

*Rowlett High  
School  
Rhythmettes*

*Line Member*  
*Packet*

*For officer packet see Mrs. Mitchell at the  
informational meeting.*

**2009-2010**

# RHYTHMETTES

ROWLETT HIGH SCHOOL

4700 KIRBY RD.

ROWLETT, TEXAS 75088

(972)463-8690

Welcome to Rowlett High School! I am excited that you are interested in JV Drill Team. Rhythmettes will be an excellent opportunity for you to develop your dance skills, make new friends, display school spirit, and be part of an award winning organization. I hope after reading all requirements and expectations that you will decide to be a Rhythmette for the 2009-2010 school year!

I expect all young ladies that are going to be on Rhythmettes to hold high standards for themselves and show respect for their teammates, officers, and school staff at **all** times. I expect the best out of my team at all times. You will always represent this organization with your best manners and respect. Being a Rhythmette will be a great learning experience and fun for everyone.

The Rhythmettes Drill Team promotes school spirit while learning skills needed to continue on to Varsity Drill Team. You will also learn respect, manners, and skills that will last you a lifetime. JV Drill Team is a fun activity but requires a lot of time, dedication and hard work. JV Drill Team is not conducted the same as a pee-wee drill team. We have tryouts for every performance, have 2-4 practices weekly, and hold you to the standards set forth by the GISD JV Drill Team Constitution. Please make sure you are aware of the time commitment as well as the consequences given in the constitution if you should incur a violation of that document.

The following pages contain all information necessary to become acquainted with Rhythmettes. If interested, fill out the application and return by May 26th, 2009. May 26<sup>th</sup> will be fitting day for uniforms and practice wear. **Everyone** must attend the fitting to participate. At this time we will order uniforms, team shirts, practice wear and team warm ups. An order form has been included that gives a detailed list of what is required, the cost of the items, and payment due dates. Please bring all paper work and payments on the 26<sup>th</sup>. *If you are trying out for officer be sure to get an officer packet and follow the dates listed for officer candidates.*

Please attend the informational meeting on April 20th, 2009 in the Rowlett High School Cafeteria at 6 p.m to answer any concerns or questions you might have about the team. Afterwards, feel free to email any additional concerns or questions you might have to [tamitch@garlandisd.net](mailto:tamitch@garlandisd.net).

I look forward to meeting you and working with you next year! I know it will be a year to remember for you as a Rhythmette and your freshman year in high school.

Tiffany Mitchell  
Rowlett High School  
Rhythmette Director

## IMPORTANT DATES

### FRESHMAN ORIENTATION AT RHS

\*I will have a booth set up in the cafeteria with all this information along with former Rhythmettes to answer any questions.

### APRIL 20 \*RHS Cafeteria\*

\* This is a mandatory meeting at 6:00 p.m. for girls who want information to join the Rhythmettes. Officer Hopeful Meeting will follow around 6:45.

### MAY 18-21 JV CLINIC

\***Mandatory** for girls interested in JV drill team.

\*Clinic in the RHS gym from 4:30 to 6:30 to see what drill team is about.

### MAY 27 UNIFORM FITTINGS

\*In the RHS cafeteria at 6 pm ... short meeting and then fittings. Please be on time!

\*All fees must be paid this day. Please bring cash or money order for Booster items. Team Go Figure will take check, cash, or credit card.

\*Additional forms due this day are all the applications and **NOTARIZED** medical forms.

### JUNE ?? TEAM PICTURES: TIME AND DATE TBA

### JULY 20-23 from 8 -11:00am

\*Rhythmette summer practice at RHS

### AUG 3- AUG 6 PRIVATE LINE CAMP: 8am- 4pm

\*Camp will be held at Coyle Middle School and this is **mandatory** for every line member. We will learn all of our field routines. **If you are not present you will not participate during football season.**

**(Showoffs will be August 6th at 5 p.m.)**

### AUG 11 and 13 from 6-7:30 pm (More practices TBA)

\*Rhythmette practice at RHS.

### AUGUST ??? FIRST DAY OF SCHOOL

### SEPTEMBER 1 LABOR DAY PARADE

\* Time TBA

## **IMPORTANT INFORMATION:**

LINE CAMP: This is mandatory... if you do not attend line camp you will not perform during football season. This is where the girls learn all the material for their performances. The summer practices are also mandatory. Please make sure you schedule around these dates.

ABSENCES: The only excused absences are: personal illness, death in family, illness in family that requires out-of-town travel, funeral, mandatory court appearance, and religious holidays. Everything else will count as an unexcused absence. It is very important that you understand *if you miss any day the week of a game or a performance you will be out for that game/performance*, no matter if it is unexcused or excused. For an illness to be excused it must come with a doctors note stating you are too ill to dance. You also have to be present on the day tryouts are held to be eligible to be in that performance.

PRACTICES: Rhythmette practices are held on Mondays, Tuesdays and Wednesdays after school. Please make arrangements now to make doctor and dentist appointments other than these days after school. On weeks that we have a Wednesday night JV game we will have practice Monday and Tuesday.

JV GAMES: Rhythmettes perform at all in town (Garland, Rowlett, and Sachse) JV games on Wednesday or Thursday nights. See dates on previous page.

VARSITY GAMES: The Rhythmettes are required to attend all in town (Garland, Rowlett, and Sachse) Varsity games on Friday nights. They will not attend any Varsity games that are held on Thursday nights, unless specified beforehand. See dates on previous page.

TRANSPORTATION: You are responsible for taking and picking up your Rhythmette from all games. We do not ride buses to any of the games. I will stay 5-10 minutes after the game and expect the girls to be picked up by then. I will issue demerits if it is longer than 15 minutes.

ARRIVAL TIMES: The Rhythmettes will arrive to each game 30 minutes to an hour before the game start time. Please make arrangements if you work and can't be there that early for your daughter to have a ride. They must be on time. As the constitution states an absence is recorded if you are 20 minutes late. You are counted tardy (1 demerit) up until 20 minutes and then it is counted as an absence and 10 demerits will be given at that time.

\*\*\*Please always refer to the GISD JV Drill Team Constitution if you have any questions or I am always here to answer any questions or concerns you may have.

# *Rhythmette Turn in Check List*

**These items must be completed and returned in order to be a RHS Rhythmette. This is in addition to attending the uniform fitting and the summer practice and all other Rhythmette activities:**

\_\_\_\_\_ Constitution Verification

\_\_\_\_\_ Application Packet

\_\_\_\_\_ Part I: Rowlett High School Drill Team Application

\_\_\_\_\_ Part II: Health Form

\_\_\_\_\_ Part III: Permission For Medical Treatment (**notarized**)

\_\_\_\_\_ Part IV: Parental Consent Form

\_\_\_\_\_ Part V: Rhythmettes Application (with photo)

\_\_\_\_\_ Directory Sheet

\_\_\_\_\_ Medical History (physical if necessary)

**\*\*\*This sheet is for your assistance in completing information and does not have to be returned\*\*\***

# ROWLETT JV DRILL TEAM CONSTITUTION VERIFICATION

This document confirms that you the parent or guardian, and the student, have read and understand the Garland Independent School District JV drill team constitution that can be viewed at <http://www.garlandisd.net/drillteam/documents/JVDT%20Const.pdf>. By signing this document, you acknowledge the consequences for failure to abide by these rules, which may include grounds for dismissal from the JV drill team.

I, \_\_\_\_\_, parent/guardian of student and member of the Rhythmettes, \_\_\_\_\_, have read and discussed the Garland Independent School District JV drill team constitution. **I further understand anyone on the JV drill team who violates any of the rules of the GISD JV drill team constitution will serve the consequences set forth by the document.**

\_\_\_\_\_  
PARENT/GUARDIAN

\_\_\_\_\_  
DATE

\_\_\_\_\_  
JV DRILL TEAM MEMBER

\_\_\_\_\_  
DATE

\*\*\*Please make sure you have read the document at the attached link or if you need a copy let me know. It is very important that you understand all consequences for violations of this document.

# PART 1: ROWLETT HIGH SCHOOL DRILL TEAM APPLICATION

APPROVED: \_\_\_\_\_  
Marlene C. Hammerle, Principal

Dear Parents:

These are the rule and regulations for membership in the Junior Varsity Drill Team at Rowlett High School. If you are interested in you student becoming a member of this organization, please read the information on the following pages carefully and return this reference along with the following documents (I-V). If you need additional information you may contact the drill team office at (972) 463-8690 ext. 81040 or email me at tamitche@garlandisd.net.

We are looking forward to having your student in the Rowlett High School Drill Team.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ STUDENT ID#: \_\_\_\_\_

SCHOOL NOW ATTENDING: \_\_\_\_\_

PRESENT GRADE LEVEL: \_\_\_\_\_

I understand that I will be required to attend mandatory summer practice and camp as scheduled and will be expected to stay after school for scheduled practices. I am fully aware and agree to accept the responsibility of being a member of the Rowlett High School Junior Varsity Drill Team.

\_\_\_\_\_  
Member's Signature

As a parent, I am aware of the extra costs and time necessary for my child to be a member of the drill team. I give my permission for my child to participate on the drill team.

\_\_\_\_\_  
Parent/Guardian's Signature

## PART II: HEALTH FORM

### TO THE PARENT:

As a member of the Rhythmettes, your daughter will participate in the following activities throughout football, basketball, and competition season:

1. Approximately two to four hours of strenuous physical activity per day.
2. Participation in half time performances at all Junior Varsity football games and Friday night games, as well as participation in the Labor Day parade. This involves physical and emotional stress.
3. Extra time spent at home and school in meetings and other activities related to Drill Team.
4. Your daughter will be dancing, jumping off of and manipulating wood props in some performances.

Because of these strenuous activities, Rhythmettes must be in good health and practice good health habits.

### Please check and sign below:

1. Any health weakness such as, a bad back, weak knees, or weak ankles that would prohibit her from her giving her best possible performance?

YES \_\_\_\_\_ NO \_\_\_\_\_

2. Does she take any medication that would cause her harm if she exerted herself too much?

YES \_\_\_\_\_ NO \_\_\_\_\_

3. I believe that my daughter is in good health and practices good health habits.

YES \_\_\_\_\_ NO \_\_\_\_\_

4. My daughter may participate in drill team.

YES \_\_\_\_\_ NO \_\_\_\_\_

5. My daughter may do jump splits.

YES \_\_\_\_\_ NO \_\_\_\_\_

6. I realize that my daughter should care for her injuries and is responsible for maintaining a status report.

YES \_\_\_\_\_ NO \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Candidate Signature

**PART III: PERMISSION FOR MEDICAL TREATMENT**  
**(MUST BE NOTARIZED)**

In the event of an emergency as a result of athletic participation that requires medical attention, I grant permission to the school and/or its employees, the \_\_\_\_\_ coaching staff, to take whatever action in deems necessary. If I cannot be reached, the \_\_\_\_\_ coaching staff is authorized to give consent for unexpected medical care and hospitalization to my son/daughter, \_\_\_\_\_.

Check one: YES \_\_\_\_\_ NO \_\_\_\_\_

I expect every effort will be made to contact me in order to receive my specific authorization before any medical treatment or hospitalization is taken.

Signed \_\_\_\_\_ Date \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

State of Texas  
County of Dallas

**Subscribed and sworn to before me, a Notary Public in and for Dallas,  
County, State of Texas.**  
On this the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_.

Home # \_\_\_\_\_ Business # \_\_\_\_\_ Cell # \_\_\_\_\_

Do you have medical insurance? Yes \_\_\_\_\_ No \_\_\_\_\_  
Insurance Company Name \_\_\_\_\_ Policy # \_\_\_\_\_

Person to be notified other than parent or guardian in an emergency:

Emergency \_\_\_\_\_ Phone # \_\_\_\_\_  
Family Doctor \_\_\_\_\_ Phone # \_\_\_\_\_

**MEDICAL INFORMATION**

	YES	NO
Kidney Injury	_____	_____
Heart Condition or Disease	_____	_____
Diabetes	_____	_____
Asthma	_____	_____
Date of last Tetanus Shot	_____	
Allergic to any medication (PLEASE STATE):	_____	

Additional medical information that may be helpful (PLEASE STATE):

\_\_\_\_\_  
\_\_\_\_\_

## PART IV: PARENTAL CONSENT FORM

\_\_\_\_\_ and I have discussed the  
RHYTHMETTE  
responsibilities of being a member of the Rhythmettes, such as cost, time involved, and physical requirements. I understand her obligations and responsibilities of being a Rhythmette and I will help her in her assignment for the entire year. I have received and read the GISD regulations and my child and I will abide by them.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

*In case of emergency, contact:*

Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

## PART V: RHYTHMETTES APPLICATION

*Attach Photo Here:*

Full Name: \_\_\_\_\_  
(Last) (First) (Middle)

Complete Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone # \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_

Classification (circle one) FRESHMAN SOPHOMORE

Are you employed? \_\_\_\_\_ Where? \_\_\_\_\_

# of hours per week \_\_\_\_\_

Would your employment interfere with Rhythmettes practice or performance? \_\_\_\_\_  
\_\_\_\_\_

Have you ever been in Drill Team or a similar activity? \_\_\_\_\_

Have you ever taken dancing lessons? \_\_\_\_\_

Where and for how long? \_\_\_\_\_

To what other clubs or organizations do you belong? \_\_\_\_\_

Why are you interested in becoming a Rhythmette? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I have read all the rules and regulations and received a constitution of the Rhythmettes and will participate in all required activities. I understand to remain eligible; Rhythmettes must pass all courses each six weeks.**

\_\_\_\_\_  
Candidate's Signature

\_\_\_\_\_  
Date

# Directory Sheet

Name: \_\_\_\_\_

Grade (9, 10, 11, 12): \_\_\_\_\_

Address: \_\_\_\_\_

Home Ph. #: \_\_\_\_\_

Rhythmette Cell #: \_\_\_\_\_

Rhythmette Email: \_\_\_\_\_

Rhythmette Birthday: \_\_\_\_\_

Parents Names: \_\_\_\_\_

Parents #s: \_\_\_\_\_  
\_\_\_\_\_

Parents Emails: \_\_\_\_\_

(This is how I contact you with updates) \_\_\_\_\_

Interested in booster club position?      Yes \_\_\_\_\_ No \_\_\_\_\_

# UNIFORM AND PRACTICE WEAR EXPENSES

*Costs if buying everything new*

## PRACTICE WEAR

4 TOPS/1 CAPRI	\$120.20
TIGHTS	\$10.30-\$10.85

## ACCESSORIES

GAME DAY SHIRT	\$35.75
Rhythmette Jersey T-shirt	\$20.55
WARM UPS	\$67.15
BAG	\$16.25
POM BAG	\$11.90
Practice shoes	\$32.50

**TOTAL TO TEAM GO FIGURE** **\$314.60- \$315.15**

\*\*\*Deposit of \$150.00 due on May 26<sup>th</sup> to TGF (Cash, check, or credit card)

**UNIFORM** \$95.00

(This does not include sleeves and leotard...this is additional but we have a team set of them if you would like to borrow them used)

Field performance "ked" like shoes.	\$15.00
Field Makeup	\$22.00
<b>CAMP FEE</b>	\$50.00
<b>BOOSTER ACTIVITY FEES</b>	\$90.00

**TOTAL TO RHYTHMETTE BOOSTER CLUB** **\$272.00**

\*\*\*At least half is due on May 26<sup>th</sup> (Cash, check, or money orders accepted)

\*\*\* There will be used uniforms for sale from old Rhythmettes.

\*\* You will be required to purchase white crew socks for field performances.\*\*

## ITEMS THAT CAN BE BOUGHT USED

If you are wanting to buy used items please arrange to get these *before* we have our fittings. You will need to order everything that you do not already have this night, if you try to go back later and order things from Team Go Figure they will charge you more.

### USED ITEMS AVAILABLE:

Lavender Practice Top	\$14.00
Fuchsia Practice Top	\$13.00
Aqua Practice Top	\$10.00
Dark Purple Practice Top	\$10.00
Poms	\$15.00
Mesh Dance Sneaker	\$16.00
Game Day T-Shirt	\$10.00
Rhinestone Rhythmette Shirt	\$17.00
Warmup Bottoms	\$13.00
Warmup Jacket	\$21.00
Field Uniform	\$50.00

\* Buying the used items saves you \$154.42 from Team Go Figure!!!

\* Field Uniform can be bought from Old Rhythmettes for \$50.00