



Pre-Pro Dancer Handbook

To be a member of Raise the Barre’s competitive team is an honor. We strive to create the most beneficial environment for our dancers to excel on a competitive level. In this handbook we will discuss classroom etiquette, dancer behavior, appropriate dance attire, and competition behavior. Please read this handbook carefully to ensure that all expectations are being met to the best of your ability, so that the staff can be using their time training in the most efficient way.

The Competition Experience:

It is important to understand that the “competition” aspect of being a member of the RTBTeam should be considered a “performance” opportunity. Competition results are strictly a subjective opinion, and each dancer’s growth should not be completely gauged by their scores or achievements at competitions. It is important to keep competition experiences positive, and most importantly, be proud of the growth and development that takes place within your dancer. Team members are not in competition with each other. Dancers are encouraged to strive to improve themselves and to work to their full capacity. Each dancer is uniquely different, each with their own strengths and their own weaknesses and each brings their own talent to the team as a whole.

Attendance/Tardies:

Attendance is mandatory for all dance classes. The studio tries its best to be flexible and accommodating with conflicts due to school and/or important family activities. However, by becoming a member of a team, you have agreed that this is a priority in your schedule. Missed classes for any reason other than illness must be approved in advance. Dancers' absences will be recorded. Any time an absence occurs, dancers are responsible to learn what was missed before the next class, either with a private lesson with the teacher, from a friend or from videos. Students need to arrive on time for class. Missing the first part of class causes the students to become behind on stretching and warming up which can lead to injuries. Dance teachers do understand that they are dealing with busy children and socially active teens with many school demands; being a well-rounded

individual is important. **The week-of competition is mandatory for every dancer to be present in every class. NON NEGOTIABLE.** (unless there is extraneous reason)

Classroom Etiquette

Dancers should be arriving to class **on time and ready to dance.**

Dancers should be warming up **before class starts.** This ensures our staff can make sure your dancer is receiving the maximum benefits from class.

Dancers should **avoid bringing snacks into the dance studio.** We will give them a snack break before and after classes.

Dancers should be **talking to their teachers if they have a problem.** This establishes trust between dancer and student, while also teaching them to advocate for themselves. (Excluding dancers under the age of 11)

Classroom Behavior

Dancers are **required** to attend classes they are signed up for, unless cleared by dance directors.

Teachers will start giving **one** verbal warning if a dancer is being disrespectful during class. **After that verbal warning, the teacher will ask the student to sit in the office and a parent will be contacted.** This is to ensure the other dancers are still getting the teachers full attention.

Please try and make sure **water** is being brought to dance, if forgotten, **we do have water available for purchase at the front desk.**

Dancers **SHOULD NOT** have their phones in the studio without staff permission. If a parent needs to get in contact with their dancer, please call the office.

Dance Attire

ALL DANCERS SHOULD HAVE ALL SHOES, socks are **NOT** dance shoes and will not be allowed during technique classes. Dancers should be wearing jazz shoes or barefoot during all technique classes.

Hair should be pulled back out of the face, preferably in a bun. Make sure your hair is secure, this limits distractions and allows dancers to focus on their technique. Staff is available to help pull hair back, if a dancer needs assistance.

Dancers should refrain from wearing loose-fitted clothing. We believe in allowing dancers to express themselves, so we do not have a dress code, please arrive to class in a leotard/sports bra/tighter-fitted top and leggings/biker shorts/shorts. This allows our staff to make sure the dancers are working all the correct muscles.

Competition Behavior

This section will be broken down.

1) Sportsmanship

One thing you have to remember is that every single dancer works very hard to perform. Every parent wants their child to do well and be noticed. Every dance teacher works diligently so that their students perform to the best of their ability. Everybody at a dance competition has at least all of that in common. Therefore, YOU, as a student, parent, or teacher should clap for every single dance and every single award given if you are present in the auditorium. Dancers, you would want to be clapped for, so do the same for others. Appreciate the art - not just when YOU are being recognized. Tell your dancers in advance how important it is to wish others good luck and clap for other dancers. Parents, appreciate every child for putting effort into their hobby

2) Backstage

A. In reference to sportsmanship, wish the dances before you and after you; “good luck”. When dancers come off stage, tell them that they did a “good job”. These words cost you no extra effort. In fact, you may even make a few friends. It doesn’t matter what studio they are from. They need encouragement just as you would. Your efforts will most likely be noticed and very appreciated.

B. Do not block the wings to watch. Dancers often have wing changes, props, and/or run off after the dance. If you are sitting in the wings, you are in the way. It’s as simple as that. Be at least 3 feet away from the wings. If you are the next dance, you will most likely have time to enter the wings while you are being announced.

C. Know your dance and be aware of your space. Do not decide to practice your entire dance backstage. Movement backstage is extremely distracting to the dancer. Not to mention, dangerous. You could hurt yourself and others by simply doing a grande jete or a pirouette. Stretching backstage usually means you’re in the way. Instead, consider stretching in the dressing room.

3) Awards Ceremony

A. Even at the awards ceremony, you are performing. You are on stage. Do not bring your cell phone with you. Your texts and Facebook status of your results can wait a few minutes.

B. Leave room for the judges (or whoever is handing out awards) to walk. If you are asked to move over, please do so. There is plenty of room available.

C. We know you're tired by this point, but you can be energetic for a few more minutes. This means clap for EVERYONE. Refer back to #1.

D. When accepting an award, an improper response would be to grab the award and walk away. A more acceptable response is a "Thank You". It doesn't matter if you get a bronze or a platinum. It's nice to show your gratitude toward the judges for taking the time to evaluate you.

4) Attitude

While a certain amount of confidence is required to perform on stage, there is a thin line between confidence and arrogance. Be gracious. Your parents and teachers have worked extremely hard to get you to where you are today. Thank them before patting yourself on the back. Stay grounded, humble, and aware of other dancer's feelings....and after all that, THEN be proud of yourself because everyone else is.