

***Clear Falls***



**Handbook**

*"As rare and precious as the gem itself"*

## Emeralds Rules and Expectations

- As a rule, always follow “dance team” time. If you’re early you are on time, if you’re on time...you’re late! 😊
- 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: which will help pay for your costumes, contest fees, and trips
- Take criticism constructively, not personally
- Pick up after yourself wherever you go
- Water breaks are not meant for you to go check your phones, bring your water bottles out of the locker room
- 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**

Emerald's period is scheduled during 7<sup>th</sup> period.  
Emeralds practice Monday-Thursday.

Team Practices: 2:35 pm – 4:30 pm: Mon, Tues, Wed, Thurs

*Contest and Spring Show practices will vary.*

- During football season the Emeralds practice with the band on Thursday's around 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 7<sup>th</sup> period.
- **Remember to not schedule appointments during practice as per the Constitution, you will be penalized. Seniors: this includes senior photo shoots.**
- If you have a life event that will cause you to miss a game/Emeralds event, the Directors need to know at MINIMUM two weeks prior to said event. (Unexcused events: concerts, non-college related trips, photoshoots, etc.).

# Practice Uniforms/Dance Attire

## Football Season:

- Hair must be pulled out of your face
- No jewelry- studs/watches are okay
- No gum
- Wear assigned outfit for 7<sup>th</sup> period
- You are expected to bring your practice hat/boots to every practice during football season
- Knee pads are suggested for band rehearsals during football season

## Practice Attire Order

**Monday:** Teal and black practice top & solid black bottoms

**Tuesday:** Forest green razorback practice top & solid black bottoms

**Wednesday:** Gray practice top & solid black bottoms

**Thursday:** Purple razorback practice top & solid black bottoms

**Friday:** Free dress day

*Black bottoms: hot shorts, running shorts, leggings, skort*

## **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 uniform.

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. 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*: selected by the Officers.

*Spirit Girl of the Week*: selected by the Social Committee.

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

## **Big/Little Sister Gifts**

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 choose a new girl on the team 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 and small gifts throughout the year.

## Game Day Checklist

- Emeralds Backpack
- Poms
- Poncho
- Makeup – lipstick, eyeshadow, blush
- Bobby pins, safety pins
- Hairspray
- Emeralds water jug
- Clear nail polish/remover
- Feminine hygiene products
- Emerald Jacket for cold games

You must have your complete uniform on before you arrive.

- Tank
- Bolero
- Briefs
- Skirt
- Gauntlets and Belt
- Boots
- Hat
- Tights
- Earrings

Reminders:

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

### **Football purchases:**

- 'Degree Ultra Clear Deodorant.' This deodorant will not discolor the sequins on the uniform. Can find at any grocery store, pharmacy, or Amazon.
- Football lipstick: Maybelline (#690), color 'Siren in Scarlet.' It's brighter red and not deep red. Can find at any grocery store, pharmacy, or amazon.

## **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 pm 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 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. Ordering takes place around February. Delivery is TBD on Balfour.

## Demerits

- A. Demerits may be issued to all dance team members by the director.
- 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. You can receive 15 demerits and have no performance penalties. On the 16<sup>th</sup> 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.
- E. After you are put on probation you can receive five more demerits. On the 21<sup>st</sup> demerit you will be dismissed from the team.

### **Demerits for Behavior:**

- 5- Public display of affection in Emerald attire (uniform, warm ups, Letter jacket, Emerald shirts)
- 3- Public display of affection out of Emerald attire on campus
- 3- Insubordination to the directors
- 2- Improper conduct in public (language, gestures, etc.)
- 1- Did not wear assigned attire to school
- 1- Failure to return items on time or bring items on deadline (one demerit for each late day)

### **Demerits for Attendance:**

- 5- Leaving practice or activity without permission
- 5- Unexcused absence (did not notify director or meet the criteria in the CCISD Constitution – Article X, Section A)
- 1- Late to any Emerald practice, performance, or required event

### **Demerits for Performance:**

- 3- Being on cell phone in stands without permission
- 3- Excessive talking
- 3- Allowing a non-member to sit with Emeralds
- 1- Drinking or eating in stands without permission
- 1- Not participating in stand routines
- 1- Wearing nail polish or jewelry during a performance

### **Demerits in regarding Uniform and Costumes:**

- 2- Losing a part of your uniform or costume during a performance
- 1- Eating or drinking in uniform or costume without a cover up
- 1- Visible body piercings during a performance
- 1- Forgetting a piece of your uniform or costume (1 for each item)

### **Demerits in regarding practice:**

- 5- Disrespecting or insubordination to directors
- 3- Excessive talking during practice
- 1- Chewing gum
- 1- Failure to take off all jewelry
- 1- Failure to wear correct practice attire for designated day
- 1- Failure to have hair pulled back securely



### 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