



Competition Team Dancer Contract

Season: 2025–2026

Being part of the AAD Competition Team means you're part of something special! You represent yourself, your teammates, your instructors, and your studio. This contract explains what's expected of you—so our team can work hard, dance strong, and have the best season ever!

By signing below, you agree to:

1. Attendance & Commitment

- Show up to all practices, rehearsals, and competitions unless your instructor says otherwise.
- Arrive on time, in proper dance attire, ready to go.
- Let your instructor know ahead of time if you'll be absent.
- Learn any missed choreography right away so you don't fall behind.

2. Rehearsal Etiquette

- Listen when your instructor is talking—your brain is as important as your feet!
- Give 100% effort and energy every time.
- Save side conversations for water breaks.
- Always bring your dance shoes, water bottle, and a positive attitude.

3. Team Spirit

- Be a cheerleader for your teammates- always.
- Be kind, respectful, and supportive—inside and outside the studio.
- No gossip, drama, or negative talk—positivity only!
- Remember: when one of us shines, the whole team sparkles.

4. Practice Outside of Class

- Practice your choreography at home so it stays fresh.
- Keep up with any changes your instructor makes.
- Use music and videos we give you for extra help.
- Even 10 minutes a day can make a big difference!

5. Competitions & Performances

- Arrive at venues on time, in full costume, hair, and makeup.
- Stay with the team unless you're excused.
- Represent our studio with pride and professionalism.
- Cheer for your teammates and other dancers—good vibes only.

6. Social Media & Public Image

- Post only positive, appropriate things about dance and our team.
- Don't share choreography online without permission.
- Remember: your online image is part of your team image.

7. Health & Safety

- Absolutely no use or possession of alcohol, tobacco, vapes, e-cigarettes, or any illegal substances—at any time, on or off dance-related activities.
- Arrive to class and competitions healthy, well-rested, and ready to dance.

8. Consequences

If you don't follow this contract, you may:

- Get a verbal or written warning.
- Lose the chance to perform in a routine.
- Be removed from the competition team (and that's no fun!).

Dancer Agreement

I understand that being part of the Amanda's Academy of Dance Competition Team is a privilege. I promise to work hard, be a positive teammate, and follow the expectations above. Let's make this an amazing season!

Dancer Name: _____

Dancer Signature: _____ Date: _____