

WCSU Dance Team Rules

Attendance

1. Team members will be allowed three absences per semester. You must notify a captain or coach at least one hour prior to practice if you will be absent. Having another team member “pass on the message” is not acceptable. Any absence in excess of three will result in your forfeiting your position on the team.
2. It is expected that all members will be on time for all practices. Anything later than 10 minutes past the scheduled practice time will be considered tardy. Leaving practice early will also be considered a “tardy”. Three tardies will equal one absence, therefore, any tardies over nine will result in your forfeiting your position on the team.
3. If you are sitting out of practice for any reason, including illness, it will count as ½ of an absence.
4. If you sit out of a warm-up, you will not be permitted to dance for the rest of the practice, which will result in ½ of an absence.
5. Games and performances are NOT optional and are included in the attendance rules. All team members must attend all performances regardless of whether or not you are performing. However, you will be excused from a performance if it is not during a regularly scheduled practice time and you have a class.
6. You are responsible for participating in ALL team-sponsored events.

Attire

1. All members should come to practice wearing clothing that is comfortable and easy to move in. The Berkshire Gym and Student Center can get extremely hot, so please dress accordingly. Jeans will NOT be permitted.
2. All dangling jewelry should be removed prior to coming to practice. This includes bracelets, necklaces, hoop earrings, etc.
3. You will be required to purchase a pair of black dance sneakers or jazz shoes as part of your uniform. Both are available at dance shops and online.
4. The WCSU Dance Team uniforms are the property of this university and must be treated with care. You will be responsible for laundering and returning the uniforms after each performance. If you do not return the uniform, you will be billed for the full amount and your grades/ability to register for classes will be withheld until the bill is paid.

General

1. There will be no gum chewing during practices or performances
2. All cell phones must either be turned off or set to “silent mode” during practices. If your cell phone rings during practice you will perform a series of 10 push-ups and 25 sit-ups. For a second offense, you will do 20 push-ups and 50 sit-ups, and so on.
3. You will treat everyone on the team with respect. Any problems or conflicts with another team member should be brought to the attention of a coach or captain.
4. No one sits down during a practice unless we are taking a break, or you are specifically asked to sit and watch a group perform. There is always something you can be working on.
5. If you are sitting out for any reason, or miss a practice while a piece is being staged, you will be removed from that piece.
6. You are not guaranteed a spot in any of the dances the team is performing. There are various reasons for this including: space constraints, skill level, choreography, attitude, etc.
7. As with any recreation club on campus, grades are very important. Your grades will be reviewed throughout the year by your advisor, and you may be removed from the team due to poor academic performance. You must retain a GPA of 2.8 or above.
8. Each team member will be required to contribute \$50 in dues to the team, paid in full by the end of the Fall semester. This fee is necessary to offset the cost of costumes, trips, and other team-related activities. If you are unable to pay the dues as described above, please speak privately with a coach to make other arrangements.
9. We take injuries very seriously. If you get hurt in or outside of practice, you may be asked to sit out of practice until you present the coach with a doctor’s note clearing you to resume dance activities.
10. You may not perform under the WCSU DANCE TEAM name or use the choreography of any of its members without first clearing the performance through the coach.