



DANCE TEAM

PROGRAM & EXPECTATIONS OVERVIEW

Prospective Loyola Dance Team Member:

Our team serves as an ambassador for Loyola University Maryland, and helps promote school spirit at several athletic events including all men's and women's basketball as well as various soccer, volleyball, lacrosse, and other school or community-related events. Additionally, we also represent Loyola University Maryland at a national dance competition.

Each year, we are looking for well-rounded dancers who are confident, talented, dedicated, humble, respectful and passionate about being a part of the Loyola Dance Team. Team members are responsible for representing Loyola in the classroom, on the field/court, and many other platforms. Being a member of the Loyola Dance Team comes with several exciting opportunities, but is also a major commitment. Being a member of the Loyola Dance Team is a privilege and not a right; everything that comes with being a member is earned and not given.

Please read through this overview carefully to better understand our program.

Overview: As a member of the Loyola Dance Team, it is your responsibility to be present at all practices, workouts, games and events with enthusiasm, spirit, and attentiveness.

SUMMER:

- May: Mandatory team meeting via Zoom to review Team Contract & Operations
- Weekly workouts, runs, and technique check ins (about 8-10 weeks)

FALL:

- Three practices a week; example: Tuesday/Thursday 7:30-9:30 PM, Sunday AM
- Captains practices when necessary (days and times at Captains' discretion)
- Twice weekly conditioning sessions
- Mandatory to attend select soccer/volleyball games and all home basketball games
- Some games may occur during Thanksgiving and Winter break - they are mandatory

Shortened Winter Break - mandatory practice(s) before start of the Spring Semester

SPRING:

- Three practices a week; schedule similar to the Fall but may have minor adjustments
- Captains practices when necessary (days and times at Captains' discretion)
- Twice weekly conditioning sessions
- Mandatory to attend all home basketball games (Wednesdays and Saturdays with some Sundays) and select lacrosse games.
- NCAA basketball tournament games, if applicable
- NDA College Nationals in Daytona Beach, FL

Shortened Spring Break - mandatory Nationals practices and Patriot League Basketball Championships



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CORE VALUES:

W: Wellness; Physical, mental, emotional

E: Enthusiasm

A: Accountability

R: Responsibility and Respect to ourselves, our coaches, and our community

E: Encouraging

L: Loyal to our team

U: Unity

D: Determined

T: Teamwork, Trusting in our capabilities of succeeding

Expectations:

- To fulfill basic duties of being on the team including submitting required paperwork, workouts, payments, etc. on time
- To maintain frequent communication and transparency with Coaches regarding any concerns, either personal or team-related
- To support each of your teammates throughout the entire season and promote an inclusive environment

Financial Contributions:

As a Club Sport, our team heavily relies on fundraising to offset out of pocket expenses for team members. Therefore, the amount contributed year-to-year may vary. Annually, team members pay for practice attire, footwear, some meal costs, and dues to Club Sports. When budgeting and fundraising allow, the team will help offset the cost of NDA camp and NDA Nationals.

Specific practice or game days and times are subject to change. All questions regarding the team, schedules, and events should be directed to the Coaches via email at loyolamarylanddanceteam@gmail.com