



**2022-2023**

**OKC Storm Pom**

**Dancer/Parent Handbook**

*\*Major changes/additions from 21-22 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 Pom program seriously. When a member is selected for OKC Storm Pom, 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 Pom. 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.

## **PARENT EXPECTATIONS**

1. In order for the pom squad 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 first day of each month. No funds raised are to be used for these fees.
3. Parents need to be aware of the time commitment involved in OKC Storm Pom 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 Pom 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 pom 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.](#)

## **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 30<sup>th</sup> of each month if at all possible. Items invoiced will be due by the 5<sup>th</sup> of each month. Should the invoice be received later, the due date will be extended.

2. Unpaid invoices will incur a 10% fee on the 6<sup>th</sup> 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.

### **PRACTICES**

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.
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.

## **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, inappropriate gestures or clothing will not be tolerated.
3. At all times in and out of uniform, dancers represent Storm Pom. 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.

## **TRAVEL**

1. Travel to competitions and other events are the responsibility of the parents/dancers unless otherwise planned in advance.

## **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 pom members' personal responsibility for their pom 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 **POM 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: [okcstormpom@gmail.com](mailto:okcstormpom@gmail.com).**
2. All group messages among dancers are to be sent through Band App.



**2022-2023**  
**OKC STORM POM**  
**Dancer/Parent Handbook Agreement**

These guidelines are provided to inform dancers and parents of the expectations of participating in the pom program associated with OKC Storm Pom. 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 Pom 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 2022-2023 Storm Pom Handbook. I have fully-read, understand, and agree with the OKC Storm Pom coaching staff's rules and regulations as they pertain to myself/my dancer as a member of OKC Storm Pom.*

**Name of Dancer:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Dancer Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_