



PROGRAM & EXPECTATIONS OVERVIEW

The Loyola Dance Team is the official dance team of Loyola University Maryland. All team members are full time students who have an interest in supporting Loyola Athletics and being active within the Loyola and Baltimore communities. Our primary function is to promote school spirit by attending all men's and women's basketball games as well as various soccer, volleyball, lacrosse, and other school or community-related events. Additionally, we also represent Loyola University Maryland at NDA College Nationals in Daytona Beach, FL.

Being a member of the Loyola Dance Team comes with several exciting opportunities, but is also a major commitment with appropriate personal conduct is expected at all times, not just when in uniform. Dance Team members maintain a mature and positive attitude, willingness to learn and accept instruction from Coaches and Captains, and respect all decisions of the Coaches and Captains, recognizing their responsibility to uphold the integrity and standards of the program.

OVERVIEW: Commitment of 20+ hours per week which can include practices, workouts, games, appearances, team bonding, fundraisers, and other community outreach. Scheduling priorities should be academics first then followed by dance team.

SUMMER:

- Team meeting to review and sign Team Policies & Expectations Contract
- Weekly off season training schedule including conditioning/cardio, technique, and build dance stylization
- Submit payment camp, if applicable (varies year to year)
- Attend Pre-Camp at Loyola (mid-late July)
- Attend NDA Camp (early August)
- Early campus arrival for Welcome Weekend and Team Retreat

FALL:

- Practice 3x a week: typically Tuesday and Thursday evenings and Sundays
- Team lift/workout sessions 2x a week with strength coach
- Media Day
- Performances at select soccer/volleyball games and all home basketball games
- Nationals Choreography
- Submit payment(s) to Club Sports for dues

SPRING:

- Practice 3x a week: schedule similar to the Fall but may include additional days during the week for Nationals preparation
- Performances at all home basketball games and select lacrosse games
 - Expect all Patriot League basketball games to be Wednesdays and Saturdays with some Sundays
- Shortened Spring Break due to Nationals preparation and performances at Patriot League Basketball Championship and/or NCAA Tournament games
- NDA College Nationals in Daytona Beach, FL



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TEAM MEMBER EXPECTATIONS:

- Understanding that being on the Dance Team requires commitment during Thanksgiving, Winter, Spring, and Easter Breaks
 - Games and practices may be scheduled during Thanksgiving, Winter, and Spring breaks and attendance will be determined by the Coaches.
 - Team members may be required to depart campus later or return earlier than other students, but will never have games or practices on actual holidays. Housing extensions will be provided as necessary.
 - Vacations and travel for breaks must be discussed with and approved by the Coaches before any plans are finalized or paid for.
- Dance Team members will be responsible adults and approach dance team commitments with professionalism, accountability, and discipline maintaining excellent communication and time management skills.
- Demonstrate responsibility regarding health and wellness, nutrition, safety, and injury prevention in order to maintain full health and functionality utilizing Club Sports Athletic Trainer, Towson Sports Properties for Physical Therapy, the Counseling and/or Women's Center, and Student Health.
- Must abide by all rules and regulations set by the Loyola Dance Team and Coaches, Club Sports Handbook, all Loyola University Maryland policies including Community Standards, Housing, Academics, etc., and the NCAA Division I and Patriot League as they pertain to spirit programs..

FINANCIAL CONTRIBUTIONS:

As a Club Sport, our team is allocated an annual operating budget by the University. However, our budget allocation is often well below what is needed to ensure our team can remain competitive as a Division I dance team. Team members can expect to make a maximum \$2,500 yearly investment in the program spanning dues, sponsorship acquisition, and fundraising. Payment plans will always be made available to any dancer needing assistance.

BENEFITS:

- Custom branded Under Armour apparel, shoes, warm ups, bag and select gear provided by Loyola Athletics
- Custom-designed uniforms provided by Loyola
- Opportunities to learn and grow from guest choreographers or speakers
- Represent Loyola Athletics and compete in Division I at NDA College Nationals
- Opportunities for professional development and networking within University partnerships as well as leadership roles within the team
- A solid support network of dedicated and trustworthy teammates and Coaches that foster personal purpose, inclusivity, and growth guided by Jesuit values
- Lifetime worth of memories, friendships, and relationships you will carry with you well after you graduate!

All questions regarding the teams should be directed to the Coaches via email at loyolamarylanddanceteam@gmail.com.