

CASTEEL HIGH SCHOOL

Project 15 HANDBOOK

2023-2024



**Dance Director/ Coach:
Rylee Sammons**

PHILOSOPHY / PURPOSE

The Project 15 Dance Company is a competitive and artistic company that uses dance to represent Casteel. When representing the school, there are both high standards held for our sport and art- dance, and also for character and grades.

The handbook further explains rules, procedures, accountability, policies, expectations, requirements, etc. that were in the try out packet. Please keep on hand for reference throughout the year.

The purpose of Project 15 Dance Company is to represent Casteel High School as the artistic and athletic dance group on campus. We use dance to promote school spirit, compete and perform at high levels, and grow as artists, athletes, and students. Being a member of Project 15 is an honor and special privilege. Each member is encouraged to develop leadership qualities and develop life- long social skills. A P15 member will be provided opportunities to develop and increase self- confidence and promote consistent academic performance, develop and deepen choreography and performance skills, and practice kindness, respect, and acceptance for all individuals. P15 members should exemplify both individual and group behavior suitable to their position in accordance with the policies and rules set in place from Chandler Unified School District, Casteel High School, and this handbook. Members of the Company will be expected to maintain a higher standard of behavior both on and off campus and academic achievement better than that of their peers.

Dancers selected for Project 15 are expected to make a *total commitment* to the team and their school.

ACADEMICS AND GRADES

Casteel is a school with high expectations of its students. Project 15 will work to promote each member's success in the classroom as well as in the dance room. A dancer's grades should remain above average during the season. Dancers should utilize times for tutoring (before and after school), but not during rehearsal times if possible. If tutoring will affect rehearsals, dancers need to tell the coach one day before. Dancing is NOT an excuse for failing grades. Failing grades will prohibit dancers from performing at scheduled events, performances, competitions, concerts, etc. The dancer should still attend all performances, rehearsals, events, or competitions during this time. If a dancer has an F on more than one quarter grade check, she may be removed from the team to achieve academic success. The coach will make the final say if this decision needs to be made. Academics are **NOT** to be sacrificed for keeping dance commitments. Free time, social time and wasted time must be sacrificed, if necessary, for your academic and athletic well- being. Our priority is proper academic advancement.

In order to establish a tradition of being a successful company, we need to stress the importance of student **before** dancer. Members of the program shall maintain a C average or higher. Falling below this average may result in removal from routines, performances, or the company. Grade checks may take place at any time.

Dancers interested in being inducted into the National Dance Honors Program will have an opportunity to do so if they meet the requirements.

Grading Policy in P15 Class: Participating in class, being dressed out, and on time will earn you participation points every class period and event. Assignments will also be worth points. Your assignment grade will reflect how you did.

Students will create and learn movement through this class and will be asked to present dance assignments, show choreography, be assessed on skills, comp routines, and more. Students are graded on a higher scale and expected to achieve things at the company level with dancing, artistry and performance.

Students may lose points by not dressing out, not participating, being disruptive or disrespectful, being on phone during class, having gum, having a bad attitude, not being on time, not showing up correctly, missing items, not knowing choreography, and other disturbances or lack of rule following. Finals are not given early. Absent students will receive a zero until they can take the final. Finals at the end of each semester are weighted at 20%.

ABSENCE POLICY

P15 classes, rehearsals, and schedules are expected to be put first and made a priority. Dancers are expected to be present at rehearsals, performances, and other/ all P15 events, even when injured. Communication of absences needs to be in advance if possible. If absent, there may or may not be opportunities given to make up class points. Each dancer will need to check in with the coach.

- P15 classes, rehearsals, and events cannot always be sacrificed for other activities, studio dance and opportunities. There needs to be an equal balance. Schedule of additional sports or activities should be provided at the beginning of the year or as soon as you receive them. Please know schedules do not always work out and you are still expected to put P15 first.
- Extenuating circumstances and/or emergencies will be determined on a case-by-case basis. Tutoring, test make-ups, school events/activities should be utilized outside of practice times if possible. Count on advisory Thursday as P15 rehearsal and some Wednesday's when needed. You should not schedule other things during that time.
- If a P15 member misses a part, or all, of practice, it is their responsibility to get caught up. If a dancer misses 1 week prior to a performance, they may be removed from the routine.
- All P15 members competing are expected to be present every day 2 weeks prior to a competition or performance. If a practice during this time frame is missed, the dancer may be asked not to participate in the upcoming competition. • All dancers should attend all performances, events, competition, etc. even if unable to dance.

If you know you are going to be gone, please let the coach know well in advance.

If you wake up sick, or something comes up that causes you to miss, please let the coach know.

Communicating with the coach is crucial. Always go to her first.

We thrive on having everyone present in class. If a dancer is excessively coming even just a few minutes late, this could lead to removal from dances. It isn't fair to the rest of the team to constantly have to catch someone up.

Missing for any reason, could lead to removal of routines. Coach has the final say in who performs in what, and what she feels is in the best interest of the team. While I support the girls being involved in studio and other activities or sports, sometimes there has to be consequences for not being able to be at everything. Each case will be dealt with as it comes.

PRACTICE AND REHEARSALS

Project 15 will practice during our class period, including advisory/ club time on Thursday and some Wednesdays, Monday and Tuesdays after school from 2:30- 4:00. Additional days may be added for choreography and cleaning. Attendance to all class periods and practices will be required. In order to be a successful team, we depend on practices with full attendance.

The first week of fall break we will have practices. The second week of winter break we will have practices.

If you are not a company dancer at a studio it is required you train at least 2 hours a week. Coach will be teaching advanced technique class at Inspire (higley and QC) from 7:30 to 8:30 PM, would love to have anyone available! I will also be teaching advanced pom technique from 8:30 to 9:30 PM.

This class is designed for the advanced and mature dancer. It moves at a fast pace, there is much to be accomplished, knowledge to be gained, and opportunities to experience. Focus, hard work, and dedication are REQUIRED. Dancers are expected to act maturely, be respectful, and demonstrate kindness to one another as well as others on campus. They are role models for those around them. They represent the school and it is their responsibility to do so in a positive manner. Fun is to be had through dancing, learning, bonding and building a strong team, but it is also a privilege to be on Project 15 and should not be taken lightly. Project 15 members are required to perform in concerts, competitions, and other events.. Artistry and physicality will be combined to push dancers to new levels. Dancers should keep an open and positive mind as they get to experience new perspectives and opportunities with Project 15 that support, but don't take the place of, their studio training.

INJURIES

Being a part of a dance company requires strenuous physical activity at each thing we do. It is the dancer's responsibility to immediately notify the coach in the case of a possible injury.

If an injury occurs that keeps the dancer out of multiple practices, coach may request a doctors note or notice from the parent of what is going on. If something is serious, it is expected the dancer and parent are proactively working to find the solution. While sometimes a day of rest could be necessary, some injuries may require a professional's advice and treatment plan.

Injured dancers are still required to attend all practices, competitions, and events as appropriate to watch, learn material, and support the team (unless health-care provider says otherwise) or they will be counted as an absence. The goal is to ensure our injured dancer is still as much a part of the team as possible and ready to join back in as soon as cleared.

If a parent would like the contact information for the nurse or athletic trainer, please email coach.

Once the dancer is cleared and able to participate in practices, performances, and events, it is their responsibility to ask a teammate or a coach to find out what was missed.

Please note that if a dancer has missed practices due to an injury, he/she may be removed or repositioned in routines.

Dancing requires its athletes to be in top physical condition. To avoid injury, we will have a proper warm up, conditioning and stretch time before dancing. Dancers need to take care of themselves as well. Hydration and proper nutrition is a must. Please encourage your dancer to be eating and drinking water throughout the day.

DRESS EXPECTATIONS

Body needs to be free of big jewelry for practices. Coach will let dancers know what jewelry is allowed for performances and events.

No nail polish and/or fake (or long) nails will be allowed while performing at concerts and competitions. No exceptions.

Dance shoes and tennis shoes may be required for certain dances. They must have the correct shoes with them when called.

Specific clothing should be worn if set by the dance director. P15 clothing should not be shared with other non P15 dancers. P15 clothing should not be worn should a member be dismissed. Lost items must be replaced. Consequences may ensue.

Practice/ Rehearsal/ Spirit/ Competition, etc Outfits will be set in advance and given to the members. Head-to-toe outfit will be needed to not be deducted points/ given a consequence (includes shoes, shorts, shirt, hair, etc.).

Secured ponytail with elastic band with no flyaways/hair in face for class. Hair for other events will be given out in advance.

As long as you are part of the team, the dress code applies, even if you aren't participating. If you have an extended amount of time not participating, check in with coach about whether you need to dress out. Once you start dancing again, even if it is just warm up, it is expected you follow the dress code. All performances should follow the dress code, even when not dancing.

Dress Code and Materials:

Dress Code:	Materials
<ul style="list-style-type: none">- Coach will give out assigned outfits for each day. Not wearing the correct outfit will result in point loss and conditioning. <p>Some dances may call for certain shoes which then are expected in the dress code for that day.</p> <p>If dancers like a jacket for warm up, it must be part of our P15 gear.</p>	<ul style="list-style-type: none">- Journal is <u>optional</u> for choreography purposes. Dancers will need to submit formations and may be asked to do other things on paper. Loose paper or a journal will suffice, but a journal is recommended.

BEHAVIOR

If there is a problem (attitude, gossiping, bullying, social media concerns, etc.) which affects the company, the coach(es), the individual, or the school (depending on the incident), will first be handled as a "reprimand" from the coach, giving the dancer the chance to correct the action. Depending on the severity, more serious consequences may be given. If further action is needed, or the problem is not corrected, the student-athlete will then be referred to the Athletic Director. Consistent poor behavior and attitude, and problematic behavior (even if outside the company) can lead to removal of dances and the team. Please keep in mind, if a dancer is suspended from school (out-of-school suspension), she/he will most likely be removed from the team. No exceptions, no refunds. *Coach's discretion can be exercised. If a dancer is suspended from school (in-school suspension), the outcome will be determined by the coach.

CUSD defines:

Bullying = a repeated act occurring over an extended period of time, and may include, but is not limited to, verbal, written/printed or graphic exposure to derogatory comments, extortion, exploitation, name calling, or rumor spreading either directly through another person or group or through cyberbullying; exposure to social exclusion or ostracism; physical contact including but not limited to pushing, hitting, kicking, shoving, or spitting; damage to or theft of personal property.

Cyberbullying = any act of bullying committed by use of electronic technology or electronic communication devices; telephonic devices, social networking, Internet on school computers, networks, forums and mailing lists, or other District-owned property, and by means of an individual's personal electronic media and equipment.

Harassment = intentional disruptive or threatening behavior by a student(s) to another student(s); includes, but are not limited to, stalking, hazing, social exclusion, name calling unwanted physical contact, unwelcome verbal or written comments, photographs and graphics; harassment, direct or indirect, may be related, but not limited to, race, religious orientation, sexual preference, cultural background, economic status, size or personal appearance.

Intimidation = intentional behavior by a student(s) that places another student(s) in fear of harm of person or property; may be manifested emotionally or physically, directly or indirectly, and by use of social media.

Students are prohibited from bullying, harassing, and intimidating others on school grounds, school property, school buses, at school bus stops, at school sponsored events and activities, and through the use of electronic technology or electronic communication equipment on school computers, networks, forums, or mailing lists.

If an athlete is experiencing any of these problems from a teammate, please report the situation immediately.

PARENT/ DANCER CONCERNS

If you are unhappy with a situation, please wait 24-hours after an event to contact the instructor, unless it's an emergency. Topics that will not be addressed: competition placement, number of dances, other dancers, competition, formations. Coach is happy to provide feedback for growth for the individual. Dancers are encouraged to ask.

Please always email Coach with any concerns first. Do not go straight to admin. I will work to come up with a solution to your concern first, and then seek admin support if needed.

Dancers: Email/ Band is the best way to contact Coach at sammons.rylee@cusd80.com I will make every effort to respond within 24-hours during the school week, but please remember I am balancing a lot of teams and responsibilities and may need up to 1 week. Please do not use coaches' personal devices (texting or calling) or social media to discuss dance related questions or concerns, unless it is an emergency. Please schedule a time for the call or meeting place and give proper time for the Coach to set that up.

Discussing concerns at rehearsals, during events, etc. is not appropriate or acceptable. The coaches' focus during these times should be with the girls and the task at hand. Thank you for understanding.

P15 EXTENDED EXPECTATIONS AND CLASS PROCEDURES:

Understanding the way our class and company works will help you be successful!

- ★ All students will receive a lock. If you lose it, you pay \$10 to replace it. Getting a lock is not required. If you won't use one, DON'T CHECK ONE OUT.
- ★ When dressing out, we will meet in the locker room rather than the dance room. Dress out quickly and meet in the dance room. You have 5 minutes from when the bell rings, to be changed, and in your assigned spot in the dance room. Do NOT linger in the hallway. You will have 5 minutes to change back for school as well.
- ★ If you need to speak to the teacher in the locker room, knock on the door. Please don't just barge in or interrupt. Always leave space for other teachers to come in.

P15 EXTENDED EXPECTATIONS AND CLASS PROCEDURES CONTINUED...

- ★ Dancers have assigned rows for class. They should be sitting quietly and waiting for attendance.
- ★ Journals may be kept in the bin for your class.
- ★ You will dress out every day. The teacher will let you know if you do not need to dress out.
- ★ Dance dress code earns you points daily. Not dressing out results in point loss as well as team burpees.
- ★ You should be a student in our Google Classroom. GC is not a replacement for class, you have to be in class, but some assignments and possible make up work will go through GC.
- ★ November Concert and Rehearsals are required.
- ★ April Concert and Rehearsals are required.
- ★ P15 Dance is a year long class and year long commitment. Even after shows you are expected to remain dedicated.
- ★ Monday and Tuesday rehearsals are mandatory unless teacher notes you do not need to attend. Please try to avoid scheduling tutoring and other appointments at this time.
- ★ Competition will be a priority.
- ★ Dance buddies bring in treats for their buddy on their birthday. This is a fun tradition and allows us to celebrate that person.
- ★ At times we will also do gift exchanges, sister gifts, etc.
- ★ No socks allowed when dancing, unless noted for a routine costume.
- ★ NO GUM!
- ★ No open food in the dance room, please finish snacks outside and then throw away the trash in the dance room.
- ★ No drinks other than water in the dance room.
- ★ If trash is left outside the dance room after P15 class or rehearsal, we will do 30 burpees upon the next meet. This includes starbucks cups/ coffee cups, cans, empty snack bags, etc. NO REMINDERS.

Reminders of what was signed off on in company packet:

Permission Slip/ Behavior Contract Agreement

I understand I will not be allowed to be in other programs that would conflict with our mandatory schedule. I understand that after school practices and events are mandatory, and students will not be excused for things such as studio dance, work, and other commitments. Being a member of P15 requires exemplary behavior in all aspects. Dancers are held to high standards and should follow all school rules at all times. Along with displaying Courage, Character and Commitment, members of the company must be respectful, kind, and display honesty and leadership. Failure to do so in any way/ circumstance can result in removal of dances, privileges, performances, and even the company. Bad behavior WILL NOT BE TOLERATED.

Financial Agreement

P15 Dance Co. will require members to have matching team gear, including (but not limited to) practice clothes, warm ups, costuming, etc. These items must maintain good condition through the season. If you already own the P15 items, you will not be required to order again. P15 Members will have a class fee, choreography fee, travel fees, competition fees, concert fees, and more. All consideration is given to the cost of each item. Booster Club/ Fundraising will be discussed after making the team. You should not expect anything to be covered.

Please refer to the document sent out in June titled P15 Fees 23- 24 for more detailed fee schedule. Also attached below.

Costume Usage Agreement

Project 15 Dance Company will be provided with many costumes for shows and performances. If the costume is lost, stolen, or damaged while in the custody of your child, you and your child will be responsible for the replacement, repair, or cleaning cost of said costume. Notification will be sent home. Competition costumes will be your responsibility to purchase.

Social and Electronic Media Policy for Casteel High Project 15 Dance Co.

Training and performing with P15 Dance Co. is a privilege. Dancers are held in the highest regard and are observed as role models. It is an expectation of all dancers to be responsible for their actions and attitude. Your actions, words, and thoughts shared with others are a portrayal of yourself and of the company. As a member of the company, I will not use electronic or social media of any kind other than positive comments, statuses, pictures, texts, etc. that are school appropriate. If I am sending messages as a joke but a member or instructor could read or interpret it as a mean or derogatory comment, I will not send it. This includes text messages to other company members. There should be no demeaning, hurtful, messages sent to one another. There should be no pictures, comments, symbols, or insinuations regarding the use of drugs or alcohol, smoking, vaping, nudity, or anything that could mean dismissal from the company. If you add/create an additional account throughout the year, it is your responsibility to notify and share username with the instructor immediately. If these rules are disregarded, you can and will be dismissed from the team. All dancers' instagram accounts will be monitored by the coach. Parents are responsible for monitoring other apps. If something on another app is brought to coach and it goes against how a company member is expected to portray themselves, there can be consequences/ removal. As a parent or guardian, I will make sure that I am aware of my child's electronic presence. If anything is intended to be sent out that breaks the company policy, I will not allow my child to send or post. I understand and support the social media policy listed above.

All members are required to follow the Instagram social media account with all of the student's accounts:

Instagram: @casteeldancecompany You will list Student Accounts in the P15 Application.

Project 15 Fees 2023- 2024

Item	Cost	How to Pay
Summer Rehearsals	<p>\$65</p> <p>*Needs to be paid ASAP! Due Friday, May 12th.</p>	<p>Click the link. https://cusd80.ce.eleyo.com/course/2681/summer-2023/casteel-p15-summer-dance-camp</p> <p>Register, sign up, pay.</p>
UDA Great Wolf Lodge Camp	<p>\$513.60</p> <p>*Needs to be paid ASAP! Due Friday, May 12th.</p> <p>Please send me a confirmation screenshot once done.</p>	<p>Click the link. https://www.myvarsity.com/s/payments</p> <p>Enter Registration # REG-0011146946 Click Make Payment (next to V dance Great Wolf Lodge AZ) Enter the correct amount and complete payment info. (\$513.60)</p>
Class Fee Covers some of their gear.	<p>\$75</p> <p>Needs to be paid by July 21st.</p>	Can be paid during Colt Days on Infinite Campus Parent Portal.
Club Fee Covers the cost of 2 concert shirts.	<p>\$25</p> <p>Needs to be paid by September 29th.</p>	Can be paid on Infinite Campus Parent Portal.
Team Photo Shoot	<p>\$40 per dancer</p> <p>Due TBA</p>	<p>TBA</p> <p>Hoping to schedule the shoot earlier this year so we can use our photos more! Stay tuned.</p>
Jazz Choreography Fee	<p>\$120 per dancer</p> <p>Due July 21st.</p>	Can be paid on Infinite Campus Parent Portal.
Competition Team Training Fee (covers cost of extra weekly rehearsals, choreographers coming in to clean, break rehearsals, 2 UDA regionals registration)	<p>\$250 per dancer</p> <p>Due August 4, 2023.</p>	<p>Link will be available when we return to school.</p> <p>Register, sign up, pay.</p>
Hip Hop Choreography	\$120 per dancer	TBA
Hip Hop Comp Music Fee	\$50 per dancer	TBA

Continued...

Item	Cost	How to Pay
Jazz Costume and Headpiece (using a different person this year. CC Rags. Her costumes are beautiful!)	<p>\$325 (\$300 plus \$25 for hair) Girls will be measured and I will be custom designing the costume.</p> <p>*\$200 Deposit needs to be paid ASAP! Due Friday, May 12th.</p> <p><u>Please send me a confirmation screenshot once deposit is paid.</u></p>	<p><u>\$200 Deposit needs to be paid ASAP! Due Friday, May 12th.</u> <u>(zelle 480-678-4906 with 'Dancers Name Casteel Dance' in Memo).</u></p> <p>We will lose our spot if we don't have this done by the due date. She fills up FAST!</p> <p>I will be covering the remaining \$125 with the profits from our spring concert.</p>
Hip Hop Costume	Estimated at \$150	TBA
KAR Registration Fees	<p>Estimated between \$175 and \$475 per dancer, depending on the amount of dances, if in a trio, or solo.</p> <p>Due September 1st</p>	Amounts will be added to Infinite Campus Parent Portal.
NDTC Fees	<p>Estimated at \$2300</p> <p>\$300 Deposit Due August 25 \$500 Due September 22 \$500 Due October 20 Remaining Balance Due November 17</p>	Amounts will be added to Infinite Campus Parent Portal.
Concert Costumes		Will be using proceeds from our winter '23 concert to cover the cost of new costumes for spring '24.
<p>Booster Fee</p> <p>We will have some fundraising opportunities and hope to get more participation this year to cover banquet costs.</p>	<p>\$50 per dancer</p> <p>Due Date TBA</p>	Covers the cost of goody bags for team events, nationals bags, etc.
Senior Fee	<p>\$150</p> <p>Due Date TBA.</p>	<p>Checks written to Project 15 Booster</p> <p>Only seniors pay this. It covers the cost of senior board, flowers, and banner.</p>

P15 Clothing 23- 24 Season

Item	Link	Needed By:
LuluLemon Black Align Leggings High Rise 28 Inch	https://shop.lululemon.com/p/womens-leggings/Align-Pant-Full-Length-28/_/prod8780551?color=0001	June 16th, 2023
LuluLemon Black Align Shorts 6 Inch	https://shop.lululemon.com/p/women-shorts/Align-Short-6/_/prod8351150?color=0001	June 16th, 2023
LuluLemon True Navy Align Shorts 6 Inch	https://shop.lululemon.com/p/women-shorts/Align-Short-6/_/prod8351150?color=31382&sz=2	June 16th, 2023
LuluLemon Dance Studio Pant Black	https://shop.lululemon.com/p/womens-track-pants/Dance-Studio-Pant-III-R-Lined/_/prod1520006?color=0001&sz=4	June 16th, 2023
LuluLemon Align High Neck Tank Top in Black	https://shop.lululemon.com/p/women-tanks/lululemon-Align-High-Neck-Tank-Top/_/prod10760085?color=0001	June 16th, 2023
Nike Shoes (see directions attached in the picture at the bottom of the chart)	https://www.nike.com/w/custom-nike-air-max-97-by-you-10001073/1659060259657	June 16th, 2023
Nike Shoes RYZ 365 White/Summit White/Phantom/Black Style: BQ4153-100	https://www.nike.com/t/ryz-365-womens-shoes-DRqdX7/BQ4153-100	June 16th, 2023
Discount Dance Turners in Light Sun Tan	https://www.discountdance.com/dancewear/style_H064W.html?&pid=28049&Shop=Style&&skey=Pirouette+Shoe&search=true&SortOrder=R&SID=1783699856	June 16th, 2023

Continued...

Item	Link	Needed By:
LuluLemon Define Jacket in True Navy	https://shop.lululemon.com/p/jackets-and-hoodies-jackets/Define-Jacket/_/prod5020054?color=31382	July 25th, 2023 Once you receive your jacket, please take it to All Things Embroidered (53 N Val Vista Dr # 102, Gilbert, AZ 85234). Tell them you would like to purchase the embroidery for the Project 15 Dance Company Jacket which includes the back design and the dancers first name on the front. Turnaround time is 2 weeks. The cost is estimated at about \$50. Feel free to communicate with the new members and have one person drop off/ pick up if that makes it easier.
Provided Gear: Black Colt Tank Navy P15 Tank (pink oct tank too?) Name Tank V Dance T Company T Shirt Sweatsuit Competition Warm Ups Nationals T or Long Sleeves Nike Shorts Duffel Bag Backpack		

sign up for nike membership (free)

custom shoes- nike air max 97

1. upper/ tongue-white (OG mesh)
2. upper overlays- midnight navy
3. base/heel accent-white
4. base overlay-midnight navy
5. base mesh- midnight navy (OG mesh)
6. swoosh- white
7. laces-midnight navy
8. lining- midnight navy
9. midsole-grey fog
10. airbag pillars-white
11. outsole- black
12. tongue text- midnight navy (click text and write "P15" on both right and left shoe)