

Just a Little Advice...



**DHS Diamonds
New Parent Packet**

WHAT DOES IT ALL MEAN!?

Pointers for New Dance Team Parents

Have you ever said, “Well, if I had known ahead of time...?” Since you may be new to the dance team experience, we as “seasoned” (not old) parents, would like to share some things that we have learned. We hope our experience will help make your first year as a Diamond go smoothly.

Being a Diamond is a major commitment of time and energy for your daughter, and, at times, for parents as well. It’s an exciting time - watching your daughter perform, achieving her best! Although at times, you may wonder, “How much more can we cram into one week?!”, take the opportunity to become a part of this phase of her life. Become involved...make some marvelous memories together. Share these years, and enjoy them!

HOW CAN SHE DO EVERYTHING?

Helping Your Daughter Juggle Everything: Grades, Rehearsals, Performances, Social and Family Events

We found these “stress-minimizing” suggestions helpful in staying on top of everything that needs to be done.

1. Help your daughter stay organized. Invest in an inexpensive monthly planner and encourage her to write everything on her calendar - assignments, as well as school, dance team and social obligations.
2. Mrs. Grant gives the girls monthly calendars. On these calendars are all sorts of information that you need: rehearsal times, performance times, and social events. Ask your daughter for an extra copy of this calendar. Put it on your fridge for reading while you’re standing there trying to decide what to cook for dinner.
3. Time management is a “biggie.” If she doesn’t already budget her time wisely, this is a great time to begin and practice time management. For example, suggest to your daughter that she take advantage of time between school and practice to knock out some of the shorter homework assignments. Her wise management of time will become a major asset when things become the busiest.
4. Encourage your daughter to keep up with her schoolwork and not get behind in assignments. Tutorials are offered at school. Take advantage of them. If there is a potential problem in a subject, tutorials can often help before her grades slip below passing. When there is a borderline grade situation, sometimes showing up for tutorials carries weight with teachers. It shows the teacher that your daughter cares about that subject.
5. If she receives a failing grade, she becomes ineligible to perform. This is a major disappointment, especially at contest times, when she has put so much time and energy into learning, practicing and polishing routines.

UP AND DOWN WE GO

Dealing with Moods

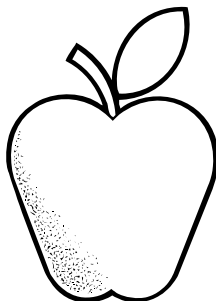
1. Support your daughter, and encourage her to keep going when the “going gets tough.” The toughest times are in January, February and March during dance contest season.
2. Expect mood swings, especially during contest season when they work so hard and there is so much to do. The girls get very tired and cranky!
3. Encourage your daughter to work as “part of the team”.
4. Encourage your daughter to be constructive and positive in her ideas and suggestions; offer encouragement and support to team members.
5. If your daughter does a solo, let her lead you in how to give her support. Some like to be left alone, others need their parents close by.
6. A special tip for parents of girls who do solos: they never start working on their solos as soon as we think they should!! Again, Mrs. Grant helps by giving guidelines and due dates. Help your daughter adhere to these!
7. **Remember to listen before reacting.** Sometimes your daughter just needs to vent and ramble. Take time to listen and

nod. Ask a few questions and try not to be judgmental of the situation. Later, go back and ask her about the situation. You may find out that she has completely forgotten about it, or like often “it was no big deal.”

EAT AN APPLE INSTEAD...

Keeping a Healthy Dancer

1. Make sure your dancer eats healthy food and takes vitamins, especially during the dance contest season.
2. She needs to drink a lot of WATER - don't live on sodas.
3. Your dancer needs to get plenty of rest especially true during contest season. when she can. This is true all the time, but
4. Insist that your daughter take a water practice. During those long practices, she may not admit it, but she will). Even after practices move to the afternoon hours, container filled with water to summer will be glad she has her own water (she may not admit it, but she will). Even after practices move to the afternoon hours, container with lots of ice. She can put the container in her dance locker during the day and then fill it with water just before she goes out to practice.
5. Encourage your daughter to learn to listen to her own body. Our bodies can tell us if what we are doing is not right. If something does not feel right or pulls, work with it. Soak in a tub. Warm up before dancing or jogging. If the pain persists, mention it to Ms. Grant. This especially is helpful during contest season. We do not want any pulled muscles or torn knees when we are heading toward the Winners' Circle.



DO WE NEED ALL THIS STUFF??

Uniform Tips and Handy Stuff to have in a Dance Team Bag

FYI: Uniforms-the red/blue skirts, white shirt, red jacket, scarf, white gauntlets, and white belt are called field uniforms. These are owned by the school. They are very expensive!! Your daughter is responsible for them. If they are damaged while in her possession, she will be charged a replacement fee. The poms and ponchos are also school property. They must also be maintained and returned.

1. Wash most dance team items by hand with a mild soap and COLD water. Hang to dry. This makes the items last longer and they won't lose their color so quickly. The costume committee and Ms. Grant will give you specific instructions on the cleaning of certain items. If you have any doubt about cleaning any part of the uniform, PLEASE ASK FIRST!!!!
2. Order extra tights and extra body tights. **HINT:** To become the greatest mom in the whole world, follow these steps: (1) stash these items away and don't tell your daughter you have them. (2) let her panic for a few minutes because she can't find her tights or her whatever. (3) Take a deep breath, pull out the extra item and just smile. (4) you are sure to receive a hug and a kiss. **NOTE:** This does not guarantee that this same thing will not happen next week... but be thankful of what you have today.
3. The field uniforms need to be hung up after they are worn. If they lay on the floor in a heap for too long, they look like someone, not our daughters, of course, slept in them.

The Diamond Dance Team Bag is an amazing thing. You thought it was just something else to purchase. In fact, at times, it contains your daughter's life. Occasionally, take a trip through it. Look for all those notes about events and the calendars she meant to give you. During your daughter's dance team life, this bag will go almost everywhere she goes with everything she needs in it.

1. This dance team bag is washable. Make sure it dries completely before re-packing. After a few football games and contests these bags can get a little stinky.
2. Essential items for the dance team bag: hair brush, Kleenex, feminine products, deodorant, scented body spray, container of bobby pins, safety pins, hair nets, dance team makeup, hair spray.
3. Several handy things to also keep in the dance team bag (these are all optional): plastic bag or small towel to sit on during football game if stands are wet, Band-Aids; bottled water, extra pair of socks, extra pair of tights, & a disposable camera.

I NEED GIFTS FOR TOMORROW

Ideas and Tips for Gifts

There are designated times during the year that the girls will be expected to give gifts to their “Sister” and/or Officer. Even after you have your dance team calendars posted in all important locations at your house, your daughter will announce to you the dark and rainy night before it is needed, those famous words we have all heard, “I need gifts tomorrow!”

1. Be on the look out for cute, inexpensive dance-type stuff. Buy it when you see it and keep it till you need it. It’s convenient to keep a small stock of things for occasional gift times. Watch for items that fit with our theme for the year.
2. Stock up on inexpensive gift bags, curly ribbon and tissue paper (school colors, of course).
3. Plastic picture frames; poems that they compose themselves; body lotions & soaps, small stuffed animals; small photo albums; copies of a favorite photo; “survival kits” consisting of bobby pins, safety pins, hair nets, etc.; balloons, single flowers; and handmade items are all great alternatives to giving candy as gifts. Charms are also a great gift!
4. Flowers from parents and “Important Others” are appreciated by the girls on special occasions such as solo competitions and Spring Show.

OTHER STUFF YOU WONDERED ABOUT

More FYI for Moms and Dads

1. Come to as many football games as you can. Believe it or not, the girls look up in the stands for you. It means a lot to them if you are there, even though they never mention it.
2. Plan to attend dance contests after the new year begins. Bring the families-grandmothers and grandfathers, aunts, uncles, cousins...everybody!! The girls love to know you are all out there watching them dance their hearts out!!
3. Purchase Diamond Mom and Dad attire. Wear them to the football games, contests, & parades. This helps to promote team spirit. It’s great to help find each other in large crowds at contests and your daughter can always find you when she needs more money.
4. Solos and ensembles are optional but worthwhile, if your daughter is interested. Doing a solo or an ensemble can become expensive. Each contest has an entry fee (\$40-\$85) and she can enter as many solo competitions as she wishes, or as you have the \$\$\$. In addition, she must provide her own costume. The costume can be as extravagant or plain as you wish. She does not have to have a different costume for each contest. Borrowing a costume can be an alternative to buying one. Sometimes solos are performed at contests where the whole team does not perform. In this case, you are responsible for providing your daughter’s transportation to the contest.
5. **DON’T BE AFRAID TO ASK QUESTIONS!** If you or your daughter has a question, the first source of information should be her Officer.
6. Take lots of pictures. Capture the moment on film, then share them with others. You will have no trouble getting the girls to pose for you. These are some IMPORTANT camera tips that come from experience:
 - Bring lots of extra film or cards for your digital camera
 - Put the film **in** the camera for both still and video cameras
 - Charge the battery for the video
 - Check the battery in your still camera
 - Take off the lens cap
 - Get double prints made when developing (one for you & one for the scrapbook/year-end video)

HOW YOU CAN BE INVOLVED

Committees and Other Stuff for Parents

The best way to know what is going on is to get involved and become part of the “action.” The Diamond parents are one of the best and most active parent groups at DHS. Diamond Moms and Dads are known as an enthusiastic, fun organization that accomplishes a lot in support of the dance team. Each parent is a vital part. Diamond Dads are important

helpers and are always invited to join in the fun. Ms. Grant has made this organization very “parent friendly.” She appreciates ideas and suggestions. There is a job and place for everyone. These are some of the areas in which you can help out:

Corporate Sponsorship

The objective of the corporate sponsorship committee is to solicit and secure corporate sponsorships for the Diamond Dancers to support programming and reduce the need for additional fundraising activities and parent out-of-pocket expenses. Parent participation of all DDBC parents in the corporate sponsorship program is expected.

Costume

Coordinate with Director the support needed for costuming. Responsibilities may include beading of costumes, repair and maintenance, and laundering. Costume volunteers are responsible for being available during all events to perform last minute repairs of costumes if needed.

Food

Coordinate meals for booster club and team events as scheduled. Responsibilities may include but are not limited to the purchase and/or pick up of food items for meals, preparation of snack bags, and distribution of meals or meal allowances to the team.

Fundraising

Investigate and provide the DDBC with feasible and profitable fundraising opportunities. Support the DDBC Vice President in the implementation of scheduled DDBC fundraising events through participation as a leader in the planning of fundraising activities and/or volunteering the day of the event.

Props Committee

Coordinate with the Director need for props for scheduled events. Prop volunteer responsibilities may include participation as a leader in the planning, construction of props, transport of props to/from events during football season, contest season and Spring Show.

Spring Show Committee

Participate as a leader in the planning of the Spring Show event and volunteering the day of the event. Committee leaders are responsible for recruiting and working with volunteers, completing assigned actions items for their work area and attending volunteer meetings. Committee volunteers are responsible for volunteering the day of the event. Spring Show Committees include: Decorations, Tickets, Flowers, Program, Marketing, Concessions, etc.

Social Committee

Organize team social events throughout the year. Participate as a leader in the planning of the annual banquet event. Social committee leaders are responsible for recruiting and working with volunteers in the planning of the banquet and other events as needed.

Website

Coordinate website updates with the team Director. Ensure website updates and maintenance is performed in a timely manner to meet required deadlines for communication of team updates.

MOST IMPORTANT!!

This booklet was written to help you have a great Diamond Experience. If we as Booster Club parents had a wish for you, it would be that Diamonds would provide lots of fun memories for your entire family and that both you and your daughter have the time of your life. We hope our wish comes true. Remember...

“Most Important Thing of All -- HAVE FUN!”

“You are important to your daughter and the team. Never underestimate your part!”

“Have A Great Time”

“You will enjoy being a part of Diamond as much as your daughter.”

