

Aliso Niguel High School Songleaders 2009

Practice Etiquette

- *Enter with a positive attitude, no matter what your day was like*
- *Acknowledge your team members*
- *Wear assigned team wear*
- *Jazz shoes must be worn*
- *Hair should be in a ponytail or bun with bangs pinned back*
- *Foul language, eye rolling or snide remarks are unacceptable*
- *No gum chewing, eating or drinking other than water*
- *Excessive talking is unacceptable*
- *Cell phones must be turned off during practice, no texting or emailing during water breaks*
- *Follow warm-up with commitment to improve strength and flexibility*
- *Execute technique with effort and determination*
- *Dance combinations should be rehearsed before returning to the next practice*
- *Be supportive and helpful to your fellow teammates no matter what their dance experience*
- *Always give your best effort, whether you're asked to or not*
- *Be respectful to all of your coaches*
- *Enjoy your team, it's over before you know it*
- *Do not leave trash, shoes, books or clothes*
- *Leave with a positive attitude, no matter what practice was like*