



Imagine Dance Team Rules and Requirements



Our Philosophy:

With this dance team, the Downers Grove Park District offers high quality developmentally appropriate dance techniques in a safe, creative, and athletically stimulating environment. This program will work with your child's individual talents, and also help them grow artistically and physically.

Requirements of Imagine Dance Team Members:

Team members are required to participate in the Winter Recital and Spring Recital. Failure to participate in the recital may result in removal of upcoming events without a refund, or removal from the team.

Team members are required to take one additional dance class during the fall and winter sessions (the summer session this is not required). Options include a recital class, or seasonal classes. Recital classes run the same length as dance team. Seasonal classes tend to be a few weeks shorter than recital classes. If a team member wants to take a seasonal class, they must sign up for each section of the seasonal class. If the second session of the seasonal class cancels, the team member must take private lessons to fill that time.

Team practices are on Fridays, plus one additional dance class (excluding the summer session). Specific dates, times, and fees for practices are advertised in the seasonal park district guide.

Please remember, this is a competitive team. We do not require team members attend all competitions and events, but we do ask that you do your best to attend at least two per year in addition to the two mandatory Park District Dance Recitals (the year will run January-December).

Code of Conduct:

A positive attitude and self-discipline are important aspects in training. Cooperation with the coach and abidance of rules is necessary for a positive and safe dance experience.

- Arrive on time to practice with a positive attitude and ready to work.
- Have proper attire for practice:
 - Team members can wear leotards, t-shirts, and shorts (no jeans/jean shorts) or capris as long as they are form fitting so technique can be corrected and all lines of the body can be seen. All dancers should bring jazz and ballet shoes.
 - Tie hair back in a bun on top of the head.
 - Remove all jewelry.
 - Do not bring gum, candy, or food into the dance room.
 - All electronics (iPad, cell phones, etc) must remain in your bag at all times. The only exception is if you need to film your routine so you can practice at home.
- Warm up with the team:
 - Pay attend during warm ups. Do the warm up and stretches properly to avoid injury.
 - If you arrive late, do the entire warm up properly on your own.
 - Be aware of your surroundings and do not get in the way of others who are working.
 - Pay attention to your coach's instructions when she is speaking.
 - Any injury must be reported to your coach when it happens.

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- Do not leave the dance room without permission:
 - Once you arrive, you are not allowed to leave the dance room until practice has ended. If you need to leave early, you must notify your coach for permission.
- Excessive absences or tardiness is not acceptable:
 - Unexcused absence from practice may result in removal from the team.
 - Each team member is allowed a maximum of 5 absences for the winter session, and 3 absences for the fall session. If the team member exceeds the maximum allotted absences, the team member may be removed from the team.
 - There are no maximum excused absences for summer, however if there are competitions or events that take place over the summer and the team member has missed more than 2 classes, they may no longer be eligible to participate in those competitions or events.
 - Team members should not be tardy for practice, nor should they continually leave before practice is scheduled to end. If there is excessive tardiness or days where the team member leaves early, this will result in potential removal of any upcoming competitions or events without a refund.
- Have respect for your coach, teammates, and the facility:
 - Respect your coach. Do not argue or talk back to your coach.
 - Respect your teammates. Verbal or physical fighting, profanity, disrespectful attitude or body language is inappropriate.
 - Respect your teammate's belongings. Do not touch or use anyone's personal belongings without permission.
 - Remember to take all of your belongings at the end of practice.
- Friends and siblings are not allowed in the dance room without permission from your coach.
- Poor sportsmanship or failure to abide by the code of conduct may result in removal from the team.

Competition and Convention Code of Conduct

- Arrive on time. Wait for your coach to arrive before entering the competition area.
- Check in with your coach when you arrive.
- Stay with your coach and team for the duration of the competition and awards and wait until you are dismissed.
- Stay in the appropriate dance area whether its class, dressing rooms, or staging area. If you have to leave your dance area, you have to notify your coach before doing so.
- Be properly attired:
 - Wear your competition costume.
 - Tie hair back tightly.
 - Remove all jewelry before coming to competition.
 - Underwear/sports bras may not be visible with your costume.
 - Do not wear nail polish.
 - Temporary tattoos or marker/paint on skin must be removed prior to competition



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- Leave all electronic devices at home with the exception of a cell phone. However, cell phones should be kept in bags at all times and should not be out during competition.
- Bring a water bottle. A healthy snack is encouraged.
- Behave appropriately during the competition:
 - Have a good attitude and compete to the best of your ability.
 - Cheer for your teammates.
 - Show respect for other teams and coaches.
 - Refrain from horseplay before, during, or after competition.
 - Remain seated with your teammates.
 - Use of profanity will result in removal from the competition.
 - Keep all your belongings in the designated team area during and after the competition. Help clean up if needed.

Parent Code of Conduct

It is equally important for parents to set the example for good sportsmanship and respect for the discipline.

- Bring your dancer on time to practice every week, and plan for them to stay the entire length of practice.
- If we email information, please make sure to respond to our emails so we know who received the information.
- During the competition season, your dancer is not allowed to dance at any other locations.
- If you are hosting a team event, the entire team must be included. The event should be cleared with the coach.
- Abide by the coach's routines and methods. Do not teach or modify routines with your dancer.
- Parents are not allowed to watch practice in the dance room, except on designated parent observation days.
- Good sportsmanship and respect must be displayed at all time to teammates, coaches, other parents, judges, and opposing teams.
- Friends and siblings are not allowed in the dance room without permission from the coach.

“Dance is the hidden language of the soul.”

-Martha Graham

“To touch, to move, to inspire. This is the true gift of dance.”

- Aubrey Lynch

“After all, Ginger Rogers did everything that Fred Astaire did. She just did it backwards and in high heels.”

-Ann Richards