

STORM

DANCE ⚡ TEAM

2025-2026

OKC Storm Dance

Dancer/Parent Handbook

*Changes/additions from 25-26 have been written in blue.**

SQUAD MEMBER EXPECTATIONS

BE A LEADER: Members are expected to set an example by exemplifying loyalty, cooperation, and positive attitudes, as well as representing OKC Storm by acting as positive role models and demonstrating good leadership qualities at all times.

BE RESPONSIBLE: All athletes are expected to conduct themselves with class and dignity, in and out of uniform. Practice good sportsmanship and be in compliance with all rules and regulations. Members' behavior is not only a reflection of their values, but also of their family, their teammates, and this program. Members must be responsible for their actions and hold themselves and their teammates accountable.

BE RESPECTFUL: Members will respect all other members, including their teammates, coaches, and members of other programs. In return, they will receive the respect that they deserve.

BE COMMITTED: Athletes should take their place in the OKC Storm Dance program seriously. When a member is selected for OKC Storm Dance, they commit to making themselves better every day as well as those around them. Commitment is about being prepared and present, giving every practice one's full effort, and motivating one's teammates to do the same.

GENERAL CONDUCT

1. Exemplary behavior is mandatory at all times, anywhere in the community, and at all functions where you are recognized as a representative of OKC Storm Dance Team. This includes social media.
2. Promoting good sportsmanship by way of example is required at all times. Members must not use foul language at any event. Be kind. There is no room for bullying. Bullying will be grounds for dismissal.
3. Members must cooperate with all squad members, officials, and coaches.
4. Set aside personal differences for the benefit of the program.
5. Storm Dance will dismiss any member if the dancer shall at any time fail, refuse or neglect to conform his personal conduct to the standards of good citizenship and good sportsmanship or to obey the Program's guidelines and rules. Dismissal is at the discretion of the coach(es).
6. Any serious act of misconduct by dancer, including (but not limited to) an act of dishonesty, theft, moral turpitude, illegal activity, insubordination, or any act injuring, abusing, or endangering others will result in dismissal from team.
7. The dancer shall not commit any act or do anything which might tend to bring dancer into public disrepute, contempt, scandal, or ridicule, or which might tend to reflect unfavorably on the Program, any sponsor of a program, or to injure the success of the Program. This includes social media.
8. Coach(es) reserve the right to request dancers to remove any social media post, story, etc. Failure to do so will result in dismissal.

9. Failure to arrive to practice, call times, competitions, etc. as scheduled may result in removal from dances, conditioning punishments, etc. Multiple occurrences will result in dismissal from the team.
10. Failure to dress in assigned apparel as requested may result in removal from dances, conditioning punishments, etc. Multiple occurrences will result in dismissal from the team.
11. The Dancer shall always be fully and neatly attired in public and at all times (on and off the dance floor) conduct herself/himself in accordance with the highest standards of morality, honesty, fairness, and sportsmanship and will not do anything which shall be detrimental to the Program, the coaches, etc. which shall subject any of these entities to ridicule or contempt
12. Failure to follow squad member expectations and general conduct codes may result in immediate dismissal.

PARENT EXPECTATIONS

1. In order for the dance team to be successful, it takes the cooperation of the parents, participants, and coaches.
2. Parents are responsible for **all financial obligations** for all expenses involved in this activity year-round. These expenses can be offset by fundraisers, but it will be the responsibility of parents to organize and run the fundraisers with the head coach's approval. Those who do not fully participate in fundraisers will be required to pay out-of-pocket.
 - a. Monthly costs including coach's fees and facility fees are due on the fifth day of each month.
3. Parents need to be aware of the time commitment involved in OKC Storm Dance and need to support their dancer and coach in these activities to see that he/she fulfills all responsibilities.
4. Understand by the very nature of the activity, dancing carries a risk of physical injury. No matter how careful the dancer and coach are, the risk cannot be eliminated. As a parent you understand these risks and will not hold OKC Storm Dance or any of its personnel responsible in the case of accident or injury at any time.
5. Parents and participants must trust and support the decisions and appreciate the time made by the coach to always do what's best for the team. Please keep in mind that coaches have other responsibilities and commitments outside of the dance program, and it is asked that parents and participants respect their personal and professional time. Any questions or problems concerning your dancer should be directed to the head coach. Issues should not be addressed during practices, games, or other scheduled events. The coach will make every effort to respond to parent questions, concerns, and inquiries in a timely manner.

6. It is known that teenagers will be involved in peer conflicts at some point especially during high emotional and stressful situations. It is requested that the dancers make all attempts to correct the issue amongst themselves with coach supervision prior to parent involvement other than in a supportive, listening role. Conflict resolution and compromise amongst dancers will be a main focus to develop the whole individual.
Exception: Bullying should be directly reported to the coach.

*The following policies and procedure are designed to allow coaches to work with dancers while respecting the wishes of their parents. **Families who are not comfortable with this contract should consider joining another team/program.***

GRIEVANCE POLICY

At Storm Pom, we encourage the dancer to talk to the coach when she has a problem concerning dancing, teammates, or other pom-related issues, or if she is unclear about what the coach expects from her at any point. If the dancer is too emotional to discuss the problem in an adult manner, the conversation should be delayed until the dancer is ready to do so. Parents can best help their dancer by helping her set high standards for herself and allowing a safe space to vent without interference.

When parents have a problem that is specific to their own dancer, they may contact the coach. What the coach will not do is discuss coaching decisions. Coaching decisions include, among other things, specific formation spots, leadership positions, music or costuming, etc. These decisions are the result of a complex determination, in that coach's opinion, of the dancer's ability, the dancer's potential, the team's needs at the moment, the team's needs in the future, and what will serve the team best **as a whole**. The coach will not be required to defend her thought process or conclusions in these determinations, and it is improper for a parent to request it. In addition, the coach will not discuss any athlete other than the parent's own, or the actions/behavior of any other dancer.

Specifically, the procedures to follow if a parent or dancer have concerns about policies, actions, or teammates, are, in this order:

1. The dancer should speak to or meet with the coach about the matter.
2. If the matter remains unresolved past 48 hours of the initial conversation with the dancer, then the parent may request a meeting. The coach will not respond to phone calls, texts, emails, etc. until this time period has expired. **Exceptions which must be made clear in any communications: safety concerns including bullying or injuries.
3. Parents and/or athletes are expected to text or email the coach to set a meeting. Meetings are to be at times and locations other than practices, competitions, etc. If a parent approaches a coach at an inappropriate time (competitions, practices, etc) the coach will refuse to discuss any matter and will walk away from the parent.
 - a. The recommended time for a parent and/or athlete to talk to a coach about a problem is a previously arranged meeting time either before or immediately after a scheduled practice.
 - b. The coach will have the best interest of the team and dancer at heart, and parents are expected to communicate in a manner that is not accusatory or

threatening towards the coach or team. At any point during a conversation, the coach reserves the right to end the discuss should this behavior occur.

Additional Parent Expectations

1. A parent is not to approach a dancer who is not their own regarding any pom issue at any time. There are no exceptions to this rule.
2. Storm Pom coaches will only involve themselves (as needed) with issues that arise at Storm Pom sanctioned events or when a dancer is representing the team. Parents should not contact the coach regarding issues outside of pom including dance studios, church, school or co-ops, other extracurricular activities, etc.
3. Support and root for all dancers on the team: foster teamwork among all dancers.
4. Help keep dance in its proper perspective.
5. Parent and dancer should not involve themselves in other's issues or represent others in issues.
6. Encourage your dancer to handle team issues with their teammates in a loving and caring manner.
7. Encourage your dancer to strive for their best each and every day!

COACH

1. The coach will work with the squad in the best interest of the team. All coaches want the best for the program and each individual dancer.
2. Head coach makes all final decisions. Team members, captains, discipline, choreographers, music, practice times, events, fundraisers, etc. are the responsibility of the coach OR must be approved by the coach prior to scheduling.
3. Members experiencing problems should talk with their coach first and work with them in finding suitable solutions.
4. Members should treat the coach with respect.
5. In the event the coach is absent from practice, event, or competition, coach will appoint an adult to be in charge.

PAYMENTS

1. Itemized invoices will be sent monthly to parent/s email by the 30th of each month if at all possible. Items invoiced will be due by the 5th of each month. Should the invoice be received later, the due date will be extended.
2. Unpaid invoices with incur a 10% fee on the 6th of each month and will accrue monthly

thereafter until paid in full.

3. No dancer will be registered in solo competitions unless balance is current at the time of registration.
4. If dancer does not participate in fundraiser(s), the parent is expected to pay for the difference of the required fundraised amount rather than the items fundraiser is to cover.

SAFETY

1. Dancers are responsible for a certain amount of their own safety and protection during practices and games. Wraps, braces, or tapes are to be worn when needed.
2. Any member compromising the safety of herself or others will be immediately dismissed.

CAMPS / INTENSIVES / CHOREOGRAPHY DATES

1. The coach will determine the site and dates. Families are expected to work around camp, intensives, and choreography dates when planning family and other activities.
2. If squad attends a summer camp, squad members are expected to pay own camp costs.
3. Camps and choreography dates are mandatory. Failure to participate may result in removal from dance or dismissal from team.
 - a. *Choreography days should be blocked from 8AM-9PM to ensure flexible schedule regardless of initial provided times. Please note, when outside choreographers are brought in, we will adjust to HIS/HER times during days should we need additional or less time. This may be adjusted with less than 24-hour notice which is why it is crucial to block entire days choreography is scheduled.*

PRACTICES / TECHNIQUE REQUIREMENT

1. Attendance is required at all scheduled competition season practices (August-February). Summer practices are required unless an advance notice (7+ days) is given.
2. A dancer/parent is required to complete an Absent Form for each missed practice, summer and competition season. Form will be provided following auditions each season.
3. Dancers missing more than 3 competition season practices will be subject to dismissal. Exceptions require doctor's notes.
4. Dancers who arrive more than 5 minutes late to >5 competition season practices will be subject to disciplinary action which may include removal from specific dances, inability to perform at halftimes, dismissal from team, etc.

5. Practices are considered at all times including weekends and holiday breaks.
 - a. Practices will be held over Christmas break.
6. Practices will not be planned around those who have jobs, outside activities, or appointments (i.e., dance activities, doctor appointments, etc).
7. Practices are closed to all family and friends unless specifically stated by Coach.
8. All members should be dressed out for each practice unless specified otherwise by the coach.
9. All required attire should be worn to practice. Hair and bangs must be secured away from the face. Gum chewing will not be allowed.
10. Stretching and warming up is not optional. Members must participate in stretches in order to practice and perform.
11. Squad members must participate in all facets of practice (i.e. dressing out, stretching, listening, cooperating, etc.)
12. Phones are NOT allowed to be out and in use during practice unless specifically allowed by the coach. In the event this happens past warnings, coach may take possession of phone until the end of practice. Emergencies can be directed to coach phone at any time during practices.
13. If a squad member will miss a practice, arrive late to practice, or leave early from practice, the coach must be notified in advance. Notification does not mean the absence will be excused.
14. When a squad member is absent from practice, it is their responsibility to learn what was missed on their own time.
15. Multiple, unexcused tardiness, late arrivals, early departures, or absences may result in dismissal from squad.
16. Each athlete should bring ample water to each practice. Water breaks may be taken at any time.
17. Should a dancer be limited at practice due to illness or injury, a doctor's note is required for the coach to accommodate the limitations. A doctor's note must include a timeline of when the dancer is released to full-participation.
18. An outside technique / progressions dance class is required from August – February. This can be taken at any dance studio of choice. Additionally, Storm Dance will provide a technique (1 hour) class at an additional cost of \$25/month IF there is enough interest from team members.

SOCIAL MEDIA

1. All team members and parents should understand that social media is not private regardless of settings.
2. Inappropriate posts including but not limited to, foul language, negative remarks

regarding the program, its personnel or decisions, illegal activity, inappropriate gestures or clothing will not be tolerated. Dismissal from squad will result as a consequence.

3. At all times in and out of uniform, dancers represent Storm Dance. Please uphold our standards when posting to any social media channel.

UNIFORMS & PROGRAM ISSUED ITEMS

1. You are to keep all items clean and in its original condition.
2. Follow the washing instructions you have been provided with for all apparel.
3. Uniforms are to be worn for designated activities/events only. Do not wear your uniform unless a coach has given you permission to do so. Wearing it for senior pictures is allowed.
4. Any and all alterations to program issued apparel must be approved by a coach ahead of time. Alterations must be done professionally, and must be professionally removed to the original condition before returning the apparel to the coach at the end of the season.
5. Any individual misusing or abusing, including not properly cleaning their uniform, will lose the privilege to wear it.
6. Any lost, damaged, and/or unapproved alterations are subject to a fine. Any program issued items not returned by the due date will be subject to a replacement fee.

COMPETITIONS

1. Travel to competitions and other events are the responsibility of the parents/dancers unless otherwise planned in advance.
2. Dancers will be prohibited to have phones during competitions. Phones should be with parents or remain in hotel rooms during competitions. Any emergencies can be directed to the coach's phone at any time. Phone times will be scheduled and parents will be made of aware of said time.

TEAM DISMISSAL

If a team member is dismissed or resigns from the squad, all money fundraised or turned in will not be reimbursed, uniforms and other program-issued items must be returned to the coach promptly in original condition. Members resigning or dismissed will not be allowed to tryout the following season.

COMMUNICATION

In order to stay connected with our dancer and parent/guardians, we will use the following form of communication. The coach places a high priority on dance members' personal responsibility for their dance obligations. It is the dancer's responsibility to relay information to

parents as soon as possible. Each dancer, and their parent/guardian, should take the following steps in order to receive important information regarding activities and events.

1. Band App
 - Please check Band daily! Band is a phone application that will allow anyone with a phone to view important information. We will use this for the majority of our communication throughout the year including practice dates, required forms, contact information, assignments, payment schedule, etc. This will only be used to communicate coach's information to the parents and athletes regarding **DANCE only.**
 - Only coaches and designated personnel are to update posts, calendar, etc. Any post without permission will be deleted.
 - Only one guardian per dancer will be admitted to the Band App. Additional person must be requested to coach via email: okcstormdance@gmail.com.
2. All group messages among dancers are to be sent through Band App.
3. Coach will be available to discuss any items regarding Storm Dance at the following times:
 - a. Mondays: 5:30-6:30PM
 - b. Thursdays: 5:30-6:30PM
 - Please do not call the coach outside of these hours to ensure a balance of family and work.
 - Informative items (late to practice, absence, injury may be directed at any time via TEXT only.



**2025-2026
OKC STORM DANCE TEAM
Dancer/Parent Handbook Agreement**

These guidelines are provided to inform dancers and parents of the expectations of participating in the dance program associated with OKC Storm. Dancers selected for the team must be in agreement with these guidelines and must adhere to them during their tenure on the squad.

I understand that OKC Storm Dance has established rules and regulations pertaining to conduct, behavior, and activities of all dancers and parents, by which I must abide during participation in this team. I understand that failure to adhere to these rules and regulations may result in dismissal from the team at any point.

By signing this form, I agree I have been provided with a copy of the 2025-2026 Storm Dance Team Handbook. I have fully-read, understand, and agree with the OKC Storm Dance Team coaching staff's rules and regulations as they pertain to myself/my dancer as a member of OKC Dance Team.

ANY adult who is responsible for financial obligations MUST sign below.

Name of Dancer: _____ **Date:** _____

Dancer Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

(if applicable)

Parent Signature: _____ **Date:** _____