered an unexcused absence.

- *Multiple absences:* A phone call home will be made after three (3) excused absences or two (2) unexcused absences. Continued absences of any kind may carry additional consequences, including possible removal from the team. Extended illness/absence will be handled on a case-by-case basis, and may result in suspension from a performance
- *Missing games:* If you miss more than 2 practices in a week you will not be allowed to perform in that week's game.
- COVID and quarantine: Safety comes first. Exceptions to the team's attendance policy will be made in cases where students are required to quarantine. Students are expected to communicate with coaches to keep them informed.

Uniforms

- The district provides the team uniform that includes a top, skirt and pants. Students will be issued uniform pieces each year and are responsible for proper care and cleaning. Students must return all uniform pieces at the end of the season. There is no charge to families for these pieces, as long as they are returned in good condition. Any uniform not returned, or returned in poor condition, will be charged a replacement fee.
- Students are required to purchase the other pieces of the uniform and other gear including, but not limited to: shoes, spunks, leotard, practice/camp clothes, warm ups and poms.

Captains

- At the start of each fall season, Dance Team members will nominate candidates via application for the captain positions based on their leadership, dependability, positivity and level of commitment to the team. The coaches will review the team's nominations along with the captain's applications and determine that year's captains for the team.
- *Captains' Responsibilities*
 1. *Fundraising:* Captains are welcome to offer fundraising ideas and assisting coaches in the organization of the team's fundraising efforts.
 2. *Warm Up:* The captains are in charge of running the warm up and conditioning portion of practices.
 3. *Liaisons:* Each Thursday the captains will meet with the coaches after practice. The captains will bring concerns of the team to the coaches. Likewise, the captains will communicate information from the coaches to the team.
 4. *Tryouts:* The captains prepare the choreography for the spring tryouts.

Choreography & Formations

- Music selection and choreography are subject to the approval of the coaches.
- The coaches will do their best to ensure equality in formation placements. When assigning position within a formation, placement will be based on dance talent, knowledge of the dance routine and overall presence and attitude.

Games & Performances

General Policies

- All team members must be prepared for pre-game practices and games with appropriate hair and makeup, and in proper uniform and shoes.
- Dancers are expected to serve as positive ambassadors of New Trier by displaying appropriate, respectful behavior during the singing of the National Anthem and throughout the game (and whenever in uniform).
- If a dancer becomes ineligible to compete or perform at a game due to attendance or disciplinary issues, she/he is still required to attend the game or competition with the team, in full uniform. Students who are not competing or performing due to injuries are asked to also attend in uniform with the team, as able within reason.

Fall Spirit Season Team

- In a typical year, practices begin in mid-May until camp and resume again in mid-August (roughly two weeks before the opening day of school) and continue through mid-October. This team performs at:
 1. Homecoming spirit rallies on both campuses
 2. Home varsity football games
 - There are generally 5 (+/- 1) home football games in a season.
 - The team is required to stay at home game performances according to the coaches' decision. When the weather is exceptionally cold (as determined by coaches), dancers may leave after their post-performance debrief.

Winter Competition Season Team

- In a typical year, the IHSA requires a separate tryout for all dancers to be held in October. Practices for this team begin in late November and continue through February. Practices will not occur over winter break. The coaches may determine alternates, on a need-basis. This team competes at IHSA and CSL competitions and also performs at:
 1. One or two Special Olympics basketball games.
 2. Select, boys and girls home varsity basketball games
 - There are generally 8 (+/- 1) home basketball games in a season.
 - The team is required to stay for the entire game when the game is on a Friday or Saturday night. When the game falls on a school night, basketball dancers may leave after their halftime performance.

Dance Team 2021

SPRING COMPETITION SEASON

-all dates subject to change-

Month	Mon	Tue	Wed	Thu	Fri	Sat
	25 Try-outs Northfield Campus 4:00-6:00pm	26 Try-outs Northfield Campus 4:00-6:00pm	27 Team Meeting 4:00pm- 5:30pm	28 1 st day of practice 4:00-5:30pm		
Feb 2021	1 Practice 4:00-5:30pm	2 Practice 4:00-5:30pm	3 Practice 4:00-5:30pm	4 Practice 4:00-5:30pm	5	
	8 Practice 4:00-5:30pm	9 Practice 4:00-5:30pm	10 Practice 4:00-5:30pm	11 Practice 4:00-5:30pm	12	
	15 No school	16 Practice 4:00-5:30pm	17 Practice 4:00-5:30pm	18 Practice 4:00-5:30pm	19	
	22 No School	23 Practice 4:00-5:30pm	24 Practice 4:00-5:30pm	25 Practice 4:00-5:30pm	26	
Mar 2021	1 Practice 4:00-5:30pm	2 Practice 4:00-5:30pm	3 Practice 4:00-5:30pm	4 Practice 4:00-5:30pm	5	
	8 Practice 4:00-5:30pm	9 Practice 4:00-5:30pm	10 Practice 4:00-5:30pm	11 Practice 4:00-5:30pm	12	
	15 Practice 4:00-5:30pm	16 Practice 4:00-5:30pm	17 Practice 4:00-5:30pm	18 Practice 4:00-5:30pm	19	
	22 Practice 4:00-5:30pm	23 Practice 4:00-5:30pm	24 Practice 4:00-5:30pm	25 Practice 4:00-5:30pm	26	
	29 SPRING BREAK	30	31			

****All practices will be held at the Winnetka Campus****

IMPORTANT HEALTH AND SAFETY CONSIDERATIONS

RUVNA SCREENER

Parents/guardians must complete the screening form for their student each day prior to practice and/or competition. Students who do not display the required RUVNA QR code will not be permitted to be on-campus.

SALIVA SAMPLES

Students participating in athletics **must** submit their saliva samples Sunday by 2:00 p.m. each week. Students who do not submit their saliva samples by 2:00 p.m. will be notified that they will not be permitted to participate in athletics until their saliva sample is collected and verified. Saliva samples dropped-off on Sunday by 2:00 p.m. will be cleared for Monday afternoon's practice. Students who have elected for remote learning may participate in athletics and must adhere to the mandatory saliva screening referenced above as well as the Ruvna health screening for the days they will be on campus.

MASKS

Masks must be worn at all times, including during competition, unless specified by the IHSA. Social distancing must be maintained when not engaged in activity. These guidelines apply to all game personnel as well.

HYGIENE

Athletes should wash hands frequently, including before and after each practice and/or competition. Athletes should possess hand sanitizer for personal use. The Athletic Department will also have some available for use. All practice and competition clothing must be brought home and cleaned on a daily basis. Students should shower immediately upon returning to home from a practice or competition.

FACILITIES

All athletic facilities that are accessible during weight training sessions, practices and competitions will be cleaned and disinfected after daily use with germicidal (i.e. anti-fungal, anti-bacterial, and antiviral) cleaner to prevent the growth of microbes which can increase the spread of disease. Restrooms, bleachers, fences, railings, and other hard surfaces that are touched frequently will also be cleaned and disinfected at least daily.

HYDRATION

Students are required to bring and use their own labeled water bottle(s) to practices and competitions. No sharing of water bottles is permitted. Hydration stations may be made available by the New Trier athletic training staff if deemed safe.

COVID-19 MITIGATIONS

Dance teams must continue to follow the mitigations created by IDPH. IHSA has requested for these mitigations to be revised, however, to date no adjustments have been made by IDPH to the dance mitigations so they must continue to be followed. We have heard your frustrations and understand the challenges but we must proceed.

<https://www.ihsa.org/Resources/COVID-19#3085150-dance>

Anticipated Costs (for a typical year)

*we will modify costuming for the 2021 season

Dancers are expected to pay for their cost of camp and the team camp/practice clothing. Additionally, dancers purchase elements of their uniforms such as shoes, knee pads, warm up jackets, and undergarments. Additional financial arrangements may be requested on a per dancer basis. Families should contact Athena Arvanitis, Assistant Principal for Student Life, in advance of the season.

COMPETITION AND SPRING SPIRIT SEASON

Item	Description	Amount	Due Date
Bodyliner (\$117.95) Skirt (\$74.95) Bootcut Pant (\$64.90)	Team Uniform - School Property Re-issued annually. Must be returned at end of season.	\$0	Full \$ amount due at end of season if not returned, or returned in poor condition
Competition Costume	Place: TBD	\$150.00 TBD	TBD
White, Game Performance Shoe	Required - "Women's Nike Cheer Unite." For game performances. Re-purchased annually, as needed.	\$75.00	Purchase these items individually online.
Navy Leotard	Required - "Capezio women's camisole leotard in navy w/ adjustable straps." Re-purchased annually, as needed.	\$20.00 Amazon.com capezio.com	
Navy Shorts	Required - "Capezio low rise boyshort in navy." Re-purchased annually, as needed.	\$15.00 Amazon.com capezio.com	
Practice & Competition Shoe	Required - "Nike Women's Roshe One" in solid black. Re-purchased annually.	\$75.00 Nike.com	
Team Warm Up Jacket	Worn to games & competitions. Purchased every 1-2 years.	TBD	More info at parent meeting

IHSA STATE SERIES & OTHER COMPETITIONS

The Competitive Dance high school season will take place from now until March 13. The IHSA will be organizing a virtual Sectional and State Final competition for competitive dance. Virtual performances for sectionals and state will be recorded and submitted, not livestreamed.

Practices for the IHSA state series will take place during the competition season. Typically, these are held Monday-Thursday from 3:45 to 6:00 PM. Closer to sectionals, there may also be additional practices on Fridays or weekends, as needed. We will be sharing more information including costume, music, competition dates, transportation, IHSA rules, etc. as information becomes available.

