



Dear Families and Student Athletes:

Welcome to the 2016-17 season of Floor Exercise and Dance!

Coach Introductions: Marcy Posey has been collaborating with Ronni Weston, Kulshan teacher and former head coach, to ensure a smooth transition as our new head coach. Coach Posey has a variety of dance and choreography experience from her time as a cheerleader with the Las Vegas Outlaws, a go-go dancer, a stilt walker, and a magician's assistant. Coach Posey has three children active in sports, including a daughter who is a contortionist! Kara Eckardt, who coached track this past season, will be our assistant coach. Coach Kara competed in high school gymnastics, loves hip hop and contemporary dance and her favorite food is mac and cheese.

Practice Times and Meets: Season dates are Nov. 7th-Jan. 23th. Student athletes are expected to be on time and ready to participate at 7:30 AM and until 9:00 AM on all school days except for the early release dates. ***There will be no practice on Monday 11/21, Friday 12/2 but there will be practice Thursday 12/15.***

Meet	Date	School	Event	Time
1	Monday, 11/21	KMS @KMS	Demonstration Meet	4:00 PM
2	Friday, 12/2	WMS @KMS	Dual Meet	4:30 PM
3	Thursday, 12/15	SMS @KMS	Dual Meet	4:30 PM
4	Friday, 1/13	KMS @FMS	Dual Meet	4:30 PM
5	Friday, 1/20	All Schools @KMS	Tournament	4:30-8:00 PM

Academic/Behavior Eligibility: Please remember that participating in middle school sports programs is a privilege which comes with responsibility including successful performance at school and in the classroom. Parents, guardians and students should monitor progress daily by checking planners to see that assignments are recorded and stamps are earned—up to five stamps per day. Students are expected to demonstrate cooperative behavior and respect towards peers and staff at all times per the BSD Co-Curricular Code of Conduct (Procedure 2150) signed at registration.

Attendance and Absences: Regular attendance is important for individual and team growth and required for performance at meets. If absent, students must provide coaches with a note from a parent/guardian the next day. Attendance on meets days is also required for participation.

A Team Effort: We look forward to working with all students to make this a great season. Whether trying dance and gymnastics for the first time or an experienced dancer and gymnast, everyone can do their part by being present and positive, showing up with a smile, and coming ready to learn and have fun each day!

With Thunderbird Pride,

Coach Marcy Posey
(702)739-4489
mgk3poseyfly@gmail.com

Coach Kara Eckardt
(626)710-0748
kara.eckardt@yahoo.com