



# DANCE EXPRESS & TUMBLING COMPETITION CREW

**\*\*Dedication-** Attend all practices....

**\*\*Discipline-** Be on time and prepared!

**\*\*DESIRE..** To do your best, be your best and BE A TEAM PLAYER! Have a Positive Attitude!

**A lot of fun, hard work and commitment await you- but the Performance Fun is amazing.**

Competition requires time, talent, dedication and regard for each other as “team members”. Competition should bring out the best in a student’s talent, build self-image, develop personality, character, perseverance, and foster friendships. We urge each student to do the best they can.

That is the real “win”. Each student should compete against herself/himself. We do not want to critique others, but concentrate on improving our own capabilities and talents.

### **Always know...**

1. YOU ARE VERY IMPORTANT

2. At Dance Express & Tumbling we forget negativity, gossip, put downs, destructive criticism and cliques! The studios should be your happy, safe place. Just Choose Kind! Lift each other up! If the performer or parent does not follow this, or are disrespectful to the staff, students, or families, Lisa reserves the right to immediately dismiss the performer from the team.

### **Basic Criteria:**

CREW Members who sign this contract are agreeing to a “one year commitment” to the *group*. Our Season is July-June. All members are re-chosen annually. Dancers/Tumblers and parents please know it is your responsibility to check emails, Band app and FB for upcoming events and important information. If you have any questions, please don’t hesitate to call or email. The Team Selection is final. Lisa and Staff will place students in the appropriate groups based on how they see fit. There will be no disputing or asking for your child to be put in a differ class. Our staff will place students where they feel they will thrive, grow and be successful. Every student is not guaranteed a spot on the competition team because they auditioned.

### **\*\*\*ATTENDANCE**

You must be present at all practices **three weeks** prior to a competition in order to participate. Unless previously excused by Lisa, no excuses on this. Students who can’t make it may be taken out of the number for that particular event due to formations being affected. They may also be removed from future events too as it affects the team. Competitive Dance/Acro is a team event! Everyone matters! This will be enforced as we need proper attendance for the TEAM. If an absence is necessary due to emergency or illness, please email or text Lisa as soon as you are aware in case we need to alter schedules. It is not fair to the team for someone to be missing because they simply decided to go to another sport. This is a sport as well and we need our team at competitive practices. Continued absences can result in the team member being removed from the competition team that season and in the future.

## **COMPETITION HAIR/MAKEUP**

At competition uniformity is a must. It is necessary for all performers to look as much alike as possible. The use of stage make-up is also necessary for the judges and audience to be able to see the performer's features from a distance. We have a "studio standard" to be used by all students for all competitions and performances unless otherwise told. You will be given a sheet with the makeup you will need to purchase from Walmart/Target/Amazon/etc.

Dress Code will be enforced. DANCERS-Students will need to wear black leotards or Black tight tank/crops, black spandex shorts/capris. No loose baggy clothes. No t-shirts. There is also the option of the DET Practice Gear also. Acro- Girls-NO TSHIRTS.... Sports bras, tight tanks, leotards, spandex shorts. Boys- guys shorts and tighter t-shirts...nothing real baggy.

## **TIME COMMITMENT**

Our goal is to give the CREW performers as many performing opportunities as possible. This means, I expect students to attend at least 3-4 competitions throughout the year, and hopefully some small performances at local events. When routines are placing in the top 5...we may consider Nationals! Additional practices could be added closer to time if needed for additional costs.

Teammates are expected to be at all competitions. If there is an emergency situation, Lisa can be notified of the situation. If a teammate cannot be at all the competitions, Lisa has the authority to ask the performer to sit at the other competitions if needed.

Members of the ACRO CREW are encouraged to take 1.25-2 hours a week of training classes. Open Gyms are strongly recommended. We would like them to attend our Stretch and Strength Class each week too. All members may be required to come in for extra rehearsals before a performance, if needed. Each Acro team competes with one routine.

DANCER Crew Minis (age 7 and up teams) will come 2 days a week programs will have a Technique Class, Stretch/Strength and Routine Class weekly. Our Petite Students (5-7 year old team) will come once a week and will only take a regular class-up to 1.25 hours a week.

Mini-Teen Dancers will need to take the June technique classes that are once a week. July is off. August is Choreo times.

Petite Team - competes with one routine

Mini Team- Competes with one-two routines

Jr, Tween and Teen Teams- Competes with Ballet and Jazz routine.

Hip Hop Team- Competes with one routine.

Musical Theater- Competes with one routine.

**Solos, Duets, Trios**- Must participate in 2 group routines and take our stretch/strength and technique classes in order to get to compete in a Solo/Duet/Trio. Miss Lisa has the final say if they are able to do a solo/duo/trio. To be considered, you will fill out your interest form and submit it before July 1. Once selected, you will start choreography in July/August. You will be responsible for knowing your material each week and practicing independently as well as with the staff. The cost is: Solos- \$35 for 30 min private session. Duo/Trios- \$25 per participant. We typically do weekly practices. Entry fees are around: Solos- \$130 a comp. Duos/Trios- around \$70 a performer a comp. Lisa will be involved in the Choreo stages of these and her teacher assistants will be involved with cleaning the routines. Please know, it is up to you to KNOW your routines. If you do not, you may be asked to wait a year to continue with it. These are high

commitment on your independent practice. Lisa will get with those all interested in July. You must pay your lesson fees on time, or you will not get to have private practice. If you do not show up or cancel the day of the lesson, you will still be charged for the lesson as we don't have time to fill the spot.

### **FINANCIAL**

Competition entry fees vary depending on the size of the group and which competitions we attend. The fees are per person and must be paid in advance. Usually \$70 per student/group routine/competition. All fees must be paid in full by the due date or the student will not be entered into the competition. You will be notified of the Competition Fees due. All Competition fees will be invoiced in August. You can then make monthly payments or pay in full. Balance will be due by Dec 10th. Any competition student that does not have their fees paid by then, will be pulled from the routines for the season. We have to pay the fees as well in a timely manner.

Mandatory items:

#### **Order By Oct 1st from Lisa**

- **Costumes** will cost on average \$75-85 each. Each routine you are in, will need its own Costume.
- **Competition Shirt-\$18**, to be worn at competitions for awards- we will order on Dec 1.
- **Dance Express & Tumbling Jacket** - \$110 (required) Order by Aug 1 and/or Sept 15

#### **ORDER on Your Own**

- Makeup- Target -This you will get on your own.
  - Covergirl-Aquasmooth foundation- Get what matches your skin
  - EyeShadow- Maybelline O2Q Natural Smokes
  - Lipstick- 696 Burgundy Blush
- Blush— Maybelline Pink Rose
- You will want Black Mascara, Eyeliner, Bronzer

Team Warm-ups -- They are a great way to unify the CREW at competitions, performances and conventions, and they are perfect for wearing over classwear on the way to class and during warm-ups for the cold months. They are required to be worn at competitions.

We will do several fundraisers to help you offset the costs of costumes, classes, conventions, and competitions. Parent Boosters will lead this. If you participate, you will get a portion of the profits made.

➤ Butter Braids- Kicking off Sept 15th! Scratch Off board- Every teammate wanting to participate will donate \$20 in scratch offs, Mums, Sweatshirts...details coming! 100% goes to you! ➤ Open to other ideas to be decided by the Crew

Students/parents must participate in scheduled fundraising events in order to receive any benefits from the funds. Commitments to competitive CREW can be costly and to counter some of the out-of-pocket expenses, all students and parents are encouraged to participate in promoting teamwork and financial assistance for the benefit of the team. Proceeds earned from the fundraisers will go back to the individual dancers who participated: 90% will go to the student, 10% will go to the team fund. There are no refunds on any fees, tuition, costumes, and competition fees. If you are discontinued or choose to no longer be a part of the team, your fundraiser balance will be transferred to the overall team account that is used for props, décor and other misc team supplies. All tuition, costume, choreography and competition fees are non-refundable. Tuition and Personal Dance/acro Account must be kept current in order to be allowed to perform/compete. All competition fees must be paid by the due date in order to participate in that competition. A student being discontinued or choosing to not continue will not be refunded for any paid fees or tuition.

## **Choreography**

Tumbling Crew will have a Choreography Training Day. This will cost \$100.

This will happen in September (Acro).

Competition Dancers and Hip Hop (Minis and up) will also have a \$100-120 choreography charge for choreography days per comp dance routine days.

So, FOR EXAMPLE- Group B is learning Jazz choreography on August 16th. That training day(s) is \$100 a student for choreo learning.

Recommend taking all Dance Camps offered as well as Fall/winter conventions are recommended. To perform a solo/duet/trio, you must be in 2 competition group routines and be enrolled in a technique and stretch/strength classes.

Optional DANCE Conventions coming up are:

Revel-Oct 20-22, 2023

LA Dance Magic- Jan 19-21, 2024

AYA St Louis- date tba

We will send info out closer to their times. I'd love for the dancers to attend at least one. So much growth happens at these in many ways. The exposure to the dance world. The exposure to different teachers. Exposure to styles. So many opportunities! If they can go to one....or all....it is a great opportunity!!!

## **Conduct**

Smoking, Vaping, and/or Drugs will not be tolerated on our teams. If doing these things on studio grounds or competitions, students will be dismissed from the team.

**Tentative Comp Dates:** They are still being released!

Legacy

Talent On Parade Branson

Parent Showcase Dress Rehearsal: Feb 2024.

**ENDING NOTE FOR PARENTS:**

Competition is a fun experience for both the Student and the parent. Don't let yourself get stressed out. Keep things in perspective. Winning a trophy is not the most important thing, being in the front line is not the most important thing, and the number of routines you are in does not matter. What matters is to grow and learn from your experiences and truly believe you are doing the best you can do! Being a performer and teaching dance and acro for many years, I have seen all sorts of situations, please note competitive teams are a very awesome opportunity for students to participate in, it makes students reach potentials they never thought possible. It gives students a sense of unity and teaches them hard work and discipline to name a few. Remember, you will always be more gifted than someone else and there will always be someone more gifted than you! It is about TEAMWORK.

**Perform for you, do the best you can do! Don't be jealous, be inspired!!! Dance Express & Tumbling is a place for students to reach their full potential and that can only happen if we work as a team striving for positive energy!**

By signing this contract, you understand....

Being a competitive student is a financial commitment as well as time commitment. You are required to pay all competitive expenses throughout the season. Do not take the decision to be a competitive student lightly. The signed competitive contract is binding and all conditions of the contract will be enforced. All Competition fees must be paid by the deadline or students cannot compete in that competition.

You agree to attend all regularly scheduled classes as well as extra rehearsals. You understand that excess absences may result in not being able to participate in an event or even removal from the CREW. You do not anticipate scheduling conflicts with sports or other activities. We hope that a student doesn't breach this contract as thus us a TEAM sport, however, if they quit, all fees will be forfeited.

Both student and parent have read and understood all that is expected as a member of the Dance Express & Tumbling Competition CREW. We understand these rules are created to ensure the absolute best training and the most positive and rewarding experience for all. We are very excited to be accepted as a member of the Company and can't wait to begin! Lisa does have the right to move students to various classes as she deems necessary.

AS DET parents, please represent our studio in a professional manner. You represent DET together with us. Please keep comments and actions appropriate and positive. Inappropriate actions and words from parents can cause students to be removed from their teams.

We will attend the Nationals in Branson or St Louis in June with the team unless an emergency occurs. Teammates on the 2023-2024 team will need to attend Nationals if we qualify.

Click the link on Google form stating you have read this and understand all the guidelines.