

# Davenport West Diamond Dancers

## Policies & Procedures Manual 2025-2026

### CONTACT INFORMATION

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### SOCIAL MEDIA

Facebook:

<https://www.facebook.com/DWHS.DanceTeam/>

Twitter:

[https://twitter.com/WHS\\_Diamonds](https://twitter.com/WHS_Diamonds)

Instagram:

[https://www.instagram.com/whs\\_diamonds/](https://www.instagram.com/whs_diamonds/)

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### MISSION STATEMENT

The Davenport West Diamond Dancers support Falcon athletics & represent the school district in a positive light through performances at football games, men and women's basketball games, community events, and competitions. It is each team member's responsibility to put forth their best effort at all engagements, maintain good sportsmanship, & take pride in maintaining & creating a level of excellence to be continued throughout the years. Team members will be challenged to grow & develop as dancers & students through the personal management of athletic & academic responsibilities.

### PHILOSOPHIES

In order to establish a high school dance team program that is respected and recognized, certain philosophies and policies govern the Diamond Dancers. Given the opportunity to be a Davenport West Diamond Dancer is considered a privilege, and compliance to the policies below is expected. The coach reserves the right to amend certain policies as she sees fit.

### ELIGIBILITY

To be eligible to participate as a Davenport West Diamond Dancer, the following criteria must be met:

- Receive credit in at least 4 subjects at all times, or 2 out of 4 blocks.
  - To attend practices and performances, dancers must be in school for the entire school day.
- Pass all courses and make adequate progress toward graduation
  - If a dancer is receiving a 'D' or 'F' in any course **at any point in time**, he/she may need to attend study tables until the grade is raised. Whether or not study table are held is up to the current Athletic Director.  
**Dancers who miss more than 1 study table will be subject to performance consequences.**  
*\*Note:* Coaches can request grades from the athletics office at any point in time.
  - If a dancer is not passing all courses **at the end of a final grading period**, the dancer is ineligible to perform for 30 consecutive days.
- Submit an updated Falcon Pass each Fall and Winter and an updated physical each year to the athletics office
  - If a dancer does not turn in an updated Falcon Pass by the deadline or has an expired physical, he/she will be suspended from participation until items are turned in.
- Follow the Good Conduct Rule at all times
  - **NO** possession, use, or purchase of tobacco products, regardless of the dancer's age.
  - **NO** possession, use, or purchase of alcoholic beverages, including beer and wine.
  - **NO** possession, use, or purchase of illegal drugs or the unauthorized possession, use, or purchase of otherwise lawful drugs.
  - **NO** engagement in any act that results in or could lead to an arrest or citation in the criminal or juvenile court system, excluding minor traffic offenses. This includes harassment and/or hazing.

## **IMPORTANCE OF ACADEMICS**

A Diamond Dancer's priority list should be as follows: (1) School, (2) Dance, (3) Other. Dancers are STUDENT athletes. Education should be the focus of the dancer's time at West High School and is a key component of eligibility.

## **ATTITUDE**

Each Diamond Dancer is expected to handle themselves in any situation with maturity and positivity. Dancers are to treat their teammates, classmates, athletic coaches, supervisors, and school administrators with the utmost respect. This includes using a positive tone in all communication (written, verbal, and electronic), using appropriate prefixes for adults (Mr./Mrs.), always saying please/thank you, refraining from foul language, inappropriate gestures, and comments that may be hurtful to others, etc. Disregard for the aforementioned policies will result in consequences as determined by the coach.

The Diamond Dancers have a zero-tolerance policy for the mistreatment or bullying of others, especially in regards to race, ethnicity, politics, religion, etc. Any dancer partaking in such behavior will be automatically dismissed from the team. This does not mean that dancers are not allowed to have and/or voice their own opinions; however, it does mean that dancers must do so in a respectful, mindful, and positive manner.

## **UNIFORMS AND WARM-UPS**

Dancers will be issued a variety of uniforms, warm-ups, and costumes, most of which are school property. These items should not be loaned out or borrowed by anyone who is not a current member of the Diamond Dancers. School-issued uniforms must be returned at the conclusion of the dancer's participation (at the end of the season or otherwise) **in the condition that they were given** (see "Uniform Care" in your Diamond Dancer packet). Returning dancers will not be allowed to tryout for next year's team until all uniform pieces are turned in. If any uniform pieces are lost or stolen during the duration of the season, the dancer will be expected to pay for a replacement item.

## **EXPENSES**

The Davenport School District will cover the majority of our expenses throughout the season, including uniforms and competition-related expenses. With this, **ALL** uniform items will be returned to Coach Stahle at the conclusion of the season.

Any additional season expenses are as follows (all of which are optional expenses):

- JV State Competition – ***Participation is required for dancers, but the items below are optional for families***
  - 1-2-Night hotel Stay for friends/family in Des Moines, IA – \$99.00 - \$175.00/night
  - ISDTA State Merchandise orders – \$5.00 - \$50.00
- Professional Individual & Team Pictures – \$10.00 - \$38.00
- Diamond Dancers Sprit Wear – \$25.00 - \$100.00+

## **FUNDRAISING**

In order to maintain, develop, and assist the program, fundraising is necessary throughout the year. Each team member is expected to fully participate in all fundraising opportunities.

This year's planned fundraisers include:

- Diamond Dancer Spirit Wear – September/October (online fundraiser)
- Youth Dance Clinics – 1 football season clinic, 1 basketball season clinic
- Diamond Dancers State T-Shirts – November (online fundraiser)

## **APPEARANCES & COMMUNITY SERVICE**

As a representative of Davenport West High School, dancers may be asked to attend appearances and community service events in the Quad Cities area throughout the season. Some events may require full team participation, while others may only require a select number of dancers. The coach will be in contact with both parents and dancers regarding event details as opportunities arise.

## **PRACTICES, GAMES, AND COMPETITIONS**

Diamond Dancers are required to attend all team functions set by the coach. All practice, game, and competition dates and times are listed on the team calendar posted on the team website. Typically, practices occur 2-3 times per week from 6:00-8:00am before school. However, additional practices may be scheduled as necessary, including Saturday and/or Sunday mornings. Practices and other events are subject to change, but not without sufficient notice.

Dancers should arrive at all events (practices, games, competitions, etc.) **ON TIME**. Dancers will be held to “Falcon Time” (*i.e.*, arriving on time means arriving 5 minutes early). If a dancer arrives late (15+ minutes) to a practice, game, or performance for an unexcused reason, the following consequences will be employed:

- 1<sup>st</sup> late arrival – Warning
- 2<sup>nd</sup> late arrival – Dancer must sit sidelines of the next game
- 3<sup>rd</sup> late arrival – Dancer will not perform at the next game

Because a large component of dance team is unity and uniformity, attendance at all practices is mandatory. Practices typically occur twice per week, but may increase during summer months and competition season (October – December). Dancers should attend all practices with the following:

- Tank top or short sleeve shirt
- Athletic shorts, spandex, or leggings
- Hair up in a ponytail or bun
- Jazz shoes (tan AND black)
- Poms

\*Note: Cell phones are NOT to be visible or used during practice unless in the event of an emergency.

Attendance at required football games, basketball games, and competitions is mandatory. While games and competitions are set, individual participation in each is considered a privilege and will be determined on an individual basis. Alternate status for competitions will be determined by the coach based on what is best for the team.

**If a dancer is not ready to perform (e.g., does not know the material, is not “competition ready”, does not have a necessary uniform piece, etc.), he or she will be pulled from the performance.**

As with practices, dancers will be held to “Falcon Time” and are not to use cell phones at an event unless in the event of an emergency.

## **STRENGTH AND CONDITIONING EXPECTATIONS**

As an **ATHLETE**, dancers are held to the same standards as other sports regarding participation in strength and conditioning. Strength and conditioning not only maintains fitness during the off-season (*e.g.*, summer), but also greatly reduces the risk for injury and improves overall performance.

During the summer, dancers are encouraged to attend the strength and conditioning sessions provided by the school. Sessions are offered during the school day as a class or after school.

During the fall/winter, dancers should choose one of the following to meet strength and conditioning expectations:

- Be enrolled in a Strength Training class
- Lift before or after school twice per week
- Participate in studio dance classes/competition teams

## **ABSENCE POLICY**

All **excused** absences will be appropriately recognized by the coach and will result in no penalty. Examples of **excused** absences include:

- Family emergency
- Serious illness/injury (doctor’s note must be provided)
- Special family events (weddings, funerals, etc.)
- Other rare occasions (to be discussed between the dancer, coach, and parent(s))

If a dancer is ill but not contagious or is injured, he/she will still be expected to attend practice.

Dancers are allowed **two unexcused absences**. After the second unexcused absence, the dancer will be pulled from the next performance, regardless if it is a pep rally, game, or competition. Unexcused absences beyond the second will result in removal from the team. Examples of **unexcused** absences include, but are not limited to:

- Oversleeping
- Work
- Concerts
- Family vacation
- Non-medical appointments (hair, nails, etc.)

If possible, all absences (excused or unexcused) need to be relayed to the coach **at least one week in advance**. Along with informing the coach of the absence, the dancer will be required to remind the coach of his/her absence at the practice prior and catch up on material missed at the practice or the game. Choreography will not be re-taught for an individual dancer.

**Studio dancers or dancers involved in other activities – forward Coach Missy & Coach Riley your schedules ASAP.**

### **COMMUNICATION**

Dancers and parents will communicate with the coach in a variety of ways. First, dancers and parents will be asked to download the BAND app. The coach will add each member to the team's BAND group, which is 'Closed' and not visible to the public. Here, dancers will receive footage from practice and reminders for upcoming events. Much of the personal growth that occurs on a dance team involves watching practices and performances back to view areas for improvement, which is why addition into this group is essential.

If the coach needs to contact a dancer or parent in a timely manner, he/she may call or text. **Please note – while the BAND app and texting is a convenient means of communication, dancers and parents should view email, call, or text as the primary form of communication from the coach.** When contacting the coach, please do so at timely hours unless in the event of an emergency.

Dancers will also be paired with a "sister" for the duration of the season. This "sister" partnership will allow for support and communication between dancers. Before contacting the coach with a question (*e.g.*, what time to meet, what uniform to wear, etc.), dancers should first ask their "sister", then the rest of the team, then the coach.

### **SOCIAL MEDIA**

Social media sites include, but are not limited to Facebook, Twitter, Instagram, Snapchat, YouTube, TikTok, and any other online websites. Diamond Dancers are held to the highest regard and are often considered role models in the community. Furthermore, a dancer's position on the team is reason for people to pay special attention to their profiles. Each and every online interaction should represent each dancer, the athletics department, and Davenport West High School in a positive, appropriate manner. **These requirements also apply to dancers' parents/guardians.** Any inappropriate material found by third parties can greatly affect the perception of Diamond Dancers, the athletic department, and the school district.

**Dancers who use Facebook, Instagram, Snapchat, and TikTok will be required to "friend" the coach on these platforms.** Dancers who do not represent themselves, the team, or the school in an appropriate manner online as deemed by the coach will be subject to disciplinary action.

Examples of inappropriate and/or offensive online engagement include:

- Posting, commenting, sharing, or "liking" content or profiles that use foul language.
- Posting or sharing content that is unsportsmanlike, derogatory, demeaning, or threatening towards other individuals or entities (other schools, races, genders, etc.).
- Posting, commenting, sharing, or "liking" content that supports a negative attitude towards other West affiliated sports or organizations.
- Posting, photos, videos, or comments showing personal use of alcohol, drugs, or tobacco.
- Posting photos, videos, or comments that are overly sexual in nature.

The safety and security of members is also a concern for the Diamond Dancers. It is recommended that dancers never post their cell phone number, address, or other important information online. These sites are public and easy to access, leaving dancers vulnerable to those who might have questionable intentions.

### **TRAVEL**

Dancers will travel as a team to a select number of events throughout the season. Unless a permission slip is provided by the coach for parents to sign for alternate transportation, dancers will travel to and return from all out-of-town events with the team.

During periods of travel, dancers are expected to maintain appropriate behavior at all times. Failure to do so will result in disciplinary action.

### **IMPORTANT EVENT DATES**

- **Practices**
    - Tuesdays/Thursdays 6:00-8:00am at WHS
    - Tuesday, August 26 – Thursday, December 18
  - **Game Day Performances**
    - 2 Sophomore Football Games
      - Friday, October 3, 2025
      - Friday, October 10, 2025
    - 2 Sophomore/JV Basketball Games
      - November/December (dates TBD) – typically Fridays and/or Tuesday evenings
  - **Competition Performances**
    - Warrior Dance Battle – Cedar Rapids, IA
      - Saturday, October 18, 2025
    - JV State Dance Team Championships – Newton, IA OR Pella, IA
      - Thursday, October 23, 2025
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