

# JABAT DANCE INC.

2024

Troupe  
Handbook



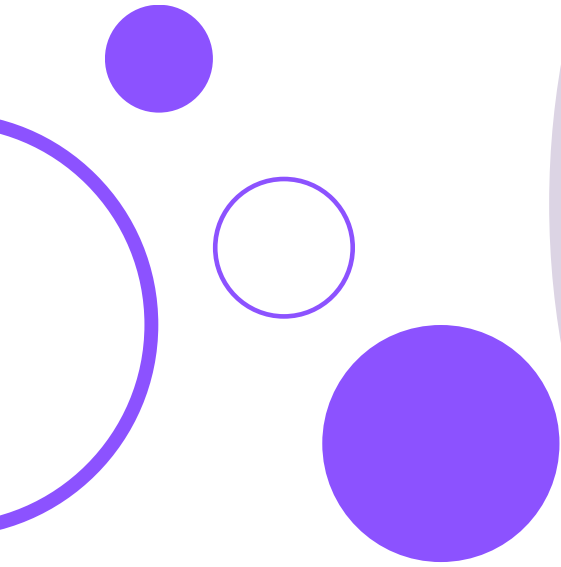


# TROUPE

Troupe is an extension-based class of selected students who travel for competitions and perform at local events. Troupe students are required to commit to their team and will be required to attend Strength and Conditioning classes as well as technique training and troupe classes on Saturdays.

This year JaBaT will be creating 5 troupe teams; Mini, Intermediate, Senior, Hip Hop and Advanced Acro.

We are so excited about what 2024 has in store for us at JaBaT Troupe teams.



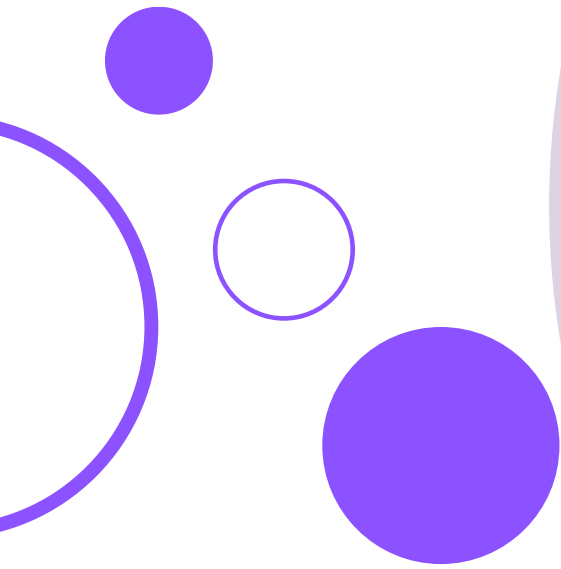
# IMPORTANT INFORMATION AND TRY OUTS

This year try outs will be held over two days; **2nd and 3rd of March**. Things will run differently from previous years. Over the two days students will attend a number of workshops which will focus on routine learning, goal setting and strength and skill testing.

JaBaT dance are also hoping to hold a sleepover for intermediates and above (9+) on Sat 2nd March. This is an exciting new event and we are hoping it will create stronger, more connected teams. More information will be released closer to the event, depending on suitability of location.

In order to be part of a JaBaT troupe team, you must make a number of commitments. These commitments will be outlined in detail upon receiving a troupe contract but will include committing to classes **every Saturday**, attending strength and conditioning classes and technique classes as well as practicing at home.

Troupe students **MUST** attend local traveling competitions unless there are extenuating circumstances.



# IMPORTANT INFORMATION AND TRY OUTS

Karratha competitions will be held June 8th-9th and Sept 7th-8th. We are also hoping to take students to Geraldton and Perth (these competitions will be optional and will depend on numbers.)

If successful, students will be given a troupe team contract. This will outline all expectations, including attendance, practice requirements, and code of conduct. Upon signing and submitting their contract, a yearly registration fee of \$150 will need to be paid. This covers the cost of classes for the year and your child's troupe jacket.

Being part of troupe does result in additional cost and we want to make sure families are aware of these before try outs. On top of the \$150 JaBaT registration fee, you will be required to pay for troupe costumes, competition registration fees, travel and accommodation costs.



# JABAT DANCE INC UNIFORM

**ALL shoes and tights are available online from:**  
Energetiks (<https://www.energetiks.com.au>) OR  
Bloch (<https://www.bloch.com.au/pages/dance>)



**Hot Shorts**  
**\$40.00**



**Crop Top**  
**\$40.00**



**JaBaT Baseball Tee**  
**(available in purple or blue)**  
**\$45.00**



**Punk Rock Singlet**  
**\$30.00**



**Laura Leggings**  
**\$50.00**



**Boys Drawstring Shorts**  
**\$45.00**

## Uniform Requirements

Troupe students are required to wear any combination of the JaBaT uniform, but must have JaBaT baseball tee and hot shorts for travel and performances.

All other uniform requirements will depend upon the troupe and performance



# OUR TROUPE 2024

# MINIS

Our mini troupe age range is 5-8. They have competed with high energy jazz numbers with lots of sass and have also joined their fellow JaBaT troupe students in a combined lyrical.

## Uniform Requirements

Any combination of the JaBaT uniform for classes

**Stockings** - Tan Tights available online from Energetiks. <https://www.energetiks.com.au/essential-dance-tight-convertible>.

**Hair** - This will depend on performance and competition. Local performances will require a low pony with middle part. For class, either in a bun, ponytail or braid; hair must be scraped off the face with no loose hair hanging onto the face.

**Make up** - Full performance/concert make up will be required for both local performances and competitions

**Shoes** - Tan Jazz Shoes with elastic. ([https://www.energetiks.com.au/jazzconvertible\\_20-boot-neoprene](https://www.energetiks.com.au/jazzconvertible_20-boot-neoprene))





# INTERMEDIATES

Our intermediate troupe ages range from 9 - 11. They have competed in a number of Jazz performances that have incorporated tricks and individual skills. They have also joined other troupes for lyrical performances.

## Uniform Requirements

Any combination of the JaBat uniform for classes

**Stockings** - Tan Tights available online from Energetiks. <https://www.energetiks.com.au/essential-dance-tight-convertible>.

**Hair** - This will depend on performance and competition. Local performances will require a low pony with middle part. For class, either in a bun, ponytail or braid; hair must be scraped off the face with no loose hair hanging onto the face.

**Make up** - Full performance/concert make up will be required for both local performances and competitions

**Shoes** - TanJazz Shoes with elastic. ([https://www.energetiks.com.au/jazzconvertible\\_20-boot-neoprene](https://www.energetiks.com.au/jazzconvertible_20-boot-neoprene))

Black Jazz Shoes with elastic ([https://www.energetiks.com.au/jazzconvertible\\_20-boot-neoprene](https://www.energetiks.com.au/jazzconvertible_20-boot-neoprene))



# SENIORS

Our Senior troupe age range is 12+. This troupe is for our advanced and skilled senior dancers, who have performed a number of genres across many competitions.

## Uniform Requirements

Any combination of the JaBat uniform for classes

**Stockings** - Tan Tights available online from Energetiks. <https://www.energetiks.com.au/essential-dance-tight-convertible>.

**Hair** - This will depend on performance and competition. Local performances will require a low pony with middle part. For class, either in a bun, ponytail or braid; hair must be scraped off the face with no loose hair hanging onto the face.

**Make up** - Full performance/concert make up will be required for both local performances and competitions

**Shoes** - Tan Jazz Shoes with elastic. ([https://www.energetiks.com.au/jazzconvertible\\_20-boot-neoprene](https://www.energetiks.com.au/jazzconvertible_20-boot-neoprene))

Black Jazz Shoes with elastic ([https://www.energetiks.com.au/jazzconvertible\\_20-boot-neoprene](https://www.energetiks.com.au/jazzconvertible_20-boot-neoprene))



# ACRO

Acro dance is a combination of core gymnastic and jazz style dance.

Students should be able to complete a bendback from standing, front walkover, bend back kickover and hold a handstand.

## Uniform Requirements

Either JaBaT leotard or crop top with either shorts or leggings for classes, no loose clothing.

**Stockings** - Tan Tights available online from Energetiks.  
[https://www.energetiks.com.au/classic-dance-tight-convertible\\_20](https://www.energetiks.com.au/classic-dance-tight-convertible_20)

**Hair** - Either in a bun, ponytail or braid. Hair must be secured off the face with no loose hair hanging onto the face.

**Make up** - Full performance/concert make up will be required for both local performances and competitions

**Shoes** - no shoes are required, bare feet.





# HIP HOP

Introducing our new Hip Hop troupe. This will be open ages based on ability, skill and sass. Please bring along confidence and attitude for this new exciting team.

## Uniform Requirements

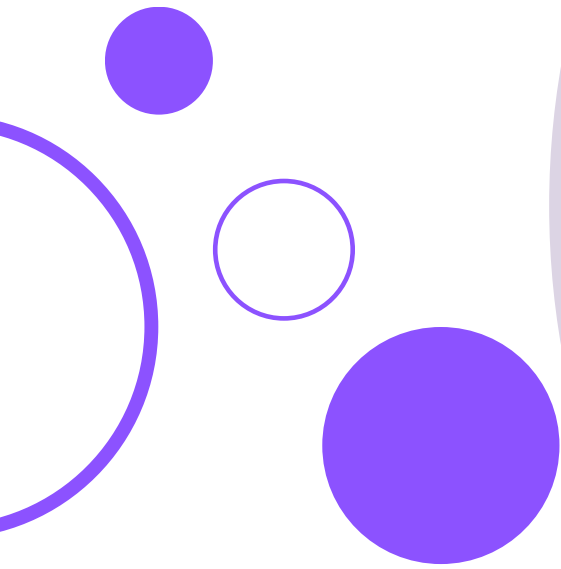
Any combination of the JaBaT uniform for classes with black or white sneakers

**Stockings** - Tan Tights available online from Energetiks.  
[https://www.energetiks.com.au/classic-dance-tight-convertible\\_20](https://www.energetiks.com.au/classic-dance-tight-convertible_20)

**Hair** – Either in a bun, ponytail or braid. Hair must be secured off the face with no loose hair hanging onto the face.

**Make up** - Full performance/concert make up will be required for both local performances and competitions

**Shoes** - white sneakers will be required for performance - specific requirement to be announced at a later date.



# ADDITIONAL CLASSES

As previously mentioned, troupe students are **REQUIRED** to attend strength and conditioning classes and technique classes. These classes will focus on the development of core strength, stamina and correct form. These classes are not an additional cost and are a part of the original registration fee, as of Term 2.

## Uniform Requirements

**Strength and Conditioning** – Any combination of the JaBat uniform. No shoes required

**Technique** - Any combination of the JaBat uniform. Jazz shoes required.

**Stockings** - Tan Tights available online from Energetiks. [https://www.energetiks.com.au/classic-dance-tight-convertible\\_20](https://www.energetiks.com.au/classic-dance-tight-convertible_20)

**Hair** – Either in a bun, ponytail or braid. Hair must be secured off the face with no loose hair hanging onto the face.





# IMPORTANT NOTES

## Important Dates for 2024:

ELITE Performance Teams Try Out Weekend : **2nd and 3rd March**

STARSTRUCK Dance Comp **Karratha**: 8-9th June 2024

STARLIGHT - **Geraldton**: 16-18th August

STARLIGHT Festival of Dance Comp **Karratha**: 7-8th Sept

Comdance Comp **Perth**: 23rd-25th Sept

STARLIGHT **Perth**: 27th Sept - 3rd Oct

If selected for any troupe team, you will be **REQUIRED** to attend **both Karratha competitions**. Other competitions will be optional and determined on numbers. Troupe students are also required for a number of live performances throughout the year in town so please be considerate of this. Communication will always be given as far in advance as possible to ensure students availability.

## Other Information:

No student is to attend class if they are unwell.

Please contact us as soon as possible via email or messenger to advise if your child will not be attending their enrolled class.

# Troupe Timetable

TUESDAY	Strength and Conditioning 1	5+ (Juniors)	3:00-3:45pm	Studio 1	Miss ZOE
	Primary Acro	5+ *	3:45-4:30pm	Studio 1	Miss DANA
	Acro 2	8+ *	4:30-5:15pm	Studio 1	
	Student Teaching Program	Invitation ONLY	5:15-6:00pm	Studio 2	
	Cheer	5+	5:15-6:00pm	Studio 1	Miss ZOE
	Strength and Conditioning 2	9+	6:00-6:45pm	Studio 1	

	Mini Troupe	Invite ONLY	10:30-11:15am	Studio 1
	Technique 1	5-9	11:15-12:00pm	Studio 1
	Intermediate Troupe	Invite ONLY	12:00-12:45pm	Studio 1
	Technique 2	10+	12:45-1:30pm	Studio 1
	Senior Troupe	Invite ONLY	1:30-2:30pm	Studio 1
	Hip Hop Troupe	Invite ONLY	2:30-3:15pm	Studio 1
	Advanced Acro Troupe	Invite ONLY	3:15-4:00pm	Studio 1
	PRIVATE	-	4:00-4:30pm	Studio 1
	PRIVATE	-	4:30-5:00pm	Studio 1
	PRIVATE	-	5:00-5:30pm	Studio 1

WE ARE EXCITED TO SEE YOU AT  
TRY OUTS

THANKYOU FOR READING!  
WE CAN'T WAIT FOR 2024.

CONTACT US FOR MORE INFORMATION

FB: JABAT DANCE INC  
EMAIL: [jabatdance@live.com.au](mailto:jabatdance@live.com.au)

  
*candid captures*  
BY AJ DOWNES



**JABAT**  
★ DANCE STUDIO ★