

Competition Team Code of Conduct

At ABDC, our goal is to provide quality dance education in a supporting and caring environment. Our Competition Team program is intended to support this goal, while also giving students additional opportunities to perform as well as learn teamwork, dedication, and responsibility. The following outlines our expectations of Competition Team dancers.

1. **Be a good teammate**-including to dancers not on your own team. Please make an effort to know the names of every dancer in the Competition Team program. You will all be dancing together in production, and there's nothing more discouraging than realizing in April that the girl you're dancing next to doesn't even know your name. Congratulate each team member by name after performances, offer to do their hair during a quick change, or lend them your mirror! Small things like that go a long way towards building team spirit.
2. **Be a good Team Sister!** This year each dancer will be paired with another to be Team Sisters! Leave your sister encouraging and supportive notes throughout the year (not just the first two weeks). Watch all of your sister's performances at competition. Cheer for her, and help her backstage. Hang out outside of the studio, and share stretching tips, or ab exercises. You have a lot to learn from each other!
3. **Be respectful of others!** In the studio. Outside the studio. At competitions. Wherever. Say please and thank you to your teachers, staff at competitions, etc. Hold the door. Be quiet backstage. Don't enter and exit a theater during a dance. Don't talk during anyone's performance. Don't hog backstage space. You represent not only ABDC, but also yourself and your parents. Have good manners, and be respectful.
4. **Don't direct your teammates.** In rehearsals, sometimes it's tempting to tell the person next to you that they're turning the wrong way, on the wrong foot, off the counts, etc. As teachers, that's our job. Chances are-we noticed. Maybe we're deciding if we want every other person to do the opposite side, maybe not. It doesn't matter. It's our job to make corrections, not yours. No matter how helpful you're being, it undermines the team spirit to take corrections from another dancer. As teachers, we also have a broader picture than you might. Maybe we know that Sally knows she was on the wrong foot. Maybe we know Sally is having a really terrible day, or is feeling ill, or whatever, and just doesn't need to be nitpicked. Again, it doesn't matter. It's our job to correct, not yours. If you're positive that you're right and Sally is wrong, raise your hand and ask us- "Is this turn on the right or left?" Then we can address it with the group.
5. **Speak kindly to your teammates.** This one explains itself, but sometimes I feel like our dancers spend so much time together and know each other so well that you think you can say whatever you want to each other. Think before you speak.
6. **Ask for help if you need it.** From your teammates and teachers. Need to go over a part of the dance? Need help with your hair? Your hairpiece broke and you need my hot glue gun? Ask for it. Preferably not 5 minutes before you go onstage.
7. **Clean up after yourself!** I love that the studio feels like home to so many of you! But remember that it's also home to a hundred kids beside you. Did you rearrange the chairs in the lobby to have a study session between classes? Move them back. Did your bag of Cheez-Its spill on the desk? Clean them up. Don't leave your bags and shoes in the middle of the floor. The bathroom shouldn't look like a wet duck was having a field day after you come out. Same goes for

- performances/competitions outside the studio. Clean up your backstage space. Pick up all your bobby pins and throw away your trash, it's just good manners.
8. **Be prepared!** For class, competition, performance. Be early. Have your hair and makeup done. Stretch and warm up. Be ready to work.
 9. **Be a role model!** Demonstrate good teamwork and good behavior.
 10. **Language, language, language!** Use clean and appropriate language at all times. Don't gossip. The studio is a public space. I know it's tempting to talk about something someone did at school, and hey, they're not there, right? Nope. It's mean-spirited to talk about people behind their back. And you don't know-maybe their cousin's best friend's sister is at the studio too. Don't gossip. Don't be mean. Don't be judgmental.
 11. **The lobby is a public space!** Talk softly.
 12. **Social media.** This is a tough one and I don't want to police your online presence. Please be aware that nothing you share on social media is private. Use clean language and do not post anything inappropriate. If you post team pictures, make sure everyone is included/tagged. Don't leave people out/crop people out of pictures, etc.
 13. **Social interactions.** Again, I can't really tell you what to do outside of the studio. But don't invite 9 out of 10 teammates over to your house. It's not nice and your team will suffer for it. The 10th person will find out, trust me. Be inclusive of everyone. Be careful what you say (again-especially on social media and in text/email). Please remember that a lot of communication is lost when the person you are talking to cannot hear your voice and read your body language. Being sarcastic via text message sometimes comes across as being mean. Think about what you write, and how it might be received.

In Competition Team, we hope to provide you with the opportunity to learn, grow, perform, and make life-long friends! Please help us achieve these goals. Remember that your behavior reflects on the studio, and if it is not acceptable, you will be removed from the team. We have high standards for our team members and believe that together you can do amazing things! We have zero tolerance for any behavior such as bullying, being exclusive of other team members, inappropriate language or conduct, or unsportsmanlike and unsupportive behavior. Such behaviors will be dealt with immediately and you may be removed from the team immediately without warning depending on the severity of the offense. Please work together to ensure that everyone has the best experience possible on Competition Team!

I have read and agree to the Code of Conduct, and understand that any inappropriate behavior may result in my immediate dismissal from the team.

Students Signature: _____

Print Name: _____