Golden Essence Dance Team
Commitment Contract

Being a dancer on the Golden Essence Dance Team is an honor. Dancers are expected to conduct themselves in a respectful and sportsman-like manner both in and out of uniform.

The dancers are expected to be role models for all of their fellow students and should excel in both academics and dancing.

They should be above gossip, rumors, smoking, drinking, and bickering. Each girl should dress appropriately at all times. With dedication and determination, the Dance Team can accomplish great things while representing Tuskegee University.

Purpose and Mission

The purpose of the Golden Essence Dance Team is to promote school spirit, involvement, teamwork, dedication, strong work ethic, and respect.

A successful team is a result of two things: mutual respect among team members and a common vision about where the team is going.

The mission of the Golden Essence Dance Team is to provide dancers with a successful and meaningful experience.

Team members should have personal goals of high academic achievement, increasing their dance ability, learning effective time management, forming strong relationships, and learning to become a valuable team member.

The success of the team is due to the incredible dedication from the dancers and advisor(s).

Dancers should exhibit great sportsmanship, positive attitudes toward teammates, schools and other organizations. The dancers **MUST** have the utmost respect for their advisor(s) and captain/co-captain(s).
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As a member of the Golden Essence Dance Team I am committed to everything stated below:

• **Academic Commitment** I will maintain an overall GPA of 2.5 or higher.

• **Advisor Commitment** For the Golden Essence Dance Team 2023-2023 dance season, NO CHANGES IN HAIR COLOR, NO NEW TATTOOS, AND NO PIERCING UNLESS THEY ARE IN AREA THAT THE PUBLIC CAN NOT SEE:
  - I understand that I must maintain an email and/or cell number.
  - I understand that I must obtain a note from a school physician to be excused from any assigned function, unless approved 2 weeks in advance by the advisor.
  - I will not come to practices or performance intoxicated.
  - I will respect, honor and support the Advisor(s) at all times.
  - I will cover all tattoos and remove piercings for all Golden Essence performances and at advisor/captain’s request
  - I will abide by all uniform requests including hair and makeup

• **Athletic Commitment** I will attend all practices, performances, and team events. I will participate in all team workouts which will include, but not limited to running, aerobics and other strength exercises assigned by the Advisor/Captain. I will maintain a healthy lifestyle and remain physically fit and tone in order to look and perform my best. Also, along with the team workouts I will maintain a healthy nutrition diet so I can maintain a clean cut & professional appearance while in uniform. I will keep good posture and professional body language while in uniform and during rehearsals.

• **Practice Commitment** I will come to practice on time, ready to dance every day. I will try my hardest every day and be open to trying new things and open to correction and constructed criticism. I will always maintain a positive attitude and dedication!

*Financial Commitment* I will pay my dues of $250.00 for old members and $400.00 for new members in FULL by the deadline or payment plan given (please see advisor). **REFUNDS: Please be advised that any deposits/money put toward fees, uniforms, t-shirts, registration fees, or any other item is NON-REFUNDABLE. This is regardless of whether a Dance Team member is suspended from the team, quits the team or the season is cancelled due to behavior! There will be no refunds once dues are paid and deposited in the Golden Essence Dance Team account.

• **Dance Team Commitment** I agree to respect, honor, and support my advisor(s), captain/co-captain(s) and teammates at all times. I have read through and agree to abide by all rules and expectations. I agree to the consequence policy stated in the 2024-2025 Commitment Contract. I will commit to this contract the **FIRST** day of making the team until the end of the season **May 2025**.

_Dancer______________________________  Date_____________________________