

Competition Classes at the Studio

- ☺ It is absolutely imperative that classes are **NOT** missed from now until competition. We only have so many classes until competition and it is time to buckle down.
- ☺ Please be ready to dance **10 minutes** before your scheduled class. If your teacher is with another teacher, student, or class, use the time to warm up and review your routines.
- ☺ Dancers must be dressed in the proper attire for **all** classes. **NO** excuses. **BE ORGANIZED!**
- ☺ Please pack light snacks, “easy to grab” items that dancers can eat while changing shoes. There will only be short breaks from now until competition season is over.
- ☺ Manage your time appropriately. For dancers with homework, arrange your schedule so you can “do it all.” It is possible.
- ☺ Remember you are part of a team and others depend on you. Every time someone is missing, we are **all** that far **behind**.
- ☺ Negative behavior (laziness, anger, jealousy, etc.) **WILL NOT** be tolerated in any class.
- ☺ **HYGIENE:** ALL DANCERS should practice good hygiene while they are in the studio. Parents, it is not too early to speak to your children about the importance of good hygiene. ALL DANCERS should be wearing deodorant/anti-perspirent! They are perspiring and it is offensive to other dancers and teachers for dancers to have body odor.
- ☺ As in the past, anyone unreliable and not pulling their weight on a team will be **REMOVED** from their quartet, trio, duet, or solo for the competition showcase.
- ☺ Once the competition showcase has started, competition season has begun. All students must attend **ALL COMPETITION CLASSES AND REHEARSALS** leading up to each competition.

- ☺ **NO ONE** may leave early for a competition and miss a competitive class unless authorized by Miss Sue. We can decide this when the schedules arrive. Classes may only go until 6:00pm or 7:00pm on the night before competition. You can leave for the competition then.
- ☺ **ALL COMPETITORS ARE EXPECTED TO BE IN CLASS. NO EXCEPTIONS!**

Competition and Performing Rules

- ★ ALL dancers must arrive at all destinations **1.5 hour** prior to their scheduled performance. Hair and make up is expected to be complete at this time.
- ★ ALL dancers must be dressed in their costume no later than **1 hour** prior to performance time. All mini, petite, and junior dancers are rehearsed by their teachers. Intermediate and Senior dancers are asked to be dressed in costume, warmed up and rehearsing. Your teacher will find you to rehearse at a later time, make sure you are ready.
- ★ ALL uniforms must be worn to, from, AND during all events. This includes competitions (even if you just watching), shows, workshops etc. Hair must be neatly pulled back in a bun. No gum chewing is permitted. No baggy pants please.
- ★ There is absolutely **NO EATING OR DRINKING IN DANCE COSTUMES**. Costumes must completely be covered from head to toe when not performing. Costumes are to be worn **ONLY** in the change room, on stage, backstage and in rehearsal areas. ALL dancers upon arrival are asked to ensure they have everything needed for their big day.
- ★ Dance shoes or clean running shoes are acceptable for the award presentation
- ★ ALL dancers must conduct themselves in a professional and polite manner at all times. This includes with each other, their teachers, their parents, and all other studio dancers, teachers, and event organizers.
- ★ Acceptance of adjudications and awards will be done with pride and class regardless of placement. If you are chosen to receive the award you must say thank you upon receiving it.
- ★ Any scholarship money received to group routines is dispersed at the teachers discretion. Any scholarship money received to solos/duets/trios is held in trust for future lessons.
- ★ The Dance Academy has a **zero tolerance** policy for drugs and alcohol when representing the Dance Academy at **any** event.
- ★ Friends and boyfriends are asked to not attend dance competitions. It interferes with focus and is unfair to other team mates.
- ★ **VACATIONS**- anyone taking a vacation between Jan- Apr will not be considered for a solo/duet/trio or small group. **IF** a last minute vacation is planned an understudy **will** replace you. Exceptions are the holidays where dance classes are cancelled: March Break, Easter etc.
- ★ Please respect ALL rules! As being a member of the competitive team **YOU** take responsibility for knowing and abiding ALL rules. These rules are enforced to ensure all dancers

get the most out of every competition and performance.



PLEASE REINFORCE IN YOUR CHILDREN...

- Respect for fellow competitors and studios regardless of their treatment of us.
- Helpful assistance to those in need backstage.
- Acceptance of results at competition regardless of opinion about outcome.
- No blaming of others for group routine mishaps.
- Support your child. Allow the teacher and choreographer to provide the criticism and coaching. You “the parents” are your child’s only means of conditional support. The last thing they need is criticism from you. Don’t worry, their teachers will address any issues.



PLEASE UNDERSTAND THE PROFESSIONAL PROCEDURES...

COMPETITION
To
STUDIO (Competitions Client)
To
PARENT (Students Client)

As a parent– Feedback to your studio is more beneficial than to a competition. Your studio is responsible for addressing issues with a competition. Your studio owner is your representation at a competition, so you need to address any concerns regarding competition to them ONLY and ALWAYS.

Competitive Code of Conduct

Parent/ Student:

★_The essential elements of character building and ethics in competitive dance are embodied in the concept of sportsmanship and six core principles: *Trustworthiness, respect, responsibility, fairness, caring, and good citizenship.*

★ I will not FORCE my child to dance.

★I will remember children participate to have fun, and that the dance training is for the child not his/her parent.

★I will inform the school of any disability or ailment that may affect the safety of my child or others.

★I will learn and honor the school's rules and policies.

★I (and my guests) will be positive role models for my children and encourage positive sportsmanship. Show respect and courtesy to everyone.

★I (and my guests) will not engage in any kind of unsportsmanlike conduct with any judge, teacher, dancer, parent or school staff member. There will be NO yelling, taunting, or profane language at any time.

★I will not encourage any behaviors or practices that would endanger the health or well-being of the dancers

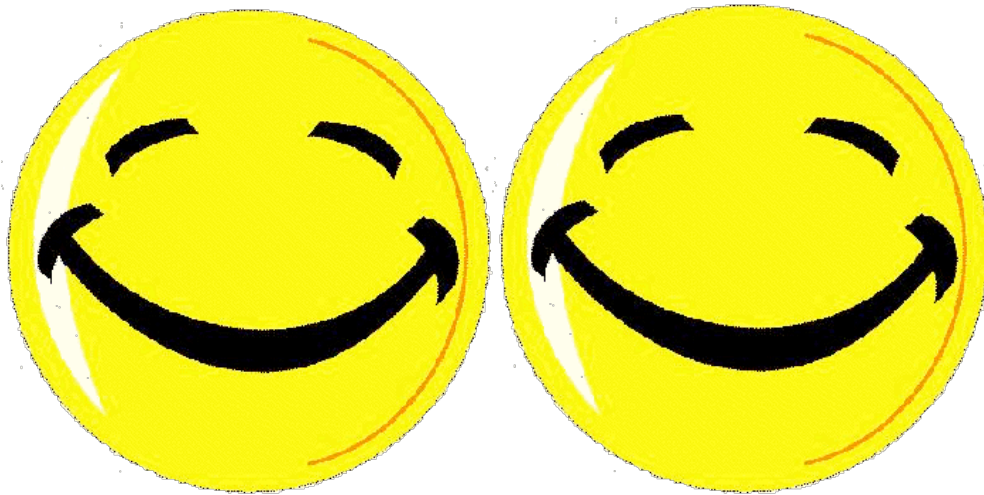
★I will demand that my child treats others with respect including all dancers, teachers, judges, and spectators.

★I will not ridicule or yell at my child or any other dancer for making a mistake or not winning an award.

★I will respect the authority of the judges and competition directors during all dance competitions. I will not question, discuss, or confront teachers or competition organizers on site. Instead I will speak with my own studio teachers at an agreed upon time and place.

★I will refrain from coaching my child or other dancers during competitions or classes.

★I agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action.



Teacher/Parent Partnership:

★*When parents and teachers work together, children tend to perform better in class and at competitions. The following guidelines for parents can be used in developing a teacher-parent partnership agreement that can help the dancers have the best possible experience.*

★Recognize teachers' commitments. The teacher's commitment involves many hours of preparation beyond time spent at rehearsals and competition. Acknowledge their commitment and the fact that they are not doing this because of a paycheck. Try to remember this whenever something goes awry during the season.

★Establish positive contact with the teachers. Let the teachers know that you want your child to have the best experience possible. Ask if there is any way you can help. Getting

to know the teachers and establishing a positive relationship will make it much easier to talk later if a problem arises. Show appreciation. When teachers do something you like, let them know about it. Teaching and creating choreography for competition is a difficult job. Your encouragement will help the teacher do a better job.

★Don't put the dancer in the middle. Too often, parents share their disapproval of a teacher with their children. When they complain about poor choreography or criticize a teacher's methods or decisions, the young dancers are put in a bind. How motivated will a child be to work with an individual, if their parents have shared their bad opinions? How could this negative energy affect one's love for dance? Divided loyalties do not make it easy for a child to do his/her best. However, supportive parents make it easier for their child to put their wholehearted efforts into learning the art of dance. If you have a problem with any teacher, please arrange a private meeting with them to discuss your concerns.

★Do not instruct your child while he/she is at a dance competition or in dance class. Feel free to share your ideas with the teacher, but let them decide on whether they use your advice or not.

★Be positive with your child. The best thing you can do is be there for them. Competitive dance can be stressful. The last thing a dancer needs is a critic at home. Be a cheerleader for your child. Leave the corrections for the teachers and focus on the positives. Let your child know they are loved regardless of the scores.

★Support the entire team. Praise all of the dancers from your child's school. Let them know when you think they did something well

★Encourage other parents to respect the process Show respect for other schools and their teachers and encourage other parents to do so as well. If a parent begins to berate another school or teacher gently say, "Hey, that's not the way we do things here."



Competition Connection

Why do you compete? What are you trying to accomplish?

- Make sure before every competition you ask yourself the above questions
- Pick a focus or goal at the beginning of every day to work on
- You are your biggest competition; always try to better your performance and score from last competition
- Perseverance and determination
- Competing is **YOUR** self expression on display
- Your attitude affects your whole experience ; you win or loose by attitude
- You breathe and live a healthy lifestyle as you learn virtues and morals that you will carry with you throughout life
- Attitude is the “glue” that brings all the physical and mental training together

Competition, it's all subjective isn't it?

Subjective: An individual point of view, not producing the effect of literal and impartial transcription of external realities

Opinion: Judgement based on grounds short of proof, provisional conviction, view held as probable

- When being adjudicated remember it is **ONLY** those selected individuals opinions ; they could be right or wrong, but are meant to better you as a performer
- Scoring choices are made through who put out a better performance on that day

- The Muskoka Dance Academy trusts the competitions they have enrolled in. We make sure all judges have their credentials and give experienced comments and scores
- Dance is education, compare your scores to scholastics
- The dancers are in control of their own technique, style, facial expression etc.

Competition Etiquette for the Dancers and Parents:

- Clap for **EVERYONE** no matter what! Show your MDA spirit and appreciation
- Try to compliment other studios or workers at least 3 times throughout the competition weekend and mean it! (ex. I love your costume, You have great turn out, Great work etc.)
- Stand when receiving an award. Be sure to make eye contact and say thank-you before sitting back down. Shaking hands or a quick hug is optional but also shows your appreciation
- Audit what you are saying
- Clapping, yelling, cheering, whistling is acceptable at the beginning and end of a routine
- Clapping during a routine is a distraction to the dancer(s) and adjudicators especially during soft music



The Do's and Don'ts of Dance Competitions:

- **DO** show respect for all other dancers, be gracious
- **DO** be polite and courteous in dressing rooms, backstage, at awards, and in the audience
- **DO** show your enthusiasm by checking your attitude and watching your manors
- **DO** listen to your teacher and abide by all guidelines set forth by the studio director
- **DO** approach a judge with a compliment at an appropriate time, you never know when you might see this person again
- **DO** the best performance that you can on competition days
- **DO** be realistic about your physical skills and your ability to execute properly

- **DONOT** swim or go to the water park before you dance!
- **DON'T** gossip anywhere at anytime! It's rude, the dance world is small and you never know who will hear or see!
- **DON'T** get in the way of dancers, or stage workers backstage
- **DON'T** dance out of category, if possible
- **DON'T** be late for your performance
- **DON'T** approach a judge in the hallway, washroom, or parking lot with complaints
- **DON'T** show disappointment if you do not receive the award you expected

Proper Studio Spirit and Reputation

- We love team spirit! Show your team spirit at dance competitions by wearing our team wear. Making signs and cheering for everyone is also a great way to show our love for dance!
- No loud team chants, unless it is at the award ceremony. Team chants are great, but not everyone needs to hear them. A quite good luck and team hug is just as sufficient!
- Sit on the stage near the front during adjudication!
- Do **NOT** sit in a circle on stage during awards
www.dancebutton.com
- We are a proud and strong dance studio. Bring anything pink to show your spirit to ALL competitions (wigs, pom poms, scarves etc.)
- “Let us let everyone know who we are”



Student and Parents Listening to Critique Tapes

- This is a very controversial subject because it affects the teacher, parents, and dancer(s)
- Do the parents know terminology?
- Whatever comments are on the critique doesn't mean the routine should be changed
- Parents need to respect and have confidence in their teachers choices! That's why you dance here!
- It can get personal on the critiques. Is your dancer(s) ready to hear all of the comments, good and bad?
- Critiques are at the discretion of the teachers

Proper Nutrition and Healthy Routine

- Try to avoid fast food during competition weekends
- Drink lots of liquids (they are long days)
- Avoid caffeine
- Dried fruit, vegetables, cereal, nuts are good snack options
- Fresh air is always good on a long weekend dancing indoors
- Proper nutrition leaves less risk for injury
- If a teacher is unavailable to warm you up at a dance competition you must take responsibility for your own bodies. Warm-up on your own!
- Get well rested. **SLEEP!**

- You have put way to much effort and money into your routines to do a bad job, take care of yourself! Please be quiet and respect hotel rules and regulations



NOTES FOR DANCERS:

- If a costume piece falls, the music stops, hair is falling out, prop falls, you drop something, your costume is giving you a wedgie.... you **DO NOT** fix the problem....you **KEEP DANCING**
- If your top falls off quickly exit the stage. Do not cry.
- Ask yourself at the end of the competition if you accomplished anything?
- Make your own competition “check list”: costumes, shoes, tights, accessories, make-up, brushes, hair-spray, gel, pins, bobby pins (**IT IS NOT YOUR PARENTS RESPONSIBILITY**)
- Practice at home!
- Show your teacher your appreciation! They love hugs and coffee!

Victory

The ultimate victory in competitions is derived from the inner satisfaction of knowing that you have done **YOUR** best and that you have gotten the most out of what **YOU** had to give. Howard Cosel

Mind, Body, and Soul

Competitions are entirely unlike practice. The excitement, strange environment, opponents, and pressure to win all require **MENTAL SKILLS** which must be developed much like technique does. By developing a competitive mind set you will take your competitive skills to a new/higher level. Your competition mind set is about **BEING** serious and not **ACTING** serious.

Some dancers attend dance competitions purely for the social aspects, while others are there to learn, and compete. To perform at a level that meets your own expectations you must program your mind and body. Concentration and the ability to stay focused and believing in your transformation is the difference

between a doubtful dancer or a confident competitor.

Younger less experienced performers usually emotionally crash because of nerves. The mind set of these dancers is not yet developed. Preparation needs to be exercised as much as memorizing the dance routines themselves.

Developing a tangible competitive perspective is essential to being emotionally comfortable on the stage.



How to emotionally prepare the mind for competition:

(this exercise fights off doubt, fear, anxiety, and intimidations)

- Ask the dancer to close their eyes, and lie down on his/her back. Envision the conformable space of the studio
- Ask them to see the mirrors , the stereo, dressing room, colours of the walls, front lobby etc.
- Now narrow their focus and go over each routine in their head. Remain lying down with eyes closed.

Theatre Etiquette

- Follow theatre rules: use garbage cans, no food or drinks in the theatre, mute all pagers and cell phones, use trash cans, do not stick your gum under the seat, don't climb over chairs, do not play games like tag/hide and seek, respect ushers and house managers
- Enter and exit in between routines
- Absolutely **NO** photos or videos taping while in the theatre
- Try to keep talking to a minimal while in the theatre
- It is always good to call ahead about the “babes in arms” issue. Sometimes it is in effect.

Movement Menu 2012

Nutrition tips to put your best foot forward!

How does eating improve dancing?

- proper nutrition is an integral part to the development of proper training technique
- When the body is appropriately fueled, it can perform to its optimum capability
- Eating the right foods at the right time can improve energy levels, aid in muscle development, decrease cramping, and increase stamina
- This can translate into the ability to run your routine 4 times, instead of 2, or perform 7 routines in one day at a competition instead of 4
- lack of proper fuel results with irritability and fatigue

Everyday Eating

- Eat a **VARIETY** of foods from all food groups: Grains, Fruit and Vegetables, Meat and Alternatives, and Dairy
- Stay hydrated! Non--caffeinated fluids!
- Space out your meals to include multiple snacks throughout your day, this helps keep blood sugars stable
- Carbs are the basis of your diet. Complex carbohydrates like fruits, whole wheat bread, high fibre cereals, brown rice, and whole wheat pasta are great choices to fuel up on

Nutrients You Need

- Dancers put a lot of pressure on their bones. Calcium rich foods help keep them strong. Aim for 3-4 servings of low fat milk, yogurt, cheese or fortified products each day
- Long dance days need lots of grain product snacks. Whole wheat pasta, bread, and brown rice, give your body and extra boost to prevent early fatigue
- Dehydration causes the body to feel fatigued and unable to perform. On Average 6-8 bottles of water should be your daily intake

Competition/Show Eating Tips

- If possible, bring a cooler
- Try to eat regularly: 3 meals and 3 snack
- If eating out please try and stick to high carb meals with potatoes, pasta, and breads. Meats that are baked, broiled, grilled or roaster but **NOT** fried. Lots of vegetables with diner and fruit for desert

Share your healthy choices

- Jump start your healthy snacking by sharing your healthy snack choices! Just bring a copy of your yummy recipe to the studio, and we will share it online for all our healthy dancers and their families!

Healthy Recipes

Tempting Trail Mix

- Makes 16 $\frac{1}{4}$ cup servings
- 1 cup of honey nut cheerios
- 1 cup of raisins (any type)
- $\frac{1}{2}$ cup of dried cranberries
- $\frac{1}{2}$ cup of brain cereal (omit for pre exercise snack)
- 1 cup of roasted soy beans (look for 10g of fat per $\frac{1}{4}$ cup)
- $\frac{1}{2}$ cup of mini m&m's (optional)

* Mix all ingredients into a large container with a lid. Close and shake!

* Per $\frac{1}{4}$ cup serving: 130 cal, 5g protein, 20g carbohydrates, 4g fat(1g of saturated fat) 4g fibre

Teachers Moto

As dance teachers we take pride in our class lessons, and the accomplishments of our students. Here is our oath to our students and their families:

- We will always present ourselves as mature, responsible instructors
- No sitting or lying down in class
- We will not eat or drink while teaching Our hair, make-up, and dance attire will always be neat and appropriate
- We will always show enthusiasm and a positive attitude towards students, staff, and parents
- Be at the studio and ready 10-15 minutes prior to your class
- Quickly learn students names
- Never leave a class unattended
- Never start a class late or let one out early
- Do not answer the phone during a class
- Do not allow family or friends to stop by your work
- Have all music, routines, and costumes approved by Miss Sue
- Don't smoke
- Always remember your a role model, and these children are looking up to you
- Prepare lessons in advance
- Adjust to students levels
- Maintain class discipline
- Provide fun approaches
- Maintain child safety
- Advice Miss Sue if someone should advance
- Greet parents and students cheerfully before and after class
- Attend all staff meetings when called

Dance Teachers are leaders by being:

- Good listeners



- AccessibleDecisive
- Gracious
- Keep it Simple
- Optimistic
- Gives Credit
- Confronts Problems
- Speaks directly
- Acknowledges Mistakes
- Says "Yes"
- Enthusiastic
- Positive Attitude
- Energy
- Desire
- Faith
- Love
- Hope
- Excitement

