

Clear Falls



"As rare and precious as the gem itself"

2019-2020 Emeralds Rules and Expectations

- As a rule, always follow “dance team” time. Be at least 5 minutes early to practices, performances, and events.
- Show respect for one another, your officers, and your directors
- Be a good role model in your school and community
- Always say “Yes ma’am”
- Grades are your first priority
- You are required to follow the rules and regulations that are outlined in the Constitution and Code of Conduct
- Fundraise: help pay for your costumes, contest fees, and trips
- Take criticism constructively, not personally
- Learn discipline and responsibility
- Learn honesty and loyalty
- Put your name on all your Emerald attire
- Pick up after yourself where ever you go
- Do not leave things in the dance room, put them in your locker
- Have a positive attitude
- *Being an Emerald is a privilege; not a right.*

✓ EXCELLENCE ✓ RELATIONSHIPS ✓ CHARACTER & INTEGRITY
✓ INNOVATION ✓ OPEN & HONEST COMMUNICATION

Emeralds Practice/Class Schedule

- Emeralds period is scheduled during 7th period.
- Emeralds practice Monday-Thursday

2:45 – 5:00 - Monday and Wednesday Practice

3:15 – 5:00 - Tuesday and Thursday Practice

Contest and Spring Show practices will vary

- During football season the Emeralds practice with the band on Thursdays at 3:30 pm.
- Daily, in class you will be stretching, kicking, executing and perfecting dance technique, learning and cleaning football and contest routines. It is advised to not miss a class.
- **Remember to not schedule appointments during practice as per the Constitution, you will be penalized.**

***Fridays are left open for scheduling these appointments before performances**

Practice Uniforms/Dance Attire

Football Season:

- Hair must be pulled out of your face
- No jewelry- studs are okay
- No gum
- Wear assigned outfit for 7th period
- You can wear whatever you are comfortable in for outside practices (may vary depending on when we are able to practice outside)
- You are expected to bring your practice hat/boots to every practice
- Knee pads are suggested for band rehearsals

Contest & Spring Show Season:

- Hair must be pulled out of your face
- No jewelry- studs are okay
- No gum
- Wear assigned outfit for 7th period and practice

Practice Attire Order

Monday: Black halter & black leggings/capris

Tuesday: Pink & purple top with black hot shorts

Wednesday: Raspberry & teal top with black and white athletic shorts

Thursday: Green & black top with black hot shorts

Friday: Free dress day

Expectations of Pre-Camp and Camp

- Be on time. “Dance Team” time, aka 5 minutes early
- Wear proper dance attire
- Hair pulled back, no jewelry
- Leave cell phones and items in locker room (do not take them out until you are dismissed)
- Put all items in the locker room when you arrive
- Stretch on your own until director comes out to start each day
- Come prepared to learn
- Have a positive attitude
- Show respect to the director, your teammates, and guest choreographers
- Don’t forget your “Yes Ma’ams”
- Have fun!!!

Football Game Day Information and Awards

The Emeralds will perform at all football games. The routines are performed during half time. The team will wear their designated field uniform issued to them, unless otherwise stated by the director. This uniform should not be worn in public places, except for performances. Eating while in uniform is not allowed. Public displays of affections are not allowed while in public.

The team will learn routines, in which tryouts may be held each week at the discretion of the director. Being an Emerald does not mean you automatically dance each week. You must earn that privilege. Same goes for basketball and competition seasons.

On game days, the girls will wear Emerald attire. No handmade shirts will be allowed unless otherwise stated by the director. The dress is selected by the director each week and must be in accordance with dress code.

Awards to be given at each game:

Dancer of the Week chosen by the Officers.

Spirit Girl of the Week chosen by the Social Committee.

During half time each week, these awards will be announced.

Game Day Checklist

- Tote Bag
- Poms
- Poncho
- Makeup – lipstick, eyeshadow, blush
- Bobby pins, safety pins
- Hairspray
- Water bottle
- Clear nail polish/remover
- Feminine hygiene products
- Emerald Jacket for cold games

You must have your complete uniform on before you arrive.

-Body Suit

-Skirts

-Gauntlets and Belt

-Boots

-Hat

-Tights

Remember...

- No colored nail polish: French, nude, and American are okay
- No jewelry (Only emerald earrings)
- Full performance makeup

Big/Little Sister Gifts - Football

One of the special times for the girls on Dance Team is when a new member on the team gets a big sister. Old girls chose a new girl on the team for the year that they will mentor throughout the year. The girls will spend time getting to know their sister at camp after the unveiling and will continue this special bond through football season. The girls will encourage their sister with notes, cards, fun drawings, and small gifts at the games. Times to give gifts are at the beginning of the games. Presents should not exceed \$5 at all games, and \$20 at Homecoming. Some of the best gifts do not cost anything, and hand-made spirit gifts usually mean the most.

Competition Season Information

As we move into competition season practices will start to change. We will have the normal Monday, Tuesday, Thursday rehearsal times. Wednesdays will be later in the evening enable for us to have practice time in the gym. If you are in an ensemble, you will have additional practices that will be assigned later. The Fridays before a contest will be a full run thru of each contest dance starting in class. It may go until 3:00-3:15 that day.

On contest days, depending on the location, we will meet up at the school and bus over to the competition. The things to remember on contest day are:

1. ALWAYS double check your packing list the night before.
2. Always look at your schedule! Know the times for all Emerald dances.
3. Support each other. You will go to watch every Emerald performance, even if you are not in it.
4. Always stay with a buddy.
5. Support the fellow teams.
6. These are long days so be expected to be gone until late at night.
7. This is a time to be with your team. Not to hang out with your boyfriend.

Letterman Information

CCISD Dance Teams follow the same guidelines and it has been decided that after two football seasons have been complete, the student may qualify for a letterman.

Demerits

- A. Demerits may be issued to all dance team members by the director. For the safety and security of the dance team members, officers will assist the director with monitoring dance team participation starting next year.
- B. A record of demerits received by each member will be kept.
- C. Demerits are accumulated from the first day of school until membership is ended.
- D. Demerits can only be worked off during summer practice. Once school starts the demerits remain on your record until membership is ended.
- E. You can receive 15 demerits and have no performance penalties. On the 16th demerit, you automatically go onto a six -week probationary period. During this time however, you will attend all practices and activities in FULL performance attire. However, you will lose all privileges of dancing. Probation will begin at the time the 16th demerit is received and will continue for six weeks.
- F. After you are put on probation you can receive five more demerits. On the 21st demerit you will be dismissed from the team.

Demerit Offenses:

- 1. Insubordination to the Director
- 2. Failure to carry out or perform required activities
- 3. Violating the public display of affection rule
- 4. Eating or drinking in uniform without permission
- 5. Eating or drinking in the stands
- 6. Wearing nail polish at a performance
- 7. Wearing uniform in public
- 8. Losing any part of uniform in performance or practice
- 9. Use of profane language
- 10. Talking at practice
- 11. Improper care of uniform
- 12. Wearing any jewelry with uniform or at practice
- 13. Failure to cover any exposed body tattoos while in any team attire
- 14. Failure to wear the proper attire at any time
- 15. Being late to practice, games or any function
- 16. Chewing gum at practice, performance or in any team attire.
- 17. Leaving an activity or practice without permission
- 18. Moving or talking on or on the side of the field
- 19. Not turning things in on time
- 20. Failure to bring certain things when you are told to do so
- 21. Wearing dirty, soiled or damaged team attire.
- 22. Leaving any item out of bin/ locker in practice area
- 23. Not having hair up during practice
- 24. Not wearing complete uniform

Emeralds Chant:

Who is a gem that kicks so high
It's the Clear Falls Emeralds representing The Knights
With courage and pride, we shine so bright
We leap into our dance with strength and might
As we take the field, we feel our pride
We will cheer on the green and black...to win the fight

Birthday Song:

Stand in a circle
"Happy Birthday to you"
"Here's a high kick for you"
"And a twirl cause we love you"
"Happy Birthday _____"
(You will learn the movements during pre-camp)

Practice Chant

E-M-E-R-A-L-D-S, Emeralds, Emeralds are the BEST!

Bus Driver Song

Cheers to the bus driver, bus driver, bus driver
Cheers to the bus driver, bus driver friend
She's/He's happy, she's jolly, she's awesome by golly
Cheers to the bus driver, bus driver friend