



Missouri Valley College

Office of Athletics
Head Dance Team Coach
Landon Alexander

www.moval.edu
alexanderl@moval.edu

500 E College Marshall, MO 65340

Phone (660) 229-2082

Hey, Hey, Hey! MVC Dance Team!

The 2009-2010 season is almost here and it will be a fantastic! Hopefully, this packet will help the team get a jumpstart! The team format has also changed. We are proud to introduce the:

Viking Elite Dance Team and V16 Hip Hop Dance Crew

(If you are on dance team scholarship you are required to be on both)

First- We will be moving back **Saturday, August 15th**. There will be a mandatory team meeting **Sunday, August 16th at 2pm** in the Morrison Gym. Dancers should plan on spending Sunday with the team. Two-a-day practices will begin Monday, August 17th and continue through Friday the 21st. We will be going over the practice schedule for that week at our meeting. Practices will be very demanding that week; **DON'T MAKE ANY PLANS!** The weekend will mostly be free for upper classmen; new and incoming students *will* be participating in freshmen orientation.

Second- It is **mandatory** that all student athletes get a physical from your family physician and complete the medical forms that need to be turned into the Athletic Training office by **August 15th**. These forms can be found online. Just follow these steps at: www.moval.edu

Once on the site, click on: 1. MVC Athletics 2. Athletic Training 3. Medical Forms

Simply print out these forms, fill them out, and mail them along with a physical and a copy of your insurance card- *front & back*. ***You will not be eligible to practice with the team until the Athletic Training office has approved all of this paperwork.***

Third- I will be collecting a total of **\$350** from each dance team member this season. This money will go toward plane tickets for Nationals and possibly team uniforms depending on ticket prices. The money will be due no later than **Sept. 14th**. The team members that do not make the Nationals Team in the fall will be reimbursed the **\$350, unless the reason you do not make the Nationals Team is because you are ineligible, quit the team, or you are removed from the team, in which case the \$350 will not be refunded.** (If this is an issue, please feel free to call me A.S.A.P. ☺)

Now after reading the out of pocket expense, this should be very refreshing- It's time again to start fundraising for our 2009-2010 season. We all know that dance is a costly sport, and in order to keep your personal expenses to a minimum, our goal should be to fundraise as much as we can for the upcoming season. If we all do our part then the above amount will hopefully be the only out-of-pocket expenses for this season.

The first fundraiser we will be doing is a letter-a-thon. This letter should go out to everyone you know! Friends, family, and businesses you or your parents have contacts with. You could send this letter to places you have worked in the past. You could send it to your high school dance coach or the studio where you took classes. Send it to members of your church or old high school teachers. Think! Don't leave anyone out!

I have included 30 envelopes, please address them and bring them with you on August 15th. Also I need a copy of your personal note (one for each envelope). ***DO NOT SEAL THE ENVELOPES!*** Please follow the example that I have provided of the personal note.

I know that I have given you a lot of information and deadlines to meet; I have complete faith that you will remember everything, if not; I have enclosed a checklist to help you keep track of everything. If you have any questions feel free to send me an email or give me a call. ***It would also be a good idea to build your athletic stamina; running, jogging, crunches, sit-up's and some technique.***

I can not wait to see you all soon, enjoy your summer, but remember...dance, dance, DANCE!

Landon Alexander
Head MVC Dance Team Coach

Missouri Valley College

Valley Will Roll!