



# 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. Team members should treat team commitments like a job, where you hold yourself accountable, are timely, and are extremely disciplined. In order for our team to achieve our goals, each team member must possess excellent time management skills, a mature and positive attitude, and a willingness to learn & accept instruction from coaches and captain(s) while respecting all decisions made in pursuit of maintaining the integrity of the program.

**Overview:** As a member of the Loyola Dance Team, it is a mandatory requirement to be present at all practices, workouts, games and events with enthusiasm, spirit, and attentiveness. Missed practices, games, or events are NOT permitted unless there is an emergency situation (per Team Contract & Policies) or unavoidable academic conflict.

**MANDATORY TIME COMMITMENTS & EXPECTATIONS:** *Commitment of 15+ 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 via Zoom to review Team Contract & Policies (May)
- Weekly conditioning and technique check ins (July/August)
- Submit payment(s) for practice gear, bags & shoes, and camp if applicable
- Attend NDA Camp (August)

## **FALL:**

- Practice 3x a week; example: Tuesday and Thursday 6:30-9:30 PM & Sunday 11 AM-1 PM
- Conditioning/lift sessions 2x a week with strength coach
- 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 have minor adjustments and may include additional days in 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
- Performances at Patriot League Basketball Championship and NCAA basketball tournament games if applicable
- NDA College Nationals in Daytona Beach, FL



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## **TEAM MEMBER EXPECTATIONS:**

- Understanding that being on the dance team and supporting fellow intercollegiate sports may result in shorter breaks from school
  - Games may be scheduled during Thanksgiving, Christmas, and Spring breaks and attendance will be required for all team members as assigned by the coaches.
  - Practices may be scheduled during Thanksgiving, Christmas, Spring, and Easter breaks. Team members may be required to depart campus later or return earlier than other students, but will never have practices or games on actual holidays. Housing extensions will be provided as necessary.
  - Vacations, travel home for breaks/holidays, and any other trips need to be discussed with the coaches before any plans are finalized or paid for.
- **Must commit to 15+ hours per week** during the season for practices, workouts, games, appearances, events, and other team functions while exhibiting appropriate personal conduct both inside and outside of team functions.
- Remain mature and positive in communication with coaches, captain(s), and team members with special attention to honesty, kindness, respectfulness, and dependability at all times.
- Demonstrate commitment and responsibility to your health and wellness, nutrition, and injury prevention (utilizing Club Sports Athletic Trainer, Towson Sports Properties or FX 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 collegiate dance teams.

## **FINANCIAL CONTRIBUTIONS:**

As a Club Sport, our team is supported financially and operationally by the University. However, we heavily rely on fundraising to offset additional out of pocket expenses for team members, and subsidize annual budget allocations to ensure our team can remain competitive as a Division I Dance Team. Therefore, the amount contributed year to year may vary, and team members can annually expect to pay for practice attire, footwear, and dues to Club Sports. When budgeting and fundraising allow, the team will help offset the cost of NDA camp and NDA Nationals.

## **BENEFITS:**

- Custom Loyola Dance Team-branded Under Armour attire, shoes, & warm ups, and some additional gear provided by Loyola Athletics
- Learn and grow from guest choreographers and speakers
- The opportunity to represent Loyola and compete in Division I at NDA College Nationals
- Possibilities to development professional and leadership skills
- A solid support system and family of dedicated, hardworking, and trustworthy teammates and coaching staff
- Lifetime worth of memories, friendships, and relationships you will carry with you well after you graduate!

***All questions regarding the team, schedules, and events should be directed to the coaches via email at [loyolamarylanddanceteam@gmail.com](mailto:loyolamarylanddanceteam@gmail.com), call/text, or in our BAND group.***