

O.N.E. Dance Team
August 23 – August 29

“Success is not a destination that you ever reach. Success is the quality of your journey.”

*Please read ALL of these announcements.

*Please check back every night

*Please sign up for Twitter. It would make life so much easier.

*Please always check announcements on the home page. For example, for tonight I have posted the car wash results and video I want you to watch! Always check there too!

THIS WEEK:

- We ARE NOT on Block scheduling this week
- We start our meeting at 6:55 every morning to be in block at 7:00.
- Tryouts are this entire week for Friday’s performance. I’m looking at memory, technique, showmanship, intensity, attitude, etc. It starts Monday morning.
- Review ALL routines – we are behind
- Goals: We reached some goals last week and did not on others.
 - Learn standing / parade fight song
 - Finish Don’t Stop Believin – Dance Feature to be performed starting Sept. 3rd
 - Review all field show routines – we have A LOT of work to do.
 - Review Hold Your Hand Competition Routine
 - Finish cleaning and Re-space Team Dance (performing on Friday)
 - Learn Football procedures and routines (Standing fight song, cadence, tunnel, etc.)
 - Demonstrate at least one act of Team Nice
 - Improve everyday on our intensity level and showmanship (Remember Thursday’s practice)
 - We are going to have to work hard and use our time
- Officers:
 - Start practices with numbers and immediately working on something
 - Any down time, work on these items
 - Who is in charge of the warm up schedule? Can you get it to me ASAP
 - Review all football game procedures / routines to be ready to teach.
 - Plan for officer meeting for next week

MONDAY:

6:55 Morning Rehearsal – ON THE FIELD

- Don’t be late
- Don’t forget your flag, field show pouch, coordinate sheet, poms, etc.
- Dress in Monday’s Outfit
- **BEFORE YOU COME TO PRACTICE, YOU NEED TO HAVE BRIEFCASE DOWN CLEAN AND CORRECT.**
- **MAKE SURE YOU HAVE PRACTICED WHAT WE CLEANED FROM TEAM DANCE.**

Due:

- If you did not turn your schedule in to me, I need it by Monday.
- If you did not turn in your re-orders, I need by Monday.
- If you did not turn in the items you did not receive from this summer, I need by Monday.
- If you have not given me your Nationals deposit or RSVP, I need by Monday.
- These announcements – print them and keep them in your notebook.
- Tell me about volunteers for Tuesday.

TUESDAY:

6:55 Morning Rehearsal – ON THE FIELD

- Dress in Tuesday's Outfit
- 3:30 Button Pictures
- For button pictures, we will take all individuals, team, officer, and grade level pictures. From there on, it is up to you what pictures you would like to take. You will then have the option of ordering the pictures for buttons to go on your letter jackets, parent's sweatshirts, etc. or ordering the picture.
 - I will put up the pictures that evening (late) and you must have order forms to be by Thursday so I can try to get in for the first game.
 - Please wear
 - Sequin top (no bra showing, sequin skirt, tan tights, white shoes, sequin gloves, hair however, some sort of make-up, and bring your silver poms. (Do not wad up your sequins in your locker)
 - For an optional outfit (we'll see) please bring jeans and your white Eaglette tank, blue Eaglette tank, and red V-neck. If there is time, we will try a casual picture in one of these tops.
- 5:00 **Olathe North Ribbon Cutting Ceremony**
- Need volunteers – Tell me on Monday
 - If you have any absences or have missed points, you need to volunteer and make up your time.
 - Merit point for going to this. It will last about 15 minutes. You will rally and do fight song!
- 5:30 ON Cookout for families
- 6:00 **ON Open House**
- Need volunteer workers – Tell me on Monday
 - Merit point for every hour
 - If you have any absences or have missed points, you need to volunteer and make up your time.
 - Wear WE ARE ONE shirt if you have or any red North t-shirt / jeans
 - Encourage your parents to come to this. I will meet with our parents in the South gym. I will go over some Nationals information and fundraising information.

WEDNESDAY:

6:55 Morning Rehearsal – ON THE FIELD

- Dress in Wednesday's Outfit

3:15-4:15 **Extra Practice**

- We are opening an extra practice. It will be every Monday and it will be lead by an officer. This is not an organized cardio, stretch, technique, clean practice. This is chance to get individual help on specific routines. We are looking at mainly working on routines. Some weeks we will work technique.
- I would highly encourage JV team members to attend this if you can. This is a great opportunity for individual attention. I would highly encourage new members to attend if you can. I will give a merit point for every week that you do this.
- If I ask you to attend, please do.
- This will be a more laid back practice (any danceable attire, stretching on your own) but the intensity and work ethic should still be there. Please be super respectful to the officer taking their time to help you!
- This will typically be on Monday afternoons, starting next week. This is the only week it will be on Wednesday.

THURSDAY:

6:55 Morning Rehearsal – ON THE FIELD

3:20-5:30 Practice in commons

- be in commons ready to go by 3:20
- Notebook check – always have turned in at beginning
- Due:
 - Button Picture Order

- Additional Routine music on CD and picture of costume. (Some of you have already done this. You do not need to do it again. You do need to talk to me to make sure you are good to go!) No music and costume idea means no additional routine for you.

5:30 Run Junior / Senior

FRIDAY:

6:55 Morning Rehearsal – ON THE FIELD

- Wear Friday's Outfit
- Wear Warm Ups to school

4:30 ON Fall Jamboree

- Details TBA

SATURDAY AND SUNDAY: Enjoy the day off! ☺

LOOKING AHEAD:

- Monday-Wednesday – regular school day
- Tuesday– Happy Birthday, Macy, Kayla (and Mike)
- Wednesday – Officer Meeting at 3:30 /
- Thursday – block day / afterschool practice / Jr-Sr practice
- Friday – block day / First Pep Assembly / First Football Game

ADD TO YOUR CALENDAR:

- Mondays from 3:30-4:30 will be optional / extra practices to get ready for routines.
- Tuesday, September 21 at 5:00 – The JV will perform at the ONW JV game. The Varsity will perform with ONW at the Varsity game (which is already on the calendar.
- Special Olympics:
 - Tuesday, September 14 (1/2 of team) - evening
 - Saturday, October 16 (all team) – morning dance clinic
 - Tuesday, November 2 (1/2 of team) – evening
 - Saturday, November 6 (all team) – bowl a thon
- Saturday, October 2 – The KU Marching Festival which is all day (which we will do instead of the marching festival on October 30).
- Friday, October 15 – No School / Learn Competition Practice 9:00-12:00
- Saturday, October 30 – Applebees Pancake Breakfast from 8:00-10:00.

ANNOUNCEMENTS:

- **Keep the locker room clean and LOCK it everyday.**
- Please upload any car wash pics to snapfish.
- Please give me all money in a labeled envelope. **NO MORE LOOSE CHECKS!**
- Don't forget to use our POB Bag and passing on our awards. Lets keep the motivation!
- The Button Picture order form is up under documents and the pictures are up on snapfish. Orders are due Thursday.
- We do have mailboxes in the locker room that I am going to start using more. Use them too. You can keep writing utensils in your box so you always have them. Get in the habit of checking them, too.
- Merit notebook is in the locker room. It is up to you to fill out the forms to earn your merit points.
- Remember, if you have absences or have missed points, you need to be working on merit points. It is your responsibility to check in with me and find out where you are at.
- What motivates you and inspires you? Do you have any ideas? Send them my way!
- **You need to be starting and planning additional routines. I am working on the contracts. You cannot wait until the last minute.**

P.O.B: (Pat on the Back)

- The Eaglettes and Parents for making our car wash a success. Thanks for spending your Saturday working for us. We did a great job and were very close to our goal! Thank you!
 - Special thanks to the Maughs for their help organizing
 - Special thanks to all of the families that donated food, beverages, and car wash supplies. We were so well fed and greatly taken care of! Thank you!
 - Special thanks to all the parents who were helping wash cars and hold signs. You were a great big help!
 - Special thanks to all the parents / families that came and got their car washed!
- Courtney...we're wishing you a speedy recovery!
- Miss Claudel and Janae for their help on Wednesday!
- All of the girls who have helped clean the cage and carry boxes to the cage: Janae, Amanda, Kalyn, Lindsey, Katie W, Lauren J, Charlie, Allie, Faith, and Morgan! It looks so much better.
- The Eaglettes for a great first week of school! Hope your year is off to a fabulous start!

BONUS:

- Congratulations to Macy for getting last week's bonus from Spongebob Squarepants.
- Name this TV Show:

“Expect the Unexpected.”

FROM THE DIRECTOR:

The year has officially started. You have survived your first week of school. Thank you so much for being on time and in good spirits in the morning. ☺ As we go into this next week, please keep the future in mind. Remember that intensity level that we must have at every practice. Practicing lazy leads to lazy dancers. Practicing with intensity leads to great dancers. Which one do you want to be? The habits you are forming now are shaping your future. I know it feels like there is nothing going on, but everything is quickly approaching all at once. Lets have a wonderful and productive week! Love you!

HAPPY LAST FULL WEEK OF AUGUST!
ONE Love!