

The logo consists of a bright yellow sun at the top, a white mountain peak in the middle, and an orange mountain base at the bottom. The text 'dance directions' is written in a stylized, orange, lowercase font across the white mountain peak. Small yellow dots are placed at the beginning and end of the text.

• dance directions •

**Competitive Program Handbook
September 2023 - June 2024**

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Quick Reference

Address: #122 - 39455 Discovery Way

Phone Number: 604-848-9060

Email: info@dancedirections.ca

Website: www.dancedirections.ca

Office Hours:

Monday 1:00 P.M.-5:30 P.M.

Tuesday 1:00 P.M.-3:00 P.M.

Wednesday 1:00 P.M.-3:00 P.M.

Thursday 1:00 P.M.-3:00 P.M.

Friday 1:00 P.M.-3:00 P.M.

Saturday 11:00 A.M.-1:00 PM

Sunday Closed

Class Hours:

Monday 3:30 P.M.-9:30 P.M.

Tuesday 3:30 P.M.-9:30 P.M.

Wednesday 3:30 P.M.-9:30 P.M.

Thursday 3:30 P.M.-9:30 P.M.

Friday 3:30 P.M.-7:30 P.M.

Saturday 10:00 A.M.-1:00 P.M.

Sunday Closed

Introduction

Welcome to Dance Directions' competitive team. We are so happy to welcome you. Our competitive team is a fun, team building setting for dancers to explore their creativity and push artistic boundaries. Dancers ages five years and up that are interested in this program should have a strong sense of commitment, ability to retain choreography and have consistent attendance for all class enrollments. Dancers are required to be available for all competition dates.

Being on the competitive team, dancers are required to have more dedication than a non competitive class. Dancers will set strong goals and meet higher expectations in a faster-paced learning environment. Our Competitive Program provides dancers an intensive training experience with a variety of performance opportunities, while emphasizing teamwork, artistry and progression.

Our Competition team is suited for students who are looking for more class time and more performance opportunities. Dancers should be practicing their skills regularly outside of class time and have a passion and drive to do their best.

We do our best to find a suitable place for each student that auditions. As much fun as it is to win, this is not what our Competitive Program is about. We create a supportive and cohesive team where each child is celebrated during their competition experience, breaking down barriers that may be holding dancers back and pushing boundaries when it comes to artistry. We are committed to providing a supportive classroom within a more focused setting so that dancers can improve at a progressively consistent rate.

We look forward to working with you and your child during our 2022/23 competitive year. Please know that we are available to help with all Competitive Team questions or concerns. Reach out when you feel the need to.



Cierra Rohde
Studio Owner and Director

Application and Audition

Each dancer must complete the provided application each year to request their desired groups, solos, duos and trios. Along with this application, we ask that students read and understand their promises to the team. Once we have received all applications by the requested due date, we hold an in-person audition divided by students' ages and styles. Each student is required to be in a minimum of one group. No dancer will be allowed to have only a solo or duo. Finalized placements are determined by the choreographers and Studio Director, ensuring each student is placed appropriately.

Competitive Meeting with Miss Cierra Available by Appointment

This is an informational meeting that is mandatory for new competitive parents and optional for returning parents. It will help clarify any questions you may have after reading our Competitive Handbook. Please be sure to have read all of the handbook before coming to this meeting. We will review the application and discuss commitments, costs and anything else that you may have questions about. If your dancer is unsure what they would like to commit to this coming season, this is also a great time to sit down and discuss their thoughts and yours while receiving feedback from Miss Cierra. This is a 15 minute complimentary meeting and can be booked at the following link: <https://calendly.com/dancedirections/cierrarohde>

Competitive Application Deadline *mandatory*****

Friday, April 19 6:00 p.m.

Please review the application with your child, ensuring that they understand it to the best of their ability, prior to completing it. Once the application has been completed, hand it in at our front desk any time until April 19 at 6:00 p.m. We look forward to reviewing your child's application.

[APPLICATION HERE](#)

Competitive Audition Day *mandatory*****

Sunday, May 7

Assigned audition times will be released two weeks prior to the audition date on Sunday, May 7. Auditions will tentatively run between 10:00 a.m. and 6:00 p.m. A fee of \$10 per audition session will be added to your account and is due 48 hours prior to the audition to secure your dancer's spot.

Fees

Please review Dance Directions 2022/23 set rates in our parent studio handbook.

Additional Mandatory Class Fees

- ❖ Complimentary Dance Sampler Day - TBD
- ❖ Regular 2022/23 tuition — approximately \$72-\$276 per month — depends on class length and additional non-competitive classes.

Please refer to our parent studio handbook for exact rates.

- ❖ Optional Triple Threat Dance Convention — Junior \$305 — Intermediate/Senior \$325: due September 16. ***This convention is usually scheduled for the last weekend of November or first weekend of December. We will choose an alternate dance convention if Triple Threat is not available.*
- ❖ Additional miscellaneous costs. (See next page)

GROUPS (4+ DANCERS)

- ❖ **Competition Fee:** \$275+GST - **Due August 1** - This fee includes registration and costumes.
- ❖ Competitive group classes are charged regular tuition.

SOLOS (1 DANCER)

- ❖ **Competition Fee:** \$1035+GST - **Due August 1** - This fee includes registration, choreography and costumes.
- ❖ **Cleaning Fee, 2-3 times a month:** \$35+GST/30 minutes - **due 24 hours prior to scheduled date** - Soloists alternate cleaning sessions biweekly. An average of three cleaning sessions a month September-May is \$1500 for the year
- ❖ Choreography is done during the summer or through the first 4-6 weeks of the season. Should choreography be done through the first 4-6 weeks of the season, no cleaning fee will be charged until the choreography is finished.

DUOS (2 DANCERS)

- ❖ **Competition Fee:** \$845+GST - **Due August 1** - This fee includes registration, choreography and costumes
- ❖ **Cleaning Fee, 2-3 times a month:** \$25+GST/30mins - **due 24 hours prior to scheduled date.** Duos alternate cleaning sessions biweekly. An average of three cleaning sessions a month September-May \$750 for the year.
- ❖ Choreography is done during the summer or through the first 4-6 weeks of the season. Should choreography be done through the first 4-6 weeks of the season, no cleaning fee will be charged until the choreography is finished.

TRIOS (3 DANCERS)

- ❖ **Competition Fee:** \$675+GST - **Due August 1** - This fee includes registration, choreography and costumes
- ❖ **Cleaning Fee, 2-3 times a month:** \$25/30mins - **due 24 hours prior to scheduled date.** Trios alternate cleaning sessions biweekly. An average of three cleaning sessions a month September-May \$750 for the year.
- ❖ Choreography is done during the summer or through the first 4-6 weeks of the season. Should choreography be done through the first 4-6 weeks of the season, no cleaning fee will be charged until the choreography is finished.

*Additional costs may include but are not limited to:

- ❖ **TEAM JACKET:** Usually between \$80 and \$120
- ❖ Preview show audience admission — \$15-\$20 per person
- ❖ Competition audience admission — varies from \$5 to \$25 per person
- ❖ Allocate a budget for tights, undergarments (nudies) and hair/makeup supplies
- ❖ Allocate a budget for travel cost to and from cities of Vancouver
- ❖ Allocate a budget for a hotel in the case your child competes back-to-back days (optional)
- ❖ Allocate a budget for footwear and accessories (noted on next page)

Competition fee explained:

Choreography

The Choreography fee goes directly to the choreographer for their time spent choreographing, editing music, choosing costumes and other relevant tasks, and is set by the choreographer. This ensures choreography is ready to go and to be set on dancers as soon as possible to finish each dance as quickly as possible. This fee does not change based on the amount of time spent on choreography. The maximum expected time to choreograph is scheduled, with the possibility of some time being canceled should the choreography be finished sooner. Total time spent on choreography ranges as follows:

Solos: 2-4 hours

Duos/Trios: 3-5 hours

Costumes

Costumes normally cost anywhere from \$100 to \$200 new. At Dance Directions we offer a rental program where dancers pay a flat rate for their costume rentals and is included in the competition fee. This costume fee is flat across the board and is to ensure that all costumes are paid for appropriately. Even if a costume is used from our current stock, the costume fee stands as is for the rental and costume maintenance. Costumes are determined by the choreographer and finalized by the Studio Director. We unfortunately cannot guarantee if a student will be using a reused costume or a new costume.

Registration

The registration fee is set by the competition event. This is a fee that goes directly to the competition to sign up each dancer for each dance.

Cleaning Fee

In order to ensure that your dancer is performance and stage ready, cleaning sessions are a necessity. Cleaning sessions are scheduled on a biweekly basis from September-May. The cleaning fee goes directly to the choreographer.

****Cleaning fees are added to your account on a monthly basis with regular tuition payments.****

Required Footwear

STYLE	SHOES/ACCESSORIES
JAZZ	Black slide on Jazz Shoes
CONTEMPORARY/LYRICAL	Nude coloured foot undies, Bare feet or Socks (Will be decided when choreography is finished based on what dancers are comfortable dancing in)
TAP	Black Tap Shoes
MUSICAL THEATRE	Black Jazz Shoes or Musical Theatre Shoes (Will be decided based on age and choreography)
HIP HOP	Clean White Sneakers

Styles

Jazz: Open to students of any age. Jazz is recommended for all first-year competitive students.

Contemporary: Open to students aged seven years or older, unless recommended by a teacher. Contemporary requires an understanding of pelvic placement, ballet technique and partnering skills.

Lyrical: Recommended for students under the age of seven who are not yet ready for a Contemporary placement but open to older students as well. The students will be working with the lyrics of the song chosen for the dance in order to tell a story.

Musical Theatre: Open to students of any age. Singing and acting are the primary focus, with dance being secondary since the dance part is usually simpler. Students are recommended to take a non-competitive Jazz class but this is not a requirement.

Tap: Open to students of any age.

Hip Hop: Open to students of any age.

Acro: Open to students aged seven years or older, unless recommended by a teacher. All students who apply for Acro will be asked to do the following at the audition:

- ❖ **Ages 7-8:** Splits on both sides, toes to head, Teddy Bear into headstand, standing bridge/backbend, handstand/L kicks with toes up straight, forearm stand, limber or kickover on good side
- ❖ **Additional skills, not mandatory but should be learned:** Shoulder stand, front walkover

- ❖ **Ages 9+:** Splits on both sides, headstand, front and back limbers, front and back kickovers on both sides, handstands and walking on hands, chest stand (toes to head and straight), forearm stand (3 leg variations), Scorpion Balance
- ❖ **Additional skills, not mandatory but should be learned:** Aerials, Arabians (front and back), Valdez

Competitive dances are choreographed weekly throughout the season. Technique is also worked on within these classes. Technique will be focused on for the first 2-4 weeks of class followed by 4-8 weeks of choreography and then technique and cleaning for the remainder of the season. All competitive dances are performed in our year-end recital.

****Solos, Duos and Trios are choreographed throughout the summer or biweekly throughout the week and weekends during the season. Cleaning sessions continue through the regularly scheduled biweekly classes on weeknights from 8:30pm-9:30pm for dancers over the age of 12 and weekends from 10:00am-2:00pm for dancers 11 and under. Both alternating between week 1 and week 2. This means all dancers have 2-3 cleaning sessions a month for their solos, duos and trios****

Mandatory Weekly Training

If you are in Competitive...	You are required to take...
Jazz	Ballet and Technique
Contemporary/Lyrical	Ballet and Technique
Song and Dance	Technique
Acro	No additional classes required (Ballet highly recommended)
Hip Hop	No additional classes required

Recommended Classes

Although not mandatory, taking these classes would benefit students.

- ❖ Ballet
- ❖ Progressive Ballet Technique (PBT)
- ❖ Non-Competitive Jazz
- ❖ Non-Competitive Contemporary

****NOTE: CONTEMPORARY/LYRICAL GROUPS, IF YOU'D LIKE TO DO A CONTEMPORARY OR LYRICAL GROUP, THE CHOREOGRAPHER WILL CHOOSE WHICH IS BEST SUITED FOR THE DANCER.**

Policies/Commitment/Attendance

In signing up for the competitive team, you and your child must understand the following commitments, policies and rules:

- ❖ I understand that my teachers make all decisions regarding placement, costuming, music, rehearsals and more.
- ❖ I promise to be a source of reliability and punctuality for my team and teachers.
- ❖ I promise to attend all of my summer choreography sessions.
- ❖ I promise to attend all scheduled rehearsals, performances and competitions.
- ❖ I promise to practice my choreography at home, ensuring I am retaining the steps, counts and movements.
- ❖ I promise to attend all classes in which I am enrolled, both competitive and non competitive, and participate to the best of my abilities.
- ❖ I promise to always be supportive, encouraging and kind to my teammates and teachers.
- ❖ I promise to respect the leadership, constructive criticism and decisions of all my teachers.
- ❖ I understand that if I miss more than three cleaning sessions without proper notice, I may be asked to withdraw from the competitive team.
- ❖ Absolutely **NO** rehearsals or classes are to be missed within 30 days before scheduled competitions. If a rehearsal is missed within the 30 days before a scheduled competition, the dancer may be asked to not participate in that event.
- ❖ I understand that if I am injured, I am still expected to attend classes and watch.
- ❖ I understand that if I am sick, I am expected to notify the studio and catch up before the next class.
- ❖ I understand that my music and choreography videos will be uploaded to Google Drive for me to retain choreography and apply corrections.

Payment and Refund Policies

- ❖ Competition fees that are inclusive of costume, registration and choreography fees are nonrefundable and are to be paid no later than August 1st.
- ❖ Cleaning fees are nonrefundable and are to be paid by the due date.
- ❖ Tuition fees are nonrefundable and to be paid by the due date.
- ❖ Jacket fees are nonrefundable and to be paid by the due date.
- ❖ Convention fees are nonrefundable and to be paid by the due date.

Registration Policies

Please keep in mind that the options you selected on the application are mandatory if you are accepted into the routine(s). For example, if you selected one option and are accepted, you are expected to participate in that routine. If you circle three options and are accepted into all three, you are expected to participate in all three routines. This is to avoid any back and forth so that our choreographers can be prepared coming into the studio and so that fees are applied correctly.

If you are uncertain of the style(s) your dancer should request, please reach out and we'd be happy to set up a meeting to discuss what will best suit your child.

There is also the possibility that your child could be invited into another dance. If this happens, we will confidentially notify you by email and will let you decide if your child can join an additional routine before notifying your dancer. Once placements have been released, we will require confirmation within two weeks if your dancer would like to participate in the dance to which they were invited.

Trophies and Cash Awards

All group cash awards are applied to the recipient's studio account. All solo, duo and trio cash awards are given directly to the dancers. All group trophies are labeled and kept displayed at the studio. Solo and duo dancers have the choice of keeping their trophies or having them displayed at the studio. Once the student has graduated, they are welcome to take their trophy home if it has been displayed at the studio. All group trophies will remain on display at the studio.

Why are these policies in place?

These policies are in place to ensure consistent commitment throughout the season by each and every student. Attendance will be taken consistently throughout the season. These policies are on the application that all dancers are required to sign in agreement. If at any time any of these policies are broken, the dancer may be asked to withdraw from our Competitive Program.

FAQs

Please read through these important questions. We do our best to create a handbook with all the answers for easy access so that there are no surprises. As always, if you have any questions or concerns, please do not hesitate to reach out; we will be more than happy to help.

Why are training classes required?

Training classes are required so that all dancers progress at the same speed with appropriate skill and level. These classes are to help with strength, stability, technique, team building and so much more. Dancers will be placed in classes based on age and level.

Can my child do more than just one group?

Absolutely! Your child is more than welcome to request as many groups as their heart desires and that they can handle. Please keep in mind that it is the dancer's responsibility to remember the choreography from week to week so that they can progress and grow at a consistent rate.

What is a cleaning session?

Cleaning sessions are rehearsals to help the dancers get stage-ready. Things that are worked on in cleaning sessions include timing, precision of steps, story telling, and character and story development.

How many cleaning sessions will my child attend?

Cleaning sessions are scheduled for solos, duos and trios on a biweekly schedule. If your dancer is doing multiple dances with multiple teachers, they will be scheduled accordingly.

How are placements determined?

Once groups have been determined, the remaining spots will be for solos and duos. **Placements will first be sent to parents only, for confirmation, before dancers are notified.**

Solos: All solo requests will be taken into consideration; not all may be accepted. The style requested will be considered but the final style will be determined by the choreographers and the studio director. This means if your child has requested a solo in one style but the choreographer or studio director does not feel they are ready for this style, they may be offered a solo in an alternate style. Alternatively, if a dancer is not accepted into the solo, they may be invited to join an additional group instead.

Duos: Duo requests will be taken into consideration; not all may be accepted. Duo partner requests will be taken into consideration, however the final decision will be made by the choreographers and the studio director. If the choreographer and studio director do not feel the pairing is suitable, your

dancer may be offered a duo with an alternate partner. If your dancer is not accepted into their requested duo, they may be invited to join an additional group instead.

Groups: All groups are created and organized based on a number of factors.

Factors that are taken into consideration are: Ability to pick up choreography, ability to retain choreography, level, technique, movement quality, cohesiveness, concepts (story line), behavior throughout the year and many other elements.

Factors that are not taken into consideration are: Friendships and age. Although age is looked at, it is not a determining factor. We love to see friendships grow and flourish in the studio and are so excited that dancers will have the opportunity to dance with new friends this season. However, your dancer will not be missing out on dancing with their current friends. Non-competitive classes throughout the season are based more so on age, friendships and ability (ballet, tap, hip hop, acro, etc.), which is where your child will continue dancing with their friends in a social setting.

How is choreography created/determined?

Choreography is created differently by each choreographer. Here is a list of things choreographers take into consideration when creating their dances.

- ❖ Age
- ❖ Technique
- ❖ Storyline
- ❖ Abilities
- ❖ Natural Movement Quality

How are costumes chosen?

Costumes are determined by the choreographer and finalized by the studio director. Costumes are used to help enhance the dance. If we have costumes in the costume room that work, we will use them. If there is no costume already in the costume room that will work, we will then order what is necessary.

How is music chosen?

Choreographers choose a song that is age-appropriate to each dancer. Choreographers choose music that speaks to them and to which they are able to choreograph. All choreographers are different when it comes to their preferences in song choice. Although some choreographers are open to suggestions,

the choreographer will have the final say. The music needs to be something to which the choreographer can connect so that they are able to create to the best of their ability and provide your dancer with the best possible choreography.

When do competitions run?

Competitions take place between the end of February and the end of May. All competition schedules are released two to four weeks before the event start date. Although competition organizers try to condense their events into weekends, this is not always possible. Some competitions take place during school and work hours.

Why does my child have to do a group and is not allowed to only do a solo or duo?

The reason for this is because competitions do not allow for soloists to compete unless they are also in a group. It also provides the opportunity to work on teamwork and create new connections.

The competitive program runs primarily throughout the week, does this mean my child will never be scheduled for weekends?

No, although we strive for a program that runs primarily throughout the week there will be the occasional events scheduled for weekends. This includes, competitive wind up party, preview show and competitions. Group dances run throughout the week and will rarely have weekend rehearsals.

Important Dates

Please note, all dates are tentative and subject to change as the events have not yet released their 2023 dates; the dates listed below are based on those from 2022. Dance Directions has no control over competition schedules. If any event conflicts with the Dance Directions calendar, we will choose an alternate competition to attend on another date instead. Your child's specific days and times for competition will not be released until two to four weeks prior to the scheduled event.

Event	City	Location	Date
Community events	Squamish	TBA	TBA
Competitive Weekend Workshop	Squamish	Dance Directions	TBA
Wind Up Party	Squamish	Dance Directions	January TBA
Mock Comp	Squamish	Eagle Eye Theatre	February TBA
Audition for 2022/23 Season	Squamish	Dance Directions	May 7
Complimentary Sampler Day	Squamish	Dance Directions	March or April TBA
Shine	Burnaby	Michel J Fox Theatre	March 28-31
The View	Vancouver	The Westin Bayshore	April 13-16
5678 Showtime	Whistler	Fairmont Chateau	May 19-22

When will choreography be set?

All competitive solos, duos and trio choreography, will be set during the summer or biweekly for the first four to six weeks of the season. Groups will be choreographed throughout the season on a weekly basis.

Can I schedule an extra rehearsal?

Additional rehearsals and cleaning sessions are available upon request and are dependent on teachers availability. These sessions will be held on weekends and Pro-D Days. Email the studio for availability.

Summer Choreography Dates (Solos, Duos and Trios)

Please note your dancer will not be required to be available for every choreography date. They will be scheduled for three to four days to complete choreography on dates for which you are available. If choreography is not finished within these dates, it will be finished in September on select weekends.