

Apple-Ettes Team Handbook

2016-2017

Dear Parents/Guardians,

I want to take this opportunity to give you my personal coaching philosophy and goals for your child and the team for this upcoming year. Apple-Ettes Varsity Dance Team is an exciting opportunity for your child to learn dance technique, form lifelong friendships, and to become a team player. In order to make this a positive experience for your child I believe that it is important to set expectations right out of the gate. This Handbook does just that. With this book of expectations the coaching staff, students, and parents will be on the same page moving forward.

COACHING PHILOSOPHY:

* My goal is that through this program kids will develop confidence and passion for dance. I strive to encourage positive responses and a fun learning environment. I do my best to give positive reinforcement and feedback to each team member on a daily basis.
* I take personal interest in each team member. I talk to them one on one often during practices and performances and try to get to know each team member personally. I care for them not only as dancers, but as individual human beings as well.
* I make practices a fun and positive learning environment while also ensuring that practice are instructional and disciplined. I am a firm believer that you can work hard and have fun simultaneously in the right environment.
* I believe that teamwork is essential in constructing a well-balanced and competitive team, and therefore I encourage the building of friendships between team members.
* Any situation can be improved through a positive attitude and I expect my team members to be courteous, friendly, and professional towards each other at all times. Bullying is simply not tolerated in any shape or form on my team.
* Attendance and effort are vital drivers for a successful team. I do not tolerate truancy or unexpected absences. Setting forms is a daily occurrence, meaning we need everyone present at every practice. And simply being present isn’t enough. I expect 110% from each team member at every practice.

GOALS FOR MY ROLE AS COACH:

1. Instill a love for dance in my students.
2. Teach the value of teamwork and how to be a positive and productive teammate.
3. Teach the appropriate dance skills for the current level of the team and challenge them regularly.
4. Continuously provide feedback to improve skill and technique.
5. Provide a safe and positive environment for the team and coaching staff/instructors.

TEAM MEMBER EXPECTATIONS:

* Be at every practice on time and prepared.
* Show respect for other teammates, coaches, and parents.
* Practice outside of practice every day.
* Have a positive attitude and treat others with respect.
* Give 100% effort every practice.

PARENT EXPECTATIONS:

* Have your child on time at all practices and performances and pick them up promptly when practices and performances end.
* Ensure your child is practicing/stretching at home every day.
* Help out with the team by volunteering when needed.
* Show good sportsmanship by positively supporting your child, their teammates, coaches, and judges.
* Inform me immediately if your child is injured so I know when, where, and how it happened, and any instructions given to you by their doctor.

I am looking forward to a fun and successful year! Please do not hesitate to call, email, or text me with any questions or concerns. 509-630-5406 or [LJLOUDON@GMAIL.COM](mailto:LJLOUDON@GMAIL.COM). I value your feedback!

Sincerely,

Coach Lynsey Loudon

**APPLE-ETTES PROGRAM HANDBOOK & TEAM CONSTITUTION:**

**Mission**: The mission of the Apple-Ettes Varsity Dance Team is to build strong, responsible dancers within a safe team environment.

**Coaching Philosophy:** With commitment and dedication anything is possible. The goal of this program is to teach dancers the value of hard word, dedication, teamwork, and responsibility, to ensure success in every aspect of life.

**Apple-Ettes Philosophy:**  The Apple-Ettes Varsity Dance Team is a first class organization which upholds the highest expectations of its team members and coaching staff. It is our expectation that each team member dance to the best of their ability at every practice and performance. Students must be conscious of their responsibilities and be ready to uphold the pride of being selected as a member of this organization. It is an honor to be an Apple-Ette, it also requires time and the dedication to keep this organization performing at a competitive level. Activities and projects outside regular practice time are necessary for this organization to operate. As a member of this team all dancers are expected to participate in the following:

1. Fundraisers:

* Car washes
* Summer Breeze dance
* Apple-Ette yard sale
* Mini dance camps
* Applebee’s pancake breakfast
* Any other fundraisers the team requires

1. Performances:

* Summer camp
* Home football games
* Home basketball games
* Invitational competitions
* District competition
* State Championships
* Apple Blossom Grand Parade
* Apple Blossom Entertainment in the Park
* Parent nights
* Pep assemblies
* Any other performances that may arise.

1. Team Functions:

* Summer Camp
* Christmas Party
* Night-before-State Party
* Any other team functions that may arise.

**2016-2017 Team Agreement**

(The items in this agreement were designated by the 2016-2017 Apple-Ettes. These are the terms and conditions we have agreed to uphold at all costs during our season. They are the rules/guidelines for what it takes to be a member of our organization.)

1. We agree to be fearless at every practice and put in 100% effort, going full out every time without being told to do so.
2. We strive to improve as a team and individually at every practice.
3. We agree to ask for help from officers or other team mates when needed. It is our responsibility to know that material. No excuses!
4. We will practices our facials in the mirror every night no matter how silly we may look and feel. Showmanship is how we take our team to the next level and secure our position at State competition.
5. Dancers must have strong bodies. We agree to eat healthy foods and remain hydrated at all times to ensure our bodies our in shape for optimal performance.
6. When we begin practice we will put away out cell phones and will not access them for any reason until the end of practice.
7. We agree to stretch every night. We understand we must have our left and right splits down by September 1st or we will not be able to perform with the rest of the team. We understand that if we do not follow through with this goal we may be asked to step down to the JV level team where splits are not a requirement.
8. We agree to practice at home every night and will come prepared to every practice knowing the material 100%. Greatness takes effort and we agree to push ourselves every night to be a better dancer and teammate by being diligent in our practice regiment.
9. We agree to learn to get along. We will embrace those who are different from us and put in an effort to get to know and understand them. We do not want drama on our team and we will not participate in gossip about another teammate. Beyond that we will do our best to squash any rumors or negative remarks we hear about a member of our team and not feed into the negative energy. Our teammates are our sisters and we treat each other with the utmost love and respect.
10. We will not bully each other or any WHS student!
11. We will come prepared to every practice and performance. We will make sure we know in advanced what we are wearing and pack and dress according to the needs for each performance/practice.
12. We agree to uphold our grades to the Athletic Code Standard at all times. We understand that it is our responsibility to be students first and dancers second.

**APPLE-ETTES CODE OF CONDUCT:**

1. Always treat others in the same manner you wish to be treated.
2. Communicate honestly and openly with other team members and coaches.
3. Support all school functions in a positive manner: athletic teams, cheerleaders, band, and any other school organizations.
4. Stand at attention during the National Anthem and Pledge of Allegiance. Show no disrespect for the performer, our school, or the flag.
5. Do not kiss, hug, or hang on your significant other while in school or at any performance site. This is considered fraternizing and is not tolerated.
6. Uphold the highest standards of behavior and appearance as member of the Apple-Ettes. The actions of one person reflect upon the entire team.
7. Show positive sportsmanship in all situations. Do not criticize another team during their performance or after. You never know who may be listening.
8. Show appreciation for the kind, thoughtful things others do for you.
9. Make sure parents and employers are kept informed of practice schedules and performances. At no time is work or babysitting a valid excuse for an absence or tardy.
10. Practice at home and come prepared to every practice.
11. No gum or jewelry at any practice or performance.
12. Hair must be out of the face for every practice in a secure bun or ponytail.
13. Accept constructive criticism in the spirit with which it is intended.
14. Superior showmanship is expected during all performances and practices.
15. Stretch out daily! Flexibility is the key to correct technique and execution.
16. School dress code applies to all Apple-Ette events. Be appropriate
17. Participate in all fundraising events; fees, non-performance, probation or dismissal may apply for non-compliance.
18. Truancy IS NOT acceptable. Be prepared. Be on time.
19. Always show respect to team members. Think before you speak or act.
20. Team members must wear their uniform appropriately when asked to do so by coaching staff/President. This includes wearing your uniform to school on appropriate days.
21. Show respect to other parents and coaches. Coaches have the final say in all decisions that are made on the Apple-Ettes Varsity Dance Team.
22. Appropriate practice clothing must be work at ALL practices. This includes dance shoes and athletic wear.
23. Utilize your time-off responsibly. Homework is never a valid excuse for an absence.
24. Use social media sites appropriately. At no time is it acceptable to post negative feedback about the Apple-Ettes, its coaches, team members, or parents. Nor is it acceptable to post negative feedback about another team, its team members, coaching staff, or parents. It is also unacceptable to post pictures of yourself being inappropriate with a significant other, doing dugs, drinking alcohol, or any other act that is prohibited by the WHS Athletic Code of Conduct or the Apple-Ettes Code of Conduct. Failure to comply with this may result in removal from the WHS Apple-Ettes. Offenders will be dealt with severely.
25. School Absences:
    * 1. *Dancers are required to exhibit exemplary attendance at WHS. The Athletic Director will examine attendance reports weekly and determine if dancers are ineligible due to school absences. Ineligible dancers will be required to practice and remain in good standing with the team, but will not be able to perform, compete, or travel with the team until the Athletic Director has cleared them for participation.*
26. The coach must always be informed in advance if the student is absent from school.
27. Any unexcused absence from school will result in suspension from participation that day.
28. If a student-athlete is excused from school for more than 3 class periods she will not be allowed to participate that day. (See WSD Student-Athlete Handbook, pg. 10). If this happens the expectation is that the team member sit out at practice. If the team member is sick they may bring a blanket or pillow and rest on the sidelines while the team practices. This ensures they do not fall behind and prevent the team from moving on in the routine the following practice.
29. Practice Schedule:

* Monday and Wednesday evenings from 5:00-8:00pm during the ENTIRE season.
* Thursday practices in the fall during football season. These practices will be outside and may last until 9pm as band practice is required.
* One Saturday a month. 11am-4pm.

1. All calendars will be given well in advance, however sometimes changes are necessary and out of the coaching staff’s control. Please be flexible.
   1. Team members must be in attendance at ALL practices two weeks before a performance occurs in order to perform. Exceptions may be made by coaching staff but are not guaranteed.
   2. Team members must attend practices to watch if they are injured or have a non-contagious illness. Students are very busy these days. Please be sure that you plan your weeks accordingly. You have made a commitment to this team and it is expected that you arrange other events outside team functions, performances, and practices. Academics are very important but will not be used as an excuse to miss practice. Prioritize your time.
2. Practice Etiquette:
   * 1. Dancers will come to practice ready to work. This means they should arrive a minimum of ten minutes early to change shoes, socialize and prepare mentally for practice. It is expected that dancers be respectful and courteous at all times towards teammates, leader, officers, and coaching staff. Dancers who display behavior that is disruptive to practice may be asked to leave or sit out for the remainder of practice.
     2. It is improper for a dancer to EVER question a leader, officer, or coaching staff’s authority during practice. The time to do this is in a respectful manner after practice, during break, or in a private consultation with the coach.
     3. Chewing gum, eating, drinking, talking, sitting down, wandering in and out of the facility, are all unacceptable during practice, just as they would be in a performance setting or a classroom setting. ALL cell phones must be put away at the start of practice and dancers will not have access to them until the end of practice.
3. Practice Attire:
   * 1. Practice attire should be neat, comfortable, clean, and close fitting. The coaching staff cannot accurately correct a student’s technique without seeing the student’s silhouette. Sports bras should be worn at ALL times. Dancers must be in the appropriate and required practice wear, which will be purchased at the beginning of the season. Should your dancer ruin or lose her practice wear she will be required to purchase new items at her own cost.
     2. Athletic shoes will be used for conditioning at practices and dance shoes must be worn during technique and while learning choreography. Every dancer will be required to purchase black jazz booties and will therefore never have an excuse for failing to wear the appropriate footwear.
     3. Jewelry such as rings, earrings, nose/belly piercings, watches, and any other accessories are not allowed at practice or performances per WIAA regulations. Hair must be completely off the face and neck in a ponytail or bun. ABSOLUTELY NO LOOSE HAIR! Bangs should be secured with a clip or headband. Dancers with inappropriate hair will be asked to sit out at practice. Failure to wear proper practice attire will result in a non-performance.
4. Practice/Performance Absences.
   * 1. All excused absences need to be pre-arranged. If a dancer is ill or out of town the coaching staff should be notified immediately. Homework, babysitting, work, and other non-emergency circumstances are not excused absences. Your dancer has made a commitment to their teammates and coaching staff and is expected to be a dedicated member of the team.
   1. In the event that a team member cannot attend practice they must:

* Contact the coach well in advance. Failure to notify the coach if you are unable to attend practice, activities, or performances will result in a non-performance.
* Call your President to be brought up to date on meeting topics.
* Call your Captain or Co-Captain and make arrangements to learn formations and choreography before the next practice. Failure to know the routine by the following practice will result in a non-performance.
* If your dancer cannot perform due to an absence they should still attend the performances alongside the team in uniform.
* Even if a team member has contacted the appropriate persons the coaching staff reserves the right to excuse or not excuse a tardy or absence.
  + 1. Absences 2 weeks before a performance, excused or unexcused will result in the dancer not being able to perform that week. Dancers are very busy nowadays and sometimes other activities, schoolwork, and health problems may conflict with dance practices and performances. The coaching staff understands this and your standing as a member of the Apple-Ettes will not be jeopardized if you miss a performance due to conflicts with another school activity or illness. Schedules will be given months in advance and we ask that when planning family trips or functions that you take the Apple-Ettes schedule into consideration. Please remember that practices the week of a performance are mandatory!

1. Practice Tardies:
   * 1. No dancer should arrive late to practice. Dancers should make every effort to arrive ten minutes early. We will start on time with or without you. If you arrive late please enter quietly and wait for a break in practice to join the team. Dancers should NEVER interrupt coaches or leaders while they are giving direction to the team to announce why they were late. If you arrive after warm up please take the time to stretch and warm up your muscles before joining practice.
     2. Practices, meetings, and activities will start ON TIME; therefore YOU MUST BE ON TIME. This means arriving early to allow for changing clothes, taking care of any necessary business, socializing, etc. For those same reasons please let your ride know you may be at practice a few minutes after it is scheduled to end.
     3. If you know you are going to be late for a legitimate reason (track meet, piano lessons, etc.) please call the coaching staff ahead of time. The earlier you inform the Coach of an absence, the better. Many times practice times or locations may change last minute. You will always be notified in advance and for that reason a tardy because of an “I forgot” is unexcused.

* 1 unexcused absence = warning.
* 2 unexcused absences = 1 non-performance.
* 3 unexcused absences = probation/suspension/or dismissal from the team.

1. Leaving Early from Practice:
   * 1. If for any reason a team member needs to leave early, the coaching staff must be notified and approve before practice starts. Dancers are expected to attend the entire practice and leaving early should be reserved for special circumstances only.
2. Sports and Activities:
   * 1. Any team member involved in another sport or activity must attend no fewer than 80% of practices and performances combined for each season. It is VERY DIFFICULT to be involved in everything. Choose your battles wisely!

TEAM STANDARDS:

A. Travel:  
      All "away" activities will be traveled to and from by bus/car - AS A TEAM. A Request to Depart from Group must be filled out and turned in to the Coach 10 days in advance of travel or request will be denied. The request form must be accompanied by Coach's and administrator's signature/ approval. The parent must sign the release form as well. A Trip Policy Contract must be signed by both students and parents regarding all trip guidelines and procedures. Traveling with the team is mandatory.

B. Uniforms:  
      Dancers will be issued a clean uniform in good repair, and it is expected that dancers maintain this state of cleanliness and good repair. Each team member is responsible for their uniform and uniform parts. Clearly mark all of your belongings and carry them in a travel bag.  Some uniforms, props, and poms may remain the property of WHS and should be immaculately taken care of throughout the year. This includes treating any stains and being prepared to perform in a clean, presentable uniform. As such, the uniform should be well cared for in order to ensure that it can be used from year to year. Any other competition uniforms or team clothing purchased by the team member must also be kept in proper condition and be presentable at the time of wearing. On June 1 of every year there will be charges submitted to the ASB fines and fees report. Diplomas will not be issued to any student with outstanding charges. These items must be returned at the end of the dancer's tenure on the team.  Special issued items such as sweatshirts, jerseys, jackets, etc., which the student purchases outright must be treated as uniforms during the dancer's tenure on the team. Dancers are not allowed to let friends, boyfriends, siblings, etc. wear team-issued apparel.

C. Attitude:  
       It is expected that every member of Apple-Ettes have high morals, excellent school attendance, a positive attitude and respect and concern for other students. She/he should be prompt, friendly, responsible, efficient, and enthusiastic. Dancers are expected to act in ways that do not bring disfavor upon the dance program at WHS. Disrespectful, rude, inappropriate, or malicious comments, attire, actions, or behavior will not be tolerated.  Coaching staff is committed to maintaining a safe environment for dancers and participants. The use of illegal substances by a team member (drugs, alcohol, tobacco) will constitute grounds for expulsion from the group.  
  
       Dancers are expected to be role models for other students and members of the community at ALL times in and out of uniform. Dancers must abide by the WHS Athletic Code and follow the rules and regulations outlined in the Wenatchee School District Student-Athlete Handbook. Dancers are expected to remain good citizens inside as well as outside the dance team setting.

* Fraternization is not allowed while in uniform and will result in a non-performance.
* NO profanity will be tolerated and will result in a non-performance. Abusive or offensive language is not acceptable.
* Additionally, gossiping or any engagement in the spreading of rumors about themselves, another team member, another school mate, other school groups, or coaching staff will be grounds for practice suspension, non-performance, etc. Bullying in any form is NOT TOLERATED!
* Inter-team dating will be “frowned” upon by the team and coaching staff.
* Fighting, harassment, vandalism, theft, or any other criminal act will not be tolerated and the dancer will be subject to a 15-20 day practice suspension, non-performance, and dismissal from the team.

D. Eligibility:

Our goal is to have 100% of the dancers perform at 100% of the events, but we realize this can be unrealistic due to school and family commitments. Dancers will be declared ineligible for performances for the following reasons;

* Failure to attend practices the week of a performance.
* Failure to wear team apparel when required.
* Failure to attend team functions or fundraisers.
* Unexcused absences from school the day of a performance or trip.
* Failure to attend at least three periods of class the day of a performance or trip, provided the remaining periods absent are excused.
* Failure to learn the material being performed at the appropriate level required.
* Failure to conduct oneself in a manner befitting the Apple-Ettes Varsity Dance Program.
* Declared ineligible due to grades by the Athletic Director.
* Declared ineligible due to absences by the Athletic Director.
* Declared ineligible by the Athletic Director.
* Declared ineligible by coaching staff.
* Failure to make payments for your dancer’s individual team fees.

\*\*\*\* The Athletic Director and coaching staff have the final and absolute say in determining a dancer’s eligibility for performances and participation.\*\*\*\*

E. Fundraising:

The Wenatchee High School Apple-Ettes Varsity Dance Team relies on fundraising to support activities of the team. Without full support from fundraising we could not exist, as we are a non-profit organization. Apple-Ettes is a big financial commitment and fundraising can help lift some of that burden from the dancer’s families. Fundraising IS NOT optional. Every member of the dance team is expected to participate. We will likely be involved in at least one fundraiser per month. The team and coaching staff is always open to new and exciting fundraiser ideas. Failure to meet fundraising standards will result in a non-performance. If the student has not met any fundraising standards after the first three fundraisers the student may be dismissed from the team.

F. Nutrition:

Your body needs fuel to build, maintain and utilize muscle. Please make sure that you are eating 3-5 meals per day and consuming the appropriate level of calories. Some foods, of course, are better than others. In order to achieve our goals as dancers we must be sure to intake nutritional foods that will sustain our bodies. Please be sure you are limiting your dancer’s intake of soda, candy, fast food, and sugary “sports” beverages, and increase their servings of lean meats, fruits, veggies, and of course, WATER. It is important your dancer remain hydrated at practices and performances. During the entire season sugary “sports drinks” will not be allowed at practices. Instead, please send your daughter to practice with a 1 liter bottle of water.

\*\*\*\*Please eat a small snack before practice; protein bars, nuts, string cheese, or whole wheat crackers are good choices. Candy bars, chips, pop, and junk food will not give your body the fuel it needs for you to be successful at practice. Please make good choices.\*\*\*\*

If you or one of your teammates is struggling with food issues please alert the coaching staff. We want strong, healthy dancers!

G. Exercise:

We do not have enough practice time to get you into shape. In order to prevent painful injuries you must ensure your body is ready for the vigorousness of dance. Dancers are expected to be enrolled in one physical activity such as another dance class, PE, etc. Dancers are also expected to stretch and practice outside of organized team practices. A dancer’s body must be stretched and worked out every single day to build flexibility and the muscles necessary to prevent injury and improve your skills.

1. Leaving the WHS Apple-Ettes Varsity Dance Team:

Any team member who voluntarily resigns from the Apple-Ettes needs to submit three copies of one letter of resignation to the coaching staff, the Athletic Direction, and the team. In addition the team member who voluntarily resigns must read the resignation letter to the team in person. Any team member that voluntarily leaves and follows the above guidelines may be considered for tryouts the following year. Any team member who is dismissed or chooses to leave the team will receive a “Written Letter of Dismissal,” which will be mailed to the student’s home and the Athletic Director.

\*\*\*\*Choosing to leave the team, or being dismissed will require the dancer to pay for all items purchased on her behalf. This can be up to $1300. On June 1st of every year any dancer with outstanding payments will be added to the “Fines and Fees” list and will not be eligible to receive their diploma until these fees are paid in full. You have made a commitment, please make appropriate decisions.\*\*\*\*

ACADEMICS:

HOMEWORK SHOULD BE KEPT UP AND CANNOT BE USED AS AN EXCUSE NOT TO BE AT PRACTICE. AN ABSENCE DUE TO HOMEWORK WILL COUNT AS AN UNEXCUSED ABSENCE.

ACADEMICS & ELIGIBILITY PROCESS:

Academic eligibility for all high school athletes in the Wenatchee School District will be checked at the end of each semester, the end of each quarter and at approximately the middle of each quarter. Teachers will be expected to submit grades at the end of each of these grading periods and the athletic director will be responsible for determining the eligibility status of each of the athletes. As already mentioned WHS athletes must meet the following standards based on their school’s schedule in order to participate in athletics:

* Pass 3 classes in a 4 period class schedule or equivalent credits.
* Pass 4 classes in a 5 period class schedule or equivalent credits.
* Pass 5 classes in a 6 period class schedule or equivalent credits.
* Pass 6 classes in a 7 period class schedule or equivalent credits.
* Pass 7 classes in an 8 period class schedule or equivalent credits.

For all WHS students, the minimum number of classes they have to be passing is five because we operate on a six period schedule. A student choosing to take more than six classes can still only fail one class, a student choosing to take only five classes must pass all five classes, and a student taking less than five classes will not be eligible unless they are a senior on pace to graduate and enrolled in four classes.

Any homeschool, alternative school, running start, or skill center student has to meet the same eligibility requirements as a WHS student based on the schedule of the school they are attending. It is the athlete and the parents of the athlete’s responsibility to supply the necessary academic information to the athletic director. The athletic department will post on their website a schedule showing when each grade check will take place.

END OF SEMESTER GRADE CHECKS:

In order to be eligible at the start of a new semester a student can only fail one class but must pass a minimum of five classes. A senior on pace to graduate is the only exception to the rule in that they can take four classes but must pass all four.

CONSEQUENCES:

A student that did not pass the required number of classes the previous semester is on academic suspension for five weeks. For high school students this period is through the fourth Saturday in September for the spring semester carry over and the first five weeks of the winter term for the fall semester carry over. This is a WIAA rule and is set and non-negotiable. In order for a student to regain heir eligibility after the suspension period, the student must take a grade card around on Monday after the conclusion of the suspension to have his/her teachers fill it out. If he/she is now parsing the required number of classes they are eligible until the next grade check. If the student does not meet the eligibility requirements they will remain on the list until the following Monday and the process repeats itself.

MID-QUARTER & END OF QUARTER CHECKS:

Mid-quarter and end of quarter checks are just like semester checks with the exception that the five week rule does not apply. Please not that grade cards must be turned in no later than Tuesday of the week they are due. Late grade cards will not be accepted. Period.

RUNING START STUDENTS:

All running start students need to meet the same requirements for eligibility as WHS students. They need to be enrolled and passing the equivalent of a minimum of 5 high school credits either through the college or a combination of college and high school classes. At each grade check running start students must provide the athletic department with a grade report from the college. This can be a print out through their online account or a grade card signed by their professors. This is the student’s responsibility to take care of or they will be considered ineligible until it is turned in. Please see the website for the dates of each grade check.

ELIGIBILITY CHECK DATES for 2016-2017:

* September 29, 2016
* October 31, 2016
* December 7, 2016
* SEMESTER CHECK – January 26, 2017 (out five weeks if not passing)
* February 28, 2017
* March 31, 2017
* May 9, 2017
* SEMESTER CHECK – June 9, 2017 (out five weeks if not passing)

APPLE-ETTE POLICY FOR FAILING TO COMLY WITH ATHLETIC CODE REGARDING GRADES: Should your dancer fail a grade check the consequences are below.

* 1st offense: Warning from coach
* 2nd offense: Letter home and non-performance
* 3rd offense: suspension and possible dismissal from team

WENATCHEE HIGH SCHOOL APPLE-ETTE TRIP POLICY  
  
1.  There shall be NO DATING, pre-arranged or incidental in uniform.  
(No Fraternization!!)  
  
2.  Team members must remain in groups of two or more.  No one shall  
ever be alone.  
  
3.  No member may ride in any vehicle, public or private, unless  
authorized by the accompanying chaperones.  
  
4.  On overnight trips, there shall be a curfew, which will be rigidly  
enforced.  That curfew time will be determined by the nature of the  
event.  
  
5.  Any team member traveling with the Apple-Ettes shall travel to and  
from the activity or event in the same conveyance unless special  
arrangements at the written request of the parent or guardian have  
been made in advance with the Coach. Requests will only be accepted if dancer is planning to stay overnight in the area of the competition. Otherwise everyone rides home together on the bus as at team.  
  
6.  If a team member should miss the departure time for a planned  
trip, she/he would not be allowed to join the group at a later  
destination once the team has left the departure area unless  
accompanied by a parent or guardian.  
  
7.  No team member shall indulge in drinking intoxicants, smoking  
tobacco or any other substance using narcotics and/or other controlled  
substances, or be in the company of persons who are engaged in such  
activities.  
  
8.  Every team member is reminded that as a member of the Apple-Ettes  
that she/he is representing not only our school and community, but  
also home, friends, and family and should conduct themselves  
accordingly at all times.  
  
9.  Any team member who does not comply with the above rules will be  
subject to non-performances, suspension from practices, and/or  
dismissal from Apple-Ettes. In addition, there will be an immediate  
notification of parents (and in cases of field trips…an immediate trip  
home at the parents' expense.)  Degree of misconduct will be  
determined by the Coach and chaperones.

CONSTITUTION OF THE WENATCHEE HIGH SCHOOL

APPLE-ETTES VARSITY DANCE TEAM:

ARTICLE 1 – NAME: The name of this organization shall be the APPLE-ETTES VARSITY DANCE TEAM.

ARTICLE 2 – TRYOUT FOR MEMBERSHIP:

Section 1: Eligible candidates for tryout will be expected to be freshman, sophomore, or junior status and must attend at least one mandatory informational meeting and forward all paperwork to their parents for approval.

Section 2: Candidates will be required to turn in an application including a brief essay.

Section 3: Candidates will be required to have a minimum 2.5 cumulative GPA in order to tryout.

Section 4: Candidates will be required to attend a set number of workshops prior to tryouts.

Section 5: Candidates will be required to have a parent or guardian in attendance of the mandatory parent meeting post tryout up on making the team.

Section 6: Candidates will be required to attend the “Mock Tryout” Workshop and all other tryout days prior to auditioning for the team.

Section 7: Candidates will complete a test of coordination, rhythm, posture, poise, character and showmanship though the performance of the tryout routine and marching skills.

Section 8: If necessary the candidate will be interviewed and will need to successfully represent her true self during that time.

Section 9: Any exception to the above tryout requirements due to illness, injury, or any other justified cause will be approved by the Coach.

ARTICLE 3- MATINTAINING MEMBERSHIP

Section 1- The membership of this organization shall be composed of no more than 48 members.

Section 2: Members shall be made up of freshmen, sophomores, juniors, and seniors. All members must meet the Athletic Code standards in regards to grades and grade checks.

Section 3: Team rules and regulations must be read and approved by a parent or guardian, giving them written permission for the student to be a member of this organization.

ARTICLE 4- OFFICERS/CABINET

1. President
2. Vice President
3. Secretary
4. Treasurer
5. Historian
6. Captain
7. Co-Captain
8. Any other officer deemed necessary

\*\*\*These officers comprise the organization’s cabinet.

Article 5- MEETING AND PRACTICES

Section 1- Regular practices shall be held Mondays and Wednesday’s from 5:00pm – 8:00pm, unless otherwise stated. Thursday practices are also mandatory during football season when deemed necessary. Times will vary.

Section 2- The cabinet shall meet once a week unless otherwise stated.

ARTICLE 6- AMENDMENTS

Section 1- This constitution may be amended by a two thirds vote of members present, provided that any amendment proposed has been presented to the organization for discussion at least two meetings before it is voted upon.

Section 2- Any amendment to this constitution shall become effective immediately following its passage.

ARTICLE 7- BY-LAWS

Section 1- Amendments to these by-laws may be made by majority vote of the members present provided that a proposed amendment has been presented to the organization at least two meetings prior to the date voted upon.

Section 2- Any amendment to these by-laws shall become effective immediately upon its passage.

BY-LAWS

ARTICLE 1: RULES AND REGULATIONS

Section 1- Any team member who arrives later than the scheduled practice time will be tardy. Refer to tardy policy in team handbook.

Section 2- Attendance is required at all regular activities with the team.

Section 3- Anyone who misses any practice during the week of a performance will not perform at that performance.

Section 4- Absences are excused in case of contagious illness or emergencies; all other excuses will be left to the discretion of the Coach.

ARTICLE 2- TRYOUTS

Section 1- Tryouts will be held spring semester, sometime during the last two months of school.

Section 2- There will be a meeting before tryouts to explain the constitution, eligibility, and regulations.

Section 3- Each candidate tryout out will be requested to submit an application for membership.

Section 4- Selections will be made based on the application, GPA, attitude, posture, dance, and marching ability, showmanship and possibly interviews.

Section 5- Advisor, leader, graduating senior members of the team, former Apple-Ettes, members of relevant community institutions, and faculty members will make the final selections, with more adult judges than students.

ARTICLE 3- UNIFORMS

Section 1- Uniforms are property of the Apple-Ettes and must be returned upon expiration of membership. Failure to return any part of the uniform or returning a uniform in poor condition will result in fines and fees.

Section 2- Team members are responsible for the cleaning and upkeep of their uniforms.

ARTICLE 4- ELECTIONS

Section 1- Elections shall be held before and announced at the end-of-the-year Coffee Hour. The ballot shall be secret. Installation shall follow the election at a convenient date: Crying Party.

Section 2- Any officer shall be ineligible to succeed herself into office.

Section 3- The term of the office shall run for one year.

Section 4- At time of election, officers may be chosen from present sophomores and juniors.

Section 5- Any vacancy occurring during the year shall be filled by a junior or senior at the discretion of the officers and/or Coach.

Section 6- The Assistant Leader shall be a sophomore at the time of election.

Section 7- The President and Vice President shall be a junior at the time of election.

Section 8- The leaders are elected to serve in their position until they graduate, resign from the team, drop the position, or are dismissed. The Assistant Leader automatically becomes Leader with the graduation, resignation, or dismissal of the Leader without an election unless she is unqualified for the position; this would be at the discretion of the Officers and/or Coach.

Section 9- When a vacancy occurs for Leader, the Assistant Leader shall assume the responsibilities, or a replacement shall be appointed at the discretion of the Officers and/or Coach.

Section 10- When a vacancy occurs for Assistant Leader, any 2nd year member of the team may try out if deemed necessary by the Officer’s and/or Coach.

ARTICLE 5- DUTIES OF OFFICERS

Section 1- The President shall preside over all regular and special meetings and act as a chairperson of the cabinet. She/he shall perform such duties as are usual and common to the office, appoint special and standing committees, and enforce all laws passed by the group. The president shall be responsible for submitting bulletin notices, radio spots, newspaper announcements and school signs, fliers or handouts necessary for team functions that relate to the Apple-Ettes. There articles should be carefully checked for errors before submitting.

Section 2- The Vice President shall organize yearly Varsity Ball dance sponsored by the Apple-Ettes. They will document all Apple-Ettes events, and assist the President in any endeavors deemed necessary.

Section 3- The Secretary shall keep record of all meetings. They will carry on all correspondence of the organization. Roll must be taken by secretary at all practices and an accurate record of attendance must be kept at all times. The secretary shall also provide minutes at every offices meeting and provide handouts necessary for all team functions.

Section 4- The Treasurer shall keep a record of all organization funds and report all funds at regular meetings. They will keep strict record of all receipts, deposits, and income.

Section 5- The Creative Affairs shall be responsible for keeping an accurate and neat record of all activities of the Apple-Ettes; recording clippings, pictures, and any other mementos of the activities in the team scrapbook. This also includes ensuring each performance is videoed by a coach or parent. The position is also responsible for all makeup and hair tools used for performances, as well as being in uniform.

Section 6- The Leader choreographs and teaches routines, helps select music, props, and any routines that are performed throughout the year, and conducts practices and performances.

Section 7- The Assistant Leader shall assist the Leader in all performing responsibilities and take over in the absence of the Leader or when otherwise assigned. They also are responsible for conducting all Pantherettes practices and performances, and will choreograph and teach all Pantherettes routines.

ARTICLE 6- CONDUCT

Section 1- Any officer who willfully neglects the responsibilities of their office, or whose attitude or actions are adverse to the best interest of the Apple-Ettes will be subject to expulsion or such disciplinary actions as deemed necessary by the cabinet.

Section 2- Any member who willfully neglects the responsibilities of her membership, or whose attitude and actions are adverse to the best interest of the team will be subject to expulsion or such disciplinary actions as deemed necessary by the officers and/or Coach, and would require an apology to the entire team, Coach, and any others affected by this action.

Section 3- Every officer shall attend every scheduled officer meeting throughout the entire year. Exceptions will only be made in the event of emergency or severe illness. Failure to attend an officer meeting (unless excused at the discretion of the Coach) will result in a non-performance.

Apple-Ettes Candidate Agreement & Contract:

As a WHS Varsity Dancer I agree to abide by the following:

1. Have punctual attendance at all practices, performances and activities.
2. Cooperate with student leaders, officers, and Coach.
3. Practice at home nightly.
4. Stretch at home nightly.
5. Participate in all fundraising events.
6. Know and follow the Constitution, By-laws, Conduct Regulations, Attendance Policy and Standards of the Apple-Ettes, as well as the Wenatchee School District Athletic Code.
7. Learn all material, positions, formations, choreography and  
   meeting information in the event of an excused absence from practice.
8. Ride the provided and/or approved transportation to all activities.
9. Maintain grades as outlined by the Athletic Student Handbook.
10. Keep my uniforms, costumes and props clean and in perfect order at all times.  Report any damage of props or uniforms to the Coach.
11. Think ahead before participating in questionable activities, taking on a new club, activity, sport or job, and acquiring any body piercing or tattoos.
12. Wear the required costumes and make-up for each performance. Should my skin be sensitive to cosmetics, I am responsible for purchasing my own make-up, comparable to that of the team and maintaining it myself.
13. Recognize that I am subject to non-performances, suspension from practices, and/or dismissal for being negligent of any of the above rules and expectations stated anywhere in the Apple-Ettes Handbook.

I agree to follow the regulations outlined in the Apple-Ette Handbook, Apple-Ette Code of Conduct, and the WHS Student Athlete Handbook. Should I fail to follow through with any of the regulations outlined within I will face consequences up to and including dismissal from the Apple-Ettes Varsity Dance Team.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature Date

I agree that my child will follow the regulations outlined in the Apple-Ette Handbook, Apple-Ette Code of Conduct, and the WHS Student Athlete Handbook, and I have gone over the regulations with my child. Should they fail to follow through with any of the regulations outlined within they will face consequences up to and including dismissal from the Apple-Ettes Varsity Dance Team.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature Date