



We are extremely excited to kick-off the 2024/2025 All Star season! As we dive into the expectations & guidelines detailed below, please remember that we - the SPARK All Star coaches and staff - strive to ensure our programs are a safe space where dancers can learn and grow, and feel supported and encouraged by their coaches and teammates. We aim to make this experience enjoyable while also pushing dancers to achieve their full potential, both individually and as a team. We know it will be an amazing season and can't wait to get started!

ATTENDANCE

Dancers are expected to arrive on time to all classes, practices, competitions, and/or events. If a dancer will be late for any reason, we ask that the family contact the coach a minimum of 10 minutes BEFORE practice to notify them of their estimated time of arrival.

In the event that dancers will be absent from class, practice, or an event, the dancer and/or family must notify the coaches prior to missing. If a dancer misses a significant number of practices for any reason, this may jeopardize their spot in the dance.

ALL competitions are considered mandatory for all dancers. If for any reason a dancer is unable to attend a competition, the coaches must be notified as far in advance as possible.

As a program standard, dancers MUST be in attendance at practice for two full weeks prior to each competition in order to compete.

PRACTICES/COMPETITIONS

Dancers must remove all jewelry before the start of practice and for all competitions.

Nails should be an appropriate length for all practices and performances in order to prevent unwarranted injury. As a program and competition standard, nails MUST be an appropriate length and neutral color for all competitions.

Hair should be pulled back and completely out of the face, and appropriate athletic clothes must be worn for all practices. Dancers should be ready to go at the start of all practices.

Appropriate footwear (tennis shoes, jazz shoes, or turners) must be worn at all times during practice and competitions. For liability purposes, socks may not be used in place of appropriate footwear.

Cell phones and any apple/smart watches must be turned on silent and should remain put away during all practices. Texting will not be permitted during breaks. Cell phones must also remain on silent and put away during competitions unless otherwise permitted by coaches.

NO gum, food, or drinks other than water will be allowed during practice. Dancers may bring a light snack to eat outside of the practice area at appropriate times if necessary.

Athletes are to respect the practice space and surrounding area, and should not leave trash or other items in any space. The same goes for competitions.

Dancers are expected to put forth their best effort during practice.

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GENERAL

Dancers are expected to be respectful to coaches, peers, and others at ALL times during practice, events, and competitions. This includes but is not limited to:

- Limiting disruptions during practice (i.e. minimal talking, paying attention, etc.)
- Maintaining a positive attitude
- Positively acknowledging feedback and instruction from coaches
- Encouraging team members
- & more

Dancers are expected to hold themselves accountable and communicate with coaches first whenever possible.

Dancers are expected to utilize the team Band App as instructed by coaches.

Dancers are expected to conduct themselves in a way that positively represents the All Star team, the high school teams, the SPARK program, and the community. This includes but is not limited to displaying appropriate behavior on ALL social media platforms.

Use of illegal substances will not be tolerated and will result in immediate expulsion from the team and program.

Gossip about any teammate, coach, or member of the SPARK program will not be tolerated.

Best of all, HAVE FUN!

By signing below, I/we acknowledge that we have read and understand the expectations & guidelines stated above; and agree to adhere to all policies.

Athlete Name: _____

Athlete Signature: _____ Grade: _____

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date: _____