



2025 Performance Team Handbook

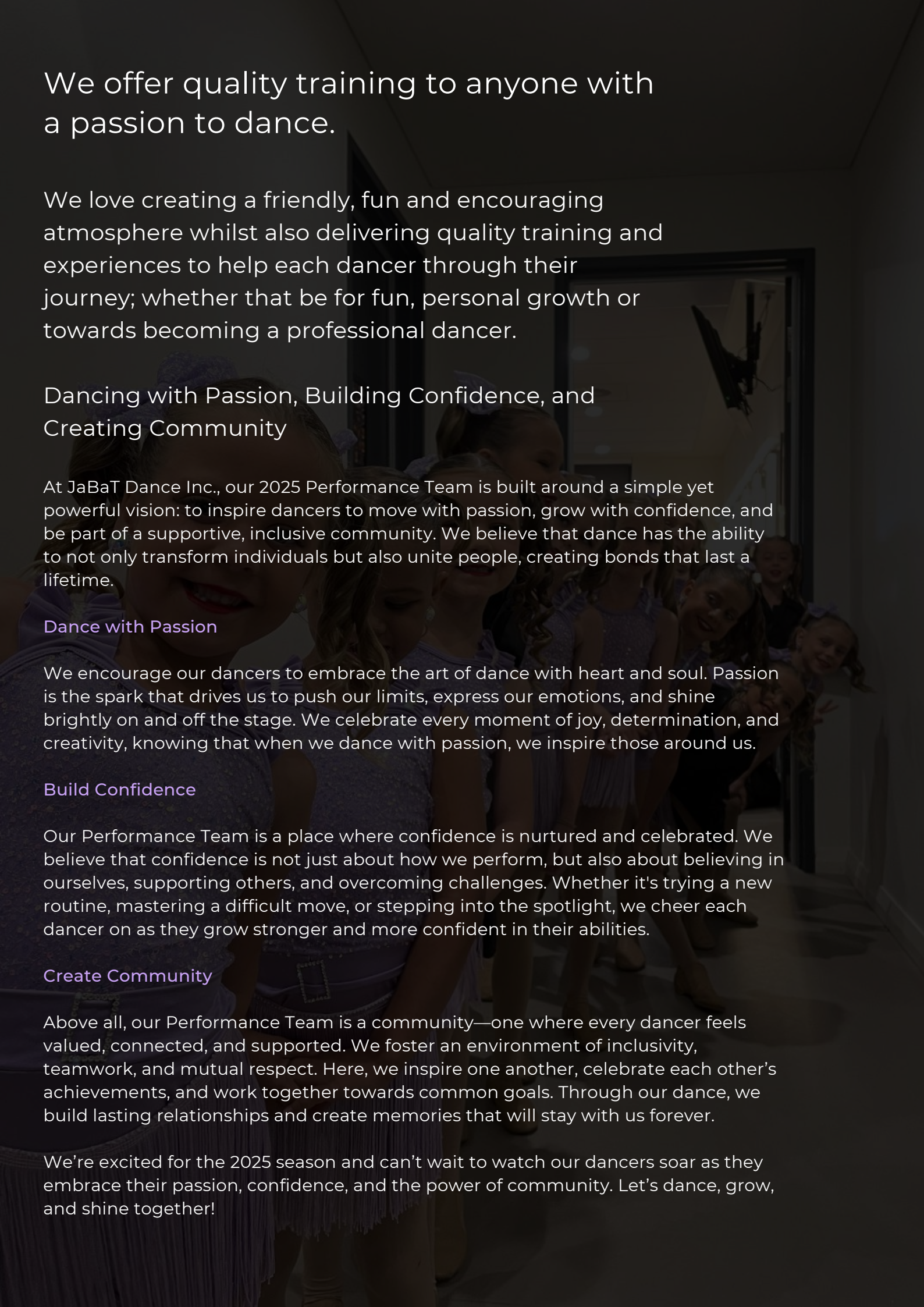


Welcome to JaBaT Dance Inc Elite Performance Team 2025

Please take the time to thoroughly read through this handbook as well as the 'Performance team Contract' (if selected for the team you will receive this documents) so that all students and parents/guardians understand the requirements outlined. If you have any questions please do not hesitate to contact the office by email, jabatdance@live.com.au

We are excited to have you on board and look forward to watching you all grow as dancers and performers.



A group of young dancers, mostly girls, are in a dance studio. They are wearing light-colored, possibly lavender or light blue, dresses or leotards. They are all smiling and looking towards the camera. The background shows a dance studio with a mirror and some equipment.

We offer quality training to anyone with a passion to dance.

We love creating a friendly, fun and encouraging atmosphere whilst also delivering quality training and experiences to help each dancer through their journey; whether that be for fun, personal growth or towards becoming a professional dancer.

Dancing with Passion, Building Confidence, and Creating Community

At JaBaT Dance Inc., our 2025 Performance Team is built around a simple yet powerful vision: to inspire dancers to move with passion, grow with confidence, and be part of a supportive, inclusive community. We believe that dance has the ability to not only transform individuals but also unite people, creating bonds that last a lifetime.

Dance with Passion

We encourage our dancers to embrace the art of dance with heart and soul. Passion is the spark that drives us to push our limits, express our emotions, and shine brightly on and off the stage. We celebrate every moment of joy, determination, and creativity, knowing that when we dance with passion, we inspire those around us.

Build Confidence

Our Performance Team is a place where confidence is nurtured and celebrated. We believe that confidence is not just about how we perform, but also about believing in ourselves, supporting others, and overcoming challenges. Whether it's trying a new routine, mastering a difficult move, or stepping into the spotlight, we cheer each dancer on as they grow stronger and more confident in their abilities.

Create Community

Above all, our Performance Team is a community—one where every dancer feels valued, connected, and supported. We foster an environment of inclusivity, teamwork, and mutual respect. Here, we inspire one another, celebrate each other's achievements, and work together towards common goals. Through our dance, we build lasting relationships and create memories that will stay with us forever.

We're excited for the 2025 season and can't wait to watch our dancers soar as they embrace their passion, confidence, and the power of community. Let's dance, grow, and shine together!



Performance Team Information



Eligibility for Performance Classes

Troupe classes

- Age Requirement: Dancers must meet the minimum and maximum age requirements as outlined for each competition.
- Previous Experience: Dancers must have demonstrated a basic understanding of the dance style(s) involved in the competition. Previous competition experience is not required, but is an asset.
- Commitment: Dancers must be available for all practices, rehearsals, and performances leading up to the competition. Unexcused absences may result in disqualification.
- Health: Dancers must be physically capable of participating in the required training and performances.

In order to take part in our performance troupe teams we require students to be under- taking specific classes in order to gain tech- nique, strength and dance knowledge. Below we have outlined the compulsory classes.

- Preschool age and above – must be under- taking at least one ballet class OR one jazz class per week*

All students are required to be participating in a corresponding style to which they are involved in. Eg. A contemporary class to be in a contemporary troupe.

Solo/Duo/Trio

- Age Requirement: Must meet the age requirements specified for the competition.
- Experience: Previous competition experience may be required or preferred for solo performances, depending on the level of competition. For duos or trios, dancers should demonstrate the ability to collaborate and communicate effectively.
- Availability: Dancers must be available for the rehearsal schedule and competition dates. Non-compliance with attendance requirements could lead to disqualification.
- Commitment: Dancers must commit to all aspects of the performance, including rehearsals, costume fittings, and required preparation.

To be eligible for a solo/duo/trio you must participate in:

- At least one ballet class OR one jazz class per week
- At least one troupe in the same year
- An exam class in your allocated level (Grade 1 and above)

All students are required to be participating in a corresponding style to which they would like to perform. Eg. A contemporary class to be in a contemporary solo/duo/trio.



Troupes, Solos, Duos & Trios

School holiday competitions:

Teachers will attend all troupe performances at our specified competitions. If a student is performing a solo/duo/trio for the first time, a JaBaT Dance teacher will be there for support. We will attempt to have a teacher at each performance (if at one of our specified competitions), but encourage students to acquire the skills and confidence to put themselves on stage as they get older.

All Mini, Intermediate and Senior students must be available for the following competitions and performances:

- Troupe Audition Weekend
 - 7th & 8th of February
- Welcome to Hedland Performance
 - 9th May
- Intensive Comp Rehearsal Weekend
 - 7th & 8th of June
- Starstruck Dance Competition Karratha
 - 13th & 14th June
- Spinifex Spree Hedland
 - 26th & 27th July
- Odyssey Performance
 - 30th August
- Intensive Comp Rehearsal Weekend
 - 30th and 31st August
- Starlight Dance Competition Karratha
 - 6th & 7th September

*ALL DATES SUBJECT TO CHANGE (WE WILL NOTIFY FAMILIES AS SOON AS POSSIBLE)

Students must be available for all performance dates and rehearsals as listed in this handbook. Please do not accept a position in the performance team if you are not available for all dates.

All ELITE Troupe students should be mostly be available for the following competitions and performances:

- Troupe Audition Weekend
 - 7th & 8th of February
- Welcome to Hedland Performance
 - 9th May
- Intensive Comp Rehearsal Weekend
 - 7th & 8th of June
- Startstruck Dance Competition Geraldton
 - 27th, 28th & 29th of June
- CSTD Competition Perth
 - 4th July - 10th July
- Industry Connect Dance Competition
 - 12th July
- Starstruck Dance Competition Karratha
 - 13th & 14th June
- Spinifex Spree Hedland
 - 26th & 27th July
- Odyssey Performance
 - 30th August
- Intensive Comp Rehearsal Weekend
 - 30th and 31st August
- Starlight Dance Competition Karratha
 - 6th & 7th September
- Carnival Dance Competition Perth
 - 27th - 30th September
- Starlight Dance Competition Perth
 - 3rd - 7th October

*ALL DATES SUBJECT TO CHANGE (WE WILL NOTIFY FAMILIES AS SOON AS POSSIBLE)

Weekend and Term 4 competitions:

If you wish to enter any competitions outside of our nominated competitions you must request permission by JaBaT Dance Inc Principal teacher. Teachers will not be available to come and support students at these, so please keep this in mind when making a decision. Attending troupe classes must take priority over the extra competitions entered, so therefore missing class for this reason is unacceptable.



Costs Involved

\$150 Troupe Registration Fee per child

\$50 Costume Deposit

\$150 Solo, Duo or Trio Registration Fee per child (if selected)

The registration levy covers all administration, troupe jackets and teaching fees for all dances.

- Please note these costs when signing your Performance Team contract and nominating for a solo, duo or trio at competitions.

Entry into Competitions

This cost will vary with each competition and section entered. Prices range from \$10 - \$50 per dance.

Performance team uniform

Performance Classes (troupes, solos, duos and trios):

GIRLS

JaBaT Dance Inc Baseball T-Shirt or crop top

OR

Plain black singlet, leotard or crop top.

A tight, black long sleeve top may also be worn in cooler weather.

JaBaT Dance Inc leggings, bike shorts

OR

Plain black leggings, bike shorts or shorts

Appropriate shoes for style of troupe/solo/duo/trio

Hair must be in a slick Bun or Pony tail for all Performance team classes and rehearsals.

Costumes

Costume Cost (cost is per troupe, per dance):
Roughly \$100 - \$150

*Parents will have paid \$50 Off their costume total at initial acceptance of Performance Group contract and initial fees.

Performance team Public Performance uniform

Performance Uniform (troupes, solos, duos and trios):

JaBaT Dance Inc Baseball T-Shirt or crop top with Plain black leggings.

Appropriate shoes for style of troupe/solo/duo/trio

Hair must be in a slick Pony tail for all Performances and Performance Makeup with Red lipstick is required for all public performances.

Further Information

Communication

Most of our communication in regards to competitions will be done through email, we will also be exploring Facebook Private Groups in 2025 that you will be added to. Here is where we will upload choreography, important information, entry dates, ect. If you do not wish to be put onto a Facebook page please let us know and we will make sure to relay information to you in another form.

Practice Makes Progress

In order for our performance students to progress and succeed, 100% commitment is required. Troupe members must make an effort to practice outside of class time. Set time out in your weekly schedule for performance practice. Students who are regularly absent, late or do not make an effort to practice may be asked to leave the troupe. We always have fun during classes, however, students need to take their classes seriously. Students must come back to class each week knowing what they have previously been taught. This eliminates unnecessary stress on both students and teachers and makes for a much more productive class. Once dances are complete, practice outside of class is still essential to work on technique, corrections, performance skills, ect.

Expectations

- JaBaT Dance Competition students are expected to commit for the full calendar year.
- Students enrolling in JaBaT Competition classes are allocated to Troupes according to their age, experience, ability, potential, behaviour, commitment and attitude.
- Students are not permitted to miss more than two of any troupe or required classes per term unless a prior arrangement has been made and approved by JaBaT.
- Any parent/guardian or student who does not comply with JaBaT Dance Competition Team Code of Conduct outlined in Troupe contracts will forfeit their position in these programs.

Student and Parent/Guardian Responsibilities

For competitions, please make sure you have:

- correct and clean dance shoes, tights, hair and make-up items.
- You are responsible for your own solo/duo/trio props.
- Students or parents are required to do their own hair and makeup. Teachers are willing to help out with advanced warning. Prior to our first troupe performance (June) we will have a makeup demonstration.
- Solo/duo/trio parents or Parents of Championship dancers must make themselves available to volunteer for at least one tasks at each eisteddfod where volunteers are required.
- Please ensure that you keep on top of all notifications, emails and notices that are released in the lead up to competitions, and ensure that your child is aware of all that is required. A comprehensive list of hair, makeup and costume requirements, as well as run sheets and arrival times for competitions , and any required extra rehearsals, will be posted to the Performance Team Facebook Group and emailed prior to the event. Please ensure you are a member of this group. Videos of routines for rehearsals are also posted to this group, and we ask that parents ensure that their cherubs are rehearsing routines at home so that they are prepared to fine tune routines in class time.
- The dressing room space at competitions is always limited, and as such, JaBaT Dance keeps our dressing room as a "cherub only" zone. The younger students also have senior helpers on the day, so once you have dropped them off, please evacuate the dressing room and enjoy watching the performances. Please do not put us in the awkward position of having to ask you to leave the dressing room. Drop and go, and enjoy from the audience.
- Competitor passes are to be purchased at each comp and is the responsibility of the parent. Some comps sell these online in the lead up to comp day. This helps to avoid lining up on to pay the day.

COMPETITION DAYS DOS AND DON'TS

To ensure that eisteddfod days run as smooth as possible, we ask that all students:

- To check all notes thoroughly to ensure that you have all costume items required.
- Pack extra emergency tights in case of holes or ladders.
- Pack your own supply of bobby pins (both flat and bun), safety pins, hairspray, deodorant, comb and brush.
- Ensure you are in full uniform (jacket, leggings or track pants, black or white sneakers.)
- Have your first routine tights under your uniform.
- Pack the rest of your items in a small wheelie bag or sports bag.
- Ensure your shoes are clean with no scuffs, marks or holes.
- Label all your belongings (especially uniforms.)
- Pack lots of water and healthy snacks.
- Pack a running list of your child's routines and costumes/accessories required (as posted by Miss Dana in the Performance Team Facebook Group and emailed).
- Purchase a competitor pass from the front desk at the comp or online if available.
- Have fun!

We ask that all students DO NOT:

- Arrive late.
- Arrive in thongs, sandals, slip on shoes, or jazz shoes.
- Rely on others to supply you with bobby pins etc.
- Bring large bags or dream duffels.
- Leave the dressing room without JaBaT Dance Teachers or Volunteers permission.
- Be noisy and disrespectful in the dressing room.
- Leave your belongings laying around in the dressing room.
- Eat in costume.
- Forget your competitors pass.
- Enter the auditorium when another performer is on stage, regardless if someone else does before you.
- Stand in the wings when backstage, until it is your turn to perform.
- Take photos or video from the audience.

Timetable

SATURDAY	9:15am	10:00am	Pre-Pointe / Pointe Class	Ballet Grade 3+	Miss DANA	Studio 1
	10:00am	10:45am	Mini Technique	Audition REQ	Miss MIA	Studio 1
	10:45am	11:30am	Intermediate Technique	Audition REQ	Miss MIA	Studio 1
	11:30am	12:15pm	Senior Technique	Audition REQ	Miss MIA	Studio 1
	12:15pm	1:00pm	Mini Troupe	Audition REQ	Miss DANA	Studio 1
	1:00pm	1:45pm	Intermediate Troupe	Audition REQ	Miss DANA	Studio 1
	1:45pm 2:30pm	2:30pm 3:30pm	Senior Troupe Elite Troupe	Audition REQ Audition REQ	Miss DANA Miss DANA	Studio 1 Studio 1



Thank you we look
forward to the
excitement that
2025 will bring.

Dana Bell
Principal

DBELL

45 Keesing Street,
Port Hedland, WA, 6721

E. jabatdance@live.com.au



<https://jabatdance.com.au/>