

2013-2014 Broken Arrow Tigette Program

Tryout Information

Important Dates to Remember:

March 25th Mandatory Parent Information Meeting - 7:00pm - BAHS Athletic Dept. Varsity Club

April 1th - 4th Clinic

April 5th - Tryouts for all Tigette teams will be at the BAHS Main Gym starting at 3:15pm *Clinic and tryouts are closed. Squad memberships will be posted the day after tryouts on the Tigette webpage* <http://www.baschools.org/vnews/display.v/SEC/Tigettes>

Responsibilities and Obligations:

All candidates who are interested in trying out for a Broken Arrow Tigette team need to understand that there are specific responsibilities and obligations which your child must assume in order to qualify and remain part of the squad. These obligations will remain for the entire 2012-2013 school year. All Tigettes will be considered athletes and will follow guidelines under the Broken Arrow Public Schools Athletic Department. As a leader, your child will be held to a higher standard and expectation of the coaches, teachers, and school administrators. Being a member of the Broken Arrow Tigettes Program has many rewards and is a valuable experience they will remember for a lifetime. Additionally, your child will provide pride, leadership, and enthusiasm to their school, peers, and community through their dedication to the Broken Arrow Tigettes Program!

Eighth Grade Tigette Team

The eighth grade team will consist of eighth graders only. All team members will attend one of the Broken Arrow Middle Schools. Tigettes is not considered a class during the school day. All practices will be held after school or in the evenings. The eighth grade squad will perform at football and basketball games. The team will attend any other events, such as community service events, deemed necessary by Athletics and the coaches. Some fundraising may be required in order to cover some of the expenses.

JV Tigette Team

The junior varsity Tigette team will consist of freshmen, sophomores and juniors. All team members will attend the Broken Arrow Intermediate High School or Broken Arrow High School in the Broken Arrow Public Schools. Your student will have Tigettes as their 1st hour throughout the school year. *All team members will receive an academic grade for this class.* Practices are held before school and during 1st hour. The junior varsity team will perform at football and basketball games. The team will attend any other events, community service, and competitions deemed necessary by Athletics and the coaches. This team may attend local, regional, and out-of-state competitions. The team may have after school, evening, and weekend practices as necessary to prepare for camp, pep assemblies, competition, etc. Various fundraising will be required in order to cover some of the expenses. These fundraisers may occur during the evenings and weekend.

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Varsity Tigette Team

The varsity Tigette team preferably consists of seniors and juniors with sophomores and freshmen. All team members will attend Broken Arrow Intermediate High Schools or Broken Arrow High School in Broken Arrow Public Schools. Tigettes is considered a class during the school day throughout the school year. Tigettes will be during 1st hour. *All team members will receive an academic grade for this class.* Practices are held before school and during 1st hour. The team may have afternoon, evening, or weekend practices as essential for preparing for camp, pep assemblies, competitions, etc. The varsity team will perform at football and basketball games. Participation at other sporting events may also be required. The team will attend any other events, community service, and regional/state*competitions deemed necessary by Athletics and the coaches. The Varsity Tigettes will also attend a national competition**. Participation in competition is expected in order to continue the strong tradition of Broken Arrow Tigettes. All team members will be required to attend and fundraise for competitions. Frequent fundraising occurs at the varsity level. Fundraisers involve the help and support of both Tigettes and parents. The fundraisers do involve time in the evening and on the weekends. *Coaches want to reiterate that being a Varsity Tigette is a time commitment and requires each dancer to be organized and utilize their time wisely in order to be a successful student-athlete.* If a Tigette would like to hold a part-time job, the coaches ask that girls present calendars to their managers beforehand and must realize that last-minute school events do arise. Conflicts with work schedules are not excused. If team members would like to participate in Studio groups or additional sports, Tigettes must understand that Broken Arrow Tigettes comes first, and we ask that they communicate with coaches regarding scheduling issues.

**Dance division and participants will be determined by Athletics and Coaches. The decisions will be made in the best interest of the entire team.

Dance Requirements

Each Tigette will be expected to maintain the skills that are displayed at tryouts in order to make the respective team. Therefore, the skills will be performed on a weekly basis and must be mastered on the surface that the team is performing on that week. If a team member is unable to meet his or her obligations, they may be benched for a performance. As in every sport, in anticipation for games, coaches expect players to be prepared and perform their sport to certain ability. The following are the dance requirements for each squad:

8th grade Team- Single Pirouette, splits, leaps, high kicks and fans, toe touch

JV Team- All of the above and a Double, Calypso, Russian, series of 3 fouettes, and jump split

Varsity- All of the above and a Triple, switch leap, series of 5 fouettes, and a turning center

These are the minimum requirements for varsity! Freshmen and sophomores that possess these skills will not be guaranteed a spot on varsity.

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Expectations at Clinic/Tryouts

Tigette candidates must attend at least half of the school day to participate in clinic and/or tryouts. Tigette candidates must attend clinic and fully participate each day. If full participation is not possible due to a documented emergency or serious medical injury (under a physician's care accompanied with documentation), the participant must perform 75% of the tryout score sheet and have prior approval from the Athletic Department. If 75% cannot be performed at the scheduled tryout, the Athlete in question may request a secondary tryout prior to the beginning of the academic school year. The Athlete in question must petition the Athletic Department in writing with appropriate documentation before the initial tryout date. If emergency or injury constitutes a potentially valid request for a later tryout date, a meeting may be requested with the Athlete in question and his/her parents. Students who enroll in the Broken Arrow School District after initial tryout date may request a second tryout date by petitioning the Athletic Department.

Tigette candidates must be on time to clinic in order to start learning material promptly each day, have a good attitude and be attentive to the coaches and those teaching the material. No jewelry should be worn all week. Come to clinic and tryouts with a clean, All-American appearance – hair out of face, clean dance apparel, no mid-drift or cleavage, etc.

Teams are broken down by the natural break which includes tryout scores and coach recommendations.

Please encourage your child to be proud of each team and support the team that she makes. Each team will push your dancer to improve throughout the year!

Expectations of being a Broken Arrow Tigette - Attendance/Practice Schedule

Tigettes must attend practices, game and events as scheduled by the coaches. All events listed on the monthly calendars are mandatory. (Older Tigettes should provide calendar to employer in order to take off work. Work is NOT excused!) Come to practice with a good attitude and willingness to work hard. Broken Arrow Tigette practices, games and events come before All-Star or Studio Dance. Outside group practices are not excused.

JV and Varsity practice every school day during 1st hour, after school, and on some weekends as they prepare for upcoming events.

8th grade Tigettes hold practices after school and on some weekends as they prepare for upcoming events.

At each practice the team will condition. Varsity and JV will work out using Mike Wojciechowski "Wojo" Broken Arrow's Strength & Conditioning Coach occasionally.

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If a family vacation is planned during a practice time, the coaches must be made aware in advance and must approve the absence. Please know that your daughter will receive a make-up workout(s) for missing practice. If you are aware of future vacation dates please make sure your coaches are aware of them well in advance (months - year) so that they can potentially work around it (if possible.)

Appearance:

Broken Arrow Tigettes are held to a higher standard by their teachers, coaches and Administrators. Tigettes need to understand that all rules apply to them and should be an example and leader at school. Each team member will follow the Spirit Handbook and Broken Arrow Student Athlete Social Networking contract once they make a squad.

Tigettes need to be in uniform with hair/jewelry etc as designated by the coaches. Failure to wear the proper uniform/dress may result in having to sit out. No visible tattoos, ink drawings of tattoos, or unusual/unnatural hair colors shall be displayed by Broken Arrow Tigettes. The coaches have the ability to sit a Tigette out until their appearance is within our expectation guidelines. **No unapproved jewelry should be worn to practice, games, or competitions - including belly rings, nose rings, and ear jewelry.** We strongly suggest that you do not get any type of new piercings during the season (April 2012 - March 2013) due to the fact that all piercings need to be removed when in practice, uniform, or while representing Broken Arrow Tigettes. Hair will be worn as instructed by the coaches. We expect that each girl's school day attire is following the school dress code and represents Broken Arrow Tigettes to the fullest.

Behavior In and Outside of School:

Be respectful of all Coaches during practice and outside of practice.

Be respectful of team mates both inside and outside of practice.

Commit to being a Broken Arrow Tigette for the entire season (12-13). This commitment starts in April 2012 and will run through May 2013.

Varsity Tigettes will have events and basketball games through the middle of March.

Bullying, intimidation or harassment of fellow Tigettes, students, or coaches at practice, after practice, at school, at home, or on any multimedia medium (Facebook, Twitter, Text Messages or by Email) is 100% not tolerated by Broken Arrow Tigettes, Athletics, or Broken Arrow School Administration. Any such behavior can result in removal from the Broken Arrow Tigette Program.

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Expectations of Varsity Tigette Booster Club and Parents:

There is one Varsity Tigette parent who will serve as the liaison to Athletics. Each team will elect an at-large representative to represent their team at monthly booster club meetings. Boosters will meet one day each month. This ensures that all squads can be represented and informed at meetings.

Parent Expectations

In order for each 2012-2013 Tigette team to be successful, we want to encourage involvement in the Broken Arrow Tigette Booster Club. The Tigette Booster Club is established as a means to support the Tigette Program and coaches in a positive manner. The Booster Club is NOT a means to make decisions for coaches. Please keep in mind that coaching decisions are made in the best interest of the entire team. All coaches want the best for the program and each individual Tigette.

The following lines of communications will be followed for the upcoming year:

- 1) Tigette discusses concern with their coach.
- 2) If the concern cannot be resolved through this discussion, the Coach will then discuss the concern with the parent either via email or phone.
- 3) If the concern is still unable to be resolved, the coach will discuss the concern with the Spirit Coordinator.
- 4) Coaching staff and concerned parent will be able to resolve any concerns. Please keep in mind that coaches have other responsibilities and commitments outside of Tigettes and it is asked that parents respect their personal and professional time.

The Booster Club shall be focused on the betterment of the Program. All parents and Tigettes will follow the communication protocol as established in the Tigette Program outline. Parents must work together, support the coaches, and demonstrate appropriate behaviors for the Tigettes to model. All parents will be expected to fundraise (especially at the Varsity level). Parents must be willing to participate in events and help with various fundraisers, socials, and meals in order to have a successful year. Please do not text, email, or talk to coaches in an inappropriate manner (or past quiet hours).

We look forward to an exciting and successful year!

Broken Arrow Coaches and Spirit Coordinator

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Spirit Handbook

January 2012

Purpose:

- To promote school spirit by actively involving all fans in dancing at games, pep assemblies, and special events
- To promote good sportsmanship through acting as positive role-models
- To promote positive school climate
- Although the primary purpose of the Tigettes is to act as a spirit group, they may participate in no more than six competitions during the calendar school year for the purpose of developing and improving dance skills, promoting team spirit and unity, and rewarding teams who have actively promoted the primary purpose of Tigettes in Broken Arrow Public Schools

Philosophy:

- Tigette teams will serve as an effective means to build an active, cohesive, supportive and enthusiastic student body at school athletic events and promotions
- Tigette teams will promote positive school spirit through building school spirit and unity
- Tigette teams will display teamwork by working with others not only on the team but also in other organizations
- Tigette teams will achieve success by motivation, time management and goal setting
- Tigette teams will show sportsmanship by displaying desirable social traits
- Tigette teams will set personal goals
- Tigette teams will achieve personal health habits such as nutrition, exercises/fitness, stress management and personal hygiene

Obligations:

TIME: The amount of time required of Tigette team members will vary from season to season throughout the year. Activities other than practice and game time will be involved in the time commitment. Academics are our first priority. Tigette team commitment will come before all other activities.

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- Tigette team members will be given a minimum of one (1) week notice for all required practices, games and events. When less than one (1) week notice is not given, attendance is not mandatory, but strongly suggested.
- School approved academic activities such as National Honors Society or Student Council events **may** be excused providing the coach is notified of the conflict prior to the practice, game or event.
- Tigette team members are allowed 3 excused absences (such as family emergency, illness with doctor's note, immediate family wedding, etc.) without penalty providing the coach is notified of the conflict prior to the practice, game or event and has approved the absence.
- An absence **may** be excused if the coach is notified prior to the missed event and if the event could not be helped. A doctor's note must be provided if the member cannot participate due to illness/injury.
- Absences incurred the week of an event or performance may result in the removal from that performance.
- If injured, Tigette team members must provide a doctor's release before they can return to practices, games or events.

Tigette team members will be given the following consequences for unexcused absences:

1st – Make-up workout

2nd – Make-up workout **or** benched from participating at an event (depending on the circumstances) but still must attend in uniform and participate or support the team from a designated place on the sidelines or bleachers)

3rd – Benched for the next event or performance

4th – Conference with the Coach, Spirit Coordinator and Athletic Director

Make-up workouts must be completed within one week of the absence. Members cannot participate until make-up requirements are completed. Excessive absences may result in removal from the team.

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Behavior:

- All school rules apply to when a member is in uniform or attending an activity while representing Broken Arrow Schools.
- The notoriety of being a Tigette team member places an additional burden on the student. Members represent their school at all times both in and out of uniform. As a result, the student can anticipate being held to a higher standard of behavior by our community. It is extremely important that members be aware of the fact and be willing to conduct themselves accordingly.
- Tigettes will perform at designated Varsity, JV, and freshmen events. 8th grade Tigettes will perform at all home football and basketball games (excluding tournaments unless transportation is provided). The major events include; football games, basketball games, possibly wrestling matches and any tournaments designated by the Spirit Coordinator or Athletic Director(s).
- After the regular season ends, all Tigettes will participate in other activities as directed by the Coaches/Spirit Coordinator. Senior Tigettes will be responsible for teaching the tryout requirements.

Consequences for Violation of Team Rules:

Specific Consequences for Violation of Duties and Rules

- Tigette will be suspended from a squad upon the third offense:
 - Late for practice or game
 - Unexcused absence from practice, event or game
 - Untidy uniform
 - Improper attire
 - Uncooperative attitude or behavior
 - Unsportsmanlike manner or attitude
 - Public display of affection

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- Actions may result in the removal from a team:
 - 3 or more unexcused absences
 - Any act or deed that harms the reputation of the school or squad
 - Violation of any school rule
 - Smoking, drinking or use of any illegal substance
 - Uncooperative attitude or behavior
 - Profane language or obscene gestures
 - Violation of Social Networking Contract
 - Leaving during a game
 - Cutting classes
 - Failure to maintain the OSSAA regulations
- Actions that will result in removal from the team:
 - Any of the above suspensions
 - Failure to meet the OSSAA regulations
- Removal from the team will be determined by the Coach and approved by Spirit Coordinator and Athletic Director(s). Once a Tigette is removed from the team, the Coaches, Spirit Coordinator and Athletic Directors will determine eligibility for tryouts the following Tigette season.

Eligibility Rules:

- To be eligible to be a Tigette in Broken Arrow School, the following requirements must be met:
 1. OSSAA eligibility requirements grades will be checked on a weekly basis.
 2. Tigettes must maintain an acceptable code of conduct to remain on the team. If Tigettes are removed from the team due to disciplinary reasons, or eligibility that person will not be eligible to try out for Tigettes for the next year unless approved by the Spirit Coordinator and the Athletic Director.
 3. Tigettes may not participate in other activities, which will conflict with Tigette responsibilities. Choices of activities one wishes to pursue must be made at tryout time. If there are extenuating circumstances, the Tigette may appeal to the Spirit Coordinator and Athletic Director who will make the final decision.
 4. Tigettes will not be allowed to travel with the team if they are ineligible.

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Uniform and Equipment /Props:

- Tigette are responsible for their own uniform – cleaning and repairs. Uniforms must be dry cleaned before they are returned at the end of the school year. (Seniors will be given a uniform – chosen by the Coach and Spirit Coordinator - to keep at the end of their senior year)
- Uniforms purchased by the school district will remain property of the school district.
- Uniforms should be worn only to school events and are not allowed to be loaned to anyone else. Uniforms to be worn to an activity will be decided by the Captains and/or the Coach.
- Any part of the uniform provided by the school must be returned at the end of the school year when requested by the coach.
- If a uniform is lost/permanently altered or damaged in any way, the Tigette is responsible to pay the cost of the replacement piece.

Transportation:

- When transportation is provided for an out-of-town event by the Athletic Dept., attendance is mandatory.
- Attendance is not required at out-of-town games when the school does not provide transportation.
- Under special circumstances, if parents notify the coach/sponsor in writing 24 hours before the event and have administrative approval, then they may ride with their parents. Tigettes will not be allowed to ride with anyone other than a guardian – even with parent consent.
- Participation in “special” events will be dependent on the team’s ability to raise funds.

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Grading Policy for JV and Varsity:

Grades will be based on a total number of points earned for each semester. Points will be given for the following:

Practice, Games, and Competitions

Practice:

- On time
- Dressed out
- Participation

Game Evaluation:

Must meet all of the following to receive all possible points:

- On time
- Right uniform and accessories per coaches specifications
- Correct hairstyle
- No colored fingernail polish unless part of the costume
- No gum
- Stood at attention and sang words to the National Anthem
- Paid attention to the game
- Was in position to perform the second half at the proper time (3 minutes on the clock)
- Did not talk to the crowd when I should have been dancing or watching the game
- Knew game material: Sidelines, half-time choreography, quarters or time-outs, band chants, etc.
- Showed spirit when team scores or during appropriate times

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BROKEN ARROW STUDENT-ATHLETE

GUIDELINES FOR THE USE OF SOCIAL NETWORKING SITES

As a public institution of high school education, Broken Arrow Public Schools support and encourage its student-athletes' rights to freedom of speech, expression and association, including the use of social networks. Nevertheless, as representatives of the school, athletes are held to a higher standard and are role models. Playing and competing for Broken Arrow is a privilege, not a right. In this context, each student athlete has the responsibility to portray him or herself, the team, and Broken Arrow Public Schools in an appropriate manner, consistent with federal and State laws, team and program policies and regulations, and OSSAA rules and policies. Student athletes will be held responsible for their actions when using forms of electronic communication including but not limited to Xanga.com, YouTube.com, Friendster.com, Facebook.com, and other internet sites, as well as Twitter, blogs, chat rooms and other such electronic mediums. Ignorance of these regulations and policies does not excuse student-athletes from adhering to them.

In addition, student-athletes must keep in mind that information which is posted can adversely impact personal safety, student status, and career advancement as the postings are easily accessible to reporters, potential employers, law enforcement officials, and college admissions. Student-athletes are expected to post only information and images that appropriately represent themselves, their families, the athletic program and the community of Broken Arrow.

Everything posted online is public information – any text or photo placed online is completely out of an individual's control the moment it is placed online – even if account restrictions and privacy settings are in place. Information (including pictures, videos, comments and posters) may be accessible even after you remove it.

These guidelines are presented as expectations for student-athletes to follow:

1. Student-athletes should not post any information, photos, comments, videos or other items online that would embarrass or reflect negatively on them , their family, team, school, Broken Arrow Department of Athletics, or Broken Arrow Public Schools.
2. For safety and privacy reasons, student-athletes should not post their home address, local address, phone number(s), date of birth, class schedule, team travel arrangements, team hotel and restaurants or other personal information including personal whereabouts at any given time

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or place. This will minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity.

3. What students post online may affect their future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Student-athletes should carefully consider how they want to be perceived by those viewing the information posted online. This includes including pictures, video and audio clips, comments and posters.
4. Student-athletes should be mindful that Internet postings showing images or language reflecting sexual misconduct, underage drinking, violence, hazing, use of illegal drugs or controlled substances may affect their status as a member of the Broken Arrow Athletics Program.
5. The Department of Athletics may monitor the internet sites for the sole purpose of determining whether student-athletes are in compliance. If it is determined that a student-athlete has violated these expectations, they may be asked to remove content from the website and are subject to the loss of athletic privileges and other sanctions as appropriate. Disciplinary action includes but is not limited to being benched or dismissed from a team.
6. Derogatory language or remarks about teammates or coaches from Broken Arrow Schools or any other school is unacceptable. Disrespectful comments and content aimed toward any player, staff member, team, program, school district, etc. will NOT be tolerated.
7. Making demeaning statements, physical/emotional threats to another person(s), and engaging in any other behavior that can be considered cyber-bullying is unacceptable, illegal behavior subject to punishment as appropriate and available to the District. Student athletes who engage in cyber-bullying also risk civil and/or criminal charges and/or lawsuits that may be filed by their victim(s) or their families.

I have read, understood, and agree to abide by the regulations, standards, and guidelines described in this document.

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____