

**SETON HIGH SCHOOL  
VARSITY, JUNIOR VARSITY, JUNIOR HIGH, YOUTH & YOUTH PREP  
DANCE TEAMS**

**2026/2027 HANDBOOK**

**I. MISSION OF THE SETON HIGH SCHOOL VARSITY, JUNIOR VARSITY (JV), JUNIOR HIGH, YOUTH & YOUTH PREP DANCE TEAMS:**

The mission of the SHS Dance Teams is to live up to the expectations that we set for ourselves, including being a number one team in Seton's, our parents', our friends', and our own eyes. We will always be friendly and inspiring representatives of Seton High School, Seton Dance, and our City of Cincinnati. We will always do what is right for our team, Seton Athletics, and Seton High School. We will be champions in every way!

**II. QUALIFICATION FOR MEMBERSHIP**

- A. **Varsity & JV** team members must attend Seton High School.
1. All prospective 9<sup>th</sup>-12<sup>th</sup> grade dancers for 2026/2027 must be enrolled in Seton High School for the new school year as of April 7, 2026 (start of tryouts).
  2. Varsity can be comprised of 9<sup>th</sup>-12<sup>th</sup> grade dancers.
  3. JV can be comprised of 9<sup>th</sup>-11<sup>th</sup> grade dancers.
- B. **Junior High** team members must be a 6<sup>th</sup>-8<sup>th</sup> grade student for the 2026/2027 school year and have an interest in attending Seton High School.
1. 9<sup>th</sup> graders may be eligible for the Junior High team with coaching staff approval only. All 9<sup>th</sup> graders must tryout for the Varsity and/or JV team(s).
- C. **Youth & Youth Prep** team members must be a 4<sup>th</sup> thru 6<sup>th</sup> grade student for the 2026/2027 school year and have an interest in attending Seton High School.
1. Coaches reserve the right to pull up any previous Twinkle dancer(s) (younger than 4<sup>th</sup> grade) if they feel they are ready to dance at a more advanced level, to participate in placements for the Youth Prep/Youth teams. This will be done at coach's discretion only and will be discussed with a dancer's parent(s) before the child is informed.
- D. Dancer and parent must sign this handbook indicating an understanding of its policies and accepting them as governing participation.
- E. **Varsity & JV** team members may NOT play other sports for Seton High School during the fall and winter seasons as they will conflict with dance. A member that chooses to play another sport for any team OTHER than Seton may do so, however, that member **must put dance team first**. Failure to do so will lead to dismissal.
- F. **Junior High** team members may play another sport for any other team, however, that member **must put dance team first**. Practices, performances, events may not be missed for other sporting activities. Failure to do so will lead to dismissal.
- G. **Youth & Youth Prep** team members may play another sport for a team other than Seton but **are asked to remember to balance dance evenly with whatever else they are doing. All competitions are mandatory**. If enough practice time is missed to where a coach does not feel it is in the best interest of the team for that dancer to perform, we do reserve the right to pull that dancer from any/all performances going forward until she shows at practice that she is caught up to the performance/dance level of the rest of the team.
- H. **Varsity & JV** team members must be passing every class. This is very important and will be enforced as grade checks will be done by the coaches & administration. A failing grade in one or more classes will lead to probation, suspension and finally dismissal from the team if not brought to a passing grade within a designated time frame.
1. Seton Students will be required to print out a copy of their grades on the first of each month and turn them into their coaches. Failure to do so may result in suspension from practices and/or performances until grades are turned in.

- I. Previous season Varsity, JV & Junior High team members must tryout each year and meet all required elements (listed below) to be eligible for the team(s). They are not guaranteed a spot on the team they participated on the previous season.
- J. Meeting the above qualifications, tryouts/placements are open to all students regardless of race, color, or national origin.

### III. TRYOUTS

#### A. VARSITY/JV tryouts

1. Will be held the following dates & times:
  - Tuesday, April 7, 6:00-8:00 pm in MPR/Gym  
- This night is for any dancer who was NOT on Varsity in the 25/26 season.
  - Wednesday, April 8, 6:00-9:00 pm in MPR/Gym
  - Thursday, April 9, 6:00-8:00 pm in MPR/Gym
  - Saturday, April 11, 9:00 am until finished in Gym  
- Dancers will tryout in front Varsity & JV Coaching Staff.

**NOTE: All prospective dancers must be enrolled in Seton High School for the 2026-2027 school year as of April 7, 2026 and have a valid OHSAA Physical Form on file with the Athletic Dept.**
2. All girls must turn in a copy of their most recent report card along with a signed copy of this handbook. Grades will be taken into consideration during the tryout process.
3. Girls must be present all sessions (unless previous arrangements are made).
4. Tryout combos (pom, jazz & hip hop) will be taught, along with a review of all the required elements dancers will be asked to demonstrate at final tryouts.
5. Following is a list of elements that will be part of the tryout combos and/or the girls will be asked to demonstrate at the final tryout:
 

|  |                        |                   |
|--|------------------------|-------------------|
| • Toe Touch                                  | • Double Toe Touch     | • Turning Varsity |
| • Splits (both legs)                         | • Jeté (both legs)     | • Forward Roll    |
| • Second Leap (both sides)                   | • Calypso              | • Headspring      |
| • Triple Pirouette                           | • Firebird             | • Kip-up          |
| • Quad Pirouette                             | • Aerial (R, L, Front) | • Stall (any)     |
| • Turns in Second (5 w/whip triple)          | • 540                  | • Back Handspring |
| • Advanced Turn Sequence (taught at tryouts) |                        | • Leg Hold        |
6. The final numbers chosen for the Varsity and JV teams will be determined by the number of girls who are able to perform the above requirements technically correct AND demonstrate a SUPERIOR level of dance, showmanship, and passion. **Being selected for the Varsity team does not guarantee performing at competitions, events or nationals in February.**

NOTE: We need at least 8 team members to form a JV team.

#### B. JUNIOR HIGH tryouts

1. Will be held the following dates & times:
  - Monday & Wednesday, April 20 & 22, 6:00-8:30 pm in MPR
  - Friday, April 24, 5:30-9:00 pm in Studio  
- Dancers will tryout in front of our Seton Dance Staff.
2. All girls must turn in a signed copy of this handbook, emergency contact, concussion & Lindsay's Law forms to tryout.
3. Girls must be present all three sessions (unless previous arrangements are made).
4. Tryout combos will be taught the first 2 evenings, along with a review of all the required elements dancers will be asked to demonstrate at final tryouts.

5. Following is a list of elements that will be part of the tryout combos and/or the girls will be asked to demonstrate at the final tryouts:
- |                            |   |                    |
|----------------------------|---|--------------------|
| • Jazz Walk Sequence       | • Toe Touch                             | • Calypso          |
| • Splits (both legs)       | • C-jump                                | • Turning C-jump   |
| • Right Jeté               | • Firebird                              | • Double Pirouette |
| • Second Leap (both sides) | • Turning Varsity                       | • Forward Roll     |
| • Aerial (optional)        | • Attempt at Triple Pirouette           | • Leg Hold         |
| • Special Skill            | • Turns in Second (3 w/double turn out) |                    |
6. The final number chosen for the team will be determined by the number of dancers that are able to perform the above requirements technically correct AND demonstrate an OUTSTANDING level of dance, showmanship, and passion.
- C. Girls trying out for the VARSITY, JV & JUNIOR HIGH teams, will be evaluated with their peers and be expected to perform at a level consistent with that group.  
PLEASE NOTE: Being a member of one of the dance teams the previous season does not guarantee that a dancer will move up or make the same team again. Each dancer will be evaluated on a year-by-year basis. All coaches' decisions are final.
- D. If a dancer/parent would prefer that their daughter only be considered for the JV team as it is less of a time & monetary commitment (the JV team does dance all dancers in all performances typically) please let the coaches know at the beginning of tryouts and mark the last page of this handbook accordingly.
- E. Each prospective VARSITY & JV dancer will receive a letter and have an individual conference with the coaching staff at the end of tryouts, informing her if she has or has not been selected for a team.
- F. Each prospective JUNIOR HIGH dancer will receive a letter at the end of tryouts, informing her if she has or has not been selected for the team. Girls will not be permitted to open the letter until they have left the school grounds.
- G. **YOUTH & YOUTH PREP** placements
- Will be held the following dates & times:
    - Monday & Wednesday, April 27 & 29, 6:00-8:00 pm in MPR
    - Friday, May 1, 6:00 pm-9:00 pm in MPR/Studio
    - Dancers will perform in front of our Seton Dance Staff.
  - All girls must turn in a signed copy of this handbook, emergency contact, concussion & Lindsay's Law forms to be placed.
  - Girls must be present all three sessions (unless previous arrangements are made).
  - A combo will be taught the first 2 evenings, along with a review of all the elements girls will be asked to demonstrate in front of our Seton Dance Staff.
  - Following is a list of elements that will be part of the combo and/or the girls will be asked to demonstrate at the final night of placements:
 

|                      |                      |                               |
|----------------------|----------------------|-------------------------------|
| • Jazz Walk Sequence | • Splits (both legs) | • Toe Touch                   |
| • Right Jeté         | • Single Pirouette   | • Attempt at Double Pirouette |
| • Forward Roll       | • C-jump             | • Special Skill               |
  - All dancers will be placed, according to their skill and ability level, on either the Youth Prep or Youth team at the end of placements.
  - If a parent would prefer that their daughter only be placed on the Youth Prep team (less time & monetary commitment) please just let the coaches know at the beginning of placements and mark the last page of this handbook accordingly.
  - The Youth Prep and Youth teams are both competition teams, just like the Varsity, JV & Junior High teams, therefore all dancers are expected to make a commitment to their assigned team, practices, AND all performances.
  - Coaches reserve the right to dismiss any girl that they deem to be a discipline problem, too immature, have too little of an attention span or that may be disruptive to the instruction of the rest of the team.**

10. Each girl will receive a letter at the end of placements informing her of which team she has been placed on. Girls will not be permitted to open the letter until they have left the school grounds. Letter distribution will be between 8:45-9:00 pm.

#### IV. PRACTICES

##### A. **ALL PRACTICES ARE MANDATORY**

1. While we will work with each dancers summer vacation schedule we do expect them to be at all practices once the school year starts. If something comes up please communicate that with your coaches ASAP. Exceptions may be made with enough notice and assuming a performance is not the week of the potential absence.
- B. **Varsity** practices will begin April 27<sup>th</sup>, Monday 5:30-8:30, Wednesday 5:00-8:00 pm and Thursday 3:30-6:15 pm. Saturday practices begin August 1<sup>st</sup>, 8:30-11:30 am. Sunday practices start December 27<sup>th</sup> and run through Nationals, 1:00-5:00 pm.
- C. **JV** practices will begin April 27<sup>th</sup>, Monday 3:30-6:00 pm & Thursday 5:45-8:45 pm. Saturday practices begin August 1<sup>st</sup>, 8:30-11:30 am. Sunday practices start January 3<sup>rd</sup> and run through nationals, 1:00-4:00 pm.
- D. **JUNIOR HIGH** practices will begin May 12<sup>th</sup>, Tuesday & Thursday 6:00-8:30 pm.
- E. **YOUTH** practices will begin May 18<sup>th</sup>, Monday & Wednesday 6:00-8:30 pm.
- F. **YOUTH PREP** practices will begin August 18<sup>th</sup>, Tuesday 6:00-8:00 pm & Thursday 4:30-6:30 pm.
1. Youth Prep will have weekly summer technique/dance classes on Tuesdays from 6:00-7:30 pm starting on May 19<sup>th</sup>. These classes are not required but they are **highly recommended** for the girls whenever possible to keep them dancing during the summer months. These classes will run until regular practices begin on August 18<sup>th</sup>.
- G. Coaches may call extra practices at their discretion. We will make every effort to notify dancers/parents at least one week in advance.
- H. Dress Code for Practice
1. Jazz shoes only may be worn for practices.
    - a. Gym shoes are required for Varsity & JV teams while working hip hop dances.
  2. Any color tank, cami or sports bra with short shorts and tights OR tight leggings (NO LONG SHORTS OR SWEATPANTS, NO BAGGY T-SHIRTS). Coaches and Technique Instructors MUST be able to see all body positions.
  3. During winter months sweatpants & gym shoes must be worn to and from practice.
  4. Hair must be secured tightly in a BALLERINA BUN or PONYTAIL (as determined by each team's coach).
- I. All cell phones, Apple watches, etc. will be collected and placed in the team "phone box" at every practice. Should a parent need to reach their child during practices the coaches will have their phones available.
- J. NO chewing gum is ever allowed.
- K. Water only will be allowed during break time. No pop, juice, etc.
- L. NO jewelry shall be worn to practice with the exception of stud earrings.
- M. All team members MUST be on time for practice. Seton's doors are always locked and dancers will not be able to get into the school if arriving late without notice to coaches.
- N. In the case of bad weather, members will report to practice unless notified in advance.

#### V. TECHNIQUE / MASTER CLASSES

- A. Technique & master classes will be held for each team leading up to tryouts/placements and may continue several times a month throughout the season as deemed necessary by the coaches. Outside instructors typically teach these classes.
- B. Fees for these classes are included in the budget for each dancer.
- C. Dress code for technique/master classes is the same as for practice.

## VI. SUMMER CAMP

- A. The Varsity, JV & Junior High team 8<sup>th</sup> graders ONLY will attend the UDA Convention Camp at Great Wolf Lodge in Mason, OH from July 13-16, 2026.
- B. Camp is MANDATORY for all Varsity, JV & Junior High team 8<sup>th</sup> grade members.
- C. Practice the full week prior to camp is MANDATORY for all Varsity & JV dancers.
- D. The cost for camp is included in the budget for each dancer.

## VII. COMPETITIONS / PERFORMANCES

- A. All teams will participate in competitions selected by the coaches.
  1. A tentative competition/performance schedule for each team will be available in March. Remember that these dates are subject to change, a revised/final schedule will be provided as soon as competition/performance dates are confirmed.
- B. Dancer participation fees for competitions are included in the budget for each dancer.
- C. **All competitions are MANDATORY for all team members. Please remember this is a team sport that is dependent on each and every member's participation/attendance.**
- D. All team members are expected to leave each competition facility in the exact same condition (if not cleaner) than they found it.
- E. No team member may leave a competition/performance until dismissed by the coaches.
- F. Competitions are TEAM events therefore dancers are expected to stay with their team while in attendance to promote team bonding and full program support.
- G. A dancer may be pulled from competitions and performances if she misses too many practices and is not at the performance level consistent with the rest of her team.

## VIII. MASS DURING COMPETITIONS

- A. Coaches cannot be responsible for getting girls to mass in the event of an all weekend (Saturday and Sunday) competition.
- B. Parents may contact their team coaches the week prior to the event, or once the performance schedule has been released, to request a block of time to take their daughter to mass.
- C. Mass times and locations can be researched at [www.masstimes.org](http://www.masstimes.org)

## IX. ABSENCE FROM PRACTICE / COMPETITION / PERFORMANCE

- A. Absences will be excused for the following:
  1. Illness – a phone call must be made to the coaching staff before practice.
  2. Summer Vacation – coaches must be notified as far in advance as possible.
  3. Physical injury – extent of excused absence to be determined by the doctor, trainer, parents, and coaches. Students will be required to attend practices, if able. (Doctor's note is required)
  4. Death or serious illness in family – please notify coaches as necessary.
  5. School events – Retreats, testing, speech contests, NHS inductions, etc. (coaches must be notified as far in advance as possible for their planning purposes)  
NOTE: Seniors for the 2026-2027 school year please take your ACT/SAT tests sooner rather than later as late fall testing dates often conflict with competitions.  
NOTE: Juniors for the 2026-2027 school year will be required to attend the Fall retreat during their Junior year so that as Seniors for the 2027-2028 school year they can attend the spring Kairos retreat at the end of their Junior year - unless participating in spring sports or the spring musical in which case they will attend Kairos in the Summer of 2026.
- B. Absences will NOT be excused for:
  1. Doctor or other similar appointments, except for emergencies.
  2. Failing to properly notify coaches as listed above.
  3. **Other sporting events such as practice or games. (Varsity, JV & Junior High)**
  4. Jobs, concerts, Aronoff or similar performances/events, driver's ed., etc.

5. Homework, school projects, etc. (use your time management skills)
  - C. **Varsity & JV** – Absences will NOT be excused for Saturday school. Two missed practices/performances/competitions due to Saturday school may result in dismissal.
  - D. If a team member is absent from school for illness, they are not permitted to attend a practice/performance that may occur that evening.
  - E. If a practice is missed the week prior to a performance, that team member may be required to sit out that performance (at coach's discretion). **EXCEPTIONS MAY** be made for school events as listed above with coach's prior approval.
- X. **NATIONAL DANCE TEAM CHAMPIONSHIPS**
- A. Upon qualifying, the **Varsity** team will compete at the National Dance Team Championships at Walt Disney World in Orlando, Florida January 29-31, 2027. (this date has not been confirmed yet by UDA/Varsity)
  - B. The estimated cost for this trip is included in the budget for each Varsity team dancer. However, reservations are not made until Summer/Fall 2026 and the final cost may increase the original budgeted number or the additional funds necessary will be pulled from the Seton Invitational profits.
  - C. All team members (and chaperones) will be required to purchase the travel package, including airfare, through Seton High School and travel to and from Florida with the team, **NO EXCEPTIONS**. This trip is considered a Seton field trip and an excused absence from school.
- XI. **CONDUCT AND DISCIPLINE**
- A. Vulgar or inappropriate conduct will not be tolerated (this includes, but is not limited to, inappropriate Twitter, Facebook, Instagram, Snapchat, TikTok, etc. postings). If team members are found using inappropriate or vulgar conduct, such as inappropriate social media postings, cursing, etc., while representing Seton High School and/or their team, that team member may be suspended and/or removed from the team as seen fit by the coaches.
  - B. If the coaches feel that their team is being negatively impacted due to dancer/parent drama, that dancer/parent will not be permitted to attend any dance functions until the situation is resolved. If the problem persists, the dancer will be removed from the team. We are here to dance and to work with one another to become the best we can be, additional drama will not be tolerated.
  - C. Committing a crime is prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
  - D. Smoking is prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
  - E. Drugs and alcohol are prohibited. Disciplinary action will follow the guidelines set by the Seton High School student handbook.
  - F. Suspension from Seton High School or Dancer's grade school is a suspension from her team.
  - G. Expulsion from Seton High School or Dancer's grade school is expulsion from her team.
  - H. **Disrespect for the coaches, any other team member (Seton Dance or otherwise), or any team parent may result in suspension from performances as seen fit by the coaches.**
  - I. Team members must always display cleanliness and good grooming.
    1. No facial piercings are allowed. Earrings **ONLY**.
  - J. Team members (and parents) are to **ALWAYS** display good sportsmanship. Failure to do so will result in suspension from performances as seen fit by the coaches.
  - K. Tardiness will not be tolerated and may result in dismissal from the team if consistent.
- XII. **COSTUMES / TRAVEL UNIFORMS / CAMP WEAR / POMS**
- A. Each team member will be required to purchase a travel uniform to be worn to and from competitions and/or performances. This includes a warm-up & any other Seton Dance Team

spirit wear as decided by the team coaches. Anything purchased by team members will be theirs to keep. This cost is NOT included in the budget for each dancer.

NOTE: We plan to keep the same warm-ups from the 2024/2025 season pending availability.

- B. Varsity, JV & Junior High team members will be required to purchase matching spirit wear, etc. for camp. This cost is NOT included in the budget for each dancer.
- C. Competition costumes, shoes, tights, etc. will be needed for each member and must be kept in good condition. This cost is included in the budget for each dancer. Team members will keep their competition costumes, etc. at the end of the season.
- D. Costumes are to be hung up properly after each performance.
- E. A torn, ripped, or soiled costume must be reported to the coaches for immediate repair. If not reported, it will be the responsibility of the team member to have her own costume fixed.
- F. Performance poms become practice poms for the following season and will remain the property of Seton Dance.

### XIII. ATHLETIC FEES

- A. The Seton High School Athletic Fee for all dancers is \$300 per girl. This cost is included in the budget for each dancer.
- B. Multi child families will be given a \$125 credit for each additional athlete up to a \$600 family max per the fees schedule set by the Seton Athletic Department. This discount applies to Seton students only.
- C. These fees are used to help cover coach's salaries, facilities used at Seton, studio upkeep, etc.

### XIV. SETON ATHLETIC DEPT. GOLF OUTING (this may be replaced with a different fundraiser)

- A. Each Varsity, JV, Junior High, Youth & Youth Prep dancer will be required to sell 10 - \$5 raffle tickets for the Seton Golf Outing. This cost is included in the budget.
- B. This sale is also a fundraiser for our teams. Any tickets a dancer sells over and above the 10 required by the Athletic Department will be credited back to your individual account.  
NOTE: Extra ticket sales are pending availability from the Seton Athletic Department.
- C. Sale is for the July 2026 Golf Outing and will happen in May/June 2026.

### XV. FUNDRAISERS

- A. Seton's Dance Team Invitational will be held on January 9, 2027. **Varsity & JV team members and 2 parents/workers must work all day.** A portion of the money raised by this invitational will be divided among the total number of Varsity & JV dancers and will be applied as a credit towards their invoice for the month of February.  
NOTE: All workers must be High School age or older.
- B. Any team member or parent wishing to organize additional fundraisers must coordinate it with the Dance Program Director as all fundraisers must be approved by the Athletic Director and Seton Administration. Any money collected from these fundraisers will credit ONLY members who participated in that fundraiser. Money will be applied as a credit towards each participating team members' account statement for the month.

### XVI. BUDGET / COST PER DANCER

- A. A copy of the budget will be passed out at the parents' informational meeting, beginning of tryouts/placements AND at the mandatory parents meeting at the beginning of the season. The budget is segmented by team and cost per dancer.
- B. The grand total per dancer will be split into payments to be paid once a month. Team members (parents) will receive a statement each month detailing charges incurred minus any fundraising credits to equal the total due for that month.
- C. Statements will be posted online the first week of each month at shsdance.org. Each team member will have a unique username and password so that only you may review your personal payment information. Payments will be due the 25<sup>th</sup> of each month.

- D. **Payments not received by the 1<sup>st</sup> day of the following month will be assessed a late fee of \$20 per month until payment is received or until arrangements are made regarding delinquent fees.**
- E. Bounced/Stop Pay checks will be assessed a \$20 fee on 1<sup>st</sup> occurrence. After that we will only accept cash or a cashier's check.
- F. **Non-payment of invoices will result in that team member not performing until they are paid in full (unless previous arrangements are made).**
- G. The budget (prior to tryouts) for each team is estimated costs. Fees may change once our final teams are chosen (\$ amount depends on the final number of team members for each team). If team(s) are under budget at the end of the year final monthly payments may be reduced. **Any monies fundraised or paid in advanced will NOT be refunded if overpaid.** Seton High School is a non-profit organization, any overpayments will be considered a donation. **Please keep track of your account/statement online so you do not overpay.**
- H. **Any dancer who chooses to no longer participate, OR the terms of this handbook result in their dismissal from the program, will be responsible for any monies Seton High School/Seton Dance has spent on their behalf up until that point. Including, but not limited to, any costumes ordered but not yet received, any competition fees paid but not yet participated in, etc. We do pay for a lot of the budgeted items early in the season to take advantage of discounted/early bird pricing rates.**

#### XVII. OHSAA PHYSICAL / IMPACT CONCUSSION TESTING / LINDSAY'S LAW / EMERGENCY CONTACT FORMS

- A. **Varsity & JV team members must have a physical and appropriate OHSAA physical form completed and turned in BEFORE the first day of tryouts, April 7, 2026.**
- B. **Varsity & JV team members all other forms required for tryouts will be completed in FinalForms with the exception of this Handbook signature page and required report card. Those should be turned into the coaches prior to final tryouts on April 11, 2026.**  
NOTE: New Seton Students for 26/27 have access to FinalForms now and need to create their account and sign all necessary athletics forms online prior to their first open class.
- C. **Varsity & JV team members must complete ImPact concussion baseline testing once they are selected for a team and the consent form must be completed prior to tryouts. This form is for new Varsity/JV dancers in 2026/2027 only as baseline testing is only done once.**
  1. TriHealth provides ImPact testing for Seton High School students. This computer-based test, which feels similar to a video game, tests memory, reaction time and concentration. You/Your daughter's first year of Seton Dance, she will have a baseline test done. If she suffers what we think is a concussion she will be retested, and her scores will be used in collaboration with balance testing and symptoms reported to clear her for a full return to dance. You can find more information on ImPact testing in the letter from our Athletic Trainer posted with the consent form mentioned above.
  2. The State of Ohio now has a law forbidding any athlete that exhibits signs or symptoms of a concussion from returning to play for 24 hours. After 24 hours the athlete needs to be evaluated by a M.D., a D.O. or another Healthcare Professional (Athletic Trainer) approved by Seton to be cleared for participation. At that time, if it is found that you/your daughter has a concussion, there is a protocol that must be followed to return to dance. This protocol is at minimum 4 days long and can only start once the dancer is symptom free. If you or your daughter feel she has suffered a brain injury, please contact Seton's Athletic Trainer immediately. Signs and symptoms of a concussion, as well as other information about the law, can be found on the State of Ohio Concussion Information Form that is required to be signed prior to tryouts.
- D. **JUNIOR HIGH, YOUTH & YOUTH PREP team members must notify coaches immediately and then consult with your family physician if you believe a concussion has**

occurred. While Seton's Athletic Trainer can advise on the injury, she cannot treat dancers who are not attending Seton High School as students.

- E. **JUNIOR HIGH, YOUTH & YOUTH PREP** team members must have the Lindsay's Law & Seton emergency medical contact forms completed and turned in by the start of tryouts/placements.
1. If the dancer's insurance information, emergency contact information, etc. changes over the course of the season it is the parents' responsibility to re-submit this form.

#### XVIII. PICTURE / SOCIAL MEDIA RELEASE

- A. By signing this handbook, I (parent/guardian) do hereby give Seton High School and the Seton Dance Teams the right to use my child's name and photograph in all forms, media and manners, for press releases, publications, advertising of Seton programs, educational professional journals, public displays, or presentations about Seton High School and/or the Seton Dance Teams.
- B. The Seton High School website is located at [www.setoncincinnati.org](http://www.setoncincinnati.org)
- C. The Seton High School social media pages are as follows:
- Facebook - [www.facebook.com/Seton.Cincy](http://www.facebook.com/Seton.Cincy)
  - Instagram - [@setonhighschoolcincinnati](https://www.instagram.com/setonhighschoolcincinnati)
  - Twitter - [@setonhs](https://twitter.com/setonhs)
- D. The Seton Athletic Department social media pages are as follows:
- Instagram – [@setonhsports](https://www.instagram.com/setonhsports)
  - Twitter - [@setonhsports](https://twitter.com/setonhsports)
- E. Our Seton Dance full program Facebook page is located at [www.facebook.com/shsdance](http://www.facebook.com/shsdance)
- F. Our Seton Varsity Dance Twitter page is located at [@shsdance](https://twitter.com/shsdance)
- G. Our Seton Dance individual team Instagram accounts can be found at: [@shsdance](https://www.instagram.com/shsdance), [@shs\\_jvdt](https://www.instagram.com/shs_jvdt), [@shsjhdance](https://www.instagram.com/shsjhdance), [@shsyouthdance](https://www.instagram.com/shsyouthdance), [@shsyouthprep](https://www.instagram.com/shsyouthprep) & [@shstwinkles](https://www.instagram.com/shstwinkles).
- H. Any dancer who has a Facebook, Twitter, Snapchat, TikTok or Instagram account will be required to friend the team accounts. This is done to ensure that all members are not posting inappropriate things about Seton Dance, teammates, coaches, our competitors, or anyone else throughout the season. These accounts will be monitored on a regular basis and disciplinary action WILL be taken if the dancer is deemed inappropriate in any way. Remember that when you are on our dance teams you represent Seton High School in anything and everything that you do, including what is posted on the internet!
- I. During the competition season we ask that you do NOT post video of any of our competition performances on YouTube, Facebook or any other internet posting site. We like to keep our routines a surprise to as many people as possible prior to each team's national competition.

#### XIX. TEAM / PARENT COMMUNICATION

- A. At the Varsity & JV level we expect the GIRLS to let us know if they need to miss practice, have an issue, or need something from the coaches. We are trying to teach them to be independent, responsible young women and not to rely on their parents to do everything for them. If a parent feels they need to contact us regarding a situation we are always open to hear from them, but we would prefer to deal with the girls directly.
- B. All other communication regarding any of the teams with parents will be done via email. The signature page of this document will ask for email addresses for the dancer's parents. Should a parent's email information change over the course of the season it is their responsibility to provide us with updated contact information.

**If your daughter is selected/placed on one of the Seton Dance Teams there will be a MANDATORY parent meeting on Wednesday, May 13, 2026 @ 6:30 at Seton High School in the HALO CAFÉ.**

**Please be prepared to make your deposit/first payment that evening.**

-----Please fill out and sign this page and then turn it into the coaches the week of tryouts/placements-----

I have read and understand the policies for participation on the Seton High School Dance Teams and I accept them as governing my participation.

DANCER NAME (please print) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Birthday (needed for competition registrations) \_\_\_\_\_

Cell Phone \_\_\_\_\_ E-mail address \_\_\_\_\_@setoncincinnati.org  
(Seton students only)

Twitter: @\_\_\_\_\_ Instagram: @\_\_\_\_\_

Snapchat: @\_\_\_\_\_ Facebook: \_\_\_\_\_

TikTok: @\_\_\_\_\_

DANCER SIGNATURE \_\_\_\_\_

I have read and understand the policies for participation on the Seton High School Dance Teams and I accept them as governing my daughter's participation. **I understand that for the VARSITY & JV teams both parents are expected to work all day at the Seton Dance Invitational on January 9<sup>th</sup>, 2027 or find other workers to fill in. I have also read the attached performance schedule and budget and agree to the financial terms of the team she is wishing to participate on.** My daughter has my permission to participate on a Seton High School Dance Team.

PARENT NAME (please print) \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Mom Cell Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Dad Cell Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

YES! Please include father on all email correspondence.

My Child will be \_\_\_\_\_ (insert age as of August 31, 2026) and in the \_\_\_\_\_ grade for the 2026/2027 school year. She is eligible and would like to be considered for or placed on the following team(s):

- Youth Prep ONLY – 4<sup>th</sup> through 6<sup>th</sup> grades for 2026/2027 school year
- Youth Prep or Youth – 4<sup>th</sup> through 6<sup>th</sup> grades for 2026/2027 school year
- Junior High – 6<sup>th</sup> thru 8<sup>th</sup> grades for 2026/2027 school year
- JV ONLY - 9<sup>th</sup> thru 11<sup>th</sup> grades for 2026/2027 school year
  - My daughter wishes to only be considered for the JV team this season.  
\_\_\_\_\_ dancer initials \_\_\_\_\_ parent initials (all prospective JV only dancers/parents must initial)
- JV or Varsity - 9<sup>th</sup> thru 12<sup>th</sup> grades for 2026/2027 school year
  - My daughter would accept a position on Varsity even though she may not dance on the floor in competitions or performances at any point during the season. Parent(s) understand that the payments are the same regardless and her attendance is mandatory as a team member at all practices, performances, events, etc.  
\_\_\_\_\_ dancer initials \_\_\_\_\_ parent initials (all prospective Varsity dancers/parents must initial)

PARENT SIGNATURE \_\_\_\_\_