

SPARKS HANDBOOK 2025-2026

Sparks introduction meeting 6:30-7:00PM Monday Sep. 22nd. Please have at least one parent/guardian attend.

Sparks Overview

Sparks is designed as a **one-year** preparatory program for Body Talk Dance Company.

What is Body Talk?

Body Talk is a pre-professional children's dance company founded in 1985 by our owner, Kim Willett. Body Talk exposes dancers to the pre-professional world of dance with competitions, conventions, full-length productions, community performances and strong technical and performance training. The company formed on the belief that dance should be an accessible dream for all, not just the privileged few. We pride ourselves on cultivating a team spirit, and our dancers thrive on the community and friendships they form here.

The lowest level of Body Talk meets twice during the week for technique classes (this year it is Tuesday and Friday 5:30-8:00 PM). The Body Talkers also have dance rehearsal every Saturday where they learn the dances they will perform (the lowest level is typically 9AM-12PM, though that does change depending on dancers' scheduling conflicts). The Body Talkers advance quickly through skills in part because they do not focus on learning dances for recital during class time—they focus primarily on dance technique.

Sparks is essentially the J.V. team. They also meet twice during the week (for shorter classes). They do not have regular Saturday rehearsals this year, but hopefully the few dress rehearsals that they have can help y'all get your feet wet. Everything that Ms. Anna and I do with the Sparks is designed to prepare them for company. That includes the skills they learn in class, the dress code that we implement, the behavior expectations we set, the performance opportunities we give them—even the cubbies they have right next to the Body Talk cubbies! By the end of the year the kids will be ready for company!

Sparks Expectations

Sparks is a one-year program. We do expect the dancers to join company next year. You will see at the end of the year how much your dancer has learned. If you

leave them in Sparks for a second year they will be bored when they are joined by a new group of students. I find that kids are most passionate and engaged when they are challenged—and I have seen kids lose their passion for dance if they are left in a class that is too easy for them. So, I'll just say it one last time—Sparks is a one-year program. There will always be an exception to the rule—a dancer that is not quite emotionally ready and may benefit from another year in Sparks, but that is a rare exception, not the natural progression. If you already know that your family does not want to commit to joining Body Talk at any point in the future, then this is not the right program for you.

As I have already told some of y'all—teaching the Sparks last year was the highlight of my week. I had the privilege of witnessing incredible growth in the kids' dancing, but also in their maturity and character. It was amazing watching friendships grow and the team spirit build. I am excited to begin another year!

Schedule

Weekly Classes

- Mondays & Wednesdays 5:30-7:00PM
- The dancers do need to attend both days of the week in order to enroll in this program
- We do expect dancers to attend class—if a dancer has too many absences, we may limit their participation in performances or ask them to understudy. The Sparks learn technique and their dances in class—so if they miss class they fall behind on choreography and on the technique lesson plan. If you know that your dancer is going to miss a class please put a conflict in on Team App.
- We expect dancers to arrive early so that we can begin class on-time. Please plan on arriving 10-15 minutes before the start of class so that your dancer has time to get their shoes on and get settled.

Make-up Classes Available	
First Choice:	5:30-7:00 Tuesday Tech 2 Jazz
First Choice:	7:00-8:00 Tuesday Tech 2 Ballet
Second Choice:	9:00-10:30 Saturday Ballet/Tap/Jazz

Dress Rehearsals-Fall Semester

- Dec. 8th: Dress Rehearsal 5:30-7:00 (class time)
- Dec. 10th: Dress Rehearsal 5:30-7:00 (class time)
- Dec. 13th: Dress Rehearsal TBD (Saturday) (please block off 9AM-5PM—it will be a few hours in that block of time)
- Dec 14th (Sunday): TBD (please block off 12PM-7PM)
- Dec. 14th Tentative Trail of Lights Performance Date! Two years ago we went on at 7:45PM, last year it was 7PM.

Please note that you will need to attend the dress rehearsals in order to participate in the performance. I will send you all more information as we get closer to these dress rehearsals about what to bring/expect. For now, just save these dates!

Tuition & Fees

- **Monthly Tuition (3hrs/week): \$160**
 - Charged monthly on the 1st or 9th of the month (depending on your Jackrabbit selection). If you have tuition questions, please contact Ms. Chey at ms.cheyenne@jwsdcrosspark.com
- **Sparks Cover-up Rental: \$20**
 - Charged on October 1st
- **Trail of Lights Costume Rental: \$30**
 - Charged on October 15th
- **JWSD Recital Fee (includes costume): \$185**
 - Ms. Cheyenne is deciding when we need to charge this fee for recital this year. I will post the plan as soon as I know!
- **BT Show Fee (includes video and show shirt): \$70**
 - Charged on March 1st

General Expectation for Class

- The kids are doing incredibly well! You should all be proud. The dancers are already understanding our expectations for how class should run.
- We do expect the dancers to practice the skills and choreography that they learn in class at home. In a few weeks you will see videos posted in Team App. Please encourage your dancer to practice.
- Bring a dance bag with tap, ballet, and jazz shoes, and tap/jazz attire.
- Bring a water bottle—try to remember to fill the water bottle before class and remind your dancer to use the restroom before class.
- Wear a cover-up and shoes to and from dance class. Once you are issued a Sparks cover-up, wear that one!
- Our dancer breakroom is reserved for dancers in company and in the Sparks team. Now that your kids have settled in, please refrain from walking back into the dancer area or picking your dancer up from that area—we promise we will send them out to you!

Dress Code

General

- No jewelry! No necklaces, bracelets, anklets, rings, or earrings (hoops or earrings that dangle). Dancers can wear stud-style earrings.
- Hair should be done in a style that gets it off of the dancer's neck and away from the dancer's face.
 - Examples of hair styles that work: Medium or High Ponytail, Pigtails, Braid or Braids, Bun, etc.
 - Examples of hair styles that do not work: Low ponytail, Half-up/half-down, completely down, or any style that lets most of the front of their hair fall into their face
- Hair Accessories—use discretion. I love a cute bow or bun cover as much as the next dancer, and if you find a hair accessory that you can secure to your dancer's hair so that it does not come off and is not easily taken off then feel free! Please do not wear headbands or any hair accessory that easily falls off.
- Please label the inside of shoes with your dancer's name (using silver sharpie works well for jazz and tap shoes).

Shoes

- **Tap Shoes**
 - Black Mary-Jane Style Tap Shoes, Matte finish (not patent/shiny)
 - You can buy the correct tap shoes using this link: [Tap Shoes](#)
 - These also work: [Tap Shoes](#)
 - FAQ: Can my dancer wear the tap shoes that they currently own?
 - A: Possibly! If they look like Black Mary-Jane style shoes and are matte (not shiny), I am not super picky about the brand at this age. If you are unsure feel free to ask me before or after one of their classes.
- **Jazz Shoes**
 - Black Jazz Shoes that do not have laces
 - You can buy the correct jazz shoes using this link: [Jazz shoes](#)
 - FAQ: Can my dancer wear the jazz shoes that they own?
 - A: Possibly! If they are black and do not have laces then usually they will do, Ms. Anna is not super picky at this age. Ask Ms. Anna before or after class if you are unsure.
- **Ballet Shoes:**

- Pink or nude canvas ballet shoes are best, but we are not as picky about the ballet shoe type. Ms. Anna will let you know if there are any issues with your dancer's current ballet shoes.

Dance Clothes

We encourage y'all to consider shopping at Movin' Easy. It is a local shop that carries a lot of the shoes and clothes that we want the kids to wear. It is especially nice to have a brick and mortar store if you are unsure on sizing! I have provided links as way for y'all to see what style/type of shoe and attire we are looking for. If you end up going to Movin' Easy and show them this document they can certainly help you out!

• Ballet

- Dancers should wear a leotard and pink or nude transition tights.
- At the Sparks level we let them wear colorful leotards, but if you want to start helping your dancer with the transition (and if you want to start only buying clothes they can still wear when they go to Body Talk), start buying primarily black leotards. You do not need to buy the specific leotards or tights listed below—these are just links in case you do not know where to begin looking.
- Here are some links for Leotards:
 - [Capezio Leotard](#)
 - [Bloch Leotard](#)
 - [Bloch Leotard](#)
 - [Capezio Cap-sleeve Leotard](#)
- Here are some links for Transition Tights:
 - [Capezio Tights](#)
 - [Bloch Tights](#)

• Jazz & Tap

- Dancers may wear a cami, sports bra, or other fitted exercise top and booty shorts, bike shorts, or leggings. You do not need to buy the specific tops or bottoms listed below—these are just links in case you do not know where to begin looking.
- Here are some links for Tops:
 - [Capezio Unicorn Disco Top](#)
 - [Capezio Fairy Top](#)
 - [Capezio Zip-up](#)
 - [Dancewear Solutions Ruffle Top](#)
 - [Dancewear Solutions Heart Top](#)

- [Dancewear Solutions Zipper-Top](#)
- [Dancewear Solutions Cap-Sleeve](#)
- [Dancewear Solutions Long-Sleeve](#)
- [Bloch Top](#)
- Here are some links for bottoms:
 - [Capezio Unicorn Disco Shorts](#)
 - [Capezio Shorts](#)
 - [Capezio Pink Shorts](#)
 - [Dancewear Solutions Ruffle-Hem Shorts](#)
 - [Bloch Shorts](#)
 - [Dancewear Solutions Shorts](#)
 - [Dancewear Solutions Flex-TEX Mesh-Detailed Leggings](#)
 - [Capezio Leggings](#)
 - [Dancewear Solutions Leggings](#)
 - [Bloch Leggings](#)
- FAQ: Can my dancer wear a leotard and tights for jazz and tap?
 - A: Yes. Especially at the beginning of the year I am fine if you and your dancer want to ease into the transition by wearing a leotard and tights to jazz and tap. A good first step is to add some leggings or dance shorts over the leotard and tights. As we progress through the year, I will continue to encourage the dancers to start abiding by the jazz and tap dress code. I noticed that the transition to appropriate jazz and tap-wear was difficult for our incoming company members this year and I think that is because it was completely new for them! I am going to introduce that dress code to the Sparks team this year so that they have an easier transition. I am happy to talk through that more in-person if anyone has questions!

Trail of Lights

We are planning on the kids performing one or two pieces at the Trail of Lights show this year! However, I should note that this is first and foremost a Body Talk Dance Company show at which the Sparks Team is invited to perform. Therefore, if we have behavior problems throughout the semester, or if it seems that the team is not mature enough to handle the performance, they will not be invited to join. From what I have seen so far we have nothing to worry about—the kids have been awesome!

A few things to keep in mind about Trail of Lights:

- Costume Rental: \$30 (see above tuition/fees section)
 - We have a closet of costumes that we use in order to keep costs down for our company kids and our Sparks team (with multiple dances it becomes a bit ridiculous to spend \$100-\$150 per dance on a costume!)
- You will need to buy a parking pass and pay for parking—I strongly encourage you to start planning this ahead of time! The parking passes do sell out.
- Your dancer will receive a wristband that allows them entrance to the Trail
 - I do not know yet whether the dancers will receive any additional wristbands for the parents and family to attend (last year they told us each dancer would receive one additional wristband, but I believe they ended up giving us two each). I will keep you updated on that.
- Dress Rehearsals: Your dancer will need to attend these in order to perform
 - Dec. 8th (Monday): 5:30-7:00
 - Dec. 10th (Wednesday): 5:30-7:00
 - Dec. 13th (Saturday): TBD (please block off 9AM-5PM—it will be a few hours in that block of time)
 - Dec 14th (Sunday): TBD (please block off 12PM-7PM)
 - Dec. 14th Tentative Trail of Lights Performance Date! Two years ago we went on at 7:45PM, last year it was 7PM.

Spring Show

Much like Trail of Lights, performing at Spring Show is a privilege for the Sparks team. If everything goes well this year, then I expect the Sparks will do 1-2 pieces at the Body Talk Spring Show.

I will have more information on Spring Show as the semester progresses. A couple quick notes:

- The kids will purchase a costume for their recital performance (see tuition and fees section). The kids will not need to purchase any additional costumes for the Body Talk show.
- The kids will need to attend a few dress rehearsals in May on Saturdays—again I can give y'all those dates as soon as I know them!
- The Sparks will not be posing for photos after their recital performance. They enter and exit in a black-out, as we are preparing them for a more professional performance experience.

Team App

We use a platform called Team App to communicate with parents. I have sent y'all all the login info, but you will need to download the app. After this week we will not be communicating with y'all over e-mail—we will use the chat function on the app. Please see this [Team App Overview](#) for more information on how to get on Team App and how to navigate the app.

Contact Info

- Please use Team App! You can ask us questions using the chat function on Team app. We would prefer that, and you will likely have your question answered faster because we all check Team App very regularly.
- If you have a question that is sensitive and pertains to only your child then please feel free to use the individual chat function on Team app or e-mail us. Please note that most of us are managing multiple programs—so our replies may take a few days.
- If you have a question or concern that is urgent please text Ms. Kallie. Please include your name and your dancer's name!
- Ms. Kallie: ms.kallie@jwsdcrosspark.com; cell: (512)-203-2256
- Ms. Anna: annafonzy@gmail.com

- Ms. Cheyenne: ms.cheyenne@jwsdcrosspark.com