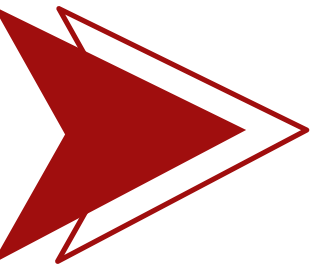


Performing Teams Handbook 2025-2026



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Performance Team Mission and Vision

Trainees Mission: To introduce the structure and commitment of a youth company centered around the love of dance. We strive to positively lead by example and exude class, unity and strength. Trainees focus on developing technique through a variety of exposure and experiences.

Juniors Mission: To introduce the structure and commitment of a youth company centered around the love of dance. We strive to positively lead by example and exude class, unity and strength. Juniors is a continuation of Trainees where dancers continue to develop technique through a variety of exposure and experiences.

Company Mission: To embody the Studio mission of at The Studio, we strive to make bold, respectful, confident and technical dancers. Whether your dancer is looking for fun, wanting to make their dance teams, be competitive or a professional dancer, The Studio is here to offer the training under educated instructors. We hope our dancers will inspire you to dance too!

Class Requirements



Trainees:

- Summer 2025
 - Trainees Class
 - Ballet Class
- Dance Season 2025-2026
 - Trainees Class
 - Ballet Class
 - Leaps & Turns

Juniors:

- Summer 2025
 - Juniors Class
 - Ballet Class
 - Power & Technique
- Dance Season 2025-2026
 - Juniors Class
 - Ballet Class
 - Leaps & Turns
 - One other Class of Choice



Company:

- Summer 2025
 - Company Rehearsal
 - Ballet Class
 - Power & Technique
- Dance Season 2025-2026
 - Company Rehearsal
 - Ballet Class
 - Leaps & Turns
 - Two other Classes of Choice
 - One Hour Studio Time

Invitation Process Overview

This process is designed to thoughtfully and fairly invite dancers to participate in our advanced teams and programs—without the pressure of a traditional audition. Here's how it works:

Step 1: Internal Review

- Instructors and directors observe dancers throughout the season, with a focus on:
 - Technique and skill progression
 - Work ethic and attitude in class
 - Attendance and commitment
 - Teamwork and leadership qualities
 - Potential for growth in a performance or competitive setting

Step 2: Team Planning

- The staff meets to discuss team needs, goals, and structure for the upcoming season.
- Dancers are considered for placement based on program fit, age, and experience level.

Step 3: Invitation Distribution

- Personalized invitations are sent to selected dancers and their families.
 - Invitations include: team info, expectations, schedules, and a response deadline.
 - Delivery method: Email

Step 4: Family Decision Period

- Families are given time to review materials and ask questions.
- Optional: A parent info session to explain program details in May.

Step 5: Commitment & Registration

- Families accept the invitation by the provided deadline.
- Registration and deposit complete the dancer's placement on the team.

PERFORMANCE OPPORTUNITIES

Community Performances / Conventions / Competitions

Company:

- Fall 2025
 - Old Settler's Day Parade (Sept)
 - Senior Living (Oct)
 - ONE Showcase (Dec)
 - Winter Spectacular (Dec)
- Spring 2026
 - Dancemakers* KC (Jan)
 - Innovative Dance Classic (Feb)
 - Additional Competition (Mar or Apr)
 - Dance Effect Competition (Apr)
 - A Chance to Dance (Apr)
 - Annual Recital (June)
 - Dancemakers* Nationals (June)

Juniors:

- Fall 2025
 - Old Settler's Day Parade (Sept)
 - Senior Living (Oct)
 - ONE Showcase (Dec)
 - Winter Spectacular (Dec)
- Spring 2026
 - Dancemakers KC (Jan)
 - Innovative Dance (Feb)
 - A Chance to Dance (Apr)
 - Annual Recital (June)

Trainees:

- Fall 2025
 - Old Settler's Day Parade (Sept)
 - Winter Spectacular (Dec)
- Spring 2026
 - Annual Recital (June)
- Community Performances (TBA)



2025-26 Financial Obligations

Trainees:

\$200

- Costume closet fee \$50/dance season
- Includes:
 - Trainee t-shirt
 - 1 pair of half soles
 - 1 pair of convertible tights

Juniors:

\$450

- Costume closet fee: \$100/dance season
- Includes:
 - Junior t-shirt
 - 1 pair of half soles
 - 1 pair of convertible tights

Company:

\$1550

- Costume closet fee: \$150/dance season
- Includes:
 - Company t-shirt
 - 1 pair of half soles
 - 1 pair of convertible tights

*Company Fee does have a payment plan if desired.

Additional Obligations

Trainees:

- Team apparel

Juniors:

- Team apparel
- Convention fees
- Competition fees
 - variable

Company:

- Team apparel
- Convention fees
 - travel fees
- Competition fees
 - variable
- Personal items for costumes



Skills



*Not all skills are required to make a performing team. Understanding of proper technique and a desire to learn are necessary. Please feel free to ask for clarification on any of the following steps.

Jumps:

- Tuck jump
- Saut de chat
- Hitch kick
- Sautes
- Saute arabesque
- Axels
- Centers/ seconds
- Russian leap
- Stag leaps
- Barrels
- Calypso
- "C" jumps
- Turning "C" jumps
- Reverse leap
- Switch leap
- Tour en l'air
- Grand jeté
- Assemblés
- Grand assemblé en tournant
- Grand rond de jambe en l'air
- Saut de basque
- Sissone
- Sissone fermée
- Sissone ouvert
- Tour jeté
- Brisé en avant
- Scorpion leap/firebird

Turns:

- Chaîne turns at different levels
- Pique turns en dehors
- Pique turns en dedans
- Pirouettes (turned in and turned out)
- Soutenu
- Spotting
- Arabesque turn
- Turns in cou-de -pied
- Fouette turns
- Turns in second
- Pique en dehors en dedans into fouette
- Pique en dehors and en dedans into second turns
- 3-4 consecutive pirouettes
- Turns with knees attached
- Leg hold turns
- Attitude turns

Floorwork:

- Jazz slides
- Jazz rolls/ pretzel rolls
- Backwards roll with and without layout

Code of Conduct:

Dancer Expectations:

- Positively reflect the studio school of dance and the company at all times.
- Performing teams will have a demerit system. This includes but is not limited to, arriving late, disrespect, negative attitudes, lack of participation in class and/or rehearsal, improper handling of costumes, etc. Any teacher is permitted to give a demerit
- No drama. Bullying or disrespectful comments regarding students, teachers, staff, costume, or event attended. If any occur, it will result in an automatic 3 demerits.
- All parents and dancers will be notified for their students demerit.
- Once a student has three demerits, disciplinary action will take place. This may include removing a student from a section of a dance or an entire dance. It may also involve performing community service at the Studio School of Dance as a reprimand.
- All November weekend rehearsals are a requirement for participating in the winter spectacular.
- Cellphones are prohibited in rehearsal unless otherwise notified by director.
- No cellphones in the studio with other groups or dancers.



Code of Conduct

Continued:

Choreography:

- Our year will be spent creating pieces which highlight the technical strengths of our performing teams.
 - If applicable, Company members will collaborate to create their own piece.
 - Dancers are encouraged to choreograph their own solo, duet, or trio. Required rehearsal time will be allotted for the director to assist/approve in the choreography process.
-

Studio Staff Expectation:

- Centralize all information and communicate through the app BAND and/or email.
 - The app band will include all rehearsal and performance videos, photos, polls, reminders, and scheduling.
 - Communicate with dancers and parents in advance regarding potential changes or new opportunities.
-

Absences:

- Attending rehearsals prior to a performance is a requirement.
- Dancers are allowed 6 absences per class. Excessive absences/tardies will result in suspension from a piece and/or performance.
- uncommunicated absences are not allowed.
- In case of a rehearsal absence, students must communicate with Miss Molly one month prior to the absence, as well as a follow up reminder one week prior.
- Dancers are expected to learn choreography for any rehearsals where they are absent.

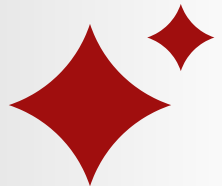


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