



DANCE

Company Handbook

2025 – 26

Revised 10/2025

Table Of Contents

03	MAC Dance Staff & Leadership
04	Communication Policy
05	Intro To MAC Athletics
06	MAC Dance Vision & Philosophy
07	Coach, Athlete & Parent/Guardian Expectations
08	Volunteer Requirements
08	Attendance Policy
09	Appearance Guidelines
10	Program Structure
11	Schedules
12	Year At A Glance
17	Funding & Fees
18	Athlete Protection Policies
22	Agreement & Acknowledgement Forms



MAC Dance Staff & Leadership

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Communication Policy

Communication is key! The team values communication and continues to do their best to make sure that each parent/guardian is informed of scheduling changes, upcoming events, fees and the like. MAC Dance's expectation is that communication is open and timely from parents/guardians regarding scheduling conflicts, questions, and feedback. Coaches are happy to help answer questions throughout the season via email or by phone. Please expect a reply within two business days to any inquiry. Please respect each coach's time and effort by keeping all texts and phone calls to personal cell phones for emergency purposes only. Staff only respond during regular business hours unless they are traveling with the team. TeamSnap is a great tool used to communicate globally to dance companies. Email and alert settings should be up to date. It is an important part of ensuring that everyone receives all communication from staff.

The following are the consistent communication channels that are used this season:

- **TEAM SNAP:** Used for Weekly schedules, Team Rosters, Contact Information, Event Alerts, and General Team Announcements.
- **EMAIL:** The primary system for personal communication with parents/guardians & dancers throughout the season.
- **MOBILE PHONE:** Only to be used as a means for emergency contact for coaches and communication while touring/traveling.

Parents/Guardians have a vastly different and unbelievably valuable perspective on their dancer's experience on the team. Coaches and staff have valuable insight into the industry, MAC's operations, and professional dancing. The partnership between parents/guardians and coaches in any sport is paramount to the overall success for athletes. The team asks that parents/guardians leave the coaching to the coaches. Staff invite parents/guardians to ask questions for clarification regarding their dancer's training, however, undermining the techniques, styles, and approaches provided by our instructors not only damages the overall effectiveness of the team but ultimately the athletic experience of the dancer. Whether you're a parent/guardian or a coach/instructor, we all have the same goal: to ensure that your dancers have the best experience possible and to get them where they want to be, both inside & outside of the studio!



Intro to MAC Athletics

Club Mission

The Multnomah Athletic Club's mission is to enrich lives, foster friendships, and build upon our traditions of excellence in athletic, social, and educational programs.

Athletic Vision

Build a thriving, healthy community that inspires members to participate in sport throughout their lives.

MAC Teams Goal

The goal of MAC Teams is to provide a safe and positive community where young athletes can grow, train, and compete at the highest level.

MAC Teams Culture

Coaches and Athletes are responsible for maintaining a safe and positive environment in MAC. Athletes and coaches are also responsible for contributing to a safe and positive environment at other venues. Coaches maintain open communication with athletes regarding concerns and mitigate issues that arise. Coaches address problems before they become critical and keep athletes and parents informed of such issues.

Any disciplinary decisions are addressed between coaches, athletes, and parents. The time to discuss these issues is in private, not during practices or competitions. Agreement may not always be possible, but frank and respectful communication is critical. Coaches are always willing to meet with athletes and parents by appointment.

Athletes are challenged with balancing academic, personal, and family priorities. Coaches respect the importance of these priorities and recognize the importance of choices that need to be made between these and team participation. Athletes are expected to make their academics a priority. Failing grades may be a hindrance to participating in team events, including competitions and practice.

Multnomah Athletic Club Values

- Community
- Health
- Athletics
- Heritage
- Innovation

Athletic Code of Conduct for MAC Athletes & Coaches

The Athletic Committee has adopted the following code of conduct:

- While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
- We will treat each other, our opponents, guests, officials and staff with dignity and respect.
- We will always, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner and we will not tolerate any among us who do not.
- We will not use performance-enhancing drugs to gain a competitive advantage.
- We will instill these values in our junior members and guests by education and example.

Any act is a violation of the MAC Athletic Code of Conduct if it is offensive by accepted community standards.



Values, Vision & Philosophy

Team Values

- Commit to the Team
- Choose Safety
- Act With Integrity
- Put People First
- Embrace Change
- Deliver Extraordinary Experiences

MAC Dance Vision & Philosophy

The MAC Dance Company holds a strong foundation to the community surrounding it, allowing young athletes to experience a social culture mixed with an artistically athletic mentality. With every rehearsal, performance, and team event, these athletes are taught the importance of technique, dedication, and hard work. With MAC allowing many opportunities for young athletes, the Dance Company provides a unique set of individual and team goals for each athlete. The club employs instructors and choreographers who are exceptional in their field, many of whom are still working professionally. This expertise allows the dancers to learn not only the art of dance, but also the ins and outs of the professional dancing realm and how to navigate the world of dance, be it college, professional, or personal hobby.

Through dedication to the self and the team, the goal of the program is to help each individual dancer reach their full potential and support them as they grow, as well as giving them opportunities to expand their abilities, artistry, and personal drive as they mature within the program.

Mac Dance Company Culture

The MAC Dance Company strives to give dancers the best experience possible and help them discover who they want to be, what they want to do, where they want to go in life, and how to get there. Dance is an athletic art form that combines all of the hard work and intensive training required of an athlete with the self-expression and exploration of an artist.

Through dance, learn the importance of:

- Self-Discipline
- Body Positivity
- Building Strong Bonds with Teammates
- Dedication, Determination & Drive
- Fulfilling Obligations/Responsibilities
- Contributing to the Team
- Accepting Victories/Defeats with Grace, Humility & Kindness
- Adapting to Ever-Changing Situations & Environments
- Appreciating & Respecting Similarities/Differences
- Inclusivity & Open-Mindedness
- Celebrating Your Success & the Success of Others
- Much, Much More!



Coach, Athlete & Parent/Guardian Expectations

Team Coach Expectations

- Show up early to practices and competitions prepared to coach.
- Provide a structured and welcoming environment during practice.
- Be safe in and out of MAC by providing eyes to alleviate safety issues.
- Follow the training schedule specific to the group they are training.
- Provide positive feedback to athletes during practice to help aid growth.
- Offer constructive critique when necessary.

Team Athlete Expectations

- Abide by the MAC Code of Conduct and all MAC Dance Policies.
- Respect coaches, staff, teammates, and fellow competitors in the community.
- Contribute to a safe environment by remaining focused and attentive.
- Arrive at practices and competitions on time and ready to participate.

Team Parent/Guardian Expectations

- Strictly abide by the Athletic Code of Conduct, MAC Member Policies, and all MAC Dance Policies while at competitions or inside the club.
- Positively support and encourage their athletes regardless of performance and leave the coaching to the coaching staff.
- Communicate to coaches with questions and concerns.
- Commit to the 11-month sport team fee contract.
- Adhere to the parent agreement.

Parental & Coaches/Staff Roles

Parents have a different and very valuable perspective on their athlete's experience on the team. Coaches and staff have valuable insight into the industry, MAC operations, and proper progression and mobility. The partnership between parents and coaches in any sport is paramount to the overall success for athletes. The team asks that parents leave the coaching to the coaches. Staff invites parents to ask questions for clarification or to learn the "why." However, undermining techniques, styles, and approaches not only damages the overall effectiveness of the team but ultimately the experience of the athlete. Whether you're a parent/guardian or a coach/instructor, the goal remains the same: To ensure that your dancers have the best experience possible and to get them where they want to be, both inside and outside of the studio!



Volunteer Requirements

Parents/guardians have a great opportunity to enrich their dancer's experience on the team! MAC Dance needs the support of parent/guardian volunteers to help elevate the athletic experience of the dancers in the program and provide support for program activities. This can be accomplished by volunteering to help with events, hosting team-building activities, coordinating costumes, and much more. Dance Boosters help organize, coordinate, and communicate volunteer needs throughout the season. It takes a village to ensure that athletes have a great time in and out of the studio, and the organization expects that all families volunteer this season. Each family will be required to provide at least four hours of volunteer support. You may opt out of volunteering by providing a \$150 stipend (billed through your MAC account). Funds are used to support and/or staff team or booster sponsored events.

Attendance Policy

Dancers are expected to have consistent attendance to all classes/rehearsals to remain in good standing with the company. All classes/rehearsals are **mandatory** the two weeks leading up to any competition or performance event. Dancers unable to maintain consistent attendance may be pulled from choreography at the discretion of the choreographer/head coach. Any potential conflicts with your schedule due to mandatory school events, religious holidays, important family events, etc., must be communicated to staff directly so that they can work together to figure out the best plan moving forward. The Dance staff take role every day and communicate with parents/guardians regarding absences, tardiness, and sitting in class to observe. After **three** unexcused absences, a conference with the Dance staff is scheduled. If it's determined the dancer needs to be pulled from performances, solos will be pulled first. Our goal is 80% attendance. **We would like all parents to provide the dance staff with any vacations, holidays, or other known absences by Oct. 1.**

The goal with attendance is to establish the importance of showing up for yourself and each other, not to restrict dancers from enjoying opportunities that might exist outside of the studio.



Appearance Guidelines

Attire

It is important that all company members arrive to their classes/rehearsals in the appropriate attire. All dancers are expected to wear their “All Blacks” in all rehearsals (black fitted top/leotard, black fitted dance pants/leggings/shorts). When traveling to competitions or performances, all dancers should wear their MAC Dance Company uniform to present as a team. All company dancers are required to purchase the MAC Dance Company uniform. The MAC Dance Company provides each dancer with ONE company jersey. All dancers are encouraged to invest in a MAC Dance Company backpack. In addition to your uniform, all dancers must have the following items (preferably with no visible logos) in their dance wardrobe:

- Camisole-styled leotard (black & flesh-toned)
- Sports bra (black & flesh-toned)
- Fitted athletic shorts (black)
- Briefs/no-show undergarments (flesh-toned)
- Convertible tights (flesh-toned)

*The Dance Company defines “flesh-toned” as whatever shade is available in the required item that best matches your personal complexion.

Hair & Makeup

The MAC Dance Company prides itself on its professionalism in conduct and the way members present themselves, and this extends to hair, makeup, and other accessories. For competitions and performances, dancers will have a specific style for their choreographies — these will be determined after the season begins. **For classes and rehearsals, dancers are expected to maintain a clean hairstyle that does not interfere with their movements and is not a distraction in the studio.** Hair must be up and out of the face; in ballet, dancers must have their hair in a clean bun when able. If you are unsure if a hairstyle is compatible with Company guidelines, or if you have questions about how to do your hair, please reach out to your coaches and they can assist you. Dancers should keep an “emergency hair kit” in their dance bags complete with ties, pins, brush, hairspray/gel, and clips. For all performances and competitions, all dancers are to have clean, non-decorated nails and **absolutely no jewelry.**

The topic of makeup can sometimes be difficult, especially with our younger company members. **In dance, makeup is used to accentuate the beauty that is uniquely you, not to cover it up.** Doing makeup for stage performance/film/photography is different than an “everyday look.” During the Fall, the company holds a Hair & Makeup workshop for all members to go over how to do your hair and makeup properly for the performance season. The Dance staff provides a list of recommended products prior to the workshop.

Below is a list of items that are required for all company dancers:

- Blush
- Eyeliner, mascara, matte eye shadow
- Lipstick
- Foundation (flesh-toned)
- Fake eyelashes (for J2 and SR only)

MAC Dance Company hosts a Hair & Makeup Workshop for dancers and parents/guardians (listed below). This workshop is mandatory for all new dancers, and parents/guardians are highly encouraged to attend, especially if you plan on assisting with any hair/makeup duties during the season.



Program Structure

Mac Dance Companies

Full Name	Shortened Name
SENIOR COMPANY	SR
JUNIOR COMPANY 1	J1
JUNIOR COMPANY 2	J2
JUNIOR HIP-HOP CREW	JRHH
SENIOR HIP-HOP CREW	SRHH
TAP COMPANY	TAPCO
SMALL GROUP	SG
SPECIALTIES* (SOLO, DUO, ETC.)	SPEC

*Specialty dances celebrate students who consistently bring energy, focus, and teamwork to class. This opportunity is a reflection of personal growth and community spirit, and is offered to those who model the values that make our dance environment thrive.



Schedules

Classes & Rehearsals

Below are the schedules for the various companies. Please note that what you do during your designated class/rehearsal times might change pending on which part of the season it is. When necessary, dancers may be called to additional rehearsals/classes. Staff will do their best to give as much notice as possible for any changes/additions to the schedule. To see the most up-to-date schedule, be sure to check the TeamSnap. Time has been allotted to allow for dancers to take a break during longer rehearsal blocks.

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
J1 4 – 6:30 pm	JRHH 4:45 – 5:45 pm	J1 5 – 6:30 pm	SR TECH & CHOREO 4 – 5:30 pm	BEG BALLE 10 – 11 am
J2 5 – 7:45 pm	SRHH 5:45 – 6:45 pm	J2 6 – 8:30 pm	JRHH 5:30 – 6:30 pm	INT/ADV BALLE 11 am – 1pm
SR 5 – 8:30 pm	TAPCO 6:45 – 7:45 pm	SR 5 – 8:30 pm	SRHH 6:30 – 7:30 pm	**NUTCRACKER/ REHEARSALS 1 – 2:30 pm
SPEC 8:30 – 9 pm	SPEC 8:30 – 9 pm	SPEC 8:30 – 9 pm	TAPCO 7:30 – 8:30 pm	
			SPEC 8:30 – 9 pm	

*Small Group and Specialties casting/rehearsals are announced and clarified in mid-September.

**Dancers needed for Nutcracker/Rehearsals will be notified in advance.



Year At A Glance

Below is a tentative schedule of events for the season. Please note: Some of these events may be adjusted and others added after the season begins. The coaches give as much advance notice as possible when these adjustments happen. If you have any questions/concerns/conflicts with the events listed, please reach out to your coaches immediately to discuss a game plan.

2025-26 MAC Dance Company/Events List

Sept./Oct./Nov.

Event Name	Date/Time	Location	Event Notes
MEETING: 2025-26 Season Kick Off!	Wednesday, Sept. 3, 2025 6 – 8 pm	The MAC Lownsdale	MANDATORY: All companies & parents/guardians
CLASS/REHEARSAL: First Day of Company	Monday, Sept. 8, 2025	The MAC	MANDATORY: J1, J2, SR
NUTCRACKER: Audtition 1	Saturday, Sept. 13, 2025 10 am – 1 pm	The MAC	MANDATORY: All dancers called to rehearsal
NUTCRACKER: Audtition 2	Saturday, Sept. 20, 2025 1 pm – 2:30 pm	The MAC	MANDATORY: All dancers called to rehearsal
TEAM BONDING: Halloween Party!	Wednesday, Oct. 29, 2025 5 – 7 pm	The MAC	REQUIRED: All Companies
PERFORMANCE: Sing-a-long — “Encanto”	Friday, Nov. 14, 2025 4:30 – 8 pm	The MAC Main Ballroom	MANDATORY: J1, J2, SR
REHEARSAL: Many Voices: 2025 Portland Dance Showcase	Full show run thru sometime between November 12 – 15 (day/time TBD: I will make sure there are no school conflicts. Send me any other conflicts and I will do my best.)	TBD	
REHEARSAL: Many Voices: 2025 Portland Dance Showcase	Friday, Nov. 21: Tech/Dress Rehearsal (TBD, likely 7 or 8 pm)	TBD	
PERFORMANCE: Many Voices: 2025 Portland Dance Showcase	Saturday, Nov. 22 5:30 pm call time, 7 pm show	Hosted by Portland Dance Collective at Echo Theatre	
PERFORMANCE: Many Voices: 2025 Portland Dance Showcase	Sunday, Nov. 23 3:30 pm call time 5 pm show	Hosted by Portland Dance Collective at Echo Theatre	
BREAK: No Rehearsals/Classes	Monday, Nov. 24 – Sunday, Nov. 30	N/A	November Break



2025-26 MAC Dance Company/Events List

Dec./Jan./Feb.

Event Name	Date/Time	Location	Event Notes
PERFORMANCE: Holiday Open House/Tree Lighting	Thursday, Dec. 4	The MAC TBD	MANDATORY: TAPCO, Nutcracker Characters
PERFORMANCE: Children's Holiday Party	Sunday, Dec. 7, 2025	The MAC Main Ballroom	MANDATORY: J1, J2, JRHH, SR
TEAM BONDING: Holiday Party!	Sunday, Dec. 7, 2025	The MAC TBD	REQUIRED: All Companies
PERFORMANCE: Fashion Show	Dec. 10 & 11, 2025	The MAC Main Ballroom	MANDATORY: JRHH, SRHH
REHEARSAL: Nutcracker Tea Dress Rehearsal	Saturday, Dec. 12, 2025 4:40 – 7:30 pm	The MAC Main Ballroom	MANDATORY: All Companies (dancers not in Nutcracker are excused from this event)
PERFORMANCE: Nutcracker Tea Holiday Performance	Sunday, Dec. 13, 2025 Call time 8:30 am.	The MAC Main Ballroom	MANDATORY: All Companies (dancers not in The Nutcracker are excused)
BREAK: No Rehearsals/Classes	Saturday, Dec. 21, 2025 - Sunday, Jan. 4, 2026	N/A	Winter Break
REHEARSAL: MAC Dance Company Rally	Wednesday, Jan. 28, 2026 5:30 – 8:30 pm	The MAC / Studio 2	MANDATORY: All Companies
NO CLASS/REHEARSAL	Tuesday, Feb. 3, 2026	N/A	Annual Meeting (No Junior members allowed at club)
COMPETITION: Spotlight Dance Cup	Thursday, Jan. 29 - Sunday, Feb. 1, 2026	Oregon Convention Center	MANDATORY: All Companies



2025-26 MAC Dance Company/Events List

March/Apr./May

Event Name	Date/Time	Location	Event Notes
PERFORMANCE: Rip City Remix	TBA (MARCH 2026)	TBD	MANDATORY: JRHH, SRHH
COMPETITION/ CONVENTION: Hollywood Connection	Friday, March 13 – Sunday, March 15, 2025	Hilton Vancouver	MANDATORY: All Companies
BREAK: No Rehearsals/ Classes	Sunday, March 22 – Sunday, March 29, 2025	N/A Spring Break	MANDATORY: All Companies
COMPETITION: Celebrity	Friday, April 24 – Sunday, April 26, 2025	TBD	Memorial Day Weekend
NO CLASS/ REHEARSAL	Saturday, May 23 – Monday, May 25, 2025	N/A	



2025-26 MAC Dance Company/Events List

June/July

Event Name	Date/Time	Location	Event Notes
REHEARSAL: MAC Dance Recital Dress Rehearsal	June 4 or 11	Lincoln High School Auditorium	MANDATORY: All Companies
PERFORMANCE: MAC Dance Company Show	June 7 or 14	Lincoln High School Auditorium	MANDATORY: All Companies
MAC Dance Recital (Mini & Main)	June 7 or 14	Lincoln High School Auditorium	MANDATORY: All Companies
AUDITIONS 2026-27 Season	Wednesday, June 17	The MAC	Dancers have the option to assist auditions
NATIONALS REHEARSALS	June 22 – 27	The MAC	MANDATORY: All Companies
COMPETITION: Celebrity	June 30 – July 8	Anaheim, CA	MANDATORY: Senior Company only
SPOTLIGHT NATIONALS: Rehearsals	July 6 – July 11	The MAC	MANDATORY: Junior Company
COMPETITION: Spotlight	July 13 – 19	Seaside Convention Center Seaside, OR	MANDATORY: Junior Company



Funding & Fees

Competition & Convention Fees

The Multnomah Athletic Club uses “Developmental Funds” to cover the costs of all group entry fees for mandatory competition/convention events. The ability to use these funds toward specialty choreographies (solos, duos, trios) is dependent on the total cost of groups for each event with allocation starting with Seniors, then J2, then J1. Dancers participating in any optional events are billed for any associated entry fees. **Parents/guardians/dancers are not responsible for registering for events; if you have any questions/concerns regarding competitions and conventions, both mandatory and optional, please reach out to the MAC Dance staff — parents/guardians/dancers do not need to contact event staff directly as there are specific portals that must be utilized for registration and communications.** Dancers who are unable to participate in an event after it has been paid for are not eligible for a refund. If a dancer withdraws from an event after it has already been paid for, the total cost of entry fees for that dancer will be billed to your account.

Company Costs & Fees

The monthly cost of the MAC dance program encompasses the dancer’s studio time for rehearsals and classes. These fees are calculated as an annual value and broken up into two monthly installments. Below are the associated fees for monthly commitments along with additional seasonal fees. Each family is required to pay all two installments unless a major injury occurs, or the family moves away from the MAC. No refunds or credits are given unless otherwise approved by the head coach and Gymnastics & Dance manager. From January to April, other fees are assessed for makeup, costumes, uniforms, competition registration, and other unforeseen fees.

Costume fee of \$100 per group routine; specialties are on a case-by-case basis. Billed at the time of choreography.

Company	Fee	Company Duration
J1	\$267 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
J1 + JRHH	\$292 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
J2	\$304 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
J2 + JRHH	\$336 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
SR	\$344 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
JRHH / SRHH ONLY	\$192 per month	11 Months — September 2025-July 2026 (Billing runs October—August)
TAPCO ONLY	\$192 per month	11 Months — September 2025-July 2026 (Billing runs October—August)



Athlete Protection Policies

MAC Dance has adopted the Minor Athlete Abuse Prevention Policies as set forth by the US Center for Safesport. To ensure the safety of our athletes, all coaches and interacting adults within the program are SafeSport Certified. SafeSport training refers to the “Core SafeSport Training” created and offered by the U.S. Center for SafeSport consisting of three modules: (1) Sexual Misconduct Awareness Education, (2) Mandatory Reporting, and (3) Emotional & Physical Misconduct. Coaches and staff are also required to take “refresher” courses annually once they’ve completed the Core SafeSport Training.

PART I - EDUCATION & TRAINING POLICY

A. Adults Required To Complete Mandatory Training

Multnomah Athletic Club requires the following individuals to complete training provided by the U.S. Center for SafeSport (“Center”):

1. Adult athlete members of Member Clubs, except Short Term Athlete Members due to their limited participation and those Master Athletes who do not (I) have regular contact with minor athletes, or, (II) have authority over minor athletes
2. Adult members (who are not athletes) of Member Clubs who i) have regular contact with athletes or ii) have authority over athletes
3. Employees and Board Members of Member Clubs
4. Individuals providing services to Member Clubs, including but not limited to contractors, volunteers, interns, who have regular contact with athletes or have authority over athletes

Athletes who become 18 years of age during the upcoming membership year, complete the U.S. Center for SafeSport training on or before their 18th birthday, provided that such athletes under 18 have the consent of their parents or legal guardians.

B. Core Center For Safesport Training

The individuals listed in Part I, Section A 1-4 are required to complete training concerning child abuse prevention. Training other than Core Center for SafeSport Training does not satisfy this policy.

C. Refresher Courses

A “Refresher Course” is required on an annual basis, and must be completed before July 1st, immediately subsequent to the one-year anniversary of the completion of the Core Center for SafeSport Training or the most recent refresher course, for each of the individuals listed in Part I, Section A 1-4.

D. Minor Athletes Who Become Adult Athletes

With the exception of athletes who are members of the same team, Minor Athletes who reach the age of majority (i.e., 18 years of age) must adhere to the provisions found in the Minor Athlete Abuse Prevention Policies when interacting with minor athletes who are 14 years of age or younger. For the purposes of these Policies the “same team” is intended to include athletes who regularly train and compete together in the same sport. Minor Athletes who reach the age of majority and then obtain a position of authority that presents a power imbalance, such as becoming a coach or official, must also comply with these Policies regardless of the age of the minor athlete with whom they interact.



PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing space for these beneficial relationships.

E. One-On-One Interactions

1. Application

This policy shall apply to:

- a. Adult members at a facility that is either partially or fully under the authority of Dance.
- b. Adult members who have regular contact with amateur athletes who are minors.
- c. An adult authorized by Dance or Member Club to have regular contact or authority over an amateur athlete who is a minor.
- d. Adult Staff of Dance or a Member Club
- e. Any other "Applicable Adults" for the purposes of this policy.

F. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are permitted if they occur at an observable and interruptible distance by another adult.

One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are prohibited, except in the circumstances described in the subpart of this section and under emergency circumstances.

1. Meetings

Meetings between Applicable Adults and minor athletes at a facility partially or fully under the organization's authority may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult. Chair lift rides and gondola rides with an Applicable Adult and a minor athlete are allowed under this policy. If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If available, it occurs in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

2. Meetings With Mental Health Care Professionals/Healthcare Providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the organization's jurisdiction, a closed-door meeting may be permitted to protect patient privacy provided that:

- a. the door remains unlocked
 - b. another adult is present at the facility
 - c. the other adult is advised that a closed-door meeting is occurring
- written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to Dance or the applicable Member Club. Your consent may be given via email or text, when necessary.

Consent may be provided at the beginning of each season provided that the professionals and health care providers are specifically named in the consent. Consent is not required in the event of an emergency and the parents or legal guardian cannot be contacted timely and the athlete is deemed to need immediate medical/mental health attention.



PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS (cont.)

G. Individual Training Sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the organization's authority if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Such permissions for individual training sessions that are not observable and interruptible by another adult, must be obtained at the beginning of each season. Parents, guardians, and other caretakers must be allowed to observe the training session.

H. Locker Rooms, Restrooms, And Changing Areas

This policy shall apply to:

1. Adult Members at a facility that is either partially or fully under the authority of Dance or a Member Club
2. Adult Members who have regular contact with amateur athletes who are minors
3. An adult authorized by Dance or a Member Club to have regular contact with or authority over an amateur athlete who is a minor
4. Adult Staff and Board Members of Dance or a Member Club, collectively "Applicable Adults" for the purposes of this policy.

I. Non-Exclusive Facility

If Dance or a Member Club uses a facility not fully under its authority (for e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults are nonetheless required to adhere to the set of rules set forth herein.

J. Use Of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization's authority is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by Dance or an applicable Member Club, and two or more Applicable Adults are present.

K. Undress

Under no circumstances shall an unrelated Applicable Adult at a facility under Dance or a Member Club's authority intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

L. One-On-One Interactions

Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full authority of Dance or a Member Club, except under emergency circumstances. If Dance or a Member Club is using a facility that only has a single locker room or changing area, the organization designates separate times for use by Applicable Adults, if any.

M. Monitoring

Dance and Member Clubs regularly and randomly monitor the use of locker rooms and changing areas at facilities under their respective jurisdictions to ensure compliance with these policies.



PART III - REPORTING

The Center handles ALL reports of sexual abuse within the U.S. Olympic and Paralympic Movements. Make a report to the Center if there is a reasonable suspicion of sexual misconduct such as child sex abuse, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power. All reports of child abuse or sexual assault of a minor must also be reported to local authorities (Police or Child Welfare Office). Reports of abuse not involving a minor may also be reported to local authorities.

SafeSport Helpline:
1-833-587-7233

Report Suspected Violations of Sexualized Conduct: uscenterforsafesport.org/report-a-concern



MAC Dance Agreement & Acknowledgment Forms 2025 – 26

Parent/Guardian Agreement

As MAC Athletics parents, we are a community that cares about responsibility, commitment, and respect for others. We support our athletes within and outside the club through positive actions, encouragement, and inclusiveness. As a parent, I know that my choices make a difference, and I am accountable for my own words and actions. I will ensure that my athletes arrive ready to work, and I know that their coaches will do the same. I will respect staff, other parents, and MAC's facilities, and I will voice concerns constructively. I understand that violating MAC's code of conduct or the expectations outlined above may result in my athlete's removal from the MAC Dance program.

Dancers may not participate in competitions as independent entries or representatives of any other studio but MAC. This rule applies only to designated competitions in which the MAC participates. Staff encourages dancers to explore other competitions throughout the country as an independent entry. Please reach out to the respective coaching staff with questions/concerns.

Parent/Guardian Signature

Date

Acknowledgment Form

We have read the 2025-26 Multnomah Athletic Club Dance Team Handbook and understand that by initialing each section and signing this form we agree to follow the rules and policies as written.

_____ (Athlete Initials) I acknowledge and understand the role of an athlete on the Multnomah Athletic Club Dance Team.

_____ (Parent/Guardian Initials) I acknowledge and understand the role of a parent/guardian of a Multnomah Athletic Club Dance Team member.

_____ (Parent/Guardian Initials) I acknowledge and am committed to the volunteer hours required as a parent/guardian on the Multnomah Athletic Club Dance Team and/or agree to pay the stipend as stipulated above in the "Volunteer Expectations."

Parent/Guardian Signature

Date

Athlete Signature

Date

Photo Release Form

I hereby grant Multnomah Athletic Club's permission to use photo and/or video taken of my athlete in publications, news releases, online, and other communications related to the mission of the Multnomah Athletic Club and the MAC Dance Team program.

Parent/Guardian Signature

Date

Athlete Signature

Date

