



Armstrong Fall Dance Team 2022-2023 Dancer/Parent/Coach Contract

AS A DANCER ON THE ARMSTRONG DANCE TEAM, I AGREE TO THE FOLLOWING CODE OF CONDUCT:

- I will attend every practice and be ready to dance on time with proper attire and a positive attitude.
- I will notify coaches immediately of any absences, understanding that unexcused or a surplus of absences may result in consequences.
- I will focus and work hard to improve my skills, style and proper placement in and outside of practice.
- I will treat everyone within or interacting with the ADT program with respect. This includes fellow teammates, coaches, administration, parents, volunteers, visiting schools, other sports teams, etc.
- As an athlete, I must abide by our school's academic and behavior guidelines.
- As an athlete, if I am found to be using alcohol, tobacco or other illegal drugs/chemicals, I will be subject to District 281 and MSHSL policies.
- I will advocate for myself and communicate my needs, questions or concerns. I am responsible for communicating with the coaching staff in person/at practice, not my parent(s).
- I will represent ADT well in and out of school, on and offline.
- I will work to grow as a dancer and as a young adult this year while having fun dancing!

AS PARENT(S) OF AN ARMSTRONG DANCER, I AGREE TO THE FOLLOW CODE OF CONDUCT:

- I will encourage and support my dancer, cheering for my dancer and leaving any corrections for the coaches to address during practice. I will be positive about my dancer's role on the team.
- I will help my dancer prioritize practices and performances by scheduling other aspects of my dancer's lives (appointments, family events, etc.) outside of all dance obligations.
- I will encourage my dancer to be their own advocate, first, and if they need more support, I will support them in addressing needs, concerns or questions to the coach with my dancer present (in person, or copied on emails).
- I will respect and support the coaches' decisions within reason.
- I will express any concern through proper channels in a respectful manner. If I am upset, I will wait at least 24 hours before bringing my concern to the coaches. I agree not to defame, discredit or slander any other ADT player, parent, coach or Booster Club Board Member.
- If I am part of the Booster Club Board, I will act as an extension of the coaching staff's vision for the program and be a positive mode of communication between coaches and parents.
- I will support the team by attending events and signing up for volunteer positions as often as possible.
- I will enjoy the ride and experience; it will be over before I know it!

AS COACHES OF ARMSTRONG FALL DANCE TEAM DANCER, I AGREE TO THE FOLLOW CODE OF CONDUCT:

- I will be a strong role model for our dancers. I will maintain and uphold the highest principles, integrity, and dignity by displaying the highest ethical and moral standards.
- I will make all dancer and team decisions with the entire team's best interest in mind, always being sensitive to individual dancer's skill level, emotions and needs.
- I will teach and use fundamental technique, advanced skills and strength and conditioning to support dancers of all abilities create strong dance habits and skills.
- I will be well prepared and organized with team responsibilities for all team events.
- I will create and maintain an open and honest dialogue with parents, dancers and coaches.
- I will promote good character, discipline, responsibility and positive attitudes within dancers.

Coaches' signatures: _____

May 15, 2022

(I have read & understand all parts of this contract)