

## **COMPETITIVE AND ELECT PROGRAMS**

The Competitive and Elect programs are designed for students, ages 7 and up who wish to increase their level of training and dance competitively. Dancers at a competitive level choose dance over other extra curricular activities and have chosen to pursue dance either to achieve their personal best in many genres of dance, to dance professionally or to become a dance teacher. The Non-Competitive program is for students younger than 7 or those over the age of 7 who are taking dance just for fun. It is a recreational activity.

Before discussing the Competitive and Elect Programs, there are a few important things to keep in mind:

1. We need parents to respect the decisions we make and to understand that we keep the best interests of each student in mind when making decisions. Also, please understand that sometimes we may need to reconsider certain decisions that were made and make changes. If you have any questions or concerns at any time, we are always available to answer questions and clarify things for you. Please contact the office or email us.
2. When students choose to dance competitively, it is not a social program with friends and not all students will be placed in the same classes as their friends. We cannot make decisions about where to place students based on who they are friends with. In order to maintain the integrity of the competitive and elect programs, we must make decisions based on where the students are in terms of technique, maturity, how quickly they pick up the choreography, work ethic and behavior in class. We realize this can create a hardship for some students to be separated from friends but is up to the parents to explain how the process works and to equip children with coping mechanisms to manage emotions and disappointments. It is one of many life lessons.
3. Teaching the students of today: We know that with the increased presence of social media devices, the growing anxiety of today's children and the issues of bullying, it is becoming more difficult to have a cohesive group of kids under one roof. As teachers, if we observe behavior that is unacceptable and goes against our expectations set out, we will address it. With that being said, we cannot be held responsible for things that occur outside our studio. We need to provide our children with ways to effectively cope with difficult situations.
4. It is important to recognise that all dancers progress at different levels. Some peak early and continue to grow, some peak and then plateau, some peak later. As teachers, we are always

assessing students. Some students not chosen for the competitive or elect program may be a suitable candidate the following year. Dance Training is very fluid in which things can change from year to year and we recognize that.

5. Students, whether placed in the non-competitive program, the competitive program, or the elect program are all valued and important to us. Students in all programs receive qualified instruction. Though dancing in different programs, we value every student for what they bring to the studio, the classroom and onto the stage.

6. Currently, a non elect, competitive student may take the technique classes mandated for the students in the elect program. All students are encouraged to take the technique classes specified for their level. This way each student is given the opportunity to grow, whether they are in the Elect program or not. This promotes inclusivity amongst the competitive students and elect students and an opportunity for competitive students to excel.

7. The reason we typically do not audition for the elect class is because it is more accurate to make decisions on what we observe in each class during the entire dance season, rather than making decisions based on one audition. We reserve the right to re-evaluate this in the future and may decide to hold auditions under certain circumstances.

8. Please read the anti-bullying, anti-negativity, anti gossiping waiver. All parents have accepted this waiver upon registration, but please read it again. We cannot stress how important it is that we don't have parents gossiping to other parents. This causes a lot of problems, especially since a lot of gossip is based on untruths, fabrications and false assumptions, not fact.

9. If you have concerns, please come see us at the office or email us at [pureenergy@sasktel.net](mailto:pureenergy@sasktel.net). Students must also read and understand the waiver. Parents please explain the behavioral expectations to your children.

# COMPETITIVE DANCE PROGRAM

The competitive program at Pure Energy Dance Co. was developed to give students the opportunity to train at a higher level than recreational classes and attend dance competitions where they are adjudicated by Dance Professionals. In the competitive program, students must take mandatory classes in order to achieve a high level of technical excellence. Within the competitive program, the classes are divided into age and syllabus level. Students are placed in the classes that are deemed appropriate for their level. Many factors can influence which classes students are placed in. These factors include but are not limited to flexibility and strength, history of injuries, work ethic, maturity, attendance, skill level, attention to detail, pace of learning and execution of choreography. There are times we may combine age groups to create a larger group and there are times where we may want smaller groups. These decisions depend on various factors. Students in the competitive program must have good attendance, work hard in every class, be available for all competitions and satisfy all the criteria set out. Many students can enjoy extra curricular activities and be a competitive student though we expect that regular practices, extra practices, competitions and recitals are not missed for any other extra curricular activity.

Expectations of Competitive dancers (we have highlighted any changes that were made):

1. Competitive dancers WILL NOT be allowed to compete if they have missed 5 regular practices during the season or miss a scheduled extra practice prior to competition. Missing class for homework will be counted as an absence as we expect competitive dancers to manage their time efficiently. If students cannot dance because of an injury or an illness that is not contagious, we expect them to attend class and take notes. Reasons such as an illness that is contagious, funerals, mandatory academic events, being away for a dance audition or dance convention will not be counted as an absence if the teacher is notified. Dancers who are repeatedly sick and injured are not good candidates for the competitive dance program.
2. Competitive dancers who miss competitions or abuse the policies will be suspended from our Competitive Program the following year.
3. Competition fees must be paid in full by October 15th. The competitions we are attending are posted on the website and on the bulletin boards at the studio. Please check the website under "Competitions" for dates and all other pertinent information.
4. All dance fees must be paid the first week of each month. Students who have an outstanding balance will not be able to have their costumes ordered and competition entry submitted. Outstanding balances beyond a reasonable amount of time may result in suspension of classes.

5. All competitive dancers must take all the required classes as outlined on the website.
6. It is the responsibility of the parent to ensure that their child comes to competitions one hour before the dancer's scheduled time with costume and hair and make-up done.
7. Solo/Duet/Trio fees must be paid in full before the instructor will begin teaching the dance.
8. Dancers are expected to practice their dances at home to ensure they learn and perfect the choreography, stay physically fit, and keep up with the rest of the class.
9. Competition season runs from March 1st to mid-May and dancers need to be available for extra practices and present for the actual competitions, no exceptions. Please be responsible when planning family vacations. Dancers cannot be away the week before and during competitions.
10. Extra practices are not voluntary, they are mandatory! If you are unable to commit to these extra practices due to illness or injury, or being away, please inform the office. Some extra practices may be scheduled during school breaks and Sundays. We will not schedule mandatory practices during the Christmas break, February break and Easter break, though there may be scheduled practices for solos, duos and trios if students are available.
11. Competitive dancers are expected to manage their time effectively with regards to schoolwork or other extracurricular activities. Please look at your schedule and sign up for dance classes accordingly. If extra-curricular activities (pom, hockey, soccer, etc.) will prevent you from attending dance class, please do not commit to this class. Also, if schoolwork is heavy, please do not sign up for more classes than you can handle.
12. As a competitive dancer with Pure Energy Dance Co., it is not allowed nor is it appropriate to perform, take classes or be affiliated in any way with another competing Dance Studio or Dance Company.
13. If you have concerns or questions throughout the year, please contact the office. It is inappropriate to contact our instructors via text, email or social media; the only exception is when a teacher invites you to a group chat, etc.
14. At Pure Energy Dance Co., negativity, gossip and bullying will not be tolerated. Students and Parents who engage in negative talk against the studio, teachers, or students will be asked to leave Pure Energy Dance Co.

# ELECT PROGRAM

New to the 2019-2020 Dance Season is the introduction of Pure Energy Dance Co.'s "***Elect***" program

## Why was this program developed?

Over the past 3 years, we have been trying to think of a program that would make our competitive dancers stronger and elevate their technique. We considered adding more required classes for each discipline and not allowing extra curricular activities for all competitive students. We never implemented this because we knew this would not be an option for many students and families, whether it be financial reasons or students not wanting to give up an extra curricular activity. We decided to introduce a new branch of the existing competitive program and impose additional criteria, expectations and demands within this program. We called it Elect as some students would be elected into this program after certain considerations were made. In the 2019-20 dance season we are gradually introducing the program with only a few elect classes to start. We started with the classes that showed an obvious division of either technique or hours of training per week. In the future, this program will branch out into all disciplines of dance. It is important that parents and dancers understand that Elect classes are not an exclusion of others, but rather an opportunity for those who show readiness for the program.

## What does ***Elect*** mean?

***Elect*** classes have been established to create a more unifying and streamlined competitive class. In an Elect class, students must be taking all the required classes that are mandated for this program. Within each Elect class, students are training approximately the same hours per week and are similar in technique.

## ***Elect*** Philosophy:

We believe that intensive training and commitment is required to create and maintain a high standard of technical excellence. Students who train in many technical classes per week and commit fully to the expectations of this training program will develop a strong technical foundation. Pure Energy Dance Co. is committed to providing a high calibre Dance Program to those students who display a mature eagerness to achieve a high standard of technical excellence.

Though we would like all students to be placed in the same program (elect or competitive), some overlap may occur. Some dancers may be in the Elect program for Jazz and the Competitive program for Ballet. This is because some dancers may be stronger in one discipline than another.

Expectations of Students and Parents in the Elect program – in addition to the expectations of Competitive students:

It is expected that students in the Elect Program have excellent attendance. Dancers are only allowed to miss 3 classes throughout the dance season. Missing class for homework will be counted as an absence as we expect Elect dancers to manage their time efficiently. If students cannot dance because of an injury or an illness that is not contagious, we expect them to attend class and take notes. Reasons such as an illness that is contagious, funerals, mandatory academic events and being away for a dance audition or dance convention will not be counted as an absence if the teacher is notified.

Students must display a strong, mature work ethic every class. Dancers are expected to dance full out every minute of every class.

For Jazz Elect classes, strength and flexibility of the student is imperative in order to be able to safely execute the jumps and extensions required in the choreography.

For Ballet Elect classes, turn out (rotation from the hips) is especially important to maintain the lines necessary for proper execution of ballet technique.

Staying healthy is the responsibility of the student and family to ensure that illnesses and injury do not prevent the student from fully participating in every class.

If injuries present themselves, it is expected that parents will routinely follow up with Doctors, Chiropractors, Physiotherapists, etc. to remedy the situation in a timely matter.

It is expected that students do not participate in extra curricular activities outside of Pure Energy Dance Co. that will interfere with any class during the Dance Season.

Students who are frequently injured or sick and those who cannot commit to a 100% attendance policy are not good candidates for this program.

It is expected that students and parents show respect to everyone, including those not in the **Elect** program and be sensitive to the feelings of the students who are not in the program. Bragging and boasting (whether verbal or on social media) will not be tolerated and you will be asked to leave the Program if this behavior is observed.

It is expected that students always act as role models and exhibit positive behavior -inside and outside the classroom – no bragging or disrespectful behavior will be tolerated

Parents who engage in negative talk against Pure Energy Dance Co., our teachers and students will result in their child being immediately ejected from the program.

Please note that we cannot be held responsible for activities that occur outside of our studio and for conversations and actions we have not observed. We discuss the importance of

teamwork and inclusivity with all our students in hopes that every child can dance in a caring, respectful environment.

What if you are selected to participate in the **Elect** Program but you can't commit or do not wish to train this intensely?

Students can opt not to join the Elect program and join the available competitive class instead. Students will continue to receive high quality instruction. They will further train and develop their technique and perform competitively in the other classes, but the workload will not be as heavy.

What classes are required to be in the **Elect** Program?

Students must be taking:

- Ballet classes (2 classes) for all Elect students plus Open Majors for Ballet Grade 5+ students
- If you are taking a Jazz Elect class, you must take the Jazz Technique class
- If you are taking a Tap Elect class, you must take the Tap Technique class
- Hip Hop Elect classes require an additional class – not necessarily Ballet. This is at the discretion of Pure Energy Dance Co. Directors
- If you are taking an Acro Elect class, you must take an Acro Skills class and Jazz Technique class
- If you are taking a Musical Theatre Elect class, you must take the Jazz Technique class
- If you are taking a Modern Elect class, you must take the Jazz Technique class
- If you are taking a Lyrical Elect class, you must take the Jazz Technique class
- Conditioning class (9-11 years), or Conditioning/Flexibility class (10+ years) for all Elect students

\* Dancers may also be required to take an additional group class, in order to maximize their training opportunities.

\* Please note: Acceptance into this program for this 2019-2020 Dance Season is not a guarantee of acceptance for subsequent years. Dancers must meet the requirements and all expectations to qualify for the following season.

\* Students who are currently not in the program can be invited the following season if they exhibit readiness for this program.