



Dance Team Handbook
2024-2025 Season

Radiate Dance Company - Competition Team Handbook

The Dance Team Handbook is a supplemental guide to the Radiate Dance Company Studio Handbook. All rules, expectations and regulations in the Studio Handbook are to be followed accordingly.

It takes teamwork from the dancers, staff, and parents to make each year successful, let's work together and present positive experiences for all!

Please direct all Team related questions to Miss Abby via Band or at via email at missabby@radiatedance.com . You may also contact your dancer's specific teacher(s) via Band with specific class questions.

Petite Team, Mini Team, Dance Team and Supplemental Team

Auditions for Team are held annually. Dancers must audition each year, allowing staff to properly place them in levels. Team dancers are divided for technique classes based on age and technical level, however, they will meet weekly for a combined Team Rehearsal class. Depending on size and age, Mini and/or Petite Team may meet separately from the regular Team.

Petite Team Class Requirements:

Petite Team Members are required to take the following core classes;

- Combination Class (Tap, Ballet & Acro) or
- Level 1 (Tap, Ballet & Acro, Jazz optional)
- Petite Team Rehearsal

Petite Team Members are eligible to take the following additional training classes;

- Hip Hop

Petite Team members will have one group competition dance and be part of one competition production number, which they will work on throughout the season and compete at all mandatory competitions. They will also be part of a second production number that will be the opening number of our annual recital.

Mini Team Class Requirements:

Mini Team Members are required to take the following core classes;

- Level 1 (Tap, Ballet & Acro, and Jazz) or
- Level 2 (Tap, Ballet & Acro, and Jazz)
- Mini Team Rehearsal

Mini Team Members are eligible to take the following additional training classes;

- Hip Hop
- Lyrical (L2)

Mini Team members will have two group competition dances and be part of one competition production number, which they will work on throughout the season and compete at all mandatory competitions. They will also be part of a second production number that will be the opening number of our annual recital.

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Junior – Senior Team Class Requirements:

Team Members are required to take the following core classes;

- Ballet
- Technique Combo Class (jazz, lyrical & contemporary styles)
- Dance Team Rehearsal

Team Members are highly encouraged to take the following additional training classes;

- Hip Hop
- Tap
- Acro

Team members are required to compete two group dances (dancers may pick which two styles) plus the team production number. They will have the opportunity to participate in additional dances based on their desired involvement. They will also be part of a second production number that will be the opening number of our annual recital.

Elite Team Class Requirements:

Elite Team Members are required to take the following core classes;

- Ballet
- Technique Combo Class (jazz, lyrical & contemporary styles)
- Tap
- Acro
- Dance Team Rehearsal

Team Members are highly encouraged to take the following additional training classes;

- Hip Hop

Elite Team requires an additional commitment and is in addition to their Team requirements. Members are required to compete two Elite Team dances. Elite Team dances will be combined level dances based on those selected to be part of this new team.

Commitment Requirements

Team members will have competition rehearsals throughout the season. Mandatory group dances and the production number will be rehearsed each Thursday, and additional group dances will be rehearsed at a designated time. Solos, duets and trios will be rehearsed on Saturdays and/or Sundays, at the discretion of the teacher and students starting in January. Group dances requiring additional rehearsal time will be scheduled for Sundays beginning in January. At the discretion of Radiate Dance Company staff, any team member missing three (3) or more scheduled rehearsals for a specific competition will be sidelined and not allowed to participate in the competition routine or routines for which they have missed the three rehearsals.

In addition, team members are required to maintain a minimum of 70% attendance in their regularly scheduled weekly classes. Staff will notify a student's parents if they are going to exceed their absenteeism quota. Dancers who are sidelined due to absences must still attend the scheduled convention with their team. **NOTE: Classes and rehearsals, including Saturdays, the week before a competition or performance are MANDATORY and may not be missed.**

Elite Team members are required to meet all conditions of Dance Team in addition to the specific Elite Team requirements. This team has a heavier commitment level and is only for those who are solely focused on their dance training. If you are interested in Elite Team, you

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must schedule a meeting with Miss Abby.

When signing up to be a member of Radiate Dance Company's Competition Team, you are committing to the entire season. You are committing to be a member of a Team and should remember that commitment when signing up for other activities. Your teachers and teammates count on you to show up – we cannot do our best if we don't have all our players!

For those who participate in fall or spring activities that have the potential to conflict with class time, you may be removed from performance choreography based on attendance and choreography needs. This includes community performances, annual Christmas performance, and recital choreography. This is not a punishment for missing, but a way to protect the integrity of classes and performances for teachers and those who are not participating in other activities.

We realize that often dancers are coming to dance from another activity, but it is our expectation that all dancers commit to giving their best effort during classes. Dancers are expected to enter the dance room ready to dance and work. They are required to be in proper dress code, including shoes and hair, for all classes. If dancers need to change clothes, eat dinner, care for injuries, or any other prep work, we ask that be completed in the lobby and as efficiently as possible.

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Solos, Duets, Trios and Optional Group Dances:

Solos, duets and trios are a privilege reserved for dance team members only. In order to purchase a solo, duet or trio you must have competed on Petite Team, Mini Team or Dance Team for at least one year.

Students may purchase a maximum of three extra dances, unless approved by the Director. Students may only purchase two solos if they are a graduating senior or a member of Elite Team.

Included with your purchase;

- 3 total hours of learning, which can be split up and scheduled any way you and your studio teacher decide.
- 15-minute routine cleaning each week during scheduled Sunday/Saturday rehearsals.
- Video recording of your choreography, usually via Band
- Help with picking out a costume to purchase.

After the lessons have been given, dancers are responsible for practicing their routines outside of dance. When it comes time for rehearsals and the weekly routine cleanings, choreography will not be re-taught. If a dancer does not remember their choreography, a private lesson will be scheduled and charged at the rate of \$30 per 30-minute session to relearn their dance.

All fees for extra dances are due to Radiate Dance Company before the first lesson. Per studio policy, teachers are not allowed to begin teaching until the dance has been paid. Solos, duet and trio fees are non-refundable.

Solo/Duet/Trio Fees

- Choreography
 - In-house Faculty Choreographer - \$375 (s) / \$240 each (d) / \$200 each (t)
 - Alumni Choreographer - \$425 / \$265 each / \$225 each
 - In-house faculty rehearsal fee reflected in cost
 - Guest Choreographer – Varies.
 - There will be a \$100 studio fee added to these to cover studio space and rehearsal time. If student wishes to have an in-house faculty member rehearse their solo, a rehearsal fee will be added.
 - Once choreography starts, fees are non-refundable.
- Costume
 - Parent sets the budget for this
 - Students may purchase custom costumes, pre-used costumes, or catalog costumes
- Competition Fees
 - Budget \$150 per competition for solos
 - They are not required to compete their solo at every competition.
 - Parents are required to communicate with Director if they choose not to compete solos at specific events, otherwise they will automatically be registered and charged to your account.
 - Budget \$95 per competition for duets and trios
- Title Fees (Optional)
 - Some competitions offer Miss/Mister Title Competitions for soloists where the winners receive special recognition. This is completely optional!
 - Budget \$50 per competition
 - Parents are required to communicate with Director if they choose to

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pursue Title at any event.

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Group/Production Dance Fees

- Choreography
 - Each level will learn the production during Summer Session (choreography fee included in tuition) and have the option to add additional dances based on their desired involvement.
 - Group Dances (price is per dance, per dancer)
 - In-house Faculty Choreographer - \$150
 - Guest Choreographer – Varies. Typically, \$250+
 - There will be a studio fee added to these to cover studio space and in-house faculty rehearsal time.
 - These fees vary based on choreographer and number of dancers in a piece.
 - Fees are due by the first lesson. Once choreography starts, fees are non-refundable.
 - Cost covers choreography time and Sunday rehearsals beginning in January.
- Costume
 - Budget \$100 per costume for each group and production costume.
 - These fees will be due September 1 and are non-refundable.
- Competition Fees
 - Budget \$75 per dance per competition

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Dancer Expectations & Commitment

Each Season you must:

1. Audition
2. Attend Dance Team summer classes
3. Attend Dance Team Summer camp or master class
4. Attend required classes and Team class during the season, maintaining 70% attendance.
5. Attend Competition Rehearsals
6. Participate in conventions and competitions
7. Participate in recital
8. Practice outside of class
9. Adhere to dress code for all classes and rehearsals
10. Download the Band app on your phone/tablet
11. Support your teammates
12. Be respectful and kind
13. Have a desire to learn, grow and improve as a dancer and as a person!

Parent Expectations & Commitment

Each Season you must:

1. Purchase required Team jacket, required make-up, costumes and accessories, dance shoes and required team apparel.
2. Pay all fees, listed below, on or before the due date. We will offer numerous fundraisers throughout the season to assist with offsetting these costs.
 - a. Monthly Tuition, Competition and Convention fees, Costume/accessory fees, Team apparel, dancewear and dance shoe fees and Recital fee
 - b. All fees are non-refundable. In extreme circumstances, Competitions or Convention may provide a credit to the next season, but it is not guaranteed, no is it guaranteed we will attend the same events from season to season.
3. Arrange lodging and transportation for you and your dancer for all out of town events. Information will be provided ahead of time, but arrangements and payment are your responsibility.
4. Encourage your dancer to practice at home.
5. Download the Band app on your phone/tablet.
6. Communicate any issues directly and privately with staff so it can be addressed immediately.

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Competition Specific Guidelines

The following are guidelines for appropriate competition etiquette for all students, parents and other attendees. Please remember you are all representing Radiate Dance Company at these events.

If you have questions or issues come-up during an event, please check the Band App first, then contact Abby (217-685-1983) if needed. Typically at an event, text is best!

1. Sportsmanship:
 - a. One thing you have to remember is that every dancer works very hard to perform.
 - b. Please clap for all dances and awards given if you are present in the auditorium.
 - c. Please keep all your personal comments about other dances or dancers to yourself. Sitting in an audience or chatting in the foyer, you never know who may be sitting behind or beside you over-hearing your remarks.

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.” 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 much 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.
 - i. **Dancers will no longer be able to go backstage with their friends for solos, duets, and trios. One staff member will be backstage with you. All other dancers are asked to watch, support and cheer from the audience.**
 - c. Be quiet and calm. Yes, dancers get nervous backstage, but that’s no reason be distracting backstage.
 - d. Know your dance and be aware of your space. Do not decide to practice your entire dance backstage. Movement backstage is extremely distracting to other dancers. This is why we run our dances in the dressing rooms.

3. Dressing Rooms:
 - a. Be mindful of everyone’s space.
 - b. Throw your trash away.
 - c. Don’t touch anything that isn’t yours.
 - d. Keep your area neat by putting your things away.
 - e. Our goal is to leave the dressing room the way we found it.
 - f. Be very careful of any photos taken in the dressing room! Make sure there is no one undressed in the background.

4. Schedule:
 - a. We typically do not receive a competition schedule until about a week before. Once we receive it, we will forward it to you.
 - b. Competitions prefer to stay on schedule. If you have a decent number of dances close together, do your best to make it backstage a few numbers beforehand.
 - i. It’s up to the dancer to change quickly and report backstage.
 - ii. Don’t make the backstage manager have to come find you.
 - iii. Most costume changes can be done in about 5 minutes or less if a dancer is really making the effort.

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- c. Competition schedules provided are **approximate times** for solo's/duo's/trio's and group dances.
 - d. You are required to be ready to walk on stage at least 1 hour before scheduled performance.
 - i. We will provide you with a detailed studio schedule that includes what time you need to be ready for warm-up and running dances.
 - ii. If you plan to get ready at the venue, you need to provide yourself with extra time to do so.
 - iii. We will also schedule a time for a group photo. This will usually take place before or after the production number.
 - iv. There is nothing more stressful for your dancer, fellow group members and teachers than if a student shows up 10 minutes before they are supposed to be on stage and is unprepared.
5. Please ensure you have gone through all your various costumes and have not forgotten any shoes, tights, hairpieces, hats or costume items.
- a. Make a list and make sure to pack along extra tights, pins, bobby pins, elastic etc.
 - b. Never assume someone will be able to supply you with these if you forget.
 - c. Dancers who are missing costume pieces or accessories may not be able to perform.
6. Awards Ceremony:
- a. Even at the awards ceremony, you are performing. You are on stage.
 - b. Please make sure to wear your studio jacket.
 - c. No gum during awards
 - d. Listen with respect to what your adjudicators have to say. Even if it's the end of the day, please show them some courtesy. They have had just as long a day as you!
 - e. 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.
 - f. Please clap for everyone and show support to your fellow dancers.
 - g. When accepting an award, ALWAYS say "Thank You". It doesn't matter if you get a bronze or a platinum.
 - h. If you receive an overall or are asked to line-up across the front, please stand in 5th position. Also, you may be asked to say your studio name and/or your choreographer's name, so make sure you know who taught your dance!
 - i. Plan on doing a group photo on stage at the conclusion of EACH awards ceremony.
 - j. Award pins will all be collected and handed out at the studio after the event.
 - k. All group awards will go back to the studio to be displayed. You may keep all solo, duet and trio awards.
 - l. Any cash prizes or coupons received will be given to the studio and divided up among those in that specific dance as a credit for the next year's event.
7. On Stage:
- a. Don't stop dancing (unless private parts are exposed). If a costume piece falls off, try your best to discreetly get the piece off stage and quickly and keep going. You can continue dancing without a shoe or a headband.

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- b. Don't lip sync unless it's choreographed. In addition to this, a huge no-no is counting on stage. You should be able to count in your head. The only mouth movements you should be making are for facials.
 - c. It's ok to look at the judges once in a while, but you are performing to the audience. Don't stare the judges down. You need to perform to the back row of the audience.
 - d. Try not to hit the curtains when you are dancing. It is very distracting.
 - e. Absolutely no gum chewing, laughing, chatting or profanity of any kind will be tolerated both on and off stage.
 - f. If you have props, please get them on and off stage as quickly and neatly as possible. Remember they must not be left in the wings. You will need to re-store them in the designated areas immediately before and after your performance.
8. Attitude:
- a. Be gracious! Your parents and teachers have worked extremely hard to get you to where you are today. Stay grounded, humble, and aware of other dancer's feelings....and after all that, be proud of yourself because everyone else is!
 - b. You are a TEAM, congratulate each other on your performances and be there to support each other.
9. General Etiquette:
- a. No photography of any kind is allowed at most competitions. This includes video, **if you are caught you risk disqualifying the dancers you represent.**
 - b. Silence your cell phones.
 - c. Do not enter the theater when music is playing.
 - d. Do not walk up and down aisles while dancers are performing on stage.
 - e. Please applaud everyone with the same genuine expression.
 - f. Never approach a judge with questions regarding an adjudication or mark.

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Needed Items for Competition and Performances

Costumes:

A costume list will be provided prior to the first competition of the season. Here are general items that you need to remember;

1. Costume body
2. Any needed shorts, skirts, pants
3. Correct colored tights (always have an extra pair)
4. Correct shoe style and color
5. Hairpieces
6. Accessories
7. Jewelry
8. Needed undergarments (undergarments are prohibited from showing on stage, so please pin as needed)

Makeup

1. Moisturizer
2. Face Primer
3. Eye Primer
4. Foundation/Concealer
5. Foam or Sponge Makeup Blenders/Makeup Brushes
6. Contouring products
7. Blush
8. Eyeshadows: You will be provided a direction sheet
9. Eyeliner in Black and Nude
10. False Eyelashes and glue
11. Mascara
12. Brow powder/pencil
13. Lipstick
14. Setting spray
15. Q-tips
16. Makeup remover
17. Lip balm

Hair

1. Directions for hair will be given out at the beginning of each season.
2. Comb
3. Hair gel
4. Hair spray
5. Hair ties that match your hair color
6. Hair pins that match your hair color
7. Bun maker that matches your hair color
8. Hair net that matches your hair
9. Extra pins, hair nets and hair ties

Dressing Room/Miscellaneous

1. Costume rack: All costumes are to be hung up and not laid on chairs, tables or the floor. You can find another dancer to share with if you choose.
2. Extra tights
3. Mirror: We suggest a tabletop mirror that is small enough to travel with

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4. Water: Please no soda or other sugary drinks in the dressing rooms
5. Snacks: Please look for snacks that will give dancers energy (fruit, veggies, trail mix, nuts, etc). Please stay away from greasy snacks or snacks that have cheesy powder (we don't want orange streaks on tights!)
6. Dance Team jacket
7. Phone charger (may want an extension cord)
8. Money for competition merchandise, if wanted
9. May want a blanket or pillow for when we have extra time in the dressing rooms
10. Clothes, underwear, bra for after competition or on breaks when you leave the site
11. Nail polish remover (no nail polish is allowed during competitions or performances). If you have fake nails, it must be nude or French tips.
12. Cotton balls
13. Clear nail polish (for tights with runs)
14. Clear band-aids and other basic first aid needs
15. Two sided tape, if needed, for securing costumes
16. Safety pins
17. Deodorant
18. Feminine Hygiene products, as needed
19. Scissors
20. Sewing kit
21. Any braces you might need (knee, ankle, wrist, etc). Preferably nude colored.
22. Nail clippers