

DANCIN' IN THE SPOTLIGHT

Artistic Director, Liz LeBar



STUDENT/PARENT HANDBOOK **2013-2014**

DANCIN' IN THE SPOTLIGHT
385-B ST. GEORGES AVE.
RAHWAY, NJ 07065
(732) 388-1182

www.dancininthspotlight.com

INTRODUCTION:

Dancin' In The Spotlight objectives are to make dance accessible to young students and adults through dance training and innovative programs, we offer students the opportunity to follow a diversified curriculum of dance training of the highest professional caliber. We maintain a professional faculty of exceptional teachers and guest artists.

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COURSE DESCRIPTIONS

Ballet:

Classical ballet is the basic foundation of any professional dancer. It develops strength and control of the muscles, flexibility, good posture and carriage of the body. These classes focus on the basic through advanced steps of the ballet technique and teach students to move through space smoothly and with control. Strong barre work involves lengthening of the legs and feet, turnout of the hips, coordination of arms, legs and head as well as the development of musicality. Center work concentrates on balance, jumps, turns and adagio work. For the advanced dancer there is the option of pointe work; which is purely decided upon the strength, ability and dedication of the dancer; any dancer interested in pointe work must first be reviewed by the ballet instructor.

Jazz:

Classes build technical skills, strength, focus and dramatic intent while increasing the dancer's versatility. Basic and advanced technical skills and expressiveness are developed through a complex movement vocabulary that ranges from the quick and rhythmic to the lyrical. Choreography in class combinations is reflective of both concert and commercial styles of jazz.

Tap:

Classes execute tap technique and terminology, while learning rhythm, timing, musicality and terminology

Lyrical:

Consists of jazz and ballet technique while emphasizing strength, control and interpretation: Where dancers interpret the lyrics or intent of a song with or without words.

Acro:

Consists of controlled acrobatic and rhythmic gymnastic movements, passes, balance and flexibility while incorporating dance.

Musical Theater:

Consists of various disciplines that include: pantomime, improvisations, lip sync, commercial technique, microphone technique, script work, monologues, portraying character from a play or movie as well as Broadway theater dance styles.

Dance Team/Spotlight Ballet Company:

Dance Team (DT) and Spotlight Ballet Company (SBC) both performing companies are by invitation or audition only upon the discretion of the DT or SBC Directors. These are both performing companies with the highest level of training, commitment and quality. The expectation of the student is to prepare them for professional work and to meet professional standards. The opportunities with both DT and SBC are created by the students and their commitment; each dancer is evaluated on an individual basis and at any time can be re-evaluated based on attendance, conduct and professional work habits. This is a major time commitment and that must be understood by any student wishing to be a part of either DT/SBC or both.

ASSESSMENT CRITERIA

Movement Quality

Clarity
Dynamics
Co-ordination
Flow
Line

Musicality

Rhythmic awareness
Musical awareness
Musical dynamics

Physicality

Stamina
"Depth" of muscle use
Muscle tone
Physical efficiency
Alignment

Stage Presence

Eye line
Confidence
Dramatic sense

MANDATORY DRESS CODE

GIRLS - JUNIOR DIVISION:

Tiny Dancers:	Pink leotard (PNK Capezio Cotton Lycra) Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Pre-Primary:	Pink leotard (PNK Capezio Cotton Lycra) Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Primary:	Pink leotard (PNK Capezio Cotton Lycra) Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Ballet 1:	Lavender leotard (LAV Capezio Cotton Lycra) No Skirts Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Ballet 2:	Light Blue leotard (LBL Capezio Cotton Lycra) No Skirts Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Ballet 3:	Royal Blue leotard (ROY Capezio Cotton Lycra) No Skirts Pink tights (full foot) Pink ballet slippers with a single elastic across arch
Emeralds:	Hunter leotard (HUN Capezio Cotton Lycra) No Skirts Pink tights (full foot or convertible) Pink ballet slippers with a single elastic across arch Hip alignment belt/waist elastic in white
Rubies:	Burgundy leotard (BUR Capezio Cotton Lycra) No Skirts Pink tights (full foot or convertible) Pink ballet slippers with a single elastic across arch Hip alignment belt/waist elastic in white
Diamonds:	Navy leotard (NAY Capezio Cotton Lycra) No Skirts Pink tights (full foot or convertible) Pink ballet slippers with a single elastic across arch Hip alignment belt/waist elastic in white

GIRLS - SENIOR DIVISION:

Ballet Technique (Tues 7-9) Black Leotard – Any Style
Pink tights (full foot or convertible)
Pink ballet slippers with a criss-cross elastic
Pink demi-pointe/pointe shoes – at teachers discretion
Hip alignment belt/waist elastic in white

Ballet D & E: Black Leotard – Any Style
Pink tights (full foot or convertible)
Pink ballet slippers with a criss-cross elastic
Pink demi-pointe/pointe shoes – at teachers discretion
Hip alignment belt/waist elastic in white

Ballet B & C: Black Leotard – Any Style
Pink tights (full foot or convertible)
Pink ballet slippers with a criss-cross elastic
Pointe shoes
Hip alignment belt/waist elastic in white

Ballet A & PP: Black Leotard – Any Style
Pink tights (full foot or convertible),
Pink ballet slippers with criss-cross elastic
Pointe shoes
Hip alignment belt/waist elastic in white

BOYS – JUNIOR/SENIOR DIVISION:

Ballet 3-PP: White plain crew neck t-shirt
Black tights/shorts
White ankle length socks and black ballet slippers with single elastic across arch

Tap/Jazz: Black/White plain crew neck t-shirt
Black Jazz Pants/Shorts
Black socks and Black Tap/Jazz Shoes
Bloch S0401G/S0401L Black Split Sole Super Jazz Shoe
Bloch Slip-on TapFlex #S0389L Black

LYRICAL:

**Miss Liz
Dance Team
Lyrical Classes:**

Mirella #M201L2 Color Garnet (Discount Dance Supply)
Capezio Ultra Soft Tights – Color Caramel

**Miss Cassie Thurs.
7:30 Lyrical Class:**

Body Wrappers P707 Color Violet
Capezio Ultra Soft Tights – Color Caramel

**Miss Cassie All
Other Lyrical Classes:**

Natalie #7110C/#7110 Black (DDS)

Capezio Ultra Soft Tights – Color Caramel
Bloch S0401G/S0401L Tan Split Sole Super Jazz Shoe

TAP:

Black Leotard (any style)
Black dance shorts or black skorts may be worn
Capezio Ultra Soft Tights – Color Caramel
*Bloch #S0302G/#S0302L Tan Buckled Tap Shoes
* Mon 4:30, Wed 4:30 , Sat 9:45 and Sat 10:45 Classes

****ALL OTHER TAP CLASSES**
****Bloch Slip-on TapFlex #S0389L Tan**

JAZZ:

Any color/style leotard or 2 piece jazz outfit
Black booty shorts or black jazz pants may be worn
Capezio Ultra Soft Tights – Color Caramel
Bloch S0401G/S0401L Tan Split Sole Super Jazz Shoe

ACRO:

NEW Acro Dept. is wearing Olympic Style leotard this year
You must purchase at Discount Dance Supply
3631C ./ 3631 GK Elite
Capezio Ultra Soft Tights – Color Caramel
Capezio Athenian Shoes in White

MUSICAL THEATRE:

Comfortable clothing students can move in. No jeans, flip-flops or baggy shirts.

HIP-HOP:

Any style top
Sweat pants
Leggings
Shorts
Sneakers – any style

Con't

UNDERGARMENTS:

This is required for all ballet classes and may be worn for other classes:

Capezio Over/Under Style #CA3583 Clear Back Bra W/Transition straps in Nude.

WARM-UP CLOTHING REGULATIONS:

Girls may wear a ballet sweater or shrug
In the color of their class leotard or black.

Boys may wear a black Zip-Up top without hood and black jazz pants.

HAIR:

Hair must be held in place by a bun covered with a net and coordinating scrunchi, unless it is too short to be tied or pinned back. If you have bangs they must not interfere you're your ability to see if so, they **MUST** be pinned/slicked back off the face. There are no wiglettes of any kind allowed in ballet class.

Boys' hairstyles should be short and neatly cut.

ADDITIONAL DRESS CODE REQUIREMENTS FOR BOYS AND GIRLS:

The following items ARE NOT permitted: baggy sweat pants, oversized shirts and jewelry (except for earrings). During the Fall/Winter Sessions the use of Ballet Warm-Ups are allowed at the discretion of the Ballet Instructor. *See Warm-Up Clothing Regulations.*

All regulation clothing is available for sale at Gigi's Dancewear, Discount Dance Supply, Kaz Dance Works online and various discount dance catalogs. All leotards must fit properly and no underwear must be worn underneath unless you are in Ballet Levels Primary thru Ballet Level 1. All bra straps must be hidden underneath leotards and any student who has to keep pulling or adjusting their leotard may be asked to not wear that leotard in class again

Gigi's: 375 Jaques Ave., Rahway, NJ 07065 – (732) 340-9301

KAS Danceworks: 13 Main Street, Eatontown, NJ 07724 – (732) 389-9494

Discount Dance Supply (DDS): discountdance.com – (800) 328-7107

HEALTH AND SAFETY

DRESSING ROOMS:

These rooms should be kept tidy and neat. Hang dance bags and jackets on hooks provided and benches free of extra clothing.

SECURITY:

Take responsibility for your personal possessions! Make sure valuables are secured and out of sight. As a general rule if you don't want your valuables lost or stolen, don't bring them to the studio! **Students may not take their cell phone into the classroom** and please make sure that they are turned off or set to vibrate when in class and that they are securely packed away.

STUDIO PROTOCOL:

Any student who arrives more than five (5) minutes after the class has begun may be asked to observe the class by the teacher. Any student with a pattern of repeated lateness may be subject to disciplinary action and be put on probation.

There is no gum chewing, eating or drinking anything except water in the studios. These are serious safety issues, anything that might cause a person to choke or spill on the floor can affect the surface of the floor and cause a potential threat. Also, as a reminder, at the end of every class clapping and thanking your teacher is respectful and courteous. When passing through other studios during class, the teacher will dismiss the class once everyone has quietly lined up at the door and you must pass through the other studio quietly and quickly.

FIRST AID:

There are band-aids, antibiotic ointment, ice packs and first aid items available at the front desk. If you suffer a cut or other physical injury in class, make sure you notify your teacher immediately.

HYGIENE:

ALL students 8 years and older should be wearing deodorant to their classes! There are certain deodorants made for young teens, so younger children do not need to wear adult deodorants. Parents please enforce good hygiene etiquette to your children.

COMMUNICATION

E-MAIL:

It is essential that we have your correct email address, so we may communicate with you regarding our monthly newsletter. Please inform the front desk of any changes.

NOTICES AND INFORMATION:

Information is not mailed to the students, there are bulletin boards located in each dressing room where vital information will be posted. It is each student's **responsibility** to check the bulletin boards often as the information may change. This will include newsletters, convention and competition information, audition notices for summer schools and professional working opportunities, rehearsal schedules etc. Please make it a habit to check the bulletin boards daily.

QUESTIONS:

If a student or parent has questions that cannot be answered before or after class in a timely manner they must be submitted in writing and left at the front desk. This will allow the teacher to properly give thought to the answer and allow the schedule to remain on time. If you need to schedule a meeting please check with the front desk for available times.

SCHEDULE CONFLICTS AND ABSENCES:

All conflicts and absence requests must be in writing! All MAJOR conflicts/absences should be handed in by the end of September to allow the directors to plan the year accordingly and will be upon approval.

PAYMENTS:

Tuition is due on the 1st of every month, excluding September.

After the 15th of the month a late fee of \$15.00 must be included.

June's tuition must be **paid in full by Nov.1st and is non-refundable.** This must be paid before any costumes are ordered in January for your child.

Payments can be made by credit card, check, or cash, at the desk or mailed in.

There is a \$25.00 fee for any bank returned check.

All balances, tuition & costume, must be paid in full in order for your child to perform in the year-end recital.

SCHOLARSHIPS:

Scholarship recipients are expected to represent the dance departments by demonstrating respect and professionalism. Scholarship recipients will be assigned responsibilities within the Dance department; failure to complete the assigned duties will result in the loss of current and future scholarships.

SCHOOL CALENDAR & HOLIDAY CLOSINGS

2013/2014 Classes Begin:	Monday, September 9th
Halloween Closed:	Thursday, October 31st
Thanksgiving Closed:	Wednesday, November 27th thru Sunday December 1st
Holiday Show Scheduled:	Sunday, December 8th
Winter Break Closed: Reopens:	Sunday, December 22nd thru Wednesday January 1st Thursday January 2nd
Spring Break Closed:	Friday April 18th and Saturday April 19th
Memorial Day Closed:	Monday May 26th
Recital:	Fri. June 20th, Sat. June 21st, Sun. June 22nd
Last Day of Classes:	Saturday, June 21st
Summer Classes:	July 7th – July 28th

END OF YEAR RECITAL: You must commit to our end of year recitals. You will be informed which show/shows your child will participate in by May. If you have any family commitments that weekend, you will need to make a choice, as we cannot accommodate everyone's schedule.

CONFLICT OF INTEREST; All enrolled students of DITS must not be registered with another dance studio, and must only participate in DITS' recitals. Disregard of this rule will result in removal from DITS classes/recital.

WEATHER RELATED CLOSINGS

We do not follow the Woodbridge Township School District weather related school closings. Please call the studio at (732) 388-1182 by 2pm for information on closures.

Student/Parent Handbook Acknowledgment

I, _____ Student/Parent have read and understood the rules and regulations of the Dancin' In The Spotlight Handbook, including Dress Code and I agree and abide by them. I further understand that my failure to do so will negatively impact my participation and growth in the School.

Student/Parent Signature

Date

Student Pledge

- 1. I will attend all of my classes**
- 2. Any absence will have a written excuse of why I missed class**
- 3. I will obey all dress codes**
- 4. I will focus on my training when in class and leave personal business outside studio**
- 5. I will listen and take corrections in class**
- 6. I will act in a respectful and disciplined manner**

Student Signature

Date

***** This page with signatures must be returned to the studio no later than October 1st.**