

COMPETITIVE PROGRAM POLICIES AND EXPECTATIONS

The Competitive Dance program at PEDC is designed for students, ages 7 and up who wish to increase their level of training and dance competitively.

In addition to performing at the recital, competitive students typically attend 2-3 competitions per year, in Alberta and Saskatchewan between the months of March-May.

For those who are new to competitive dance, the expectations are to attend **all** the competitions scheduled, to arrive one hour before the scheduled dance time, dressed in costume with hair and makeup done. Parents leave their child with the dance instructor and after adjudication, parents pick up their child at the designated dressing room. Parents are responsible for arranging travel to and from the competition and are responsible for the accommodation. We reserve a block of hotel rooms; however, you are not obligated to stay at these hotels.

PEDC Competitive Dance Philosophy:

We believe that intensive training and commitment are 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 the competitive training program will develop a strong technical foundation. Pure Energy Dance Co. is committed to providing a high-calibre competitive dance program to those students who display a mature eagerness to achieve a high standard of technical excellence and strong showmanship.

Before further discussing our Competitive Dance Program, there are 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 do not make decisions about where to place students based on who they are friends with. To maintain the integrity of the competitive program, 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 it 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, or in the absence of a teacher within our studio. We need to provide our children with ways to effectively cope with difficult situations.
4. It is important to recognize 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. Students not chosen for the competitive program may be a suitable candidate the following year. Dance training is very fluid and 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 GNG Dance Team, 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. The reason we typically do not audition for the competitive program is that 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.

7. 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 with other parents. This causes a lot of problems, especially since a lot of gossip is based on untruths, fabrications, and false assumptions, not fact.

8. If you have concerns, please come see us at the office or email us at office@pureenergy.ca Students must also read and understand the waiver. Parents, please explain the behavior expectations to your children.

PEDC COMPETITIVE DANCE PROGRAM

The Competitive Dance 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.

Competitive classes have been established to create a unifying and streamlined, technically proficient class. Within competitive classes, students are training approximately the same hours per week and are similar in technique.

In the competitive program, students must take mandatory classes to achieve a high level of technical excellence. Within the competitive program, the classes are divided into age and syllabus levels. 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 when we may combine age groups to create a larger group and there are times when we may want smaller groups. These decisions depend on various factors.

Expectations of Competitive Dancers:

1. Competitive dancers are required to take the technique classes, and other applicable classes such as jumps & turns, stretch & conditioning classes mandated for each class. This ensures that all dancers in a competitive group are training at the same level. The strength and flexibility of the student are imperative to be able to safely execute the jumps and extensions required in the choreography.

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

3. All competitive dancers must "buy in" to the expectations of work ethic and performance quality. This means always attending class, giving 100%, and showing performance quality (smiles, facial expressions, etc.) consistently in class. Students will be held accountable.

4. All competitive dancers are required to follow the dress code for every class. The proper dress code is important for the teacher to see body alignment and posture and to ensure the dancer has proper mobility for the movement required. A dress code also establishes a unifying group which is important when choreographing.

5. Phones are not allowed to be used during class. Phones will be placed in a bin at the beginning of class. Competitive dancers need to be focused and ready to work hard in class.

6. During class time, students are not to wander in and out of the classroom. Once class has started, the dancer is committed to the teacher.

7. At competitions, students must be ready 1 hour before the scheduled dance time with hair and makeup done, in costume. Dancers must stay in the rehearsal room. No wandering in and out. No phones allowed.

8. Extracurricular activities **MUST NOT** interfere with dance classes, dance competitions, extra practices, and recitals. We expect competitive dancers to prioritize dance as # 1.

9. Competitive dancers are expected to be in class on time. Plan to come a few minutes early to avoid rushing in. If needing to change between classes, dancers are expected to change quickly and not loiter in the changerooms or washrooms.

10. Competitive dancers are expected to take care of their health, nourish their bodies with good nutrition, stay hydrated, and tend to any injuries that may occur. This may involve seeing a Doctor, Physiotherapist, Massage Therapist, Chiropractor, etc.

11. Dancers are allowed to bring **water only** into class.

12. Competitive dancers are expected to manage their time effectively regarding schoolwork or other extracurricular activities. Please look at your schedule and sign up for dance classes accordingly. If extra-curricular activities (pom, hockey, volleyball, 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.

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

14. We will implement the “4 Strike” Rule. If you are absent for any reason that is not on our list of acceptable excuses, you will get a strike. After 4 strikes, we will inform parents and review your readiness for the competitive program. 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, take notes and or participate to the extent they are able. A doctor’s note is required if an injury mandates that a dancer must not dance for an extended time. *Reasons such as a contagious illness, funerals, family weddings, and mandatory academic events will not be counted as a strike **if the teacher is notified**.* Dancers who are repeatedly sick and injured are not good candidates for the competitive dance program and may be asked to leave the group if a pattern of injury or sickness continues.

15. Competition and Costume fees must be paid in full by October 31st. The competitions we are attending are posted on the website and the bulletin boards at the studio at the beginning of the season. Please check the website under “Competitions” for dates and all other pertinent information. These are approximate competition fees: Solo \$95 per competition, Duet \$70 per competition, Group \$60 per competition (subject to change based on which competitions we attend).

Note: We require these fees on Oct. 31st since we are registering our students the first week of November and we need to send in payment at this time.

16. 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.

17. Solo and Duet requests can be made during September. There is a form available at the office. Solo/Duet/Trio fees must be paid in full before the instructor will begin teaching the dance. These fees are listed on our website under “prices”.

18. Competition season runs from March 1st - May 31st 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.**

19. Extra practices 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 try

not to schedule mandatory practices during the Christmas break, February break and Easter break, though there may be scheduled practices if students are available.

20. If you have concerns or questions throughout the year, please contact the office.

21. 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.

Please note: 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.

I hereby confirm that I have read, fully understand, and agree to abide by the above statements.

NEW PHONE AND CHANGEROOM POLICY:

At Pure Energy Dance Co., we value the importance of creating a safe space for our dancers. We have implemented some policies about phone use and the changerooms so that these are used appropriately, and all dancers feel comfortable sharing the space with others.

1. Pictures and Videos are not allowed to be taken in the changerooms, studios, and washrooms. Any students not following this policy will have their phones taken away. If you want to take pictures or videos elsewhere, you must do this away from others and not take pictures or videos of anyone else without their consent.
2. Use appropriate language in the changerooms – no swearing or discussions about sensitive/inappropriate topics. No bullying others. Use your words wisely. Think before you speak.
3. Washrooms are not a place to loiter and socialize.

Students caught abusing these policies will not be allowed to use the changerooms for reasons other than changing.

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GLITZ 'N' GLAM DANCE TEAM:

Why was this developed?

This year, under the direction of Laetitia Strydom, a new program called Glitz'N'Glam Dance Team is being introduced. This is for the serious dancer who wants to train at an elevated level and who can handle a large class load. Additional classes are required, and exams are mandatory. Parents and dancers must understand that invite-only groups are not an exclusion of others, but rather an opportunity for those who show readiness for a more intense program by demonstrating a solid foundation of excellent technique, **consistent** execution of a wide vocabulary of steps, and solid work ethic. Dancers are invited to this team. For more information about this program and all the requirements, please visit www.glitznglamdanceacademy.ca

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CLASS REQUIREMENTS FOR THE 2024-25 DANCE SEASON

Jazz Dance – must take two Ballet classes and a Jazz technique class (Junior 2 and higher) and the Jumps & Turns/Stretch and Conditioning class (Mandatory for Ages 10+ and strongly recommended for 7-9 year olds).

Tap Dance – must take a Tap technique class (Junior 2 and higher).

Ballet Dance – must take two Ballet classes. Intermediate Foundation and Intermediate ballet dancers must take the 2 technique classes.

Lyrical Dance – must take two Ballet classes (all lyrical students) and for students ages 12+, a jazz technique class, and the Jumps & Turns/Stretch and Conditioning class is mandatory. Jazz technique and Jumps & Turns/Stretch and Conditioning is strongly advised for ages 7-11.

Contemporary Dance - must take two Ballet classes, a Jazz technique class, and the Jumps & Turns/Stretch and Conditioning class.

Acro Dance – Acro skills class strongly advised. Jazz class advised.

Musical Theatre Dance – must take a jazz class (could be non-competitive)

Hip Hop Dance – advised to be registered in any additional dance class.

Solos and Duos are required to take all the necessary Ballet and Technique classes as listed above in addition to the choreography classes in the genre of the solo/duo, jumps and turns/stretch and conditioning class (10+). Students who take solos and duets are also expected to take their exams and attend all workshops and training opportunities that are available to them.

Requirements to take a Tap and Jazz Exam:

Students who wish to take their Exams must be enrolled in two Ballet classes, take the Tap Technique class (for tap exam) and Jazz Technique class (for jazz exam), along with their Jazz and Tap group classes.

Only those ready for the exam will take the exam.

Requirements to take a Ballet Exam:

Students will be invited to take an exam if the instructor feels they are ready to do so.

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