

LYRIX DANCER HANDBOOK

We take our roles as mentors and teachers in your child's life very seriously. It is our objective to inspire a passion for the art of dance in every child who passes through our doors. In the process, we strive to set the right example and help your child (and you) create memories that will last a lifetime. We believe that our success comes as a result of providing solid training along with an underlying belief in the strength of our organization. We have created this handbook to offer a clear understanding of the commitment and responsibility to the Dancer Handbook.

For Our Dancers:

Congratulations!

The first step to becoming a successful dancer is making a solid commitment to your classes, rehearsals, and performances. Strong technique is a key ingredient and class is where you develop that technique. Come to each class prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class, rehearsal, or performance as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.

Dance Benefits:

The dance program focuses on educating young people to strive to reach their personal best in everything they wish to accomplish. This is done through teaching young people to:

- Gain a sense of balance in life by managing their commitments to both dance and academics.
- Participate in a physical activity that enhances understanding of the value of a healthy body.
- Develop a sense of confidence when speaking or making a presentation in a public setting, which is also a great benefit in college or job interviews.
- Work with mentors who are focused on the students' success inside and outside of the classroom.
- Enjoy friendships that could last a lifetime and a sense of belonging to an extended family of fellow dancers, teachers, and parents.
- Discover the results of hard work and determination.
- Develop a lifelong appreciation for the performing arts.

FOR THE PARENTS:

"WE'RE IN THIS TOGETHER"

You play an important role in supporting your child financially, but your emotional support is of equal, and perhaps even greater in value.

We believe that children's success depends on the support of their parents or guardians because your commitment to the process makes an enormous difference; we encourage you to be a part of your child's dance education.

Our programs rely on a positive atmosphere and educational experience for our faculty and students and their parents. Cooperation between all parents is expected. Showing respect for other parents, students, and faculty makes an important impression on the children. You are a role model for your child about how to interact with others in a professional setting.

It is very important that the dancers are always put first. Negative relationships between parents can cause tension between the dancers and ruin group dynamics. Should you have any issues with other parents, please do not discuss this with your child. Should you have a custody agreement/court order due to a separation; it **MUST** be followed. There are **NO** exceptions. The studio will always honour the legal agreement, until such time as a new agreement is presented. Unfortunately this could mean missing a performance or studio event, but this **MUST** be followed.

Your child's presence at all classes is imperative. The spirit of teamwork and the lesson of dedication are a big part of our school's educational process. We do understand things do come up and illness.

Parents and teachers may look at a child's learning from different perspectives. However, we believe they share a common goal: to ensure that every child receives the best possible training, both physically and mentally. Mutual respect among our faculty and our students' parents provides the children with the ultimate care and education.

Understanding Dance Education:

Encourage your child to be the best that he or she can be regardless of what others may achieve. Dance is an individual art form and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments.

Dance education encompasses far more than technique and the steps your children learn. We believe the discipline of dance training gives young people a better understanding of commitment through learning, experiencing the spirit of teamwork, and discovering what they can accomplish through hard work. Our goal is to educate the minds, bodies, and souls of our students, teaching them the skills needed for a successful life, whether or not they stay involved in dance.

Dos & Don'ts:

Some parents may compare their child's progress or class placement to another child's. Watch for this behaviour in your children as well and encourage them to focus instead on their own accomplishments.

Looking to other students for inspiration is good; **however, making negative comparisons distracts children from focusing on becoming stronger dancers. In addition, speaking negatively about your child's teachers, fellow students, or other parents in front of your child, or other students, could result in problems far beyond your original concerns. Often children will imitate a parent's behavior with other adults or authority figures.**

Children learn important lessons from their teachers and parents, acquiring behavior patterns through their example. Our school's faculty takes that responsibility seriously. It's our philosophy to encourage our students to feel, think, and act respectfully toward their peers, the adults in their lives, and themselves.

If you have questions or concerns about your child's dance education (such as progress or class placement), please discuss them with Miss. Amanda. Talking only to other parents can lead to misinformation and confusion. Please contact the office to set up an appointment; please do not approach your child's teacher between or during classes or make contact outside of the school.

If you do request a meeting, please listen carefully to what your child's teacher has to say. They spend a significant amount of time with your child and offer expertise in the field of dance education.

Class or Choreography Placement:

The faculty meets regularly to discuss students' progress and/or placement. It is our policy to offer the appropriate opportunities to every child. Placement decisions are derived from teaching experience as well as the best experience for the students and the team. **Students are placed according to ability and class placement that is best suited for them. In some cases, students will be dancing with students that are younger than them.** Miss. Amanda is available to discuss class and choreography placement with parents and dancers. Please feel free to request an appointment with the office and a meeting will be scheduled. It is our policy to meet with each student and his or her parents at the same time unless otherwise specified.

Class placement of students is highly individual. A great deal of thought and planning go into each decision.

All dancers must show respect for their teachers and fellow dancers at all times. Inappropriate behaviour could result in dismissal from the program.

Dancers: True progress is made when you look at each class, rehearsal, or performance as an opportunity to become better at what you love to do.

Aiding in a successful dance year should include:

- Leaving any personal negativity at the door when entering the studio.
- Arrive at least 15 minutes before the start of every class or rehearsal.
- Proper dancewear and shoes are a must in every class and rehearsal.
- Choreography must never be questioned. We have your children's best interest in mind and would never give them movements that are not age appropriate.
- Please do not attempt to contact teachers at home. All contact must be made through the school office.
- Finish every class or choreography session with a thank-you to the teacher/choreographer.
- When wearing your school jacket or other apparel to non-dance events, be sure that the activities and your behaviour reflect positively on you and the school.

Appreciate the Critique:

Listen to each correction given, whether it's directed to you or another dancer. A correction is an honour; it shows you how much a teacher cares about your progress as a dancer. Always say thank you when a teacher or choreographer offers you constructive criticism. Nothing can stop those students who apply themselves in every class and appreciate their teachers' knowledge and experience.

Image:

Please keep the following in mind:

- We know to never speak negatively about teachers, dancers, or parents from other schools.
- A designated Faculty member will handle all communication with the organizers/directors of outside activities.
- All communication needs to go through the office in order to maintain organization of rehearsal times/space.
- Go out there and show the audience how much you love to dance!

General Policies:

- Please do not interrupt a class in session. Please ask the office assistant to get your dancer should you need to leave the class early.
- Only water is allowed in the studios.
- No cell phones during class time. This means no texting during class.
- Students and parents are asked to go through the Lyrix Dance Academy office to contact a Faculty member.
- **Be mindful of what is being said in the lobby area. This space is intended for the comfort of our students, parents and families and should not be an area to communicate with others any dissatisfaction with studios, its faculty/choreographers, or other students and their families.**
- Please arrange with the office for a convenient time to discuss in private, any questions or concerns you may have at any time during the year.
- All students must show respect for their teachers, director and office administration at all times.
- **Inappropriate behavior from parents or dancer could result in dismissal from the team.**

Termination of Enrollment:

In certain circumstances, when it is in the best interest of one or more students, it may be necessary to terminate a student's enrollment. Every effort will be made to correct a problematic situation before terminating enrollment. **Should a conversation be needed to addressed on some of the below statements more than three times, a discussion of termination of enrollment will take place.**

- Disruptive, poor attitude, continuous negative attitude, dangerous behavior by students or their parents.
- Abuse of other children, staff, or property.
- Inability of Lyrix Dance Academy to meet the child's needs.

Student and Parent Use of Social Media:

Use of Facebook, Twitter, LinkedIn, blogging, and other online social media outlets is common place. This policy is intended to provide Lyrix Dance Academy students and parents with guidelines to eliminate any confusion concerning the use of social media.

You **DO NOT** have permission to reveal any information that compromises Lyrix Dance Academy. By that we mean you are forbidden to share personal information about the director, other students or their families, or anything that is proprietary and/or confidential to them or Lyrix Dance Academy.

Students and parents should neither claim nor imply that they are speaking on behalf of Lyrix Dance Academy. Never post anything that could compromise the self-esteem of students who attend Lyrix Dance Academy.

If you post videos of class or rehearsals, don't post any choreography in its entirety; Lyrix Dance Academy owns the copyright to all choreography taught at the school. Respect the law, including those laws governing defamation, discrimination, harassment, and copyright and fair use.

As stated in this handbook, parents and students should never post negative comments about other schools or teachers. Also, please do not post negative comments about school activities such as competitions, conventions, and performances or about the directors of those events.

Ensure that your social networking conduct is consistent with all of the policies contained in this handbook.

Staying Informed:

We work hard to make the dance experience organized and fun. Keeping you informed is one of our primary goals. **Please read all newsletters and other school information.**

A Final Note:

In addition, making a commitment to the policies set forth in this handbook teaches our young people that there are boundaries that must be respected in order to succeed in the program.

Thank you for your commitment and we look forward to an exciting and rewarding season!

Sincerely,

Lyrix Dance Academy Staff!

**respect for space: It is important that the dancers have a respect for the studio space. It is the students' responsibility to clean up after themselves, not the staff. Should the dancers continuously not respect the space they are dancing in; should this be competition or in the studio we will ask them to eat/spend their break elsewhere.*

COMPETITIVE PROGRAM

The Competitive Dancer program is a privilege in which to be invited to join. It is our hope that dancers and their parents appreciate and respect it. Participation in the program is for dancers who are ready to make achieving their personal best a priority. Prioritizing your dance above socializing (i.e. birthday parties, going to the movies, family gatherings) at times may be needed for extra rehearsals, however, we strongly feel finding a life balance is very important as well.

We encourage dancers to be as dedicated to their academic studies as they are to their dance training. If your participation in this program affects your grades or the expectations and goals set by your parents, we cannot allow you to continue in the program. Each student is continually assessed throughout the dance year. A positive attitude, good work ethic, team comrade, accepting of corrections by all Faculties will determine placement for the next dance season.

Reasons why this program might not be a good fit for you:

- You're involved in extracurricular activities that could interfere with your class, rehearsal, or performance commitments.
- You're doing it because you want to keep up with your friends, but you are not passionate about dance or the commitment.
- You're doing it because your parent(s) want you to.
- You're primarily focused on winning awards.
- You're not fully committed to attending all classes and rehearsals and don't want to rehearse on your own time.

Choreography: This will be an additional cost from regular classes

Dancers will be offered competitive dances from groups to solos or duets/trios. These groups will include additional class times with an additional fee for the choreography. This will be presented to you with the offers.

Approximate costs:

Solo's - \$350.00

Duet/Trio - \$150.00

Group - \$100.00

Entry Fees: To enter each competition we must pay an entry fee. This is an additional cost

Approximate Costs per competition:

Solos - \$100

Duets/Trios - \$75

Groups - \$60

Costumes: This will be an additional cost from regular classes approximately \$120.00 child \$125.00 adult per costume

Costume Common Sense:

- Always have a second pair of tights available.
- Place costumes in a garment bag or rack 'n roll for travel.
- Carry hats (if required) in a hatbox or container to protect them from damage.

- Hang and press costumes before each performance.
- Place your name in all costumes, shoes, tights and dance undergarments.
- Remove all costumes from their garment bags immediately following the competition to be sure that they are not wrinkled for the next event.
- Check seams, trim, headpieces, etc. for repairs that must be made prior to the next competition.

Accessories:

Dancers will require rhinestone barrettes, necklaces or bracelets, earrings as well as hairpieces for buns and fake eyelashes.

Make Up: Approximate cost \$50

We will be having a one (1) hour hair and makeup session at the studio. At this session each dancer (and parent where necessary) will be instructed in competition make up application and hair. Last year we used a set from Sephora and will look at using the same set for this year (\$30). This make-up will be used at competitions, recital and any extra performances. **This is an added cost to new competition members; old members may re-use their make-up.**

Required Lyrix Studio Apparel:

Every Competitive dancer is required to purchase a Studio jacket. It is **MANDATORY** that the jacket be worn during all competition award ceremonies and to be used as a cover up during competitions. This will show other studios our **TEAM SPIRIT!**

No more than four class days per dance year may be missed. Any team member with poor attendance will be dismissed from the program. We do understand emergencies do come up. Please notify the office for absences.

Team members may also be expected to participate in additional classes, including workshops. There may be an additional charge for the master classes.

Rehearsals:

All rehearsals are dedicated to choreography or “cleaning” the choreography. A dancer who misses a rehearsal holds back the progress of the entire group. Repeating the choreography from a previous session for those who were absent takes up valuable rehearsal time, which could result in a performance that is not up to par. When we clean choreography, we may also change it. Dancers who miss a cleaning session may not be properly prepared for an upcoming performance and could end up disappointing themselves, their team, or the studio.

An important lesson taught through our Competitive Dancer Program is the value of teamwork. Dancers who miss a rehearsal because of non-emergency circumstances are letting their fellow dancers down in many ways. We expect parents to nurture the values that dance education teaches; therefore you should never encourage your child to let the group down.

If parents have a conflict that prevents them from taking their children to a scheduled rehearsal, we will be more than happy to arrange transportation with other parents from the same group. Our goal is to help all children make their commitments.

Rehearsal Schedules and Information:

Rehearsals are an important part of the commitment to the Competitive Program. All dancers are expected to work hard and arrive early enough to warm up. Rehearsing at home and/or during any free space during studio hours is strongly encouraged. Additional rehearsals may be scheduled at the discretion of the teacher / choreographer. All dancers are required to participate.

Dancers who need to be excused are required to notify the school 24 hours before the scheduled rehearsal. It is the dancer's responsibility for learning any missed choreography before arriving for the next rehearsal.

We expect all dancers to be on their best behaviour during rehearsals and work as team players at all times.

The Competition Experience:

It is our goal to instill a passion for performing rather than merely the desire to win awards. Satisfaction of an excellent performance should be the motivation needed to work hard and continually improve. Don't judge how you feel about your performance by the size of the trophy or the color of the medal.

We consider participation in competitions not only part of their dance training; it's also an important part of how we influence their growth as people. With the right focus, the experience gained in competition, it can be an excellent source to boost self-confidence. If the dancers feel good about a performance and understand that they become better each time they go onstage, they are truly growing through the competition experience. Hitting that stage and doing the best they can is what it's all about. Whether they win or which award they win is secondary.

Through participation in competitions, we hope to instill in our students an appreciation for other dancers and schools. We are not out to beat anyone; instead, we hope to motivate both students and faculty by exposing them to the highest caliber of talent available. Only then can we produce the best dancers and teachers possible. For us, competition is an education!

We believe the lessons learned through concert performances are just as valuable as the competition experience.

General Performance and Competition Policies:

Performances and competitions are your opportunity to show the world the results of your dedication and hard work. Here's what you can do to make the most of this opportunity:

- Arrive at performances **at least two hours before** the scheduled time unless otherwise told by the Director. If you are late you will not perform. It is unfair to your fellow dancers and teachers not to arrive in due time. Leave enough time to account for traffic, getting lost, etc.
- Be Prepared anything can happen.
- Be sure you are properly warmed up.
- Present yourself in a professional manner, with costumes pressed, shoes cleaned, and all accessories accounted for.
- Treat competitors and teachers from other schools with respect. This includes the directors and staff of the competition as well.

- Keep your area of the dressing rooms clean and never bring food or drink where it is prohibited.
- Wear your school uniform to all competition events and during the award presentations.

Competition Scheduling:

When planning a competition weekend, be prepared for performances to be on Thursday, Friday, Saturday, and Sunday. Once a schedule is prepared you may find that you do not have to attend the entire weekend. However, planning to attend the weekend to support your fellow dancers provides greater team spirit and is appreciated by all. Approximately one month prior to the event, the competition company will supply our office with a tentative itinerary. Schedules will be emailed to all dancers and their parents as soon as they are received. The final schedule will be re-emailed approximately two weeks before the competition.

We pride ourselves on being an organized, professional school and we do not request changes to the dance competition schedule (except in the case of emergencies).

Competition Critiques:

At many of the competition events, the schools receive performance critiques from the judges. These critiques are the property of the school and will be played for the dancers during rehearsal or class time. Soloists will hear their critiques during their rehearsal sessions and handed out at the studios discretion.

Award Presentations:

All dancers may attend the award presentation on the stage. Please remember you are still representing Lyrrix Dance Academy while sitting on the stage and must wear your jacket. Always show professionalism by thanking the person who presents you with the award. Unsportsmanlike behavior will not be tolerated.

Audience Etiquette:

Enthusiastic applause is encouraged; however, it is never appropriate to scream or yell out names at a competition event or in any other performance venue. When in an auditorium, remain seated whenever dancers are performing onstage.

Independent Entries:

No dancer may compete in any competition as an independent entry without the permission of the school director.

Cash Scholarships:

Soloists will receive a school credit for the amount of any cash scholarship awarded. It will be applied to lessons, costumes, entry fees, or other expenses related to dance training. Cash scholarships awarded to dancers who perform duos, trios, or ensemble pieces will be deposited in the Competitive Dancer program treasury to be utilized for master classes, guest choreographers, and other activities.

Policy on Solos:

Solos are awarded to students who work hard during their classes all year and show a positive attitude. A solo is an honour and **will be revoked** at any time should the dancer show they are not adhering to our requirements. **Fees will not be reimbursed.** Please note that if you have been offered a duet/trio and interested parties choose to not take part in the awarded duet/trio, does not automatically mean the remaining dancer will receive anything else. It is at the discretion of Faculty that will approach or suggest an alternative. Demanding something extra is not acceptable and will be addressed with possible removal of the program.

Know When You Are Ready:

Take a close, honest look at yourself and your dancing. You're ready for a solo when:

- You have made a serious commitment to yourself and to dance.
- You are willing to work on your own to spend extra time on your solo.
- You are willing to take your solo apart count by count and make sure you know what needs to happen technically (where your arms are on every count, what the best lines are, and so on).
- You are willing to rehearse your solo full-out all the time in order to build stamina.
- You are technically ready.
- You realize that your obligation to your fellow dancers is priority.
- You are aware that solo rehearsal time will never interfere with group rehearsals, classes, or performances.

You may not be ready to solo when:

- You want to do a solo because your friend is doing one;
- You want to do a solo because your parents want you to do it; or
- You do not have the time to make the commitment.

Music:

Put that CD down! You are not going to use the most popular song of the year for your solo, no matter how much you love it and are dying to dance to it! Everyone will be using that song, and you don't want to be the ninth dancer performing to it.

You will work with your teacher/choreographer to determine the right music for your performance. Together you will look for something different that is not often performed at a competition and that suits your personality.

COVID – 19

As with everything this year will look a little different. We will start slow to see how the year will go and will base all decisions on the best interest of the children.

Due to this tuition will be done on a monthly basis. The fee will be \$50.00 based on a 4 week 45 minute class. While each month will be continuous and not start from scratch this will allow us to put on a show in guidelines allow. Payments will be required the Monday before the 1st of the month.

Costumes will not be purchased until later in the year and will be billed to dancers when they are being purchased. Costumes will not be over \$125.00.

We will also watch the competitions for dancers who are invited to compete. Any entry fees or extra rehearsals for comp will depend on how the year is progressing. We will not need to worry as dancers will still receive the same technical training and professional choreography even if we do not enter a competition.

If we are shut down due to COVID we will offer Zoom classes/meetings at no cost.