

# **2022-2023 Parker Junior High Dance Team Tryouts**



**October 11, 12, & 13  
Final Auditions October 14th  
3:05-4:30pm**

**\*must attend all days\* (if asked back)**

**\* You must have a Physical on file in order to try out!**

Dear Parents / Guardians:

Your student has chosen to try out for the Parker Junior High Dance team! This activity will involve performing at half-time of one or more boys' or girls' basketball home games. There may be other performances at school functions, which you will be made aware of once those dates have been solidified.

**A \$30 sports fee will be assessed for those making the team. \*\*This must be paid within one week of making the team (October 21, 2022) in order to participate. Additional costs include: practice shirt and pants \$15-20, performance shirt \$15-20, performance dance pants \$25, and dance shoes \$20-30 for a total uniform cost of \$75-\$100.**

Only those students who are in good physical condition should participate in this activity. The South Suburban Junior High School Association, of which we are a member school, requires that all students participating in interscholastic games have a **sports physical exam** on file with the school nurse.

**\*\*\*You must have a sports physical on file in the nurse's office by 9/30/2022 to attend tryouts\*\*\***

We would appreciate your written consent for your student to participate in Dance team tryouts. Students must attend ALL days in order to try out. **The permission slip must be returned by Friday October 7, 2022 to Ms. King (Social Work Hallway-Room 44)**

**\*\*\*\* IMPORTANT\*\*\*\***

- **I understand all forms are due October 7, 2022 by 3:05 p.m. .**
- **I understand that all care will be taken to prevent accidents and injuries, but should any occur, the school and coaches will not be held responsible in any way.**
- **I understand that the sports physical must be on file in the Health Office before tryouts, otherwise students will not be allowed to participate in any dance activities.**
- **I understand that my student will have each teacher fill out the Grade and Behavior Report.**
- **There are 3 pages requiring student and guardian signatures**
- **Be sure to complete all forms in full or your child will not be**

Sincerely,  
Coach Dana King [dking@sd161.org](mailto:dking@sd161.org)

# **Parker Dance/Pom Team 2022**

## **General Rules & Expectations**

All physicals and permission slips must be turned in by **October 7, 2022**.

- 1. Practices and performances are Wednesdays, Thursdays, and 2 Fridays. Tentative schedule is attached. If your student cannot commit to the rehearsal/ performance schedule, please do not audition.**
2. Rides must be here by **4:30 P.M.** to pick you up. Failure to be picked up on time **twice** may result in your removal or suspension from the team.
- 3. You must be changed and be ready for tryouts/practices at 3:05 pm.**
- 4. You must wear your P.E. uniform and athletic shoes for tryouts.**
- 5. Practice gear (i.e gym shoes, active pants, loose shirts, and sports bra if necessary) must be worn everyday for practice.** Failure to “dress” appropriately will result in being “benched” for practice. Failure to “dress” three times may result in removal or suspension from the team.
6. Unexcused absences are unacceptable and will result in not participating. Excused absences must be done through parent communication with Ms. King.
7. I agree to the following expectations:
  - a. Show respect to all adults
  - b. Speak respectfully to everyone
  - c. Use appropriate language
  - d. Be kind to one another
  - e. Complete all homework
  - f. Display appropriate behavior in the classrooms and hallways
  - g. Maintain eligible grades (above a C-) in order to participate.
  - h. Remember the three expectations: Be Respectful, Be Responsible, Be Ready to Learn!

**\*\*\*Any athletes who fail to follow these expectations will be removed from the team.**

Parker Junior High  
Student/Parent Contract for Extra-Curricular Activities  
2022-2023

All students participating in sports or extracurricular clubs and activities will remain at school upon conclusion of the regular school day. All clubs, activities, and sports, unless there is a meet or game, will meet at 3:05. Study Halls have been arranged from 2:33 – 3:05 and are mandatory for continued participation in extracurricular activities and sports.

The following guidelines will apply to all participating students:

- Students must remain in the building and report to Study Hall by 2:33.
- Study Hall is not a social time.
- While in Study Hall students are expected to work on homework.
- All Parker Junior High behavioral expectations apply during Study Hall.
- Dry snacks and water bottles will be permitted in the Study Hall.

Non-compliance with the above guidelines will result in the student being removed from the team or activity for the remainder of the year.

Additionally, any fees incurred for participation in a sport or activity must be paid in full prior to the student participating. If the season/activity begins and fees are not paid, a student will be dropped from the roster.

These guidelines have been put into place to ensure all students have a successful experience in their extra-curricular activities. Participation in Parker Junior High's many extra-curricular activities is a privilege, which must be maintained through the demonstration of good character and positive behavior.

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Student Signature

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Date

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Parent/Guardian Signature

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Date

# Verification and Signature Sheet

Please sign all areas of this page **AFTER** you have read through the pages attached. By signing the areas below you are indicating that you have read **ALL** the designated forms. Students will not be able to participate/try out until all areas are signed off on. Please have your child return this sheet to Coach King in Room 44 (Social Work Hallway) no later than **October 7th - 3:05 p.m.**

**Student's Name - Please Print:** \_\_\_\_\_

Parents/Guardian Phone #: #1 \_\_\_\_\_ #2 \_\_\_\_\_

**My child has an up-to-date Sports Physical on file with the Nurse:** Please contact Tracy Miller, PJH Nurse (708-647-5437) if you are unsure.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Do Not Write in this space:**

Sports Physical on file through Dance Season

Verified by: \_\_\_\_\_

Sports physical not valid through Dance Season

**Concussion and Brain Injuries:** Please review Concussion Information Sheets, School Board Policy and letter from District School Nurse

We have read and reviewed the information regarding concussions.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

**Permission Slip:** I hereby give my consent for my son/daughter,

(Please print name) \_\_\_\_\_

to participate in Dance beginning on **October 11, 2022.**

**Media Release (please initial these if you agree to their use on the website)** \_\_\_\_\_ Photos \_\_\_\_\_ Name

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\*\* PLEASE INDICATE WHETHER YOUR CHILD WILL BE PICKED UP OR WILL WALK HOME FROM PRACTICES/TRYOUTS

\_\_\_\_ PICKED UP      \_\_\_\_ WALK HOME      (check one)

**Your child will not be allowed to leave by other means than what is checked above.**

# Parker Dance 2022

## General Rules & Expectations

### Social Expectations

As student representatives of Parker and the community, Dance Team members must be Respectful, Responsible, and Ready to Learn at all times. **Verbal disrespect, body language, or irreverent attitudes will not be tolerated.**

### Academic Expectations

For all IESA activities, athletic as well as non-athletic, passing work shall be checked weekly to govern eligibility for the following Monday through Saturday. Students must be passing each subject each week to be eligible

### Behavioral Expectations

Students must demonstrate basic responsibilities and appropriate attitudes before they are allowed to participate in these activities. Attendance or participation in any school activities must be earned through demonstration of appropriate student behavior and citizenship.

Students must demonstrate appropriate behavior throughout the school year as supported by behavior records and staff recommendations and students must show respect and cooperation toward adults and fellow students.

### Suspensions

Upon being suspended from school and/or the school bus for the first time in a school year, the student will be ineligible to participate in any extra- or co-curricular activities for ten school days following the suspension.

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Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

# Concussion Information Sheet

## **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

## **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports>

## Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge that we have been provided information regarding concussions.

### Student

Student Name (Print): \_\_\_\_\_

Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Parent or Legal Guardian

Name (Print) \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Each year IESA member schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes.