



Synergy Park District Cheer, Dance, & Pom

Competitive Teams

General Information



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Welcome

Welcome to the Synergy Park District Competitive Program. We are so happy to have you on one of our competitive teams. It is our goal to provide an opportunity for your child to learn, grow, develop, and mature into an outstanding young adult. Participants that are a part of our team will learn to work hard, set and achieve goals, work well with others, take initiative, and work through frustrations and setbacks. Synergy Team Competitive also promotes and encourages confidence to achieve anything they put their minds to. This program is designed to give students, who are interested in a particular style of dance, cheer, or poms the opportunity to go a step further. Members of this group will study, learn, and perform choreography and various genres of dance, cheer, or poms at local and special events. Our utmost priority is to provide an incredible team experience for your child. To make this happen, the participant, parents, family, and coaches must work together as a team. Parents are responsible for all transportation needs.

Mission

It is our mission to provide each dancer in the Synergy Park District Competitive Teams with a well-rounded healthy performance experience. The Synergy Park District Competitive Teams exposes participants to the following areas of concentration: teamwork, individual and group goals, time management, dance and performance technique, rehearsal and performance etiquette, commitment, self-confidence, and being held accountable for the choices one makes. This competitive team appreciates the opportunity to perform on the same floor with others who are sharing the same interest and passion towards cheer, dance, and pom.

Philosophy

In order to understand and appreciate what goes into the development of a competitive team member, one must understand exactly what it is we are trying to achieve during training. There are four fundamental areas of development, which need to be addressed during the training:

1. Strength Development

Strength is important not only to master skills, but to prevent injury as well. We use various types of conditioning at each practice to gain strength. Conditioning is meant to be challenging, fun, and rewarding.

2. Flexibility Development

Flexibility is critical to the long-term success of the participant. Flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

3. Skill Development

Skill development falls into two distinct, but much related categories: basic skills and new skills. Basic skills are like the ABC's of cheer, dance, and pom. Basic skills are the foundation of cheer, dance, and pom. If basic skills are neglected, missing, or not up to par, it can weaken the overall performance. Basic skills must continually refine in order for the team member to improve their performances. New skills are introduced as basic skills are mastered and as coaches see fit.

4. Discipline

Discipline plays an important role when training. Training requires discipline from the team member, coach, and parent. Without discipline, the strength, flexibility, and skills do not come.

Exposure and Experience

It is important for our youth, teens, and adults to not only embody cheer, dance, or pom physically but to promote and live it as an art form. Synergy Park District Competitive Team will perform within and around the community at a variety of festivals, parades, benefits, park districts, and school events.

Commitment

Being a part of Synergy Park District Competitive Team is fun and rewarding; however, it requires a huge commitment from both the team member and family. Commitment includes year-round practices and meets during the respective meet season. Time management skills are necessary to be a part of the team. All team members are expected to attend all practices, meets, performances, and showcase events.

Priorities

The Recreation Department staff believes that the order of importance always needs to be 1- Family, 2- Education, and 3- Team. **If you choose to be a Synergy Park District Competitive Team member, it is assumed that you have allowed appropriate time for family functions and that your child's study habits and school work is of exemplary quality. Routine family or schoolwork responsibilities are not appropriate reasons to miss practice.**

Safety

Safety is a top priority. Participants must understand that horseplay, carelessness, and unsportsmanlike conduct may result in injury. Staff makes every effort to achieve and maintain a safe environment for the dancers. We believe in strength, flexibility, and progressions to keep the team members as safe as possible.

Rules and Policies

1. Regularly attends practices.
2. There will be no make ups available if practices are missed.
3. Please notify the coaching staff (in writing) when your child will miss practice due to vacation time.
4. Team members should always report on time for practice: which means being on the floor and ready to begin at the scheduled start time of practice.
5. Team members must wear a team leotard or warm-up to practices.
6. Team members should pick up after themselves and keep area neat.
7. Each team member should have their folder, spiral, binder, shoes, etc. - anything they might need for the day in their bag.
8. No food allowed in the dance studio or gym at any time.
9. No jewelry of any kind (watches, necklaces, bracelets, or earrings. Tiny stud earrings are permissible).
10. Please turn off all cell phones before practice and leave them in your bag. This rule also applies to competitions - no cell phones should be used during a competition and must be turned off prior to stretching.
11. Students should never attempt to spot a fellow classmate, or let a fellow classmate spot them.
12. All shoulder length and longer hair must be tied back from the face. Do not use fancy pony tail holders. Students have to be able to roll

over the back of their head. Hard headbands should also not be worn to practice/meets. Please keep bangs out of face.

13. There is no running, tumbling, or horseplay in the waiting areas. Students must walk from event to event being careful to stay with their group and out of the way of other students. When getting a drink or using the restroom, students should carefully walk around all pieces of equipment and other dancers.
14. Students should wait in the hallway for their coach to call their class before entering the East Gym or Dance Studio. Students are not allowed on any equipment before, during, or after class in the Dance Studio or East Gym.
15. No offensive language is allowed at any time. We want to create a positive atmosphere for all team members. That includes meets and other sporting events.
16. Work hard and try your best; do not compare yourself with others.
17. Communicate with the coaches when something is wrong.
18. Treat yourself, teammates, and coaches with respect.

Parent Guidelines

A family's role in the team member's commitment is huge. Please keep in mind the following guidelines:

1. Ensure your child gets enough sleep and proper nutrition.
2. Ensure that your child gets to practices and meets on time.
3. Acknowledge your child's fears.

4. If you need to speak with your child's coach, please schedule a time or do so before or after practice. During practice is not acceptable as the coaches have responsibilities at that time.
5. Call 815-741-7275 ext. 129 or email kcooper@jolietpark.org if your child is going to be late or miss practice.
6. Provide unconditional love, encouragement, & support for your child.
7. Show respect towards your child, their teammates, coaches, and other team parents.
8. Negative comments regarding teams, judges, coaches, or anything team related is not allowed during practice, competitions, or at the Park District.
9. Attend all team parent meetings - this is a great way to keep open communication and stay informed of any updates and happenings.

Discipline Policy

In order to ensure a safe and secure environment, it is crucial that all team members and staff are respectful of one another, the facility, and equipment. All dancers will be accountable for these rules.

The following behaviors are expected:

1. Willing to listen
2. Following directions
3. Positive Attitude
4. Use appropriate language at all times

5. Show respect to teammates, coaches, opposing teams, and judges
6. Encourage and support all Synergy Competitive Team members
7. Work hard and do your best

The following behaviors are unacceptable:

1. Harming or endangering self or others
2. Intentional misuse of equipment
3. Failing to follow verbal instructions/horse play
4. Vandalism
5. Theft
6. Verbally or non-verbally abusing others (name calling, taunting, bullying, teasing, threatening, etc)
7. Cyber bullying
8. Using inappropriate language at any time during practice or meets

These guidelines are intended as general guidelines for all participants, their families, and staff to follow. All participants and staff are expected to use good judgment and common sense to ensure safety and security. Any unacceptable behavior or behavior that endangers the participant, other participants, or staff, may result in immediate, (temporary or permanent) suspension from Synergy Park District Competitive Team.

Discipline Procedures

If unacceptable behavior occurs, the coaches/staff will follow these guidelines:

1. Verbal warning.
2. Verbal warning will be given and team member will be asked to sit and watch until they are ready to participate again.
3. If unacceptable behavior continues after two verbal warnings and time out of practice, the parent will be contacted and asked to pick up the team member from practice.
4. If unacceptable behavior continues to occur, the team member may be suspended for a period of time deemed necessary by the coaches and recreation superintendent.
5. If no improvements have been made after suspension, team member may be removed from the team indefinitely. No refund will be issued.

Attendance Policy

Attendance is mandatory. Attendance involves arriving on time, staying for the entire practice, and performing to potential. Team members are not permitted to leave early unless written arrangements have been made with the Recreation Superintendent or Coach. Team members who habitually arrive late and leave early from practice will have trouble performing to their highest potential and may be suspended from meets entirely or on certain events.

If a team member is going to miss practice or be late, a parent or guardian needs to email kcooper@jolietpark.org or call 815-741-7275 ext. 129. This phone call needs to be made no less than 30 minutes prior

to the start of practice. Knowing which team members are going to miss practice or be late will help us better prepare our schedule for each practice.

Please understand we are aware that absences happen. The occasional absence is understandable, but in the event that multiple absences occur, disciplinary actions will be taken.

Attendance Procedures

1. More than 3 absences from January to May - team member will be placed on probation and/or removed from team.
2. **Miss any practice the week before a meet - cannot attend that meet (which may result in not qualifying for State)**

Attire

All team members should attend each practice fully dressed and ready for practice. This includes a team leotard or warm up and hair pulled back. No jewelry or additional clothing (t-shirts or pants) can be worn during practices. Along with dressing appropriately for each practice, all team members must have their dance shoes, cheer, and/or pom cheer shoes.

The cubbies will be in the east gym and dance studio. Team members are encouraged to use these cubbies for all personal items

Payment Policy

Fees are determined by the number of practices per session. All fees are due at the beginning of each session. Payment options: in person, online, or over the phone. If payments are not received, it can result in the team member being suspended from the team until fees are up to date. Since a team member is not allowed to participate due to payment issues, this will negatively affect attendance and count against the team member. Fees are not prorated on missed classes, absences or tardiness.

Additional Costs

Children will need to purchase a team warm-up and one recital costume each session. Fundraising is available to offset the cost of the warm-up. Parents may opt to do fundraising to offset the cost or purchase the warm-up out right.

Children will also need to purchase a team leotard. Leotard style and pricing will be chosen by coaches and Recreation Superintendent.

Meet Fees

Meet fees are typically \$10-\$15 per meet for each participant. State fees are higher and are calculated per event. Currently, we hold additional fundraising opportunities to offset these fees with events such as tag days & benefit days. We ask all team members participate in these added fundraising opportunities to help keep the cost of session fees reasonable.

Currently we host IPDDC competition meets to offset these costs and not charge team members entry fees.

Home Meets & Dance Recitals

All families will be asked to donate one case of water and one case of pop to sell during the meets and recitals for each participant on the team. All parents must work a shift during the home meet. The profit earned from selling these items are used for each participant's upcoming meet fees.

Private & Team Lessons Dance, Cheer, Pom, Tumbling & Technical Focus

Are you looking for a class to help you reach the next level? Do you want to improve upon your flexibility and learn new tricks? This program will help you focus on your technique on all the skills you perform, as well as increase your body flexibility. You will also have the opportunity to learn new skills that can be unique and creative. Practice and improve skills needed to make a school cheer or pom team. Call 815-741-7275 ext. 173 or email sunshineandrainbows.lc@gmail.com to schedule a private or group lesson. Please be sure to include child's name, age, and skills needing work along with any other members if doing a group lesson. Sign up for three one-hour sessions at one time for a discounted rate. All fees are listed per child. Individual and group lessons are limited based on experienced staff availability and facility space, and are scheduled on a first-come, first-served basis.

Individual/Group	Fee	# of Lessons
Individual	\$25R/\$30N	1
Individual	\$65R/\$80N	3
Group (per person)	\$18R/\$23N	1
Group (per person)	\$48R/\$60N	3

Season Information

There are three seasons:

Skill Training Season 1 (September – December)

Team members are advancing their current skill level and also spending time learning new skills and routines. Conditioning is largely included in this season to build the strength needed to achieve new skills.

Competitive Season (January – May)

Dancers are perfecting routines that they will perform in competitions. Time is spent focusing on form and execution of the skills and routines.

Skill Training Season 2 (June – August)

This season is spent preparing skills for competition season. Different variations of skills and genres of dance are practiced. Tumbling skills are being introduced during this time for each individual team member.

Synergy Park District Competitive Practice Schedule

Day	Date	Time	Division	Age	Location
Tuesday	October-May	6:30-7:30	Dance	8-14	Arrowhead Community Center
Wednesday	October-May	6:30-7:15	Dance	4-8	Arrowhead Community Center
Thursday	October-May	6:15-7:00	Pom	4-14	Kathy Green Multi-Purpose Center
Thursday	October-May	7:15-8:00	Cheer	4-14	Kathy Green Multi-Purpose Center

IPDDC Conference

The Synergy Park District Competitive Team competes through the IPDDC. The IPDDC offers several types of competition for the girls and boys in our programs.

Our IPDDC Drill Program Cheer, Dance, and Pom divisions competitions are held in an invitational style, which gives flexibility to teams' competition schedule. All divisions encompass rules that follow IHSA and IDTA with IPDDC modifications to further promote safety and enjoyment for athletes.

Our competition season begins in January and concluding traditionally in April with a state meet. All Park District participants are eligible to compete in meets through their senior year of high school. The competition age for the entire season is based upon his/her age as of September 1st and grade level.

Team Opportunities

(Limit 5 performances per Park District)

Small Team – 3-9 members

Large Team – 10 members

Soloist – 1 dancer

Duet/Duo -2 dancers

Trio – 3 dancers

Trio – 3 dancers

Production – 10-30 members

Competition Attire

1. Hair must be tied back. NO fake hair (extensions) – Wigs are ok if part of a costume.
2. No midribs showing
3. Body/Face: No glitter. Make-up may be used in moderation (not stage make-up).

4. Nails: No artificial fingernails. The length of natural nails is not to be further than the fingertips. NO nail polish will be permitted on finger or toe nails.
5. Jewelry: No jewelry will be permitted at any time during competition. Hair jewelry is ok (rhinestones) if pressed securely to the hair (eye lash glue).
6. If a child has newly pierced ears, that child must cover the earrings with Band-Aids.
7. A medical alert necklace or bracelet may be worn, providing it is taped down to the body.

Synergy Park District 2020 Schedule of Performances

<u>Date</u>	<u>Location</u>	<u>Divisions/Exhibition</u>
Sunday, February 9	Oak Forest	Cheer, Dance, Pom
Sunday, February 23	Joliet	Cheer, Dance, Pom
Sunday, March 1	Plainfield	Dance, Pom
Sunday, April 5	Joliet	Cheer, Dance, Pom
Saturday, April 18	State at Oak Forest	Cheer
Sunday, April 19	State at Joliet	Dance, Pom

Scheduled Days Off

Tuesday, November 26
 Wednesday, November 27
 Thursday, November 28
 Tuesday, March 24
 Wednesday, March 25
 Thursday, March 26

Parent Volunteering

We would love for our parents to be involved in the studio and the team members' training. Parents are our number one supporters and we cannot do it without you.

Parents are asked to volunteer for fundraisers, meet set up, helping out with concessions, admissions, t-shirt and leotard sales, and holding the markers for the judges and the audience, along with other volunteers.

Year Fundraiser

If you have an idea for a fundraiser; please call or email Karen Cooper at 815-741-7275 ext. 129 or kcooper@jolietpark.org. If you know anyone or any business that would like to sponsor or make a donation to the Synergy Park District Competitive Team, please contact Karen Cooper.

Sweetheart, Spring Fling, & State Competition Invitational

It is mandatory for a parent or guardian to volunteer at the Home Meets. Volunteer time slots vary depending on the job. Please keep in mind that all hours will not be even. It is the nature of the meet to have different tasks that may be more time consuming. All volunteer sign-ups will be done through Sign-Up Genius. An email containing the link will be sent out when volunteer information is available.

Staff

Recreation Superintendent

Karen Cooper

Contact Info:

815-741-7275 ext. 129

kcooper@jolietpark.org

Coaches

Alyssa Anderson

Kelsey Bishop

Andrew Camacho

Mackenzie Cryder

Riley Marco

Becca McClelland

Head Coach

Velari Dorsey

