

2016-2017 Competition Student Handbook

Welcome

You have been invited to the competition team because you have the potential to be a competitive dancer. Agreeing to be on this team means you want to take it to the next level and become the best dancer you can be.

We understand that competitive dance is not for everyone; for those who do choose to join a competitive company at Virtuosity & Expressive, our hope is to provide a memorable experience that will last a lifetime. Not all dancers on the team this year will be at the level of competition. But all will be working towards that goal whether it happens this year, or in the future. Some may be chosen as alternates. A dancer's work ethic is expected to be extraordinary regardless if you have a spot in a routine or not.

Dancers on the Virtuosity & Expressive Competitive companies must remain on the team for the duration of the 2016-2017 dance season, which begins June 27, 2016 and ends June 16, 2017.

Communication

www.VirtuosityPAS.com

www.ExpressiveDance.com

Please familiarize yourself with the websites and the information contained there. If you have a question about a competition, schedule change, etc. the website should be the first place you look for the answer. Please also join our Facebook page, *Virtuosity/Expressive - Competition Teams*. Team parents and dancers may also receive correspondence via email. Please make sure that your email address is up to date.

Any upcoming items are posted on the bulletin board at the studio. After that, all instructors are available via email. Please be respectful of your instructor's time. They can be contacted by phone or text message Mondays-Fridays 11:00-9:00pm, and by email anytime. Text messages are not meant for in depth conversations. If you would like to set up a meeting time with an instructor, please feel free to do so. You can schedule a meeting with an instructor at any point throughout the year. For in depth conversations, it is very important to email your instructor to set up a meeting instead of trying to catch them in between classes. Most often our classes run back to back with no time in between for conversations. Even though it may appear we have a break, most likely we are preparing for our next class. We love having conversations with parents and dancers, but

want to give you our full attention during those conversations so please set up an appointment.

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Competitive Tap Director

Competitive Companies & Teams

This year we will be viewing the competitive companies in three separate categories. Some of your athletes will be in more than one competitive company.

1. LCJ (lyrical, contemporary, jazz)
 - Virtuosity Prep Team
2. Expressive Hip Hop
 - Expressive Prep Team
3. Competitive Tap

-Please note: there are some requirements for all of the companies and requirements for your specific company.

LCJ Competitive Company

Dancers who have made it on to one of the Virtuosity Training Teams, will have the opportunity to attend Company rehearsals and audition for the Competitive Routines taught during those rehearsals. Company Rehearsals are mainly focused around choreography, and Training Teams are focused around technique.

Requirements:

- Attendance of 4 competitions (listed below)
- Attendance of 1 convention (2 options given)
- 2 ballet classes a week
- 1 technique class a week (training team)

-All local performances (also listed below)

Attire: Black Leotard, Black Shorts, Sport tops, Leggings, Practice Jazz Shoes, Foot Thongs, Socks.

Company Rehearsals:

-Will be on Tuesdays, Wednesday, and Thursdays based on LCJ Routines

-Dancers who are casted in or alternate or Apprentice spots must attend these rehearsals

Training Teams:

- Will be on Tuesdays from 3:15-4:15pm
- Will be taught by Miss Diana, Miss Briley, and Miss Kristine
- There will be 3 tech groups (1,2,3)
- After 4 weeks of training, there will be a rotation, where teams will switch instructors
- This rotation will continue every 4 weeks throughout the year

- September 20, 27, October 4, 11

- December 13, January 3, 10, 17

- March 21, 28, April 11, 18

* Group 1 - Studio B w/Miss Kristine

* Group 2 - Downtown A w/Miss Diana

* Group 3 - Studio A w/Miss Briley

- October 18, 25, November 1, 8

- January 24, 31, February 7, February 14

- April 25, May 2, 9, 16

* Group 1 - Studio A w/Miss Briley

* Group 2 - Studio B w/Miss Kristine

* Group 3 - Downtown A w/Miss Diana

- November 15, 22, 29, December 6

- February 21, 28, March 7, 14

* Group 1 - Downtown A w/Miss Diana

* Group 2 - Studio A w/Miss Briley

* Group 3 - Studio B w/Miss Kristine

-Tech Teams are based on ability not age

-Mini Competition is not apart of this rotation

- Mini Comp Meets Wednesdays 6-7pm Studio C
- Fridays 4:30-5:30 Downtown B/A

Other:

- Private lessons in ballet can also be used to fulfill the ballet requirements

Virtuosity Prep Team

All Virtuosity & Expressive Prep & Performance Teams will have the opportunity to perform at local performances.

Requirements:

- 1 team rehearsal per week
- 1 additional class per week (lyrical, ballet, contemporary, or jazz)

Attire: Black Leotard, Black Shorts, Sport tops, Leggings, Practice Jazz Shoes, Foot Thongs, Socks.

Expressive Hip Hop

Requirements:

- Attendance to 4 competitions
- Attendance to Monsters of Hip Hop convention
- Drop in class, Mondays from 7-8 Downtown Studio A (except for Primary)
- Attendance to 5 local performances

Attire: Hip Hop clothing, must wear shoes that do not leave marks on the floor

Rehearsals:

- Dancers must attend their weekly rehearsals for their routines
- Dancers who are casted in or alternate or shadow spots must attend these rehearsals

Expressive Prep Team

All Virtuosity & Expressive Prep & Performance Teams will have the opportunity to perform at local performances.

Requirements:

- Competing at the Onstage Dance Competition (April 28-30)
- 1 Team rehearsal per week
- Attendance to 5 local performances

Attire: Hip Hop Clothing, must wear shoes that do not leave marks on the floor

Rehearsals:

- Dancers must attend their weekly rehearsals for their routines
- Wednesdays 5-5:45pm Downtown B

-Dancers who are casted in or alternate or shadow spots must attend these rehearsals

Competitive Tap

Requirements:

- Attendance to all 4 competitions
- 3 local performances

Attire: Shoes from studio, jazz/yoga pants no longer than capri length, solid leo or moderately snug top.

Rehearsals:

- Dancers must attend their weekly tap rehearsals
 - Fridays 3:15-4pm Intermediate
 - Fridays 4-4:45pm Advanced
- Dancers who are casted in or alternate or shadow spots must attend these

Solos, Duos, and Trios

- Soloists must have either completed a duo or trio, or have equivalent solo experience.
- Duos and trios are for dancers who have been on the competitive team in their style for at least one year.
- Dancers competing solos, duos, or trios must be on the Competitive Company corresponding to the style of their solo/duo/trio.
- Dancers must be either upper intermediate-advanced in their category.
- Costs vary between instructors & styles of dance. They can range anywhere from \$200-300 for solos and \$300-\$400 for duos and trios.
- Dancers must be prepared in committing a minimum of 6 hours with the choreographer to learn & polish their routine.
- They are also expected to rehearse on their own outside of the studio.
- The first four hours are dedicated for the dancer to learn the choreography & formations.
- The last two hours are for cleaning and polishing the routine between competitions.
- Solo cost for competition ranges from \$117-\$133 per competition.
- Duo and Trio cost for competition ranges from \$65-\$79 per dancer per competition.

Dancers who will be competing in a solo/duo/trio for the 2016-2017 season, must inform Miss Briley what competitions they will be competing in by October 1st, 2016.

Competitions (Required by all Competitive Companies)

Competition schedules will be posted on our website, facebook, and emailed as soon as they are available. This can be anywhere from two weeks to the week of the competition.

Information will include meeting time (call time), location, and approximate performance time for each routine.

Competition	Where	When
Starpower	Portland Convention Center 777 NE MLK Jr. BLVD Portland, OR 97232	February 24-26
American Dance Awards	TBD Portland, OR	March 17-19
Onstage	TBD Portland OR	April 28-30
Showstoppers	Tacoma Convention Center 1500 Broadway Tacoma, WA 98402	May 19-21

Conventions

*LCJ Dancers are required to go one 1 of 2 conventions JUMP or RADIX

*Expressive Dancers are required to go to MONSTERS of HIP HOP

Convention	Where	When	Required By
Monster of Hip Hop	Hilton Vancouver 301 W 6th st. Vancouver, WA 98660	January 6-8	Expressive Hip Hop
JUMP	Oregon Convention Center 777 NE MLK BLVD Portland, OR 97232	March 10-12	LCJ (1st option, only one required)
Radix	Hilton Vancouver 301 W 6th st. Vancouver, WA 98660	April 21-23	LCJ (2nd option, only one required)

**LCJ Dancers please inform Miss Briley by September 26th with which convention you would like to attend

Local Performances

*LCJ All performances required

*Expressive 5 performances required

*Tap 3 local performances required

What	Where	When
Camas Kids	Doc Harris 1125 NE 22nd AVE Camas WA 98607	September 8th
Tentative Boo Bash Performance	TBD	October 26th
Hometown Holidays Performance	Downtown Camas	December 2nd
Heritage High School Performance	Heritage High School 7825 NE 130th AVE Vancouver WA 98682	December 3rd
VEGA Challenge Dance Exhibition	TBD	January 13-15th
Tentative Union High School Performance	Union High School 6201 NW Friberg-Strunk St Camas WA 98607	January 28th
Camas Car Show	TBD	July 8th

**More local performances will be added throughout the year

Policies/Expectations

Joining any Virtuosity or Expressive Competitive Company is a privilege and does come with certain expectations on behalf of dancers and their families.

Parent Behavior

- Parents are encouraged to support their athlete in a positive way, be their fan, not their instructor. Parents may not instruct their dancers during rehearsals & in class. Teaching dance is the instructors job; if you have any doubt or concern, you should speak directly to your dancer's instructor at the soonest time appropriate.

- Do not intervene during training. This allows dancers to better respect their instructors and learn to work together with their instructor and fellow dancers. If there is an issue that

cannot be handled in the studio, your instructor will ask for your involvement outside of training.

- Parents are encouraged to observe their dancers classes.
- Always be respectful in the studio and away at conventions and competitions. Keep negative personal opinions about dancers, parents, instructors, and judges to yourself. Any concerns should be brought directly to the person of interest or your program director.
- Tuition and competition fees must be paid on time to ensure your athlete is able to attend all scheduled practices.
- Ensure that your instructors and the front office have your most current email address as email is our regular form of communication. Make sure you are on the *Virtuosity/Expressive- Competitive & Performance Companies* group.
- Your instructors will contact you with any questions or concerns and ask that you do the same to keep communication open.
- Athletes train best when well rested and nutritionally balanced; please ensure that your athlete is getting enough rest and eating well balanced meals prior to dance. Please pack nutritious snacks for your dancer.
- Set up modified training with your instructor for your dancer when injured or minor illnesses occur. Attending a partial practice or a full practice with 'lightened' training is very beneficial in keeping your athlete strong and flexible and their skills maintained until a full recovery.
- Be a positive reinforcement for your child. Do not compare them to other dancers and do not dwindle their successes; always support your dancer.
- Call, email, or text when your dancer will be late or miss practice.

Parent Behavior While at Competitions and Conventions

Most of these expectations are those of regional and national competitions, not just Virtuosity and Expressive.

- Respect all judges and instructors. Under no circumstances it is appropriate for a parent to contact any competition before or after a competition. Any concerns you might have should be brought to your instructor's attention at the soonest appropriate time.
- Respect all dancers – set the example of good sportsmanship! Refrain from making any negative remarks about other studios, instructors, dancers, etc.

- Be a part of the audience. Parents, family members, or any other spectators are not allowed backstage.
- Do not coach from the sidelines; it is the instructors/choreographers job to review and critique and the parent's' job to be their fan. Rehearsals are meant for the Instructor and Dancer(s).
- Spectators are expected to enter and exit the theater in between performances.
- Photography may or may not be permitted in the venues.
- Remember that competitions are not only about your dancer's scores and award placements, but their overall performance and progressions. It may take time for dancers to feel comfortable in their routines and expecting too much from them could result in low self-esteem and self-confidence. Always support your athlete regardless of how amazing or poor they feel their performance was.
- It is your Dancer's responsibility to get themselves ready (hair, make-up & costume), if they cannot do so in a timely manner, please step in, or have another assist.

Student Behavior

- Attend all scheduled practices unless otherwise excused – Notify instructors of all absences prior to the event.
- Be on time to practice – warm up is crucial in the prevention of injury and also shows your commitment to your team.
- A Dancer must attend a minimum of 85% of their team classes (and required classes for team) from September-December in order to be eligible to remain on the team for the duration of the competitive season.
- Attend all competitions unless otherwise excused.
- Come to dance prepared with:
 - Hair pulled back
 - Proper attire
 - Water bottle (glass bottles not permitted)
 - An appropriate snack
- It is the dancer's responsibility to retain the information/choreography before their next class. If a dancer has missed any rehearsals, it is their responsibility to learn any choreography before the next rehearsal.

- Private lessons are recommended for dancers who need extra help whether it be choreography or a specific technical move.
- Communicate with your instructors. If you are feeling ill or are injured, let your instructor know immediately. Notify your coaches or any recent injuries outside of the gym as well or any medication you may be taking due to illness or injury.
- Work hard and do your best, and maintain a positive attitude.
- Respect all instructors and fellow dancers.
- Accept all constructive criticism and scores in a positive manner.
- Any negative comments, foul language, or inappropriate attire in the studio will not be tolerated. Discouraging remarks, regardless of whether they are directed to themselves or others, formation of cliques (including parents), excluding other from activities, disregarding athlete responsibilities, or any other negative behavior will be ground for immediate dismissal or receiving disciplinary action.

Student Behavior While at Competitions and Conventions

- Dancers must be at the Venue no later than their call time.
- Space is limited in most venues, so please keep the dressing room to performers, same gender parents who are assisting & teachers only are allowed in dressing rooms.
- Do not claim or reserve space in the dressing rooms. Most areas are shared spaces, so please be considerate of other dancers & studios, and keep your area clean.
- Dancers must be consuming plenty of water and healthy foods during competition weekends. Food or drink is not allowed in the dressing rooms.
- Space is very limited at Competitions/Conventions, so please be considerate for the amount (and size) of items that are brought to competitions.
- Dancers must be stretched and warmed up and ready to perform (hair, makeup and costume) 1 hour before scheduled time. Mandatory rehearsal/run-through is at this time.
- Backstage is limited to performers on deck, instructors, and people assisting with props. After your performance, please immediately return to the dressing room.
- All dancers who have competed, are required to stay for awards. The only exception made, is for early call times the following morning.

- Show good sportsmanship! Encourage and cheer for your teammates as well as other competitors. Negative comments toward yourself or other competitors will not be tolerated.
- We encourage all competitive company members to come support their teammates who may be competing on a different day, although they will be considered a spectator during this time and will not be allowed backstage.

Costumes:

- Costumes must be kept in excellent condition at all times. Any repairs or replacements to costumes will be at the performer's expense. If the choreographer deems a costume unsuitable for competition, it is the dancer's responsibility to have that costume replaced or altered immediately.
- Costumes must be kept in garment bags, and are to be hung at competitions.
- Certain props may be considered a part of your costume; therefore you are responsible taking it to and from venues.
- It is the dancer's responsibility to bring their costume(s) to and from the venue.
- There is absolutely no eating or drinking in costumes.
- Cover-ups that button up or zip up are required to wear over costumes.
- Jewelry & nail polish are not permitted unless it is a part of the costume.
- Dancers may be asked to work together as a team to meet costuming needs. This includes but is not limited to lending or selling a costume to another dancer for any type of performance. If a dancer is asked to lend or borrow a costume by the choreographer, they must do so without complaint.
 - Payment for costume is based on who takes the costume home after all competitions and performances are complete.
 - If a costume is ordered for an Alternate they will be charged for that costume.

Routines/Choreography:

- If a dancer is on Virtuosity Competitive Company, it does not guarantee that they will be competing.
- Each dancer must earn their spot in each routine.
- Dancers must also maintain their spot in each routine.
- The choreographer holds the right to pull any dancer from any routine if the dancer has missed too many classes, or if the dancer is not prepared to compete. This also includes any other performances.
- Attendance is mandatory during the two weeks prior to each competition. Team members experiencing illness during this time period may be required to attend and view class, with discretion and at a distance.

Discipline:

In order to support an optimal atmosphere of fun, respect, hard work, and success, Virtuosity and Expressive have instituted a 'three strike' policy for dancers and families who repeatedly disregard the proper behavioral expectations. In most cases, discipline problems are minor and will be handled quickly and easily in the studio during class. Significant or recurring instances will be recorded as strikes and kept in the dancer's file and may affect their team participation.

- Strike One – In the event that a problem persists or has large significance, strike one will be given to the dancer during class. A meeting will be scheduled as soon as possible with the dancer, parent(s), and instructors to discuss the necessary steps to end the improper behavior.

- Strike Two – In the event of the recurring behavioral issue that earned strike one or of different improper behavior, strike two will be given. The dancer will be dismissed from class immediately and will not be allowed to return to practice for a minimum of one week, during which time a conference will be held with the dancer, parent(s), and instructors will be held to determine the necessary actions to control the misbehavior. The athlete may return to their classes after the behavior is under control and apologies have been offered. Missed classes due to strikes may affect the dancer's ability to perform or compete.

- Strike Three – If behavioral problems continue and a third strike has been given, the dancer's privilege of competitive team will be revoked.

***When a dancer shows significant improvement with behavioral issues for a six-month period, all previous strikes will be permanently removed.

Financial Info

Team Tuition runs the regular class rate of \$17/hour. (Please note that there may be additional requirements that dancers must meet to join teams) Unlimited passes are available for those dancers who take more than 5 hours of dance per week. Auto-pay is the required method of payment. Tuition is run on the 20th day of every month and will not be prorated due to missed classes. Accounts must be in good standing for dancers to attend classes and competitions. It is strictly the account holder's responsibility to check their account routinely.

Due Date	What	Who	Amount
October 1st	Jump/Radix Fee	LCJ	\$262.97 per dancer per convention

October 1st	Monsters Fee	Expressive	Ages 6-10 \$199.96 per dancer Ages 11 + \$231 per dancer
November 1st	General Comp fees	All Companies (except Expressive Primary)	\$54.54 per dancer
November 1st	LCJ General fees	LCJ	\$62.90 per LCJ Dancer
November 1st	Expressive General Fees	Expressive (except Expressive Primary)	\$54 per Expressive Dancer
November 1st	Expressive Primary Fees	Just Expressive Primary	\$12.82 per Expressive Primary Dancer
November 1st	Tap General Fees	Tap	\$75 per Tap Dancer
December 1st	Comp Costume Fee	All Companies	Range of \$50-\$125 per costume (not including shoes)
January 1st	Routine Fees	All Companies	\$58.90 per Dancer per Routine
February 1st	Routine Fees	All Companies	\$58.90 per Dancer per Routine
March 1st	Routine Fees	All Companies	\$58.90 per Dancer per Routine
April 1st	Routine Fees	All Companies	\$58.90 per Dancer per Routine
May 1st	Solo/Duo/Trio Fees	Only those who compete in competitive	Solos Range: \$117-\$133 per dancer per

		category	competition Duos/Trio Range: \$65-\$79 per dancer per competition
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Misc Cost

- Annual Registration Fee
- Recital DVD Fee/Award Fee
- Jackets & Pants (Virtuosity) & Sweatshirts (Expressive) are required and will be available for purchase. There will also be additional team wear for purchase, but is not a requirement.
- If a routine requires any props, a fee will be assessed after all families have been informed.
- Due to the numerous factors affected by participant cancellations, there will be a \$250 Cancellation Fee assessed per competition for any team member dropping a competition after October 1st.

VEGA Booster Club

VEGA Booster Club (VBC) membership is mandatory for all Virtuosity & Expressive team members. Membership will begin once signed parent/athlete team commitments have been turned in. There is an annual fee of \$25.00 that will be charged to your account (September 15, 2016). Families with numerous athletes will be charged only the \$25.00 fee one time. You will continue to be a member of VBC and will only stop your membership once your dancer has left the competitive company and your program director has verified that the dancer has been dropped.

All VBC Members are required to volunteer for a set amount of hours each year as outlined in the VBC Parent Handbook. The number of hours will vary annually and will depend on the number of events and types of events that VEGA hosts. Annual requirements will be announced at the General Membership Meeting on September 14th. Failure to meet these requirements by the end of the Spring Dance Recital in June will result in a \$250.00 penalty charged to your account at the end of your competitive year.

Important Dates

- | | |
|-----------------------|---|
| -August 22nd and 24th | Audition for Virtuosity Competitive Teams |
| -August 27th | All Team Party |
| -September 8th | Comp parent meeting at 6:00 |
| -September 8th | Contracts Due |

-September 10th	Camas Kids Doc Harris 10am-2pm Performance
-September 14th	Classes Begin
-Oct 1st	Convention fees Due
-October 26th	Possible boo bash performance
-November 1st	General Competitions and Company fees due
-November 23rd-27th	Thanksgiving Break No Classes
-December 1st	Competition Costume fees due
-December 2nd	Hometown Holidays Performance
-December 3rd	Heritage High school performance
-December 9th	Holiday Showcase
-December 16th	Team Holiday Party
-December 18th-Jan1st	Winter Break No Classes
-December 27th	Dance Day
-January 1st	1st Routine Payment Due
-January 6th-8th	Monsters of Hip Hop Convention
-January 13th-15th	Vega Challenge Dance Exhibition (VBC Fundraiser)
-January 28th	Tentative Union High School Performance
-February 1st	2nd Routine Payment Due
-February 16th	Mock Competition
-February 16th	Competition Parent Meeting 7:00 PM
-February 24th-26th	Starpower Competition (Portland)
-March 1st	3rd Routine Payment Due
-March 10-12th	JUMP Convention Option 1 of 2
-March 17-19th	American Dance Awards Competition (Portland)
-April 1st	Final Routine Payment Due
-April 2nd-9th	Spring Break
-April 21st-23rd	Radix Convention Option 2 of 2
-April 27th-30th	Onstage Dance Competition (Portland)
-May 19th-21st	Showstoppers Competition (Tacoma)
-May 1st	Recital DVD and award fees
-May 1st	Solo/Duo/Trio Fees Due
-May 15th	Recital Tickets on sale
-May 22nd-June 8th	Some Competitive classes combined for Opening & closing routines.
	Schedule will change.
-June 7th & 8th	Dress Rehearsal
-June 9th-11th	13th Annual Recital
June 12th-16th	Last week of classes
-TBD	Recital Pictures
Tuesday, June 13th	Team Banquet 5:00-6:30pm
-July 8th	Camas Car Show Performance

Parent Contract

Virtuosity & Expressive Competitive Company Commitment Agreement

I _____ have read the Virtuosity & Expressive Competitive Company Handbook and I agree to abide by the guidelines set forth.

I understand that Virtuosity & Expressive's Competitive Companies are a year round financial commitment beginning June 27-June 16, 2017.

_____ Initial

I understand the financial responsibility of my child being on the Virtuosity & Expressive Competitive Company. I understand that should I chose to leave the program during the commitment period that I am still financially obligated to pay the competitive fees that will be assessed.

_____ Initial

I understand and will abide the rules and policies for my child and myself.

_____ Initial

Parent Signature _____

Date _____

Dancer's Name _____ Date _____

Dancer Contract

Virtuosity & Expressive Competitive Company Commitment Agreement

I have read the Dance Competitive Company Handbook and meet all requirements to be on the 2016-2017 Competition Company.

_____ Initial

I understand how to behave in rehearsals and at competitions.

_____ Initial

I understand that if I do not follow the rules and policies I can be asked to leave rehearsal, be prevented from competing or even removed from the Competitive Company.

_____ Initial

I understand that being on the 2016-2017 Competitive Company is a commitment through June 16, 2017.

_____ Initial

I understand that if I do not follow through with my obligations as a team member I am letting my team down.

_____ Initial

Dancer's Name (Please Print) _____ Date _____

Dancer's Signature _____ Date _____