

Birons Contemporary Dance Company Handbook

Effective for 2017-2018 Season

Overview

- Birons Mission Statement
- Objective

Policies and Procedures

- Team Requirements
- Class Etiquette
- Attire
- Rehearsals

Dances and Competitions5

- Dances
 - Solos
 - Group Dances
- Competitions
 - Competition Etiquette
 - Costumes
 - Hair and Makeup

Tuition and Schedule

- Tuition and Fees
- Parent Expectations
- Class Schedule for 2015-2016

Overview

Birons Mission Statement

It is our mission to help build the self-esteem and self-worth of every child through the joy of gymnastics. We believe that every child has the innate ability to learn and succeed. Our goal, as individuals and as a team, is to lead children toward a happy, healthy, and responsible lifestyle. While success in building physical skills is important, teaching children to love themselves is the greatest lesson in life. While no child is the best at everything, we believe that every child is the best at something - No one else brings their particular set of skills and talents to the table. This is why every child is a winner in their own way. It is our fundamental goal to reveal and empower this winner inside every child.

Every conversation, every hi-five, and every class is an opportunity to live out this mission. Embrace this responsibility. Realize how epic your impact can be.

Objective

The dance team is here to teach young, talented girls what it's like to take their skills to the next level. Each dancer will join together in a positive team setting to train on an advanced/semi-professional level. Birons goal, through our teachers and staff, is to instruct these girls unlike they have ever been before and equip them with the best dance technique they will ever have, and instill the confidence and self-esteem that will prepare them for their future in dance.

Policies and Procedures

Team Requirements

- Dancers should have a history in dance.
- Girls must sign on at the beginning of the year and complete the whole year under contract.
- It is mandatory for each team member to take all required classes including but not limited to ballet and the alternative dance class. All rehearsals are mandatory.
- Punctuality is a must; students should arrive at least 10 minutes early to all classes, rehearsals, competitions and meetings to insure that you are prepared prior to start time.

- Each team member must consider themselves to be a part of the team. They are expected to work together, respect coaches, captains and other team members.
- Athletes need to be able to travel with a chaperone if their parent is unable to attend any trip.
- All classes, choreography sessions, workshops and clinics scheduled by your director are mandatory.
- Summer classes will be scheduled and are required for the girls to stay on the team.
- Athletes must be in good standing across all Birons' programs in which they participate.
- Each team member is to report any classes or rehearsals that might be missed to the director as soon as possible *before* the class. Excessive absences and tardiness may result in their termination from the team. **Choreography is designed with an importance and reliance on EACH member of the team. Many elements may not be possible without full attendance. If a child misses rehearsal, they are not only diminishing their experience, but also the experience of every other child on the team.**

Class Etiquette

- Proper dance class behavior is one of the most important things the girls will learn.
- Everyone is expected to maintain a good and positive attitude towards Birons, Coaches/teachers, peers and classmates as well as classes and rehearsals. Bullying of any kind will result in immediate dismissal.
- During classes and rehearsals there will be no talking, horseplay, or rowdiness. Disruption of any kind is strictly prohibited. Questions may be asked by the raising hands.
- There will be a "three strikes you're out" policy for conduct. If at any time a student begins to act out in class with either other students or the teacher they will be politely asked to remove themselves from the situation or sit out for a period of time. On the second strike parents will be notified of the situation to insure it doesn't happen again. For the third strike, the teacher and parent(s), with the student, will have a meeting to discuss what further actions need to be taken, which may result in expulsion from the team. A corrective counseling agreement may be signed between all parties to ensure future expectations and repercussions are well understood by all parties before the child is allowed to return to class.
- Conduct must be lady-like and inappropriate words and behavior will not be tolerated.
- Be able to take and make corrections gracefully.
- Understand that sometimes changes happen and have the capability to adjust and go with the flow. (we will do our best to communicate with everyone if we need to make a change as soon as we are aware)

Attire

- Dancers must wear dance appropriate attire for each class

- Uniforms will be worn at all BCDC rehearsals unless otherwise notified
- Ballet: black leotard, pink tights (Gaynor Minden in pink, footed or convertible), ballet shoes (So Danca SD-16 in pink)
- Alternative Dance: leotard, tights or any athletic attire is acceptable. Any dance shoe may be worn for this class as well as either socks or bare feet.
- No loose clothing.
- Cover-ups or warm-ups should be worn at all times outside of the studio when traveling to and from classes and rehearsals. No athlete may enter or exit Birons in just a leotard, biker shorts, or athletic tops.

Rehearsals

Every rehearsal is mandatory. There will be one rehearsal every week. More rehearsals may be added at any time during the year as performances and competitions approach or as the director sees fit. Parents will be notified in well in advance, in writing, of such changes.

Parent Expectations

Please get involved! A parent or guardian must be present at each competition. All team meetings are mandatory for a parent or guardian to attend. Classes and rehearsals are open but if at any time your presence distracts the students or disrupts the class the open policy will change.

Dances and Competitions

Dances

All team members are required to learn all dances. For example; if we are performing two trios or three duets all dancers must learn choreography for dances they are not competing in. The reason for this is so that if someone falls ill or is injured all dances will have understudies. Also, if an instructor sees that a person from one group has better dance chemistry with another group, dance placement changes will be made. Different dance styles will be performed at each competition including but not limited to acro, character, contemporary, ethnic, hip-hop jazz, lyrical, modern etc.

Solos

For the girls that the director sees fit to perform a solo, they will be given the option to perform one at any given competition. The soloist will have the opportunity to help with choreography, music, style/genre, and costume. All of this will be at the teacher's discretion.

Group Dances

Each dancer will be included in all group dances. A minimum of one group routine will be performed at each competition. In addition to the group number, duets and trios may also be included.

Competitions and Performances

The dance competition season runs from October to August, with regionals beginning in October and Nationals ending in August. The team will be competing new dances at each competition. Dancers are required to compete at each competition and attend workshops. The competition schedule will be announced once the team has been assembled.

Most regional competitions will be in the greater Houston area. Some light traveling will be required. National competitions are held all over the U.S. Some state to state traveling may also be required. **Travel expenses are not included in tuition, and various entry fees and coaches fees will be accessed evenly amongst athlete families. Birons will do everything possible to reduce and limit these fees, but they are very much outside of our control.**

Depending on the competition we attend may depend on the age group each dance performs in. Birthdays play a big factor when it comes to ages. Please have a copy of the dancer's birth certificate ready to bring to each competition - this is not our rule, some competitions require it to prove a child's age.

In addition to competitions BCDC will also perform at various events in the Houston area as well as Birons own end of the year Show Off.

A meeting will be had prior to each competition and performance to discuss location/venue, costumes, rules, workshops and also any other questions or concerns that might be had regarding the upcoming competition or performance. One parent or guardian must be present at each of these meetings and all other meetings pertaining to BCDC.

Competition Etiquette

All competitors are to keep the same positive attitude, which is expected inside of the gym/studio, towards every competitor, judge, guest artist, etc. Treat everyone the way you would want to be treated. You are representing Birons so you are expected to have your best foot forward at all times.

Uniforms or warm-ups are to be worn at all times during competition. At no time will a dancer wear their costume or other clothing during competition unless they are headed to the stage to perform or in the dressing room.

Each competitor is required to stay until the awards ceremony is over; once awards are completed everyone is free to leave. All belongings you bring are your responsibility; Birons is not responsible for lost or stolen items.

Costumes

At most competitions appearance is a portion of the overall score; about 10% is made of how the overall dance looks and that comes down to costumes (depending on the competition). **Costume fees are in addition to tuition fees.**

In choosing costumes Birons will do its best to find ones that need as little altering as possible. With that being said some costumes may need extra attention or changes, meaning the costumes might need to be "bedazzled"; thus if the costume isn't sparkly enough we're going to make it so. Once a costume comes in there will be a meeting to go over what changes need to be made so that all costumes are decorated similarly.

Costumes will be your responsibility once they are completed. You will need to make sure you have everything in order prior to the competition so nothing is forgotten; a packing list will be given to you prior to competition day. New costumes may ONLY be worn at competitions unless otherwise instructed by the teacher; they are NOT to be played in before competition or performances.

Hair and Makeup

All hair **MUST** be secured in a bun for classes and rehearsal. Unsecured hair is unacceptable; students fixing their hair every five minutes will not be tolerated. Prepare yourself before class so you are ready and focused when class begins.

No dangly jewelry may be worn for class. This is a serious safety issue for all our athletes.

Performance hair and makeup may be done once you have arrived at the competition venue. Specific hair and makeup instruction will be given out prior to competition. Hair and makeup changes may be required during competition.

Tuition and Schedule

Tuition and Fees

Each team member is required to keep up with tuition and competition fees in a timely manner.

Uniforms, warm-ups, costumes, shoes, etc. will need to be purchased as each competition arrives or as the director sees fit for the student or the team. **The costs for these items is in addition to tuition.**

Teachers traveling fees will be included for each competition. Workshop fees will also be included for certain competitions. **These total costs are divided amongst the athletes equally.**

Class Schedule for 2015-2016

Ballet Technique: Monday 6:00pm – 7:30pm

Alternative Dance: Wednesday 6:30pm-8:00pm

Weekly rehearsal: Thursday 4:30pm-6:30pm

Letter of Agreement

I _____ accept a position with the BYSC BCDC and agree to represent my team to the best of my ability. I agree to perform at all scheduled competitions, local events and BYSC's end of the year Show Off. I agree to attend all practices and especially mandatory rehearsals to the best of my ability. I understand that if I fail to perform these functions, I could lose my standing as a team member.

I understand in signing this I have read over the handbook and agree to the terms and condition within.

I hereby affirm that I am joining this team for the full terms of year _____, and will remain in good faith for the entirety of the season.

Athlete _____, Date: _____

Parent: _____, Date: _____

Please list any comments that you wish to convey:

Once signed please return to your director for documentation