

Northern Indoor Performing Arts

Middle School & High School
Indoor Color Guards, Dance Teams, &
Polar Bear Percussion

2019 Handbook

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2019 Staff Members:

Krysti Miranda

Indoor Percussion Director

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Caitie McConathey

Indoor Guard and Dance Director

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Percussion Staff:

- Michael Thomas: Pit Caption Head/Pit & Battery arranger
- Chad Gensel: battery caption head
- Hanna Brazeal: Part time battery tech
- Bill George: Drill Designer

Dance and Guard Staff:

- HS Guard: Caitie McConathey
- HS Dance: Caitie McConathey & Jordi Allen
- MS Guard: Caitie McConathey
- MS Dance: Caitie McConathey & Tia Albert

While some staff members may primarily work with a certain team more often than others, it is the goal of the staff members to teach all teams in whatever capacity is necessary. Therefore, we have not listed specific staff members for specific teams. You may see all of us at your rehearsals at some point. By doing this from the start, it will give us the advantage of having more than one set of eyes on each program, thereby making each design more unique, intriguing and entertaining.

Communication:

Communication is key when dealing with such a large group of students and parents. Most communication from the Director(s) will happen via e-mail. She/he will also post this information on the indoor website and the Facebook groups. If anyone cannot be contacted via these means, please let him/her know and (s)he will do their best to accommodate your situation.

The Indoor Website can be found here:

Previous Years:

<https://sites.google.com/site/northernindoorguarddance/>

New Website Under Development

The website contains the most up-to-date information the about the color guards, dance teams, and percussion units. Please utilize this resource as it will cut down on the information being repeated.

Text messaging will only be used in emergency/last minute situations, such as school closing due to weather or something similar when it affects our rehearsal schedule or location. Please add the Staff phone numbers to your contact list in case of an emergency.

Anticipated Practice Schedule:

A 'typical' week will look like:

- Tuesday
 - HS Dance Rehearsal – 6:00 to 9:00 PM
 - Percussion Rehearsal – 6:00 to 9:00 PM
- Wednesday
 - MS Dance Rehearsal – 6:00 to 9:00 PM
- Thursday
 - HS Guard Rehearsal – 6:00 to 9:00 PM
 - Percussion Rehearsal – 6:00 to 9:00 PM
- Friday
 - MS Guard Rehearsal – 6:00 to 9:00 PM
- **Saturdays (before and during competition season)**
 - **MS Dance/MS Guard/HS Dance/HS Guard Rehearsals**
 - **Percussion Rehearsal**
- Saturdays with a competition
 - Early morning rehearsal for all teams
 - Bus trip
 - Competition all afternoon/evening

Our competition and rehearsal schedule can be found on the Indoor Website.

We have done everything possible to work around other school activities and events. Please let us know if something was overlooked. Check the Schedule NOW - competitions cannot be changed.

TENTATIVE COMPETITION SCHEDULE:

Date	MSD & MSG	HSD & HSG	Percussion
Jan. 19	East Penn (KIDA)	East Penn (KIDA)	
Jan. 26	Cumberland Valley (KIDA)	Cumberland Valley (KIDA)	
Feb. 2			
Feb. 9			
Feb. 16	CD – Morning (KIDA)	CD-Morning (KIDA) CD – Afternoon (TIA)	CD – Morning – Watch CD – Afternoon (TIA)
Feb. 23		Lower Dauphin (TIA)	Lower Dauphin (TIA)
Mar. 2			
Mar. 9	Mechanicsburg (KIDA)	Mechanicsburg (KIDA)	Mechanicsburg (KIDA)
Mar. 16			Conrad Weiser (TIA)
Mar. 23	West Shore (KIDA)	West Shore (KIDA)	
Mar. 30	Chambersburg – Champ.	Chambersburg – Champ	
Apr. 6	Home Show (TIA)	Home Show (TIA)	Home Show (TIA)
Apr. 13		Donegal (TIA)	Donegal (TIA)
Apr. 20			
Apr. 27		Lower Dauphin-Chapters	Lower Dauphin-Chapters
May 1-5		Wildwood	Wildwood

Financial Information:

What each student will be responsible for:

- Personal items
 - such as t-shirts, tights, shoes, gloves, makeup, etc.
- Additional information will follow for each team
- Competition attire (not uniform parts unless specified)
 - Track Jacket / Percussion Jacket
 - Black Jazz / Yoga Pants

WE WILL BE FUNDRAISING.

- Fundraising will provide you the opportunity to cover some or all of the financial costs.
- The more you do the easier it is for everyone involved!

2019 Northern Indoor Color Guards, Dance Teams & Percussion

Intent to Participate

By signing this form, I am making a commitment to attend every rehearsal and performance that I am scheduled for throughout the 2019 Indoor season, unless I am absent from school, or have made arrangements with the indoor directors / lead instructor in advance. If I need to miss a rehearsal I must fill out the Absence Request Form (found on the Indoor Website) at least 3 weeks in advance, unless it is an unexpected illness AND I must also explain the situation in writing (e-mail is fine) to the indoor directors / lead instructor. If I miss a rehearsal, excused or unexcused, I understand that I am expected to catch up on what I missed prior to the next scheduled rehearsal. I understand that **EVERY** part is important and everyone's positive contribution to the teams will assist in their success. Your success and the success of the program depends on you showing up to rehearsal, both physically and mentally.

If I miss a rehearsal and do not communicate this in advance, my part in the show **MAY** be changed or I may be taken out of that part of the show.

Please sign and return this form by December 8, 2018

Parent Signature_____

Student Signature_____

CODE OF CONDUCT

PHILOSOPHY

The Northern York County School District offers numerous activities which are an extension of the classroom. The goal and purpose of these programs is to TEACH students the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork, and hard work. Additional goals include knowing how to win and how to lose, increasing the knowledge of the activity, realizing potential, and developing a healthy lifestyle and skill development. The activities are laboratories for learning. The Northern York County School District's school board, administrators, teachers, and coaches/advisors are committed to excellence and providing the best opportunities for students. The participants must keep in mind that they are often in the public eye and that their personal conduct must always be above reproach. They have an obligation to create a favorable image and to gain the respect of their peers and adult citizens of the community.

EXPECTATIONS

In addition to the Northern York County School District Code of Conduct, the following rules have been developed for interscholastic athletics and all co/extracurricular activities.

1. Students are the responsibility of the coaches/advisors until the organization returns to the high school or middle school. When returning from a contest, students are expected to leave the premises immediately. No student may be released by a coach/advisor prior to returning to the school unless it would be to a parent or guardian with written notification. Participants are strongly encouraged to travel with their organization at all times. We are striving to promote team unity and loyalty.
2. Students will not practice or participate in any activity during a period of in-school/out-of-school suspension. Students may be dismissed from the organization for a second in-school/out-of-school suspension.
3. Stealing will not be tolerated and will result in immediate expulsion from the team/activity.
4. For events where the National Anthem and/or alma mater are performed, students will be respectful and courteous. The first offense is a warning. The second offense is suspension for three days. The third offense is expulsion from the team/activity.
5. Students are expected to attend and participate in all practices, games, performances, etc. The only excusable absence from practice, games, or public performance is an emergency situation or one previously approved by the coach/advisor. Below are some examples of emergency situations:
 - a. A death in the family
 - b. Automobile accidents
 - c. Illness and not in school

Below are some examples of absences that would receive approval from the coach/advisor assuming prior notification was given:

- a. College visits
- b. Medical appointments
- c. Religious observances
- d. Any other situation that the coach/advisor would consider acceptable.

An unexcused absence is an absence in which the coach/advisor did not have prior knowledge. An emergency situation would be an exception to this rule. The first unexcused absence will result in suspension from practices and/or games for three days. The second unexcused absence will result in immediate expulsion from the team/activity.

6. **Equipment issued for practice and competition should be cared for properly.** Loss or failure to turn in equipment at the end of the season will result in payment to replace it. Any awards due to the student will be held and grades will also be withheld until restitution is made. Refusal to make full payment may result in law enforcement referral.
7. Berating or criticizing officials/judges will not be tolerated. Students should never have a dialogue with an official or judge. The only designated persons to talk to officials are the team captain and coaches/advisors. Being ejected from a competition will result in three days of suspension from the activity. This suspension will take place over the days immediately following the ejection and will follow PIAA guidelines for athletic activities. A second offense is expulsion from the team/activity.
8. The student must finish the season/activity as a team member in good standing to qualify for any awards sponsored by the school district or booster club. All awards will be presented at the end of the season. The coaching staff, advisors, and athletic department will determine the types and numbers of awards to be presented.
9. Students are expected to:
 - i. Understand that their actions are representative not only of themselves, but also the entire program.
 - ii. Represent the Northern York County School District, community, and themselves in a positive manner.
 - iii. Show respect for all in authority as well as for all facilities, property, and equipment. Disrespect towards any coach, advisor, or administrator will not be tolerated. The first offense is a three-day suspension from the activity (practices, performances, contests, etc.). The second offense is removal from the team/activity.
10. **Use of profanity is forbidden.** The first offense is a warning. The second offense is a three-day suspension from the activity (practices, performances, contests, etc.). The second offense is removal from the team/activity.
11. Students are expected to follow all school rules while riding to and from the activity. Standing or moving about the bus/van is not permitted.
12. A student has not officially quit an activity until he/she has spoken with the head coach/advisor of the activity and has handed in all of his/her equipment. A student who quits an activity after the first three weeks of the season may not join another activity during the same season. In addition, the student may not begin another activity, even if during another season, until they have completed all of the above.
13. When you put on a team jacket or uniform/costume, spectators keep a keen eye on you. Show them what kind of team person you are. Demonstrate support for other teams and be prepared at all times to help your fellow team members.

14. All team members should cheer and support the other teams and vice versa. Team members are required to sit in the stands with their teammates during other teams' performances. Watching is learning! This is not a time for buddies and friends. Teams are required to stay and watch after their performance is over unless members need to eat or get ready for another performance. Only the Director can excuse members from leaving competitions.

ELIGIBILITY

1. A student may not participate or practice for any athletic team or co/extracurricular activity unless he or she is in school by 9:00am the day of the scheduled contest or practice. On a two-hour delay, students must be in school by 9:40am. This rule may be waived by the Principal for extenuating circumstances. If a student leaves school before the end of the school day and does not return to school, he or she must provide a medical excuse in order to be eligible to participate in any contest/practice.
2. Students must demonstrate academic eligibility in order to participate in interscholastic athletics and co/extracurricular activities. The student must be passing four and one-third (4.33) credits on a weekly cumulative basis, starting with the beginning of the marking period. If students do not meet this standard, they become ineligible for the following week (Monday through Saturday). Students must also be passing four and one-third (4.33) credits at the end of each marking period. If not, they will become ineligible for the first fifteen- (15) school days of the next grading period. The first time a student is ineligible, he/she may practice but not compete during the time of ineligibility. For the second and subsequent periods of ineligibility (of that season), students may not practice or compete.

DISCIPLINE

1. **Controlled Substance Violation** – Participation in and attendance at extracurricular, co-curricular, and athletic activities is a privilege, not a right. As such, school districts are afforded broader discretion to enforce “good citizen” standards against students participating in extracurricular activities.

Students participating in extracurricular, co-curricular, or athletic activities are required to abide by the applicable Code of Conduct at all times (24 hours day, 7 days week, 52 weeks per year) regardless of location of incident and whether the student is actively engaged in the activity or not.

The following conduct shall constitute grounds for suspension from participating in extracurricular, cocurricular or athletic activities including but not limited to all competitions, performances, and practices:

- Use, possession, distribution, sale, or being under the influence of any drug, drug paraphernalia, or alcohol as defined in Board Policy #227.

- First Offense = 21 Calendar Day Suspension (If the student is not actively engaged in the activity at the time of the violation, the extracurricular suspension will be enacted during her/his next historically participated season).
- Second & Subsequent Offense = 1 Calendar year suspension

In order to return to competition and practice at the end of the suspension, the student must have successfully completed a Student Assistance Program evaluation, or a comparable evaluation completed by an outside agency that has been approved by the school.

2. **Tobacco Policy Violation** - An activity participant who violates the tobacco policy of the school district will be suspended from participation for three (3) weeks. A second offense will result in an eight (8) week suspension. A third offense will result in a one (1) year suspension from the date of the third (3rd) violation. Vaping will carry the same consequences as tobacco usage.
3. **Other Circumstances** – In circumstances where an activity participant:
 - Engages in any activity forbidden by the laws of the Commonwealth of Pennsylvania (theft, weapon, assault, etc.)
 - Conducts himself/herself in a manner inconsistent with the mission of the District
 - Engages in any other offenses of the Student Code of Conduct

whether in school or out of school, and whether in season or out of season, a committee consisting of the building principal, athletic director, advisor, and/or head coach will review the individual situation and take appropriate action. The student will have an opportunity, if desired, to appear before the committee before final action is taken.

4. **HAZING** – According to Board Policy #247, hazing is defined as “any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition of continued membership in, any organization. The term shall include, but not be limited to:
 - Any brutality of a physical nature, such as whipping, beating, branding;
 - Forced calisthenics;
 - Exposure to the elements;
 - Forced consumption of any food, liquor, drug or other substance;
 - Any other forced physical activity which could adversely affect the physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which is intended to or could result in humiliation, extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual; or
 - Any willful destruction or removal of public or private property.”

Any activity, as described above, upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be “forced” activity, the willingness of an individual to participate in such activity notwithstanding.

Hazing of any kind will not be tolerated and will result in immediate removal from the team for the remainder of the season.

Code of Conduct Signature Form

We have read the Athletic Department/Co-Curricular Code of Conduct. We understand the guidelines, rules and philosophy of the activity program. In understanding that our signature does not signify agreement with all areas, it does signify that we will do all we are capable of to help follow and enforce these stipulations. Therefore, we are attaching our signatures below on this page:

Participant's Name _____

Sport/Activity _____

Participant's Signature _____

Date _____

Parent/Guardian's Signature _____

Date _____

Parent/Guardian's Signature _____

Date _____

**PLEASE RETURN THIS FORM BY
December 8, 2018**

2019 INDOOR DANCE TEAM, GUARD, & PERCUSSION STUDENT EXPECTATIONS

EXPECTATIONS FOR MIDDLE SCHOOL DANCE TEAM/COLOR GUARD MEMBERS

1. All students and parents must sign and adhere to the Indoor Code of Conduct.
2. All students must be at the assigned building and assigned time to participate in the warm up during the AM on all competition Saturdays.
3. All students should have their hair and makeup done and ready to go when the teams depart for a competition unless otherwise instructed by the staff.
4. At competitions, all middle school students must be with an approved chaperone at ALL times. The only exception is if parents come and take their student with them for some reason. Unless those parents are approved chaperone, they may not take any other student with them. NO EXCEPTIONS.
5. At rehearsals, phones should be silent or turned off unless a student is expecting an urgent call or contacting their parents. In the event of an emergency, parents should contact the lead instructor to reach their children. Cell phone usage during water breaks is strongly discouraged, as it has proven to cause distractions. Cell phone use during lunch and dinner breaks is acceptable. Rehearsal is a time to focus on self-improvement and strengthen the team, not for texting and posting on social media.
6. Any negative publicity regarding the indoor program(s) posted by a student on social media may be grounds for immediate dismissal.
7. All students will have garment bags for storing their uniforms. Do not store anything else in your garment bag after a competition. Body tights, t-shirts, undergarments, socks, shoes, or accessories should not be stored in the garment bag – only your uniform. Food wrappers and makeup have no place in the garment bag as they could stain or damage the uniforms. Please make sure the uniform is hung neatly in your bag at all times and not stuffed in the bottom. The uniform parents take great care of the uniforms to make you look your best at a performance. Please do not disrespect their efforts.
8. Participation in other activities is certainly allowed. However, please discuss any conflicts with the staff and make accommodations to manage your time appropriately between the activities. Consistently missing rehearsals for another activity is not fair to you or your teammates and inhibits the success of the group.
9. Please make note of any other competition expectations listed under the HS teams that may apply.

EXPECTATIONS FOR HIGH SCHOOL DANCE TEAM/COLOR GUARD/PERCUSSION MEMBERS

1. At rehearsals, phones should be silent or turned off unless a student is expecting an urgent call or contacting their parents. In the event of an emergency, parents should contact the lead instructor to reach their children. Cell phone usage during water breaks is strongly discouraged, as it has proven to cause distractions. Cell phone use during lunch and

- dinner breaks is acceptable. Rehearsal is a time to focus on self-improvement and strengthen the team, not for texting and posting on social media.
2. Any negative publicity regarding the indoor program(s) posted by a student on social media may be grounds for immediate dismissal.
 3. Participation in other activities is certainly allowed. However, please discuss any conflicts with the staff and make accommodations to manage your time appropriately between the activities. Consistently missing rehearsals for another activity is not fair to you or your teammates and inhibits the success of the group.
 4. At competitions, high school students are allowed to be on their own, but they must be in a group of at least two students. No students are ever allowed to go anywhere by themselves. They must always be in the company of at least one other Northern Indoor dance team/color guard/percussion member.
 5. Any high school students who choose not to obey the rules will be assigned to a chaperone.
 6. All students and parents must sign and adhere to the Indoor Code of Conduct.
 7. All students must be at the assigned building and assigned time to participate in the warm up during the AM on all competition Saturdays.
 8. All guard/dance students must wear long black pants or yoga pants (no capris), appropriate Northern shirt, and their track jacket to and from all competitions. All percussion students may wear black pants or jeans, appropriate t-shirt, and their percussion jacket to and from all competitions.

Competition Attire

- **Black pants** -- long yoga pants or jazz pants (Jeans for Percussion okay)
 - **Track jacket** – if in uniform keep zipped; if not in uniform, may be unzipped
 - **Appropriate shirt** -- Northern t-shirt if possible
 - **Shoes** -- No flip flops may be worn. Wear comfortable shoes that you can get on and off easily. Please don't wear UGG boots to the gym when you're performing.
9. All students should have their hair and makeup done and ready to go when the teams depart for a competition unless otherwise instructed by the staff.
 10. All students will have garment bags for storing their uniforms. Do not store anything else in your garment bag after a competition. Body tights, t-shirts, undergarments, socks, shoes, or accessories should not be stored in the garment bag – only your uniform. Food wrappers and makeup have no place in the garment bag as they could stain or damage the uniforms. Please make sure the uniform is hung neatly in your bag at all times and not stuffed in the bottom. The uniform parents take great care of the uniforms to make you look your best at a performance. Please do not disrespect their efforts.
 11. All students should bring money to buy snacks, drinks, and dinner at the competition.
 12. Sometimes parents will want to eat with their children, hang out with their children at the competition, etc. This is fine. However, no other student may accompany that parent to eat or hang out unless that parent is an approved chaperone.
 13. Students must listen to their chaperones at all times.
 14. There are to be no cell phones in the stands at competitions. The only place students may have cell phones is in the rooms where they get ready and in the cafeteria. Students must leave their cell phones in their bags when they are in the gym. **No phones may be taken to retreat.**

15. When any Northern teams are performing, the other teams who are not performing are expected to be in the stands for support and to help with the floor and props if needed.
16. Students may not sit on the spectator side while Northern teams are competing or during retreat. They must sit on the team side.
17. Students must be quiet when other teams are performing, and they should clap when teams finish performing. Under no circumstances should students make fun of or say how bad other groups are.
18. Students should not swear or talk inappropriately. They should also be respectful to everyone around them. In the cafeteria and in the gym, they may have fun, but they should not be loud or obnoxious.
19. Students may go down and dance at the end of a competition. However, there should be no suggestive dancing or inappropriate behavior. Students should always remember that they are representatives of the Northern York County School District.
20. No nail polish may be worn on competition day. If a team is not wearing shoes, no nail polish may be worn on the toes.
21. There should be **NO** Public Displays of Affection for any students. Students may say hello, but they may not sit with their significant others in the stands. Non-indoor friends may only sit on the spectator side in the gym. Non-indoor friends may eat with the indoor students, but all team members must be in groups of twos. Therefore, no indoor member may be sitting alone with non-indoor friends in the cafeteria. Students may not “hang out” with their significant others at the competition (besides the cafeteria) even if they are in groups of two.
22. Students should always throw away all their trash at competitions and in the rooms where they get ready. **All students must clean up their own trash on the bus.**
23. If a student continually chooses not to adhere to the above expectations, their parents will be notified, and/or they may be dismissed from the team.
24. No students are permitted to leave the school for any reason while we are at competitions, even if they have finished performing. All students are required to watch the other Northern teams perform and to help them get on/off the floor. The only exception is if there is an extenuating circumstance and the directors have been notified in writing **prior to** the competition that the student will need to leave early. **Written requests must be given to the director no later than the morning of the competition. All notes must be in their possession before the buses depart for each competition.**

Student Expectation Form

I have read and understand all of the expectations that have been stated in this document, and I agree to follow them.

Student's Name _____

Student's Signature _____

Date _____

I/We have read all of the expectations that have been stated in this document, and I/We understand what is expected of our child while she is at a competition.

Parent/Guardian's Name _____

Parent/Guardian's Signature _____

Date _____

***PLEASE SIGN AND RETURN THIS FORM BY
December 8, 2018***