

# Westmont High School



## **Warriors Dance Team**

## **Handbook**

**2025-2026**

# Index

## General Information

### Contact Information for Coach Sarah Stults

## Expectations

### Code of Conduct

### Goals

### Practices

### Attendance

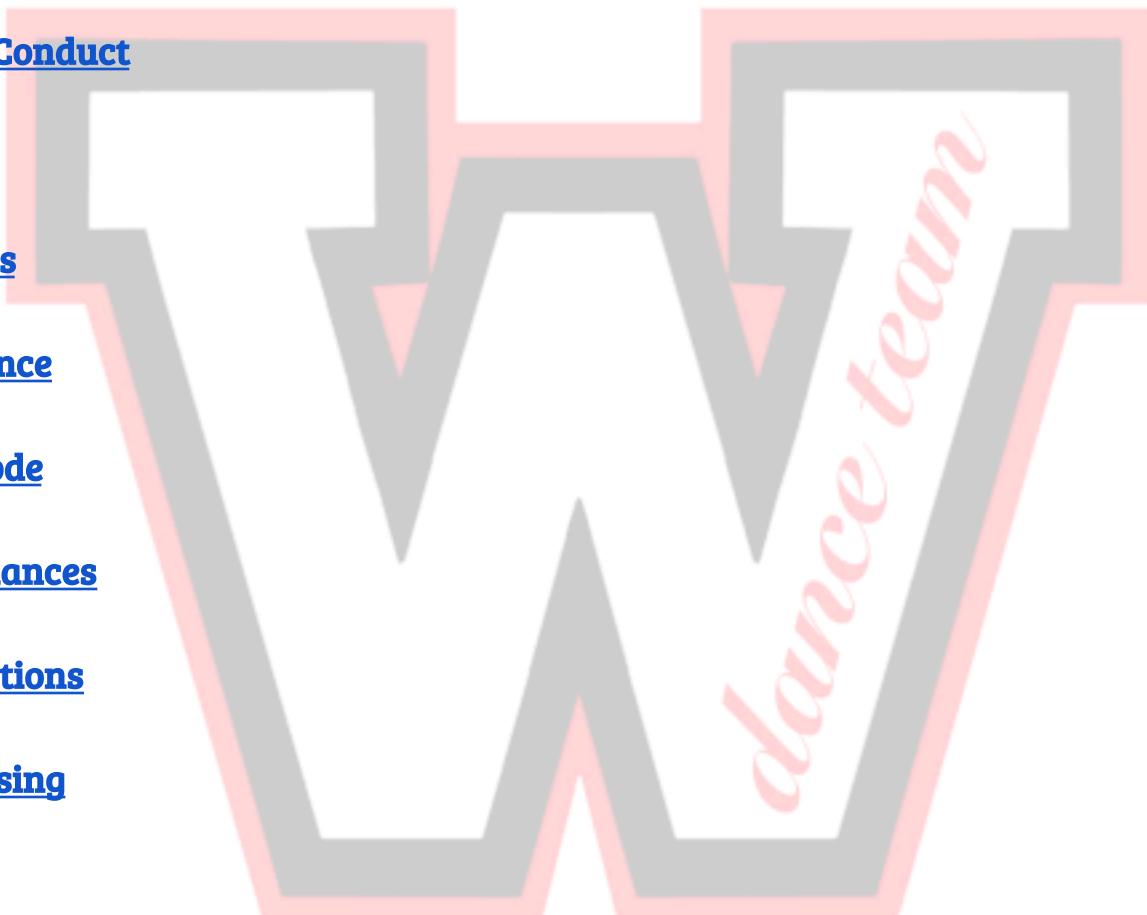
### Dress Code

### Performances

### Competitions

### Fundraising

### Officers



This handbook describes the expectations and guidelines for the Westmont High School Warriors Dance Team. Throughout the year, every team member should refer back to this handbook to review individual and team expectations.

## **General Information**

This team was created in 2020 as a performing and competitive dance team that is primarily jazz/pom based. Members will create a positive representation of Westmont High School on campus and in the dance world, gain choreographic and technical skills, develop an understanding of what it means to be a positive and respectful team member, and feel a sense of community through the dance world as well as within the organization itself.

The Dance Team will consist of female and male student dancers, grades 9 to 12, who must be enrolled in the Campbell Union High School District and at Westmont High School. There is no set minimum or maximum number of dancers on the team. Each year Coach Sarah will accept as many qualified dancers as can be feasibly managed. To become a member of the Dance Team, each applicant must complete the audition process which includes:

- Completion of the audition application
- An audition of technical and performance skills

Once accepted as a member of the Dance Team, each dancer will be expected to follow the expectations and guidelines detailed throughout this handbook. The Dance Team “season” begins from the time of acceptance on the team through the end of May of the following school year. At the end of the year, current members who plan to return the next year must re-audition and complete the audition process again. No one is guaranteed a returning spot the following year--healthy competition helps dancers to improve their skills.

Being a member of the Dance Team requires a commitment from dancers and their families. In order to be a successful team, we must put in the time and effort individually and as a team. We understand that dancers have a lot on their plate and value succeeding in many aspects of life; therefore, it is very important for dancers to understand the necessity of time management. All individuals should evaluate how much they can handle mentally and physically. By committing to the Dance Team, dancers are making the team a priority and are expected to abide by the rules and expectations. Learning to make decisions based on time, interests, and goals is an important part of life. While reasonable accommodations can be made to individual circumstances, the Dance Team will not lower its standards because an individual has overcommitted themselves.

## **Contact Information for Coach Sarah Stults**

Cell phone: 801-755-0402 (if texting for the first time, please let me know who you are)

Email: [whswarriordanceteam@gmail.com](mailto:whswarriordanceteam@gmail.com)

Instagram: @whswarriordanceteam

Team Website: <https://sarahstults85.wixsite.com/whsdanceteam>

## **Expectations**

By accepting a position on the Dance Team, each member agrees to always represent Westmont High School and the Warriors Dance Team in a positive manner, demonstrating pride and respect for themselves and their competitors.

Each member of the Dance Team needs to follow the expectations listed below at all times, both on and off campus:

- Regularly attend and be on time for scheduled practices, performances, and events.
- Respect one's self and everyone around you.
- Maintain a positive image when representing Westmont High School. This includes: not using inappropriate language, speaking positively about team members, other teams, and issues among the team. There must be no involvement in any type of illegal activity, including alcohol and drug use or possession of drug paraphernalia, before, during, and after school and social events.
- Maintain a positive image during personal time. Remember, you are now a high profile person on our campus. Everyone (the administration, the faculty, and the student body) will watch your every action even when you are not wearing dance team attire.
- Maintain a healthy lifestyle: eat properly, get enough sleep, and practice good time management skills.
- Be prepared and responsible for tasks asked of you by Coach Sarah, other faculty, administration, parents, the officers, and any competition directors.
- Never leave any and all environments that may be linked to the Westmont Warriors Dance Team in a state that is less than when it was found. All trash, spills, chairs, and so on will be cleaned up and/or put away in its correct spot before departure. This applies, but is not limited to practice space, competition/performance venues, and all Westmont High School facilities.

## **Code of Conduct**

Westmont High School believes that a student should consider participation in extracurricular activities as both a privilege and a responsibility. The privilege is the opportunity to take part in the activities program provided by the school, and this privilege may be revoked when the student fails or refuses to comply with the rules. The responsibility is found in representing the school, which involves maintaining academic eligibility, high standards of citizenship at all times, sportsmanship and dance to the best of his/her ability. Respect for and compliance with the school's Code of Conduct is expected of every dancer who participates.

### ACADEMIC ELIGIBILITY / ATTENDANCE

In accordance school rules and regulations, students involved in extracurricular activities must meet the following minimum requirements:

- Current enrollment in five classes for a minimum of 25 units
- Passing grades in 20 or more credits of coursework (no more than one "F")
- 2.0 Total Non-weighted GPA (with no more than one "F") in the previous 6 week grading period. Should the dancer fall below a 2.0 Total Non-weighted GPA, a probationary period may be applied for at the discretion of the coach and administration, once during frosh/soph years and once

during junior/senior years (though not in concurrent semesters), as long as the GPA is not below 1.75 Total Non-weighted GPA.

- Second time ineligible: If grade requirements have not been met two times within a given school year, dancers will be removed from the WHS Dance Team, forfeiting their position as a dancer for WHS. Students will also be ineligible for the following term.
- Transfer students must meet all eligibility guidelines
- Must attend 2 out of 3 classes daily in order to be eligible for performances and competitions, and must participate fully in all classes including P.E. Dancers who are absent from school for "unexcused reasons" are not eligible to participate in dance for that day.
- Dancers who are excused early for a performance or competition are responsible for missed work and should use tutorial to make up work; making up work after school is not an excuse to miss practice, but if this becomes necessary the dancer must communicate with Coach Sarah prior to missing practice.
- Practice attendance is required every day that a dancer is at school. Dancers and/or parents/guardians must notify Coach Sarah prior to missing a practice.
- Prolonged absences, for any reason, may result in the dancer being benched or missing a performance or competition.
- A note will be required if a dancer is seriously ill or injured and under the care of a doctor.

### GRIEVANCE PROCEDURE

The grievance process is intended to be a process whereby concerns of alleged unfair treatment of dancers can be addressed in a timely manner. We believe that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both dancers and coaches. The list below of legitimate and non-legitimate grievances is intended to be a guideline, not an all-inclusive list.

#### Legitimate grievances:

- Failure to provide due process in disciplinary action.
- Failure to provide a fair opportunity to compete to make the team (cut-off).
- Mistreatment of dancers: Foul, inappropriate language.
- Any violation of an adopted code: ethics, conduct, and expectations.

#### Non-legitimate grievances:

- Dancer not given preferred position in performance
- Dancer not dancing in preferred position
- Strategies used by the coach
- Win/Loss record of the team or coach.

Legitimate grievances should be addressed first with Coach Sarah at a scheduled time (not before, during, after practice or competitions). If this meeting does not bring about a satisfactory resolution a meeting may be held involving the dancer, parent, coach and activity director in a reasonable and timely manner.

### DISCIPLINARY ACTIONS

The following actions will be applicable through the entire school year. Dancers involved in non-school related, off-campus offenses or other illegal activity will face disciplinary actions at the discretion of the coach and school administration. At any time administration can choose to remove dancers from extracurricular activity participation due to disciplinary action. It is highly encouraged for dancers to discuss individual behaviors with the team and officers first, prior to bringing the offense to the coach/administration. Offenses that cannot be resolved as a team may result in an omitted performance for the whole team.

**Social Media Policy:** Dancers are responsible for good behavior on the Internet just as they are in a school building or on the performance floor. If a dancer's use of the Internet creates a disruption to the school, the Activities Department and/or the team, even if it is a first offense, the dancer will be held responsible and will face consequences as determined by the coaching staff/administration including but not limited to suspension from the team for performances or competitions or dismissal from the team.

With this in mind, think before you post:

- Are private accounts really private? Do you know/trust 100% of the people who follow you on social media?
- Do you use hashtags? Remember that anybody can see a photo that has a hashtag linked to it, even if your account is set to private.
- Would you want your mom, dad, grandparents, or potential employer seeing what you are about to post?

**Violation of Alcohol/Drug/Tobacco Policy:** Any dancer caught in violation of school alcohol/drug/tobacco policy, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to suspension from the team for performances or competitions or dismissal from the team.

**Assault/Fighting:** Any dancer involved in an assault/fight either on campus or off, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to suspension from the team for performances or competitions or dismissal from the team.

**Other Violations:** Any dancer that violates the Dance Team, school, or competition organizations' rules, or behave in ways that reflect negatively on the team on campus or off, even if it is a first offense, will face consequences as determined by the coaching staff/administration including but not limited to suspension from the team for performances or competitions or dismissal from the team.

**Suspension:** Any dancer who is suspended from school for defiance of authority or any action not mentioned above will face the following disciplinary actions:

- If a dancer is suspended from school for a full day, s/he will be placed on suspension from the Dance Team for 6 weeks.
- If a dancer has been suspended for 2 days or more (consecutive or cumulative), the dancer will be removed from the team. Dancers will also be ineligible for the following term.

**Referral:** Referrals to and disciplinary actions taken by the deans will be communicated by the deans to coaches. Dancers may face disciplinary actions at the discretion of the coach, including suspension from performances or competitions.

### REMOVAL OR QUITTING

If a dancer removes oneself (quits) from the team for any reason (with the exception of prolonged illness or injury with a doctor's note), the dancer will not be eligible to return to the team until the next school year.

## **Goals**

For any team to be successful, goals must be established and then achieved. Below is the list of our team goals for the year.

- Build advanced-level technique and performance skills.
- Build team unity and bond with all members of the team.
- Create a positive learning environment during practices.

## **Practices**

Practices will be held on Mondays, Tuesdays, and Thursdays from 3-5 pm in the Westmont Cafeteria.

\*\*Because of a WHS Staff Meeting, certain practices may be in an alternate

Dancers are expected to eat BEFORE practice. Dancers can bring food to practice as long as it is consumed during given breaks. Dancers should always bring a filled water bottle to practices, performances, and competitions.

Please check out the Dance Team's BAND app for updated practice information.

## **Attendance**

### Tardies

For all tardies, dancers must call/text/email Coach Sarah prior to the start of practice/event in order for them to be excused. Tardies count for both arriving late or leaving early from practice.

### Absences

For absences, dancers must call/text/email Coach Sarah as soon as the absence is known. Each dancer will be allotted the following number of absences in the following areas.

- Known absence (not related to illness/injury): 4 practices per school year
- Academic field trip/event: unlimited, but must have field trip/event form with teacher signature
- Death in Family (Bereavement): 2 weeks of events per death

If possible and reasonable, injured dancers should still come to practices to observe.

### Excessive Tardies and Absences

Any dancers exceeding 4 or more tardies and 4 or more absences per school year may have the following consequences:

- Benching of a performance or competition
- Removal from any routine
- Possible dismissal from team

### **Dress Code**

Dancers will wear the following items for practices. These items can be from the dancer's existing wardrobe.

- Red, white, or black top (can be t-shirt or tank, can have logos) *\*\*Can also wear any WHS top\*\**
- Black, gray, or red bottoms (can be shorts or leggings, can have logos) *\*\*Can also wear any WHS bottom\*\**
- Practice Poms (old ones from previous years)
- Tan jazz shoes (may be purchased anywhere) see an [example](#)
- White athletic shoes (may be purchased anywhere) see an [example](#)
- Turners may be used in some competition dances (may be purchased anywhere) see an [example](#)

Dancers will wear the following items for gameday, performances, and competitions. These items can be purchased for dancers to keep; otherwise, they will be used for the year and returned to the school at the end of the year. School purchased uniforms must be returned in good repair. Any uniform that is lost or deemed not fit for reuse will become a debt to the dancer's school finances. All costs are approximate.

- Uniform Dress \$232
- Black Warm-Up Jacket \$51
- 6 inch Red Metallic Poms \$27
- Plain Black Leggings (may be purchased anywhere)
- Flesh colored convertible dance tights complimentary to the dancer's skin tone for competition (may be purchased anywhere) see an [example](#)

Dancers must always have their hair pulled back in a ponytail, braid, or bun for practice. ***Dancers must always bring their white athletic shoes, tan jazz shoes/turners, and poms to every single practice and performance.*** The hairstyles for gameday, performances, and competitions will be decided by Coach Sarah and the Officers. Gum should be spit out and excessive jewelry removed prior to the start of practice.

### **Performances**

Dancers will typically perform at the following events:

- Back to School Night
- Sidelines and halftimes for all home varsity boys football games

- ASB Moonlight Dinner (held in September)
- Homecoming rally
- Halftimes for select home varsity boys and girls basketball games
- Future Warrior Night
- Battle of the Classes rally
- Senior rally
- End of Year Showcase
- Other performance opportunities that arise

## Competitions

For the first time ever, the Dance Team hopes to attend the **National Dance Team Championship hosted by UDA February 6-8, 2026 in Orlando, FL!** If we are able to raise enough funds, the Dance Team will represent Westmont High School in 2 local competitions in 2026 to prepare for Nationals. These dates are based on 2025 dates and are subject to change:

- West Coast Elite Dance Competition at Valley Christian High School on January 17, 2026
- Forte Competition at Homestead High School on January 24th or 31st, 2026

We will do our best to fundraise all costs for competitions. At this time we are estimating the costs for Nationals to be approximately **\$1,300-\$1,500 per dancer**. More information will be provided as soon as it is received.

Please leave the entire day of competition free. Dancers are expected to attend drill downs and awards. All other issues must be discussed prior to the competition, not the day of. Dancers are to remain onsite during the competition times specified by Coach Sarah.

WHS does not provide transportation to and from competitions. Dancers are not allowed to drive themselves to competitions. Dancers may ONLY be driven by THEIR parent or an approved driver through CUHSD. In order to become an approved driver, please refer to the WHS website for [registration forms](#).

It is expected (refer to Expectations) that each member of the Dance Team will represent Westmont High School with pride, a positive image, and acceptable behavior.

Dancers will wear their team warm-up jackets and black pants.

The following list outlines the divisions in which the Dance Team will tentatively compete for 2026. Coach Sarah has the right to make any changes regarding which divisions the team will compete in for each year. The decision will be based on what divisions will make the team most successful for any given year and funds available. All dancers and parents will support any and all final decisions regarding competitions.

- Pom – all members
- Jazz - all members

- MAYBE Gameday – all members; we hope to collaborate with WHS Cheer and Band in this brand new division

Guest choreographer(s) may be invited to create competition numbers. There may be extra rehearsals outside of the regularly scheduled practices in which dancers will need to attend. As much advance notice as possible will be given. If a dancer does not attend one or more of these special rehearsals, he or she may or may not be included in that particular routine. It is up to the discretion of Coach Sarah.

In order to qualify for Nationals, we tentatively plan to host a **UDA Home Camp at WHS on August 8-9, 2025** (11:45 am-6:15 pm on Friday, 9 am- 4 pm on Saturday). All dancers should plan to attend this camp. This Home Camp will be tailored to our team's needs. Dancers will participate in technique classes, team building exercises, learn 2-3 routines for halftimes, and be evaluated. We will do our best to fundraise the cost of the camp.

## **Fundraising**

We must fundraise all year long in order to cover our annual operation fees. There will be several fundraisers available to participate in. Before each fundraising opportunity, you will be notified of ways in which you can assist. Dancers are expected to fully participate in fundraisers as much as possible.

## **Officers**

An officer position is open to all returning members grades 10-12. At the beginning of the new season, Coach Sarah decides on officers based on technique level, leadership skills, and teaching ability. Typically, there will be 3 officers: 1 captain, 1 co-captain, and 1 lieutenant.

Listed below is a brief description of what officers are responsible for, but not limited to:

- Serve as student leaders of the Dance Team.
- Encourage team bonding.
- Lead warm-ups.
- Teach sideline dances and the fight song.
- Choreograph halftime dances when asked.
- Choreograph and lead Jr. Dancer clinics when asked.
- Assist Coach Sarah with cleaning dances.
- Assist with auditions for next year's team if a senior.
- Attend Club Council meetings.
- Assist with ASB procedures.