

The Dance Conservatory

Company Contract 2024-2025

The following outlines the requirements for Company parent(s) and dancer(s).

Attendance:

- The dancer is required to participate in all the required classes every session. If the dancer does miss a class it is required that they *call the studio* and inform the teacher of their absence, *don't email Stephanie*. Each dancer is highly encouraged to make-up a class they missed. A dancer can take the level below or above their assigned level. Company Dancers are allowed 5 absences for PDC, Dance, Senior & Junior Co. 3 absences for Company 3, Company 2 & Company 1, per semester with no makeup.
- The dancer should not arrive later than ten minutes after class begins. If the dancer is more than ten minutes late they should call in and let the teacher know they will be late. If the dancer does not inform the teacher of arriving late, they could be asked to sit out due to missing a proper warm up. The dancer will be responsible to take notes during the class. The notes will be turned in to the teacher at the end of class.
- The dancer should also inform their teacher if they will be leaving class early. This should be done before class begins not as the dancer is leaving.
- If the dancer misses days of choreography, they are responsible to learn the choreography before the next class or will not be able to dance in the dance section that they missed.
- ***The dancer will not be able to miss any classes two weeks before concert. Failure to come to class during those two weeks will cause the dancer to be pulled from the choreography. (Required for Winter and Spring Concert)***
- We require Company Dancers to take all the classes for their Company Level, i.e. Ballet, Modern, Jazz, and an extra class Saturday Class- Tumbling, Hip Hop or Jazz Turns & Technique Class (Options may be discussed on a case by case scenario). The schedule is designed to help further your dancers technique level. Those that do not take all the classes notice that their dancer(s) does not advance as quickly as the dancers that take all the classes.

Etiquette: The dancer(s) should always:

- Arrive on time and remain for the whole class unless permission has been given to leave early.
- Acknowledge and thank your teacher when leaving early by permission.
- Use the restroom and get a drink before or after class.
- Let your teacher know before class if you have an injury or physical issues.
- Be ready to dance when your teacher enters the classroom.
- Never chit-chat during class.
- Do not sit down during class.
- Always be attentive when your teacher is speaking.
- Dancers are expected to try their best to complete every exercise with full energy.
- Never turn your back to the teacher when she is speaking or demonstrating.
- Applaud your teacher at the end of class.
- Thank your teacher before leaving the studio.
- Help support and encourage ALL TDC Company Dancers, Teachers and Directors.
- Dancer may not use the vending machines during class time.

Attire:

- The dancer should come to class dressed in dance appropriate attire; no jewelry
- BALLET - hair pulled back into a clean bun, class leotard, tights, and ballet shoes with NO UNDERWEAR. If the dancer does not come in the appropriate attire the teacher may ask the dancer to sit and watch class.
- MODERN/JAZZ- neatness and modesty at all times. Fitted Dance Top with hot shorts or leggings. Hair pulled back out of your face. NO BAGGY CLOTHING, NO T-SHIRTS. Modern-Bare feet. Jazz Gore boots or turners – teachers will specify which shoe will be required.

Menstruation Policy:

During menstruation the dancer should attend class in proper ballet attire; i.e. no hot-shorts, capris, leggings or pants should be worn. The dancer may wear underwear with a pad and/or use a tampon to contain spotting. If the dancer experiences heavy spotting and a pad and/or tampon does not contain the flow, the instructor should be notified, and a solution agreed upon. We understand the emotional sensitivity of this issue and encourage you to talk with us if any concerns arise.

Concerts:

PDC dancers will audition or be assigned for all the soloist parts. Dance Co dancers that are cast as understudies will also need to attend the additional soloist rehearsals. If a soloist does not complete required technique or has attendance issues, they could be pulled from the solo giving the solo to the understudy. If a soloist becomes injured, the part can then also go to the understudy. Additional fee for choreographer's/ rehearsal time and costume rental fees will apply to all soloists- \$150 soloists, \$75 for understudy twice a year (if the understudy performs in the concert, an additional \$75 will be charged at that time refunding \$75 back to the soloists.) Extra rehearsal will be required for soloists outside of their weekly class times. They will be notified a week before for rehearsal times from the choreographer. Fees are due Nov 1st and April 1st with the Concert fees.

All company members are required to arrive fifteen minutes prior to call time with hair and make up ready for performance so they can place their bags and other belongings away and prepare for warm-up class. Company Dancers are NOW required to attend ALL of DRESS REHEARSAL allowing us to run the concert in Concert order.

ALL Company dancers are required to participate in the warm-up class offered before each concert. Call time will be: PDC & Dance Co, 2:30-3:30pm and Senior Co & Junior Co, 2:30-3:20. Company 1, Company 2 and Company 3, 3:20-3:40pm. It is extremely important each dancer be warm so there is lower risk of injury. Any company dancer who does not participate in company warm-ups may be pulled from the show if the director or instructor feels it is necessary. Teachers and Directors have the dancers safety as first priority and dancers need to do their part to prepare their bodies.

All company members must be attentive during the concert(s). They must make sure all costumes, hair accessories, make-up, etc. are ready before the concert begins. Do not use the Pre Level and Level 1 dressing rooms to fix hair and makeup. A Performance Makeup Video will be provided for new company dancers in the fall semester before the concerts. If past Company Dancers are not completing the correct hair and makeup, they will need to watch the video. During the concert each dancer must be aware of when they go on stage. No outside distractions such as cell phones, ipods, cameras, snacks, etc. should be used during the concert. They may be used before or after. (NO Junk food or soda drinks during concerts!!!!) NO EATING in your costumes. Dancers will need to reapply makeup and fix hair between concerts. Company Presidents will regroup their Company to prepare for the second concert.

All company members should be respectful of the stage crew, director, instructors and other dancers. They should set a good example for the younger dancers by not talking or running about while the concert is running.

When the concert is over all company members should make sure their dressing room is clean and all costumes and other belongings are picked up.

Pointe work:

- If a dancer is unable to come prepared for pointe class or keep up on her pointe work, her teacher or the ballet director has the right to take the dancer out of any pointe dances performed during concert week allowing their Company to perform en pointe. This action is not taken lightly and will only be carried out to ensure the dancer's safety.
- All pointe shoes should be sewn correctly, following the pointe class hand-out as a guide and from attending the pointe preparation class given by Corinne, Ballet Director and/or Junior Co teacher.
- Dancers should arrive early to class to warm their feet with a thera band and work their feet daily to help increase their strength.
- It is not safe for a dancer to wear dead pointe shoes. To prevent this action please be prepared with new shoes. Plan ahead so you can easily transition to a new pair. If the dancer fails to have proper shoes she will be marked as unprepared for pointe class. Please consult the teacher or ballet director if any concerns or unusual circumstances arise.

All first year, Junior Company dancers must pass a pointe test before placement on pointe. The test is made up of a series of exercises to measure:

1. Essential strength, flexibility and muscular endurance of the feet and ankles.
2. Essential postural alignment and endurance.
3. Knowledge of pointe shoe anatomy, proper fit and care.
4. Knowledge of injury prevention.

The pointe test will be given by the ballet director or junior company instructor. The dancer will not be placed on pointe until she passes the test. The dancer may take the test as many times as needed. All Junior Company Dancers have until the beginning of fall semester to pass the test so they are ready for their first pointe shoe fitting and pointe class. If a dancer does not pass the test before fall semester, she still needs to attend the pointe class to learn the exercises and strengthen her feet. However, she will not execute the exercises in pointe shoes until she passes the test. This test is for the safety of all beginning pointe dancers.

Nutrition: Dancers are expected to maintain a healthy and safe body for dance in order to prevent injury, and be able to sustain the energy levels needed to keep up with the demands of a company level dancer. This includes proper nutrition, getting enough rest, and appropriate conditioning and aerobic training. If the teacher believes one of her students is not taking care of their body the teacher or director will discuss these important issues with the dancer and do whatever they think is best for the dancer. A conference with the dancer(s) and parent(s) will also be held to help the situation.

Dealing with burnout: Burnout is a physical or mental collapse caused by overwork or stress. It is common among dancers in top company levels due to the rigors of advanced work. If you are experiencing negative thoughts about yourself and your classes or feel an increased sense of fatigue or injury, please reach out to your instructor or one of the directors for help. We will provide you with tools to you overcome the challenges of burnout.

GPA Requirement: Company Dancers must maintain a 3.0 GPA during the school year (depending on the situation- pulled from choreography, soloists parts, company events, etc) TDC will not check your grades during the year. It is up to Dancers and Parents to uphold this standard.

REQUIRED Company Events for the Year

In order for dancers to audition, it is understood that dancers and parents will need to allow the

dancers to attend Company workshops, Festival, Tour and/or Convention, pictures, and events during the year to support our TDC family. See the year outline for all required dates, times TBD.

3-4 Master class a year at the studio from professional teachers at an additional cost yet to be determined- Designed for PDC, Dance Co & Senior Co. Depending on the guest teacher, Junior Co, Company 2 and Company 1 could be invited to come.

Utah Dance Festival- UDF March

Dance Convention –June.

Attend Professional Dance Concerts and/or University Workshops

Company Socials throughout the year

Company Pictures in Aug

Company President: A Dancer from each Company will be selected to represent their Company for the year. They will meet with the Stephanie, TDC Directors and/or Company Teacher to help plan organize socials, be an advocate for their Company, help maintain unity within the Company and participating in making decisions for TDC. If you feel like you would want to take on the role, indicate on the back of the contract.

Questions or Concerns

If you or your dancer have any questions or concerns, PLEASE contact the studio 801-692-1422 or email office@dancecoutah.com Monday- Thursday 3-9pm to schedule an appointment with the teacher(s) or director(s). Don't contact teachers or directors at home during their personal time-THANKS

Mandatory Parent Meeting @ TDC / Friday April 12th / 5pm-6pm

Saturday April 13th / Current Company 3 & Current Company 2 Dancers / 9am-11am

Current Co 1 & Current Level 4 Dancers 12pm-2pm

Saturday April 20th / Current PDC & Current Dance Company / 9am-11am

Current Senior Co & Current Junior Co 12pm-2pm

Parents and Dancers will be notified via email after auditions for the placement of their dancer by April 27th. It will be the parents' responsibility to enroll their dancer into their classes for the summer and fall online enrollment through the studio website on May 1st

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*Click on Google Doc on April Newsletter email to sign the contract
ALLOWING your dancer to Audition. Dancers MAY NOT audition without a
signed Contract!*

We have read the TDC Company Contract and agree with the requirements of my Dancer to participate with TDC Company. We also agree to get our dancer to all of the required classes that have been listed in the summer and fall schedule. Our Dancer will be on time and ready to attend the FULL class time. We will also allow our dancer to participate in workshops, tour/convention, festival, pictures and other Company socials during the year. We will also support TDC in all the events listed above and in the year outline that was stated during the meeting, monthly newsletters, and emails.

SIGN ON THE GOOGLE LINK!!!

Parent signature : _____ Date: _____

Parent signature : _____ Date: _____

_____ I would be willing to host Company Socials at my house

Dancer- I have read over the contract and understand my role to be a TDC Company Dancer. I have read over the changes to the summer and fall schedule and support the changes. I will make it a priority to attend ALL the TDC workshops, tour/convention, pictures and Company Socials. I will also do my part in bringing unity to my Company with coming to all the classes and supporting my Company, Teachers and Directors.

Dancer signature: _____ Date: _____

_____ I would be interested in being Company President