

## Dance Expectations

### Ms. Ford

Dancers will dress out in a plain black crew neck t-shirt and black shorts or pants. Dancers are expected to wear white socks and secure athletic shoes. No flip flops are allowed in dance. The t-shirt must be long enough to tuck in and also not show the dancers stomach when their arms are raised above their head. Shorts should be close fitting yet able to move with the dancer. Pants and shorts should not have pockets, zippers, buttons etc. Boys may wear black wind pants or sweats. Stores that may carry these items include Target, Walmart, Kohl's and sports clothing stores. Many times the items are found in the aerobic section of the store. Inexpensive t-shirts may be found at craft stores such as Michaels. Dancers should designate their black clothing as their dance uniform and not wear the same clothing to school. Dancers may not layer their dance uniform over other clothing. If you cannot provide your dancer with a black uniform, please contact me at 720-972-5265 or [susie.ford@adams12.org](mailto:susie.ford@adams12.org).

If a dancer forgets their dance uniform, they may wear their PE uniform or borrow a PE loaner from the PE department. After the third infraction, points will be taken from the students grade. Dancers may not wear another students clothing. All dancers are required to dress out unless they are excused by their doctor. Any student that cannot participate will be required to do written work.

For the safety of all dancers jewelry must be removed before participation. Dancers may not chew gum. Shoes must be secure.

Dancers are graded daily on participation. If the dancer is absent, he/she will be expected to dance on their own and turn in a brief description of their workout signed by their parent or guardian. It is the dancer's responsibility to discuss with their teacher make-up work expectations.

Dancers must behave at all times. When entering the small gym, the student needs to sit down on their roll spot. Dancers are required to stay in the locker room after class until dismissed by the teacher.

A good attitude is a must. All dancers are expected to try all of the dance moves. Dancers are graded on how hard they try, not on how well they can dance. Dancers will learn and perform three class dances. They will also make up and perform in a group dance. The final is based on a class performance.

Please complete this form and have your student return it to his/her Dance Teacher.

1. If your student has asthma, please complete the following:

Type of medication \_\_\_\_\_

Dose \_\_\_\_\_ Times per day \_\_\_\_\_

When is the medication taken? \_\_\_\_\_  
(examples: pretreat before dance, take daily, take only when triggered)

Triggers \_\_\_\_\_  
(examples: exercise, allergies, weather, smoke, anxiety)

Where is the medication kept? \_\_\_\_\_  
(examples: home, school clinic, student carries with Doctor's permission)

Other instructions \_\_\_\_\_

2. Does your student have any health concerns, other than asthma?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. I have read and understand the dance rules.

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Contact phone number

\_\_\_\_\_  
Student's name (please print)

\_\_\_\_\_  
Parent e-mail address

\_\_\_\_\_  
Dance Teacher

\_\_\_\_\_  
Class period