



ARCHBISHOP
CHAPELLE
HIGH SCHOOL

2023-2024 Hi-Stepper Tryout Packet and Constitution

Tryout Information

Who: Open to all 8th-12th grade students registered at Chapelle for the 2023-2024 school year

When: Clinic – Tuesday, March 28, 2023, 4:00-7:00 PM, Chapelle Gym

Tryout – Friday, March 31, 2023, 5:00 PM, Chapelle Gym

What to wear: Appropriate/modest clothing you can dance in, dance style shoes, age appropriate make-up (optional), no jewelry, hair pulled back away from face. Please make sure your midriff is not showing.

Coach's contact info: swoodward@archbishopchapelle.org or 504-467-3105 ext. 5145

Dean of Student's contact info: vsmith@archbishopchapelle.org or 504-467-3105 ext. 5116

Dear Students and Parents,

Thank you for your interest in the Archbishop Chapelle High School Hi-Stepper Dance Team. The Hi-Stepper Dance Team has been very successful over the years earning six state championships in the last eleven years. The main goal of the Hi-Stepper Dance Team, to promote and uphold school spirit, will continue to be our main goal. We pride ourselves in the love we have for Chapelle and each other and will continue this in everything we do. We will attend a summer dance camp, perform for all volleyball and basketball home games, school pep rallies, recruiting events, Mardi Gras parades, and Disney World every other year. We also plan to attend the DTU (Dance Team Union) competition and the American All Star Louisiana State Competition in 2024.

A mandatory tryout clinic will take place in Chapelle's gym on **Tuesday, March 28, 2023 from 4:00-7:00 PM**. Doors will open at **3:15 PM** for check in and stretching. Only those who attend the workshop will be permitted to tryout. Team tryouts will be held on **Friday, March 31, 2023** in Chapelle's gym and will start at **5:00 PM**. Doors will open at **4:15 PM** for check in and stretching. Due to the fluctuating number of girls trying out each year, it is difficult to predict what time the tryout will end. Tryouts are closed to all parents and spectators, only those girls trying out will be permitted inside the gym.

Tryouts for the Hi-Stepper Dance Team will be held each year. The number of girls chosen will vary from year to year. All Hi-Steppers must tryout each year and membership one year does not guarantee membership the following year. Tryouts are judged by Hi-Stepper alumnae who have continued their dance career beyond high school. They will not have any close personal ties to any applicant. They must be a graduate from the class of 2019 or prior. At the tryout clinic, applicants will be required to learn a 1 minute and 30 second routine mixed with pom and jazz style choreography.

During Team tryouts applicants will demonstrate their right split, double pirouette, triple pirouette, the clinic routine, and a one 8-count sequence of A La Seconde (Second) Turns. The applicant's presentation, knowledge of the routine, dance technique, flexibility, and performance will all be judging criteria.

Criteria will be discussed in detail with the applicants at the clinic. Those selected to be part of the Hi-Stepper Dance Team will be notified after the tryouts via the Chapelle Hi-Stepper page on the Archbishop Chapelle website. Selections will be based on tryout score and the natural break in scores of applicants.

Coaches reserve the right to make final decisions at tryouts. There are no appeals.

Skills everyone should be working on:

- Triple Turn
- One 8-Count of A La Seconde Turns
- Two to Three 8-Counts of A La Seconde turns with floats
- Grande Jete
- Reverse (Back) Jete
- Calypso
- Second (Center) Leap
- Revolving Disc
- C Jump
- Turning C Jump
- Surprise Leap
- Tilt Jump
- Dance Floor Leap
- Fish Roll

Please review the tryout requirements listed below.

1. Grade level: All applicants must be registered for grades 8-12 for the 2023-2024 school year.
2. Academics: All applicants must have a 2.0 GPA for each of the first three (3) quarters of the 2022-2023 school year.
3. Discipline: **Applicants that currently attending Chapelle may not have more than 1 suspension for the 2022-2023 school year.**
4. Financial: Any applicant who is delinquent on their school tuition, registration, Hi-Stepper or any Archbishop Chapelle High School financial obligations, OR in poor standing with the Archbishop Chapelle High School Finance Office will NOT be permitted to tryout. The Director of Finance must approve all applicants before being allowed to tryout. If you have any questions or concerns, please contact the Director of Finance at 504-467-3105 ext. 104.

Please review the attached Hi-Stepper Constitution for expectations and continued membership requirements. **In order for a member to be allowed to perform, travel or compete they must meet the following financial obligations:**

- **All tuition payments must be up-to-date**
- **All team payments must be up-to-date**
- **All Work Study hours must be up-to-date**

Students who do not meet academic, disciplinary, and/or financial requirements each quarter may be placed on probation for the following nine (9) week period. If the member is not able to regain her good standing at the end of the nine (9) week probationary period she may be dismissed from the team.

Please also review the Hi-Stepper Constitution for a list of the approximate costs and time commitments associated with being a member of the Hi-Stepper Dance Team, so that you may make an informed decision regarding tryouts.

So that the above requirements can be verified please include the following documents when submitting your Hi-Stepper application:

- Hi-Stepper Application
- A copy of your report card with all three (3) quarter grades and current overall GPA listed (If you have not received your third quarter report card, please send what you do have.)
- Constitution Signature Page

If your daughter has your permission to try out for the Hi-Steppers, please have her complete the attached application with all signatures. **All applications are due to the Archbishop Chapelle High School Front Office by 4:00 PM on Wednesday, March 22, 2023.** Sincerely,

Stacy C. Woodward
Chapelle Hi-Stepper Director
swoodward@archbishopchappelle.org
504-467-3105 ext. 145



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2023-2024 Hi-Stepper Application

*Attach your
photo here*
Does NOT need to be
a professional photo.

Please attach a recent photo of you (like a school photo) so that we can recognize your face and name at tryouts.

Applicant Name: _____ Current Grade Level: _____

Full Address: _____

Applicant Cell: _____ Current School: _____

Parent Name: _____ Parent Cell: _____

Medical Insurance Provider: _____ Policy No: _____

Group No: _____ ID No: _____

Are you currently enrolled in a technique and/or jazz class? YES NO

Previous Dance Experience: _____

Skill Section (please check off the skills that you are able to perform):

- | | | | | |
|---|---|---|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Triple Pirouette | <input type="checkbox"/> Aerial | <input type="checkbox"/> Back Walkover | <input type="checkbox"/> Fish Roll | <input type="checkbox"/> Headspring |
| <input type="checkbox"/> Quad Pirouette | <input type="checkbox"/> Front Walkover | <input type="checkbox"/> Front Handspring | <input type="checkbox"/> Leg Spin | <input type="checkbox"/> Kip Up |
| <input type="checkbox"/> Al Seconde Turns | | | | |

Why do you want to be a member of this team? _____

Competition Skills for Jazz & POM:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Triple Pirouette | <input type="checkbox"/> Grande Jete | <input type="checkbox"/> Revolving Disc | <input type="checkbox"/> Tilt Jump |
| <input type="checkbox"/> Second Turns
(minimum of one 8-
count) | <input type="checkbox"/> Reverse (Back) Jete | <input type="checkbox"/> C Jump | <input type="checkbox"/> Dance Floor Leap |
| | <input type="checkbox"/> Calypso | <input type="checkbox"/> Turning C Jump | <input type="checkbox"/> Fish Roll |
| | <input type="checkbox"/> Second (Center) Leap | <input type="checkbox"/> Surprise Leap | <input type="checkbox"/> Toe Touch |

In addition to the above skills, applicants should have a high performance score at tryouts. Additional skills such as leg spins, multiple turn sequences, aerials, and other acro skills are beneficial.

_____ I would like to be considered for the competition Jazz routine for the 2023-2024 competition season.

_____ I would like to be considered for the competition POM routine for the 2024-2024 competition season.

Student Application Agreement: I have read the attached letter and understand the financial and time commitment involved with membership of the Archbishop Chapelle High School Hi-Steppers. I accept the membership responsibilities set forth in the constitution should I be selected.

Applicant Signature: _____ Date: ____/____/2023

Parent(s)

To ensure your daughter's safety, please list any medical concern that could affect her tryout:

I have read the attached letter and understand the financial and time commitment involved with membership of the Archbishop Chapelle High School Hi-Steppers. I give my daughter permission to participate in tryouts and accept the financial and membership responsibilities set forth in the constitution should she be selected.

Parent Signature: _____ Date: ____/____/2023

For Chapelle Administration to Complete

GPA: _____ Discipline: _____ Finance: _____

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2023-2024 Hi-Stepper Important Dates & Information

Officer Tryouts: Monday, April 3, 2023 from 4:30 PM – 7:30 PM in the Gym

Only judges, coaches, and members of the 2022-2023 Hi-Stepper dance team are invited to attend officer tryouts. In order to try out for an officer position a current member must have completed two years with the team or be a junior for the 2022-2023 school year. Candidates will be required to give a speech, answer questions, choreograph and perform a jazz style routine and a pom style routine, and teach four 8-counts of the pom routine to current members. In addition, judges will be looking at the following criteria: presentation, speech, question answers, jazz choreography, pom choreography, dance technique and ability, and teaching ability. There will also be a team vote component. Coaches reserve the right to make final decisions at officer tryouts. There are no appeals.

Uniform Fitting: Tuesday, April 4, 2023, 3:30-5:30 PM; STUCO office, main building

Informational Meeting for Hi-Steppers: Tuesday, April 4, 2023, 6:00-8:00 PM; cafeteria

Informational Meeting for Parents: Tuesday, April 4, 2023, 7:00-8:00 PM; cafeteria

Mandatory Dance Camp: June 19-22, 2023 @ Baton Rouge Marriott

Physicals at Chapelle: Thursday, August 10, Check-In Day

Summer Practices:

These are the days we plan to practice starting May 1st. Time and Place for all dates are TBA. We will give out a final summer practice schedule as soon as possible. If you have any conflicts with any of the following dates, we will be able to discuss them at the New Team Meeting on April 4.

May 1	May 10	May 22-26	June 26-27
May 2	May 12	May 29-June 2	July 10-14
May 3	May 19	June 12-16	July 17-21

School Year Practices:

- Thursday’s practice will be a required technique class for all members.
- Competition practices will be scheduled as needed and depending on gym availability.
- Team practices will be scheduled as needed and depending on gym/barn availability.
- Advanced PE: we have the privilege to have a PE class in which all members are in the class. We will use this class to work on technique and performances throughout the first semester.

Mardi Gras: We march in Mardi Gras parades. Every other year we travel to Disney over Mardi Gras break, we will travel during the 2023-2024 school year.

All practices, rehearsals, and performances are mandatory. For more information please refer to the Hi-Stepper Constitution. Conflicts with practice dates can be discussed after making the team.



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2023-2024 Anticipated Expenses for a Hi-Stepper 1st year member

1st Year Member

*Mandatory items paid for between April & September (appx. total \$2070 *not included)*

- \$500 Uniforms (approx. cost) We are currently working on designing two new uniforms for the 23-24 year.
- \$70 (2) Sets of Poms
- \$160 Practice Attire
- \$70 (3) Team Bows
- \$515 Dance camp
- \$165 Team jacket & pants
- \$122 Backpack with name
- \$30 Ear warmers
- \$43 Raincoat
- \$20 Stockings (per pair)
- \$5.00 Earrings
- \$100 Home routine costume
- \$100 Team fee
- \$70 Team Tennis Shoes & 3 pairs of socks
- *\$40 Jazz shoes (purchased on your own)
- *\$85 Parade Boots (paid in January)
- *\$125 Competition fees (paid in December)
- *\$150 Competition costumes & props (paid in January)

Optional items not included in the above:

- \$95 Sweatshirt (paid between April & September)
- \$27 White Sports Bra (paid between April & September)

Anticipated Expenses for a Hi-Stepper returning member

**This does not include replacement items. Uniform items that no longer fit appropriately or are in disrepair must be replaced.*

Returning Member Competing

*Mandatory items paid for between April & September (appx. total \$1330 *not included)*

- \$515 Dance camp
- \$500 Uniforms (approx. cost) We are currently working on designing two new uniforms for the 23-24 year.
- \$45 New practice attire
- \$20 New team bow for December
- \$20 Stockings (per pair)
- \$100 Team fee
- \$100 Home routine costume
- *\$125 Competition entry fees (paid in December)
- *\$150 Competition costumes & props (paid in January)
- *\$40 Jazz shoes (purchased on your own)

Optional items not included in the above:

- \$95 Sweatshirt (paid between April & September)

All costs are approximate and subject to change. All members are given the opportunity to fundraise to help defray their balance. We will be offering a 3-5 fundraisers to help individuals defray the cost of their expenses. We will have one team fundraiser to help defray the cost of competition travel and extra fees incurred from novelty props and costumes.



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2023-2024 Hi-Stepper Constitution

Updated February 2023

“When a student becomes a Chapelle Hi-Stepper, she voluntarily submits herself to standards of behavior and ethical conduct beyond those required of ordinary students at Archbishop Chapelle High School.”

I. ORGANIZATION

- A. The Hi-Steppers represent Chapelle at athletic as well as public events. It is also the purpose of the Hi-Steppers Dance Team to:
 - 1. Promote and uphold school spirit.
 - 2. Represent ACHS to the highest degree.
 - 3. Promote friendship towards all other sports teams and activities including cheerleaders and Chapelletes.
 - 4. Promote friendship with schools with whom we compete, perform, and go to camp.
 - 5. Promote friendship between members of the team.
 - 6. To perform at all home volleyball and basketball games, pep-rallies, and other special events.
- B. The Coach will be responsible for the daily running and activities of the Chapelle Hi-Steppers.
- C. The Coach will be responsible for administering all disciplinary procedures.
- D. The Coach may place certain restrictions on team members in the event of disciplinary, health, or safety concerns.

II. ELIGIBILITY

- A. All applicants must be registered for grades 8-12 for the 2023-2024 school year.
- B. Applicant Academic Requirements: All applicants must have a 2.0 GPA for each of the first three (3) quarters of the 2022-2023 school year.
- C. Membership Academic Requirements:
 - 1. In addition to the LHSAA minimum requirements, each member must maintain a 2.0 grade point average and/or have no failing grades at each 9-week progress report period, or quarter.
 - 2. **The student is required to email a copy of her report card to the coach within five days of receiving it from Chapelle.**
 - 3. Any member who falls below the minimum grade requirement at each quarter will be placed on academic probation until the following quarter’s progress report.
 - 4. If after the suspension and at the end of the quarter she does not meet the academic requirements she may be dismissed from the team.
 - 5. A current member of the team who is on probation or suspension may try-out for next year’s team. If she is selected as a member she will have one quarter to have her probationary status removed or she will be asked to leave the team.
- D. Applicant Discipline Requirements: **Applicants that currently attend Chapelle may not have more than one school suspension for the 2022-2023 school year.**
- E. Membership Discipline Requirements:
 - 1. **Each member may not have more than one school suspension during the current school year.**
 - 2. **Any member who receives a school suspension for any reason will be placed on probation with the team.**
 - 3. **If a member receives a second school suspension, in the same school year as the first school suspension, she will be dismissed from the team.**
 - 4. **A current member of the team who is on probation due to school suspension may try-out for next year’s team. If she is selected as a member and receives a second school suspension before the end of the school year, she will be asked to leave the team.**

- F. Financial Requirements for applicants and members: Any applicant or member who is delinquent on their school tuition, registration, Hi-Stepper or any Archbishop Chapelle High School organization financial obligations, OR in poor standing with the Archbishop Chapelle High School Finance Office will NOT be permitted to tryout. The Director of Finance must approve all applicants before being allowed to tryout. If you have any questions or concerns, please contact the Director of Finance at 504-467-3105 ext. 104.
1. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with tuition payments. This will be monitored monthly.**
 2. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with team payments. This will be monitored monthly.**
 3. **In order for a member to be allowed to perform, travel or compete they must be up-to-date with work study hours. This will be monitored monthly.**
 4. **Fundraising programs will be offered to all members that wish to defray the expenses they incur throughout the year.**
 5. **There will also be a team fundraiser to defray the cost of competition travel and additional expenses incurred from novelty props and costumes.**
- G. The academic and disciplinary requirements will be monitored for all members quarterly from the final quarter of the current academic year and through the first three-quarters of the following year.
- H. In addition to the team minimum requirements, officers must maintain a 2.5 grade point average and/or have no failing grades at each 9-week progress report period, or quarter.

III. ATTENDANCE/SCHEDULE

- A. All members who participate in performances and/or practice must meet the minimum school attendance requirements, as set forth in the Student Handbook, the day the activity is scheduled.
- B. **Attendance at all scheduled events and practices is MANDATORY.** In order to receive an award at the end of the year, you must participate in at least 90% of the performances and practices.
- C. An excused absence is due to illness (absent from school), death in the family, and extreme emergency.
- D. A doctor's note for an absence due to illness should be turned in to be excused.
- E. Leaving any practice early is unexcused.
- F. If you leave a performance early for any reason, you must have written notice to why, signed by a parent. If a signed notice is received and you wait to leave after our final performance no demerits will be issued.
- G. If you are injured for any reason, you must attend all practices in order to be able to perform in dances that occur after you are healed. If you have to miss practice due to therapy, x-rays, etc., you must have a doctor's note for that missed practice to be excused.
- H. Even if you are not performing at the event, you must still come in uniform or a Hi-stepper shirt and uniform pants. Check with the director to find out which attire is appropriate for which event.
- I. If a member misses a practice, it is her responsibility to learn anything she may have missed. She must also contact the coach to explain why she missed the practice.
- J. During the school year, we will meet after school no more than four times a week, including practices and performances.
- K. Competition routines will have a set day of the week for practice, as well as Thanksgiving break and Christmas break.
- L. Sometimes, performances will be added to the schedule at the last minute. If a performance is added to the schedule 2 weeks or more before the performance date, it is mandatory.
- M. Practice schedules will be posted on the Band App.
- N. **Vacations, jobs, dancing, and doctor's appointments will not be accepted as an excuse for missing practice & performances.**
- O. **If you miss the practice before a performance for an unexcused reason, you will not be allowed to perform at the event, but you are required to attend.**

- P. **If you miss a competition practice for an unexcused reason, you may be removed from the dance you missed the practice for. Competition practices are mandatory in order to compete.**
- Q. All Hi-Steppers must be in assigned practice uniform for all practices. Failure to do so will result in a team demerit. Your school uniform is not considered proper dance attire. A schedule will be made for which practice uniform should be worn on each day of the week.
- R. If you are late to a practice you will receive a team demerit. If you are late because you were with a teacher, a note from that teacher must be presented upon entering practice.
- S. Summer Responsibilities:
 - 1. Mandatory summer camp
 - 2. Summer Practices:
 - a. All summer practices are mandatory. If you miss a practice and did not mark it on your calendar, it will be unexcused.
 - b. There is a possibility that if you miss too many summer practices you will not be able to participate in the Home Routine dance at camp.
 - 3. Specific dates will be distributed at the new team meeting following tryouts.
- T. School Year Practices:
 - 1. After school (no later than 6PM) and on Saturdays as needed. Practice days vary based on gym & barn availability.
 - 2. All after-school practices dates are determined by the gym & barn availability.
 - 3. After-school practices will begin at 3:30 PM. All practice end times will be determined by what we are practicing for. After school practices will not last longer than 6:00 PM.
- U. Competition Practices: There will be a designated day of the week set aside for competition practices. Of course we will practice more frequently in December & January, including Thanksgiving & Christmas break.
- V. Mardi Gras: We march in Mardi Gras parades. Every other year we travel to Disney over Mardi Gras break, we will travel again during the 2023-2024 school year.

IV. AWARDS

Below is a list of the awards given at the Spring Fling event:

- A. Year Awards:
 - 1. 1st Year—Award will vary
 - 2. 2nd Year—Letter
 - 3. 3rd Year—Award will vary
 - 4. 4th Year—Award will vary
 - 5. 5th Year—Award will vary
 - 6. Seniors—Award will vary
- B. Outstanding Class Members and Hi-Stepper of the Year
 - 1. Outstanding 8th Grader—Certificate and Star Award
 - 2. Outstanding Freshman—Certificate and Star Award
 - 3. Outstanding Sophomore—Certificate and Star Award
 - 4. Outstanding Junior—Certificate and Star Award
 - 5. Outstanding Senior—Certificate and Star Award
 - 6. Hi-Stepper of the Year—Certificate and Star Award
- C. Officers receive a plaque

V. CHARACTER

- A. Team members should be leaders within the school and set a good example at all times, both at school and outside of school.
- B. Team members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
 - 1. Smoking/Vaping, drinking and/or drug use are grounds for suspension or dismissal by the advisor/coach.
 - 2. Each member must abide by those standards set by Archbishop Chappelle High School, which are found in the Student Handbook. The Student Handbook is available on FACTS/RenWeb.
- C. Members should display an appropriate behavior and positive attitude at all times toward their coach, captains, teammates, teachers, faculty/staff, and administrators. Depending on the severity, and at the coach's discretion, members who display a poor attitude or act inappropriately may be subject to disciplinary action, including
- D. g demerits, probation, suspension, or dismissal from the team.
- E. Members should display an appropriate behavior and positive attitude at all times on social media. Depending on the severity, and at the coach's discretion, members who display a poor attitude or act inappropriately on social media may be subject to disciplinary action, including demerits, probation, suspension, or dismissal from the team.

VI. CONDUCT

- A. Members must show respect to their teammates, their officers, the director, parents and fans, at all times.
- B. Always return compliments by saying thank you. Other comments are to be ignored. This includes social media of any kind.
- C. All members must display a positive attitude at practices and performances.
- D. When walking off after any performance, no one should be laughing or making any negative comments.
- E. All grievances must be handled directly with the director and/or officers.
- F. Personal grievances must never conflict with team interests (leave it at the door).
- G. All Hi-Stepper dances are not to be taught to anyone that is not a Hi-Stepper.
- H. Any information appearing in any kind of newspaper must go through Chappelle.

VII. DISCIPLINE

- A. Hi-Stepper demerits will be issued for the following reasons:
 - 1. Disrespect
 - 2. Tardiness
 - 3. Incorrect dress for practices and performances
 - 4. Not wearing uniform correctly
 - 5. Missing pieces of uniform including earrings, poms, bows, stockings, etc.
 - 6. Excessive talking
 - 7. Chewing gum in your uniform
 - 8. Inappropriate behavior at public places
 - 9. Nonparticipation during practices and games
 - 10. Unclean uniform (uniform not clean, stockings, unclean shoes)
 - 11. Wearing jewelry, while in uniform (Exceptions: senior ring and Hi-Stepper earrings)
 - 12. Not wearing the required team make-up.
 - 13. Missing deadlines (report cards, forms, etc.)
 - 14. Displays of affection
 - 15. Not sitting properly at games
 - 16. Not returning an officers phone call/responding to text
 - 17. Leaving a game or performance early before the final performance with or without notice

18. Because all situations may not be foreseen and thus outlined here, dismissal from the team will be dealt with in a manner decided by the coach, with assistance from the administration if deemed necessary. Some actions may warrant dismissal from the team and include but are not limited to:
 - a. Excessive absences for performances or practices
 - b. Excessive tardiness
 - c. Extreme disrespect to anyone
 - d. Actions that do not reflect appropriately on ACHS or the Hi-Steppers.
 - e. Repeatedly not having rides home at the appropriate times.

B. Running Laps

1. Cell phones usage during a game and/or going off during practice.
 - a. During a game, all bags, purses, phones, etc. must be kept on the side of the bleachers, not in the locker room, bleachers, or with friends.
 - b. Members are not allowed to mingle with friends during a game, even when calling home.
2. Bad performance
3. Uniform mishaps during a performance (example: bow and/or hair falling out)

C. Penalties

1. Six (6) team demerits in one semester will result in probation (3 semesters—summer, 1st school sem., 2nd school sem.)
2. If a member receives one (1) team demerit while on probation, she may be dismissed from the team pending a meeting with the director and administration.
3. You may work off demerits, except team demerits given for disrespect and unexcused absence.
4. If a member receives two probations over the entire year (whether academic or disciplinary), she may be dismissed from the team pending a meeting with the director and administration.

D. Dismissal from team

Because all situations may not be foreseen and thus outlined here, dismissal from the team will be dealt with in a manner decided by the coach, with assistance from the administration if deemed necessary.

Some actions may warrant dismissal from the team and include but are not limited to:

1. Excessive absences for performances or practices
2. Excessive tardiness
3. Extreme disrespect to anyone
4. Actions that do not reflect appropriately on ACHS or the Hi-Steppers.
5. Repeatedly not having rides home at the appropriate times.

VIII. COMMUNICATION

A. All members and parents will abide by the following chain of command with communication:

1. First - team member(s) communicate with coach.
2. Second - Parent and member communicate/meet with coach.
3. When a parent would like to meet with a coach he or she needs to email for an appointment. Appointments will be scheduled no sooner than 24 hours after request is received.
4. Any concern a parent has will be addressed with the student as well.
5. Third - Communicate/meet with Dean of Students.
6. Fourth - Communicate/meet with Archbishop Chapelle High School Administration.

B. *This chain of command is very important; it is impossible for coaches to address issues that are not brought to the coaches. Violations of this chain of command are highly discouraged and frowned upon.*

C. Under no circumstances should a parent discuss any issues or concerns with any dancer other than his or her OWN child. This behavior is considered highly inappropriate and will not be tolerated.

- D. All members of the Archbishop Chapelle High School community are expected to act in a civil and courteous manner towards one another. An environment of mutual respect must prevail for parents, teachers, coaches and student-athletes to effectively work together. Inappropriate or derogatory e-mails or comments on social networking sites destroy morale, reflect poorly on the school, and negatively impact our student-athletes. Thus, we expect all members of the Archbishop Chapelle family to interact with another in a manner that reflects good sportsmanship and our Christian values.
- E. Rude, discourteous, or inappropriate communication from student-athletes and/or parents via email, text message, in person, or any other form of communication will not be tolerated. Said communication may result in the removal of the student-athlete from the squad/team.

IX. COSTS

- A. Members will be responsible for all costs associated with being a member of the team.
- B. Costs may include, but are not limited to:
 - 1. Uniforms
 - 2. Camp
 - 3. Competitions
- C. Payments toward balance:
 - 1. Payments toward individual balances can be made all at once or on a monthly basis.
 - 2. For monthly payments, original balances will be divided into six (6) equal parts.
 - 3. We use the First Bank & Trust tuition portal to make Hi-Stepper payments.
- D. Financial concerns should be brought directly to the coach.
- E. Members who have not met all financial obligations may be prohibited from competing and/or performing.

X. LETTERING

Each member must be an active member of the team for two (2) full years to earn a letter. An active member consists of a member who participates in at least 90% of all team performances, which is determined by the coach, is not dismissed from the team, and does not voluntarily leave the team. Members that are injured and unable to perform must attend all events/performances in order to be considered for their letter.

XI. MEDICAL

- A. Each member must have a complete physical exam before the first scheduled practice.
- B. A copy of the school medical form can be obtained from the Archbishop Chapelle Dean of Students.
- C. Any member placed on restriction must submit, in writing, release of that restriction before being allowed to participate again.
- D. The coach may prohibit a member from practicing or performing if the coach is concerned about the health and/or safety of the member.
- E. Members who are unable to perform for medical reasons must attend in full uniform unless specifically excused by the coach.
- F. Any accidents or injuries that occur during a team event, practice, or performance must be immediately reported to the coach and an accident report must be completed in the front office.

XII. PERFORMANCES

- A. All members must arrive in complete uniform at the time specified by the director. You will not be allowed to apply make-up or fix hair in public. All hairstyles should be neat and **away from the face**.
- B. An officer must approve all hair & makeup once you arrive to a performance.
- C. You should always be groomed tastefully.
- D. **Your uniform should always be neat and CLEAN**. Stockings should not have any noticeable rips or holes. Always have an extra pair in your bag.
- E. Hair and make-up should never be overdone nor underdone or not worn at all.
- F. Once in uniform, you are expected to remain with the team. You do not mingle with friends or parents until the dismissal time. (Exceptions: half time at a basketball game or between JV & Varsity games.
- G. There are to be no displays of affection while representing Chapelle.
- H. Chewing gum in uniform is not permitted.
- I. In order for a member to perform a certain routine at a game, pep rally, or public performance, they must attend at least 75% of the cleaning of that routine.
- J. All team members participate in camp, pep rallies, Open House, Breakfast with Santa, volleyball & basketball games, and parades. Competition routine spots are determined on a tryout basis.

XIII. TRANSPORTATION

- A. Parents are responsible for making transportation arrangements to and from performances and practices.
- B. Please be especially careful to make proper arrangements home. If your ride is late in picking you up, you will receive a demerit.
- C. For certain events, the team may decide on renting a bus. If it is decided that the team will rent a bus, all members are expected to ride the bus to and from the designated location and are expected to pay the appropriate amount for the bus.

XIV. UNIFORM

- A. All members must purchase a uniform. The uniform consists of the following pieces: uniform shell top and skirt, the long sleeve body liner, bloomers, tank top & skort, sports bra, socks, (2) different hair bows, poms, stockings, jazz shoes, earrings, practice uniforms, jacket & pants, and parade boots.
- B. If any piece of the uniform should be misplaced, damaged, or no longer fits as intended, it must be replaced before the member is allowed to perform. It will be replaced at your expense.
- C. It will be necessary for the girls to purchase their own Bloch jazz shoes, stockings (when replacements are needed), and makeup.
- D. Due to summer camp Home Routine and the dance team competitions that the Hi-Steppers will participate in, it will be necessary for you to purchase costumes in addition to the uniform items. This cost should not exceed \$200.00, unless you choose to participate in a solo, duo or ensemble.
- E. Every piece of your uniform must have your name in it.
- F. Any time a member is wearing any part of the Hi-Stepper uniform, whether at a performance or practice or not, the member must appear presentable. This includes clean, age appropriate make-up, presentable hair pulled back away from face, absolutely no jewelry, appropriate length nails, no visible tattoos, and must maintain an overall hygienic appearance.
- G. Your Hi-Stepper uniform is a representation of Chapelle High School and the Hi-Stepper Dance Team and should never be worn by you or anyone else as a joke. If you lend your uniform to anyone for any reason other than for official Hi-Stepper use you may be placed on probation.



2023-2024 Hi-Stepper Constitution Agreement Form

By signing below I acknowledge that I have received, read, and fully understand the regulations, policies, and procedures set forth in the Constitution. I agree that I am accountable to abide by the regulations, policies, and procedures and understand that by signing below I accept all consequences associated with violations of this Constitution. I have considered the time and financial commitments involved in being a member of this team and agree to fulfill my commitments to the team completely.

Parent/Guardian Name

Parent/Guardian Signature

Date

By signing below I give my permission to have my daughter's picture appear on the school website and social media sites.

Parent/Guardian Name

Parent/Guardian Signature

Date