



Athabasca Dance Society
www.athadance.ca

HANDBOOK

2011 - 2012

WELCOME

Welcome to the Athabasca Dance Society! We are pleased you are joining us and wish you an exciting and rewarding year. The exceptional quality of our program is due in part to the hard work of our students—you are an important part of our success. This handbook is designed to assist you with procedures and events throughout the year. Please read it carefully and keep it handy.

Mission Statement of the Athabasca Dance Society

The Athabasca Dance Society is dedicated to igniting and supporting a lifelong passion for dance in dancers, instructors, parents, and the public. We foster physical and personal growth by developing dancers and instructors in an open and inclusive environment.

The Teachers and Executive Members are here to help you. If you have any questions or require assistance in any manner, you should contact us. Please refer to the list of Executive Members for contact numbers. Be specific in explaining your inquiry, and the contact will assist you where possible or direct your question to the appropriate member.

If you would like to speak to a teacher, please leave a message at their home phone number requesting a call back or an appointment. *Teachers are not available while classes are in session.* Phone the studio only if there is an emergency.

Teacher Names and Phone Numbers

Kerry Doidge	(780) 675-3615
Jennifer Wolfe	(780) 995-4180

Studio Phone Number

SS Athabasca Car Wash Studio (780) 213-2422

Location of Studios

2nd Floor, SS Athabasca Car Wash: #204 (Studio 1) and #203 (Studio 2), 4706 - 50th Ave.

Mailing Address:

Athabasca Dance Society
#204, SS Athabasca Car Wash
4706 - 50 Ave.
Athabasca, AB T9S 1C1

A copy of the ADS Handbook will be posted in each studio and/or can be downloaded from our website at www.athadance.ca.

TEACHERS

We are very fortunate to have such qualified and dedicated teachers local to Athabasca and traveling to our community. Each teacher brings unique talents to the school, allowing students to receive a well-rounded dance education.

KERRY DOIDGE, A.I.S.T.D (Cecchetti)

Kerry has been teaching ballet in Athabasca since 1989. Kerry has taught dance at the Edmonton School of Ballet as well as other dance schools in Alberta. She owned her own studio in Vegreville for six years.

JENNIFER WOLFE

Jennifer joined the Athabasca Dance Society in the fall of 2006. Jennifer started her dancing career at the age of 10 at Imperial Dance Academy in Edmonton, Alberta. She then continued her training at Darlene's Dance Academy and worked her way to become a teacher in Jazz, Tap, Ballet, Hip Hop, Lyrical, and Modern. Jennifer completed the Edmonton School of Ballet's Junior Preparatory Grades Teacher's Course for Ballet in 1999. She continues to train with top choreographers in workshops and teacher conferences.

PIANISTS

We are very privileged to have pianists who dedicate their time to playing the piano in many of our ballet classes.

ARTISTIC DISCRETION

The teachers make all decisions with respect to assignment of class levels, eligibility for exams, readiness for Pointe work, and roles in class performances. Students develop at different rates (physical development, emotional development, and maturity affects student progress). Advancement is not automatic. Teachers will assess students yearly.

CLASSES OFFERED

BALLET

Creative Movement (4-5 year olds). Students learn rhythm, patterning, and introductory dance movements. The dancers are encouraged to express themselves through movement, music, and creative games.

Beginner Ballet (6-7 year olds). This is an extension of creative movement, developing the student's body awareness and introducing the basic elements of classical ballet.

Junior Ballet (7 years and up). In these classes, students will follow a logical development of classical ballet principles. Classes will continue to allow the students to develop artistry and technique using creative movement.

Cecchetti Grades and Standards. These classes follow the International Syllabi of the Cecchetti Society Classical Ballet Faculty.

Basics (10 years and up). Basics classes are supplemental to Cecchetti classes. Choreography, refinement of technique, and self-expression are the main components of this ballet class.

Cecchetti Majors—Intermediate and Advanced. The majors are the beginnings of Enrico Cecchetti's work. Students will be studying a minimum of three days a week.

Pointe. A minimum of 12 years of age, on teacher's recommendation. Pointe work is an extension of ballet technique using Pointe shoes. Students must be participating in several other ballet classes as co-requisites.

Modern. This class introduces students to contemporary and modern dance techniques.

Stretch and Strength. These classes develop flexibility and core strength. Cardiovascular conditioning and general muscle toning are included as well. The focus of this class is to improve overall body condition to compliment all dance forms.

JAZZ

An informal type of dance developed in the 20th century representing our popular culture. It has roots from European music with Afro modifications emphasizing rhythm, syncopation, and swing. Character, the ability to make changes, and original dance moves are the mode in which dancers express and experience the feeling and fusion of the music and movement. Discover your own attitudes to develop your own personality.

Beginner Jazz (minimum age 9). This class introduces jazz-stylized movement with emphasis on rhythm and placement.

Jazz. Students develop rhythm, swing, expression of personality, and accuracy as they perform movements. As students advance, the jazz movements become more complex. Technical elements and style develop, ultimately showcasing strong character and stage presence through intricate, accurate movement.

Lyrical. A stylized form of Jazz with the enhancement ballet technique. It is meant to portray a story, or set of emotions while dancing. Students will be expected to draw from within themselves not simply demonstrating.

Tap. A rhythm-based style of dance. Tap students will follow Al Gilbert's Tap syllabus to learn correct foot control and transfer of weight while trying to maintain new and exciting rhythms.

REQUIREMENTS FOR PROGRESSION

As students progress, the class work becomes more complex. Each level requires a higher degree of effort, self-discipline and time commitment on the part of the dancer. To advance to the next level students should work to their full potential in every class, as they would in an exam or performance situation, The students should think carefully about each of the following areas and check themselves for definite effort and progress.

1. Focus and readiness for class (attendance, grooming, dress, warm-up, etc.)
2. Ability to pick up new work quickly
3. Strength, placement, balance
4. Turn-out ability and control
5. Extensions/flexibility
6. Ability to turn and spot
7. Elevation/ballon
8. Memorization
9. Accuracy of details
10. Musicality and coordination
11. Expression and dynamics
12. Understanding and application of corrections

UNIFORM REQUIREMENTS

Ballet

All students must wear hair securely tied off the face. Long hair must be in a NEAT bun. The use of invisible hairnets and large hairpins help.

Creative Movement: Any color bodysuit with ballet pink tights and pink dance slippers.

Beginner and Junior: Short-sleeved black bodysuit, ballet pink tights, and pink soft leather ballet slippers fastened with elastic.

Cecchetti and Standard: Black tank (sleeveless) bodysuit, ballet pink tights, and pink soft ballet slippers fastened with elastic.

Modern: Bodysuit and tights with bare feet, and/or dance shorts. Foot undies are permitted.

Boys: Short sleeved white body suit or T-shirt, black dance pants or shorts, white socks, and white soft ballet slippers.

Jazz

All students must wear hair securely tied off the face. Long hair must be in a NEAT bun. The use of invisible hairnets and large hairpins help.

Jazz: Black sleeveless bodysuit, suntan tights, black capri pants or black dance shorts, and black slip on Jazz shoes. Only Junior Jazz classes have the option to purchase the tie-up jazz shoe, but the slip-on is preferred.

Lyrical: Black bodysuit, suntan tights, and tan slip-on Jazz shoe.

Tap

Tap: Black bodysuit, suntan tights, black capri pants, or dance shorts, or a wrapped skirt, and tan showtapper shoe by Bloch.

It is suggested that all students purchase a nude skin bodysuit to wear under their year-end costume. Street clothes, loose fitting clothes, or jewelry must not be worn in any dance class.

DANCE WEAR and CUSTOM COSTUME SPECIALISTS

TU THE POINTE

8135 Roper Road
Edmonton, AB
Phone: (780) 413-9622
Website: www.tuthepointe.com/
Email: info@tuthepointe.com

Store Hours:

Fall, Winter, and Spring:
Monday and Tuesday.....10 a.m. to 6 p.m.
Wednesday and Thursday.....10 a.m. to 8 p.m.
Friday.....10 a.m. to 6 p.m.
Saturday.....10 a.m. to 5 p.m.
Sunday.....Closed
And for the long laid back summer days:
Tuesday through Saturday.....10 a.m. to 4 p.m.
Sunday and Monday.....Closed

ALL 4 DANCE

16332 - 111 Ave
Edmonton, AB
Phone: (780) 489-4269
Fax: (780) 489-4286
Toll-Free: (866) 489-4269
Website: www.all4dance.ca/
Email: sales@all4dance.ca

Store Hours:

Monday - Friday, 11 a.m. to 7 p.m.
Saturday, 9 a.m. to 5 p.m.
Sunday, Closed

ON STAGE DANCEWEAR

10004 - 79 Ave
Edmonton, AB
Phone: (780) 432-7998
Fax: (780) 437-5285
Toll-Free: (800) 856-4965
Website: www.onstagedmonton.com/
Email: onstagedancewear@hotmail.com

Store Hours:

Monday - Friday, 9:30 a.m. to 7 p.m.
Saturday, 10 a.m. to 5:00 p.m.
Closed Sundays and STATs

DANCE WEAR and CUSTOM COSTUME SPECIALISTS (continued)

KARRIE'S KOSTUMES & DANCE SUPPLIES

2001 Tudor Glen
St. Albert, AB
Phone: (780) 460-2626
Phone 2: (780) 460-2624
Fax: (780) 460-2666
Website: <http://www.karrieskostumes.ca/>
Email: kostume@telus.net

Hours of Operation:

Monday to Wednesday.....10 a.m. to 6 p.m.
Thursday.....10 a.m. to 9 p.m.
Friday.....10 a.m. to 6 p.m.
Saturday.....9:30 a.m. to 5 p.m.
Sunday.....Closed

CONDUCT

The Athabasca Dance Society is very proud of its students and anticipates that they will behave appropriately at all times. Students need to be considerate and respectful of their teachers and peers. **Please show respect for the facilities and costumes.**

CLASSES

When the teacher enters the class, students should be ready to start. Students should not talk in class. Water bottles and towels may be used at appropriate times. Students should finish the class with applause and thank the teacher and pianist. When a guest enters the room and is introduced, students will stand and greet them in the appropriate manner. **ABSOLUTELY NO GUM IN CLASS!**

FACILITY

The SS Athabasca Car Wash building is a non-smoking facility. Each studio has a lobby area and hallway washroom. Students should take pride in these premises and put garbage in designated disposal bins and keep clothes in bags or hang them up, thereby maintaining neatness. Quiet, well-mannered behavior is expected at all times. Inappropriate language, yelling, or running is prohibited.

DRESS CODE

The dress code is an extremely important tool for the correct development of technique and assists in preventing injuries. When the teacher is able to clearly see the dancers' body posture and physical presentation, they are able to make subtle adjustments that may eliminate future problems. Students should refer to the uniform requirements for all classes in all divisions. Students should remove warm-up garments and perform warm-up exercises prior to class. Appropriate grooming is expected at all times. Keep extra dance wear in a bag in case of emergency. Please ensure all dance wear is laundered on a regular basis.

PERFORMANCES

When attending or participating in performances, students are acting as representatives of the Athabasca Dance Society. Appropriate behavior is expected in the audience and backstage. Students should clap enthusiastically to show their appreciation and support.

THEATRE ETIQUETTE

Please remember that when watching your child's performance several important factors help everyone enjoy the show. Please be sure all cell phones and pagers are off. Do not enter or exit during performances and do not move around the theatre. Please stay to enjoy all the dances, so that each student has an audience. We discourage people leaving at Intermission. Please be as quiet as possible during the performance. Do not use any flash photography as this distracts the dancers and may cause injury. These small points educate our children on theatre etiquette and make for a positive and enjoyable dance event. **Students** may not leave any performance early without prior arrangements with their teacher and room supervisor.

PERFORMANCE REQUIREMENTS

Costumes are provided for all participants in group performances. Students will need to provide their own tights and shoes.

WARDROBE

Students are responsible for the care of all costumes provided for performances. **Please remember that there is absolutely no eating or drinking while in costume.** Students must return costumes in the condition received after every performance. The costume should be on a hanger with a nametag and all accessories carefully attached. All students, regardless of age, are required to use deodorant while in costume. Students will be charged for repair and cleaning costs if the costume is damaged or soiled.

ABSENCE/ATTENDANCE

Attendance in class is important for dancers to reach their potential. Missed work is difficult or impossible to regain due to the nature of dance classes. Parents will be notified in the event that student absences become a concern. Please be sure that you call the dance teacher if your child is unable to attend dance classes for any reason.

It may be possible to make up classes missed, due to illness or injury, by participating in another class.

PERFORMANCE OPPORTUNITIES

Students are expected to know and perform the choreography with accuracy. Students should strive to meet the technical and artistic requirements of the piece. Students can be removed from performances and/or exams at the discretion of the teacher, at any time. Please be aware that practice by oneself and/or knowledge of the choreography is not sufficient to perform. Just like team sports or other group activities, dance requires group practice to achieve excellence in timing, spacing, staging and emotion by every performer.

REMOVAL FROM THE SCHOOL

Students can be removed from any or all classes in the event of a serious incident or repeat concerns. Meetings and discussions with parents will be set up to discuss behavior should a problem occur.

PARENT/STUDENT GRIEVANCES

All parent or student grievances must be in writing to the executive. The item will be addressed at the next meeting and the recipient will receive a response in the form of a documented phone call or letter.

Grievances can either be emailed directly to **www.athadance.ca** or sent by postal mail to:

Athabasca Dance Society
#204, SS Athabasca Car Wash
4706 - 50 Ave.
Athabasca, AB T9S 1C1

NEWSLETTERS

Newsletters will be available regularly throughout the year. **It is the responsibility of all ADS students and their parents to read each newsletter emailed to dance families once a month to stay updated with vital information.** A copy of the monthly newsletter is also posted on the bulletin board in Studio 1 (#204) and is available in PDF format on our website at **www.athadance.ca**.

SUMMER SCHOOL

Summer school is not a requirement of any student; however, if a student wishes to participate it can be an excellent experience. Summer school recommendations will be available at the student's request. Please speak to your teacher if you are interested.

STUDIO MAINTENANCE

The dance studios must be cleaned on a weekly basis. As of the 2011-2012 dance season, it is mandatory that all dance families participate throughout the year in the cleaning and maintenance of both dance studios at the SS Athabasca Car Wash. A housekeeping list of duties to aid families during their week of cleaning will be posted in each studio.

FUND RAISING

The Athabasca Dance Society is a non-profit organization. It is part of our mission to keep costs down in order for as many students as possible to participate. Our funding comes from student fees, ticket sales, grants, and fund-raisers. We rely extensively on volunteers to keep costs down. Volunteers sew all costumes, man all performances, and carry out all fund-raising. Students, mothers, fathers, and grandparents are our greatest assets. Without volunteers we would not survive as a society.

Please check the volunteer list and help as much as possible. Be certain to choose and volunteer for at least one activity.

All families are also required to volunteer for two hours throughout the dance year. Each family must submit a postdated cheque for June 1, 2012, in the amount of \$200.00. If you have completed two hours of volunteer time before June 1, your cheque will be returned or destroyed.

This does not include the year-end performance. Every family is required to help at the year-end performance in addition to the two hours of volunteer time. See the website to sign up for jobs that are available.

HAVE YOU VOLUNTEERED YET?

Executive Members

President
Secretary
Treasurer
Directors
Fee Collector
Communications and Publicity

Costume Coordinator

Assistants
Sewers
Cutters
Hand Sewers
Laundry

Music Festival

Blue door Monitors

Backstage Hands

Parent Supervisors

Announcers

Class Rep. Coordinator

Class Representatives/Phone Parents

Casinos

Bingos

Year End Performance Coordinator

Tickets: order and distribute

Blue door Monitors

Back Stage Hands

Parent Supervisors

Dance Photos/Distribution