

COMPETITIVE JAZZ & CONTEMPORARY 2017/2018



DEADLINE FOR APPLICATION: JUNE 24TH

Competitive classes are for the more serious dancer. Attendance for all classes, extra rehearsals, and performances are mandatory for this team. Students are pushed to achieve their best and standards are set high for this class.

NOTE: Not all students will be accepted into Competitive Classes. However, we will provide feedback to each student so that they will know what to work on for the next season.

QUALIFICATION

<p><i>COMPETITIVE JAZZ CLASSES</i></p> <ul style="list-style-type: none"> • Must be enrolled in at least 2 ballet classes. • Stretch Class • NOTE: Due to demanding competitive & performance schedule, students must be exclusive Adage students to apply. 	
<p><i>SENIOR COMPETITIVE 1 CONTEMPORARY</i></p> <ul style="list-style-type: none"> • 2 Ballet Classes per week • Stretch Class • NOTE: Due to demanding competitive & performance schedule, students must be exclusive Adage students to apply. 	<p><i>SENIOR COMPETITIVE 2 CONTEMPORARY</i></p> <ul style="list-style-type: none"> • 3 Ballet Classes per week • Stretch Class • NOTE: Due to demanding competitive & performance schedule, students must be exclusive Adage students to apply.

STUDENT REQUIREMENTS

- ✓ ALL Competitive students must attend all classes that they are registered in – if they are unwell they must sit on the sidelines and watch
- ✓ ALL Competitive students must be available to perform at designated events throughout the season and must be willing to travel to Victoria and Nanaimo for competitions. Competitions may be during school times.
- ✓ ALL Competitive students are representatives of Adagé Studios Inc. We expect students to be working their hardest to continually represent the studio in an appropriate and exceptional manner.
- ✓ ALL Competitive students must be dancing exclusively at Adagé Studio.
- ✓ ALL Competitive students are to work together with team students to create a welcoming environment in class.

ADDITIONAL COSTS

- ✓ Competitive Jacket – Will be available for purchase Sept 1st, 2017
- ✓ Additional Festival Fees – Depending upon the progress of each Competitive class, an instructor may enter the class in additional festivals. Each festival can be an additional \$20 - \$50.

FESTIVALS FOR COMPETITIVE STUDENTS

- ✓ **FESTIVALS:**
 - JUST DANCE CHALLENGE – Duncan – April 12th – 15th, 2018
 - COWICHAN MUSIC FESTIVAL – Duncan B.C. – Feb 19th – 26th, 2018 **TENTATIVE**
 - SYNERGY DANCE – Victoria BC – TBA or COREDANCE – Nanaimo BC - TBA

SUMMER CAMPS & WORKSHOPS

- ✓ We highly encourage all competitive students to try and stay active this summer. When we return we will be jumping right into choreography and being strong will ensure that teachers can move right into material. We have the following opportunities this summer:
 - WORKSHOP WEEK – \$36 + GST for 3 days (1.75 hrs per day) – Gr 3 Ballet & Jazz 5 & up
 - DANCE ACT PERFORM – \$199 + GST for 5 days (7 hrs per day) – Ages 6-12
 - JR DANCE INTENSIVE – \$249 + GST for 5 days (6 hrs per day) – Ages 8-13 Gr 3 Ballet & Jazz 5 & up
 - BACK TO DANCE INTENSIVE – \$249 + GST for 5 days (6 hrs per day) – Ages 12 & up Intermediate Ballet

- ✓ STUDENT PUNCH CARD – We are offering 10 classes for only \$35 for currently registered students! Drop in to any Adult Drop In Class - Pilates, ZUMBA, Fitcore, or Stretch & Strength! An amazing opportunity for students to stay active! (Ages 12 & up)

CONFIRMED MANDATORY EVENTS FOR COMPANY MEMBERS & PARENTS

- ✓ **FIRST COMPETITIVE STUDENT MEETING** – Saturday September 16th
- ✓ **PARENT COMPETITIVE MEETING** – Thursday August 24th or Friday September 15th (one parent must attend one meeting)
- ✓ **FESTIVALS:**
 - JUST DANCE CHALLENGE – Duncan – April 12th – 15th, 2018 (ALL COMPANIES)
 - COWICHAN MUSIC FESTIVAL – Duncan B.C. – Feb 19th – 26th, 2018 **TENTATIVE** (ALL COMPANIES)

**PLEASE FILL OUT CODE OF CONDUCTS FOUND BELOW AND
SUBMIT WITH REGISTRATION PACKAGE**

PARENT CODE OF CONDUCT & EXPECTATIONS

- Students should come to class mentally and physically prepared and fit for class. Any medical problems or previous injury, which might cause difficulty in fulfilling objectives of the class must be reported to the office in writing before class begins by the parent.
- Parents will inform the studio if a child is to be absent from class, or studio function. Parents will give as much notice to the studio office as possible. Notice must be given in writing via email.
- Parents will be an advocate for health by ensuring their child has packed adequate water for hydration and ensure your child has planned their own appropriate healthy snacks.
- Parents will avoid negative comments about other dancers at their school.
- Parents will refrain from gossiping about Adage Studio, students, staff and inner workings of the studio. Slanderous or malicious behavior will not be tolerated.
- Parents will display outstanding sportsmanlike behaviour as an example for other to follow.
- Parents understand that should they use verbal or written threats at another parent, teacher, child, or adjudicator, their invitation to be a part of the team will be revoked and will no longer be allowed to attend competitions or team functions.
- Parents will ensure that their children treat other dancers, teachers, judges and audience member with respect.
- Parents will not ridicule their child or other children.
- Parents will respect the decision of teachers.
- Parents will honour the decisions made by an adjudicator. If you disagree with the adjudicators choices, comments will be withheld. Disappointment will not be discussed in public.
- Parents will try whenever possible to positively reinforce teachers and staff. For example “Trust your teachers, they have your best interest at heart”
- During competition times parent involvement backstage will be kept to a minimum. Please drop your child off with the designated person in charge and let them prepare for their performance. Some parents may be asked to help with hair and/or make up. Please try to give your child space to go through their routine.
- Parents will value the knowledge of the teacher and studio directors and accept without challenge the placement of their child within groups and his/her position and role within the group. Our job is to make each child as successful as they can be and sometimes you may not understand our decision but we all have many years of experience and their experience needs to be valued.
- Parents will focus on their child’s efforts not on their outcomes and will aim to set only realistic attainable goals and expectations of their child.
- Parents will be respectful to dancers from other studios as well as our own. During performances/competitions parents will not leave the theatre unless it is between routines and an appropriate time to exit.
- Parents will be an advocate for the arts and appreciate dance in all its forms by encouraging and applauding all dancers not just the ones that are on their team
- Parents will respect studio personnel to have set holidays & days off by not contacting teachers, directors or other staff on personal numbers unless it is an emergency. Please use email for questions or concerns that may arise outside of business hours.

I, _____ agree to the guidelines in the Parent Code of Conduct. I understand that if I continually break the code of conduct that my family will be asked to leave the studio.

SIGNATURE: _____ DATE: _____

STUDENT CODE OF CONDUCT & EXPECTATIONS

CLASS ETIQUETTE

- Bring labelled water bottle to class.
- If you come late, enter very quietly and join in when you can. Apologize at the end of the class for being late. No excuses needed.
- Do not talk while the teacher is talking.
- Listen first, then ask relevant questions.
- Respect personal space of others.
- Do not lean on walls or slouch on ballet barres.
- Never sit down unless asked to.
- At the end of every class applaud the class and the instructor.
- Never give thoughts or comments on class choreography or what exercises the teacher is asking of you. An instructor takes a lot of time to prep what is being taught in your class. Requesting and making comments is a sign of disrespect. A teacher may ask for feedback and at this time it appropriate to give comments or feedback.
- Students will bring needed materials, dance attire, and have hair done appropriately for class. This is a competitive students responsibility, not their parent.

COMPETITIVE DANCERS RESPONSIBILITY

- Self-practice is required. All solos and duets must be rehearsed on your own in the studio. Reviewing at home is not a replacement for studio time. Proper floors and space is needed to be prepared for competitions.
- Take care of your body – no staying out late the night before an extra rehearsal, performance or competition. Students are required to be at their own homes in their own beds. This is non-negotiable.
- Eat to fuel your body. A healthy diet equals a healthy happy dancer. Meal & snack plans are required for busy competitive days.
- Be role models to others in the studio.
- Ballet is to be taken seriously.
- Know choreography before coming to the studio. Work as a team. If you need help, ask a team member. If you are asked it is not acceptable to say no. Help your classmates
- You will work on strengthening your muscles and stamina. Pilates, swimming, hiking, Zumba, running.
- Marking is never acceptable.

- Rehearsals are for practicing performing. It is not acceptable to not treat every rehearsal as if it were a performance. Your teacher can do so much to help improve energy, flow and performance if you are giving a full accurate performance.
- Be an educated dancer. Know lyrics, research your style, practice your choreography before class.
- Turn a break down into a breakthrough. Life consistently throws us curve balls. Turn that into lessons and something great. Let dance be your outlet.
- MAGIC DOOR THEORY: The classroom is a sacred place. Leave it all at the door.
- Be happy and ready to work. Say it to yourself every time you step in the studio.
- Talk little about the problem and more about the solution. Something you don't understand? How will you get it or do it differently?
- Abandon self-pity as it doesn't do anybody any good. Be grateful for the qualities you do have.

INJURIES

- Injuries can occur regularly in a dancer's body. Please follow these guidelines when injured before coming to class:
 - Hydration – drink lots of water! If you are injured or sick and sitting you need to have a water.
 - Ibuprofen – Advil will bring swelling down
 - Ice – Reduces inflammatory response. 20 minutes of each hour. Or alterations of ice/heat for 15-20 minutes for 24-48 period.
 - Elevation – reduces swelling
- After you have done all these things and see no result, go see a doctor to get diagnosed and treated responsibly.

CODE OF CONDUCT

- Be polite, courteous, positive, kind, supportive, well-mannered, and encourage others.
- Respect the rights of others and love them for who they are.
- Support and respect your team. Act with integrity and commitment.
- Be self-reflective.
- Be accountable.
- Make an effort to include everybody.
- Work in a professional and collaborative fashion.
- Provide a safe and nurturing environment. Do not criticize others.
- Show consideration towards all persons in our school, performances, and community.
- Support the decisions of your teachers.

- Be positive and gracious when asked to perform and represent the studio. Don't share negativity.
- Show determination and that "I Can Do It" attitude when presented with challenges.
- Attend all required classes, performances & rehearsals.
- Respect the Cel Phone Policy at all times
 - **CELL PHONE POLICY** – Cell phones must remain in bags at all times. If students need cell phones for music for practicing then student must have cell phone in a designated studio. Students who are using cell phones at unauthorized times will have cell phones confiscated. Students needing to contact parents may ask to use the office phone to do so or come into the office to use their phone.
- Aim to be a role model for all other Performing Art students in every aspect of their lives.
- Be polite and respectful to all staff at all times.
- Be polite and respectful to parents at all times.
- When a mistake is made resulting in another student being hurt or disrespected by a student an apology will be made.
- Focus on the positive
- Regular self-practice is required to ensure you are a valuable team member.
- Be open to others opinion. Remember you were given 2 ears and 1 mouth for a reason.
- Conduct yourself professionally online in social media. Be a role model online. Act in a positive way in all interactions online.
- Students should come to class mentally and physically prepared and fit for class. Any medical problems or previous injury, which might cause difficulty in fulfilling objectives of the class must be reported to the office in writing by parent before class begins.
- Students must treat the studio property with care and respect & clean up after yourself. Cleaning up shows that you respect your fellow peers.
- Students must not participate in behaviours that tarnish the reputation of the studio and its policies.
- In order to maintain a healthy and productive atmosphere, students and parents are not to gossip or make negative remarks or gestures about any member(s) of our dance studio or other dance studios. Students who cannot abide by this will be asked to leave all competitive classes. If the behavior continues the student will be asked to leave the studio.

- Students must not miss more than 3 competitive classes without special permission of the studio owners. All classes missed by competitive children must be pre-approved by the studio. Students will be asked to leave competitive classes if attendance requirements not met. Regular attendance in all other classes is also expected. Regular absences result in students not being strong enough to keep up with competitive class requirements.
- Adage Studio has adopted the 3 strike policy. Students will receive 1 verbal & 2 written warnings for behaviours that do not align with our studio conduct. After 3 strikes the student will be asked to leave all classes until a time when they can show they understand the studio code of conduct.

I understand that the above standards were designed and approved by my fellow students as an agreement to how we all want to behave and be treated. I will uphold the expectations and agree on these standards.

STUDENT NAME: _____

STUDENT SIGNATURE: _____

PARENT NAME: _____

PARENT SIGNATURE: _____

DATE: _____