



RISE DANCE CENTER OF VIRGINIA LLC

COMPETITION TEAM HANDBOOK

RISE Dance Center of Virginia LLC

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RISE
DANCE CENTER

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1. RISE DANCE CENTER COMPETITION TEAM

Welcome to the 2025-2026 RISE Dance Center Competition Team!

We are thrilled to have you as part of our Team and look forward to an exciting 2025-2026 season. This Competition Team Handbook, in combination with the general RISE Dance Center Handbook, outlines RISE policies, expectations, and guidelines to ensure a positive and successful experience for everyone!

Together, let's focus on improving and enhancing our collective overall experience, aiming for growth, enrichment, and a higher level of achievement for the Team!

A. TEAM PHILOSOPHY AND GOALS

1. **Our goal** is to foster a love for dance while encouraging teamwork, discipline, hard work, and personal growth.
2. **The RISE Competition Team** provides opportunities for dancers to showcase their talents in a supportive and competitive environment.
3. **Respect, Dedication, and Sportsmanship** are the core values of our Team.

B. STUDIO POLICIES

1. **Studio Policies** - All policies outlined in the "RISE Dance Center Handbook" are considered part of the Competition Team Handbook policies and apply to Competition Team members.
2. **Conflicting Policies** - If a policy in the general RISE Dance Center Handbook contradicts a policy in the Competition Team Handbook, the Competition Team Handbook takes precedence for Competition Team members.
3. **Facility Use** - Respectful use of Studio and event venues, facilities and equipment is always expected.
4. **Departure from the Studio** – Dancers leaving the Studio before, after or in-between classes do so at the parents' discretion and direction.
5. **Competing Under Other Studios** – RISE Competition Team members may not compete under the name of another studio, including solos, duos, trios, groups, etc. This includes competing under "umbrella" studios created for independent competitors.

C. TEAM MEMBERSHIP

1. **Membership** on the Competition Team is by audition and/or invitation only. Dancers may request a private audition to join the Team.
2. **Attendance** - Dancers must attend all required classes, rehearsals, and competitions.
3. **Class requirements** are as follows:
 - a. For dancers competing in jazz, lyrical, contemporary, and/or musical theater: Two (2) ballet classes per week for Turquoise, Sapphire, Aqua, Purple, Fuchsia, and Magenta Teams. One (1) ballet class per week for Periwinkle and Lavender Teams. Ballet classes are not required for dancers choosing to compete only in hip hop, acro, and/or tap.
 - b. For dancers competing in jazz, lyrical, contemporary, and/or musical theater: Two (2) technique classes per week for Turquoise, Sapphire, Aqua, Purple, Fuchsia, and Magenta Teams. One (1) technique class per week for Periwinkle and Lavender Teams. These technique classes are not required for dancers choosing to compete only in hip hop, acro, and/or tap.
 - c. For dancers competing in jazz, lyrical, contemporary, and/or musical theater: Two (2) conditioning classes per week for Turquoise, Sapphire, Aqua, Purple, Fuchsia, and Magenta Teams. One (1) conditioning class per week for Periwinkle and Lavender Teams. These conditioning classes are not required for dancers choosing to compete only in hip hop, acro, and/or tap.
 - d. For dancers competing in acro: One (1) acro technique class.
 - e. For dancers competing in tap: One (1) tap technique class.
 - f. For dancers competing in hip hop: One (1) hip hop technique class.
 - g. One (1) choreography/rehearsal class per week for each of your group competition routines.
4. **Team member accounts** must remain in good standing for continued membership on the Competition Team.

D. REGISTRATION AND SCHEDULING

1. **Registration** – After receipt of a dancer's placement, they may register via the RISE registration portal at www.RISEdanceVA.com after registration opens.
2. **Private Lessons** – After registering for a private lesson, parents must email the Studio at lessons@RISEdanceVA.com to select a weekly timeslot. Time slots are assigned on a first come, first served basis and are only reserved when paid.

3. **Missed Private Lessons** – A missed private lesson may be made up (pending teacher and studio availability) until the last day of the current season, at which point all make up lessons will expire. To schedule a make up lesson, email lessons@RISEdanceVA.com.

E. CHOREOGRAPHY / OUTSIDE CHOREOGRAPHY

1. All choreography acquired through RISE Dance Center is the sole property of the Studio and shall only be performed under the auspices and/or expressed written authorization of the Studio.
2. RISE Competition Team members wishing to compete in solos, duos, or trios under the auspices of RISE with choreography from outside choreographers can do so under the following conditions:
 - a. The dancer must provide RISE with written consent from the choreographer that includes an unlimited assignment of right to use.
 - b. The choreography must be approved by the Studio.
 - c. The dancer must enroll in RISE private lessons designed for the category of dance (i.e., solo, duo, trio) for cleaning and rehearsal. The number of cleaning sessions needed is at the discretion of the Studio.

F. PLACEMENT

1. **A positive experience is paramount** to a young dancer's commitment and enjoyment of dance. Toward that end, we place dancers in classes and performance routines that are suitable for their individual skill level, while still providing a challenging experience that pushes dancers to continually learn and improve their dance skills.
2. **Placement** - Dancers will be placed in dances (and, therefore, Team classes) based on audition results and assessment by the audition and placement panel.
3. **Evaluations** - After auditions, dancers will be evaluated two more times throughout the season (approximately December and March) to ensure growth and progress. Evaluations may result in adjustments of placement or participation, as determined by the evaluation panel.
4. **Apprenticeships** – Apprenticeships are utilized to support the advancement and growth of dancers who display an outstanding level of commitment, performance and/or progress in a given level or style. At the discretion of the Studio, a dancer may be offered an apprenticeship to learn choreography and technique in more advanced classes one week per month, if their schedule allows. Apprentices may not miss their required classes

in favor of apprenticeship classes. Apprenticeships are assigned on a rolling basis throughout the season.

5. **Pull-Out Groups** - Outside of core groups (the default routine for each team in each style), choreographers may choose to build pull-out groups with select dancers that fit their artistic vision. These groups may be made up of dancers from different Teams at the choreographer's discretion. Invitations for these extra groups will be sent out as the routines are built. Dancers are afforded the opportunity to opt out of pull-out group invitations.

G. COMMITMENT

1. **Agreement** - Dancers and parents must fully read this handbook and sign the last page indicating their acknowledgment and commitment to the Team and the Team's policies.
2. **Attendance** - Regular class attendance is crucial to the development of the dancer and to the success of the Team. If you must miss any Team class due to illness or any other reason, contact the Studio prior to class. A doctor's note may be required, at the discretion of the Studio. Three unexcused absences may result in consequences such as sitting out from performances or competitions, or even removal from the Team. Please remain in class for its duration, as leaving class is disruptive to other dancers and disrespectful to the teacher. Injured dancers should attend and observe class, unless attendance will compromise their health and well-being.
3. **Tardiness** - All dancers are expected to arrive for class on time and ready to dance -- hair up, water bottle full, and having already used the bathroom!
4. **Rehearsals** - Attendance at all scheduled rehearsals is mandatory unless excused in advance by the Studio.
5. **Competitions** - Attendance at all regional competitions is mandatory. Regionals are held on the weekend, generally Friday through Sunday. Until the competition releases its official schedule and we know exactly when you will dance, Team members must set-aside the full weekend. If you must miss a regional competition, there will be a \$50 re-blocking fee per dance. Participation in the Nationals Competition is optional but highly encouraged.
6. **Participation in Recital** - The Competition Team will participate in the end of year Studio recital. The Studio will select the competition routines that will be included for performance in the recital program. Participation in recital is mandatory for competition team members. If a dancer misses the recital, there will be a \$50 re-blocking fee per dance.

H. DRESS CODE

1. **Female Dancers** - For **ballet**, dancers should wear a black leotard, pink tights and pink ballet shoes, with hair secured tightly into a bun. Leg warmers, ballet skirts, and ballet sweaters are acceptable. For **lyrical, musical theater, contemporary and jazz**, any appropriate dance wear is acceptable, as long as teachers can see your lines. Please wear jazz shoes (bare feet, paws, or turners are also acceptable at the teacher's discretion). Hair should be secured in a bun or ponytail. For **tap and hip-hop** classes, the attire is anything the dancer is comfortable wearing, along with tap shoes for tap and sneakers for hip-hop. For tap classes, the teacher should be able to see the dancer's feet without baggy pants in the way.
2. **Male Dancers** - Class attire for **ballet** is a white or black form-fitting tee shirt with black tights, black socks and black ballet slippers. For **lyrical, musical theater, contemporary and jazz**, any appropriate dance wear is acceptable, as long as teachers can see your lines. Please wear jazz shoes (bare feet, paws, or turners are also acceptable at the teacher's discretion). Long hair should be secured in a bun or ponytail. For **tap and hip-hop** classes, the attire is anything the dancer is comfortable wearing, along with tap shoes for tap and sneakers for hip-hop. For tap classes, the teacher should be able to see the dancer's feet without baggy pants in the way.
3. **NO dancing in socks.** Dancing in socks is strictly prohibited. We care about you and your safety!

I. CONDUCT AND BEHAVIOR

1. **Respect** - Respect for instructors, teammates, competition staff, and members from other studios is non-negotiable. This means that any time you are at an event or venue with RISE Dance Center, you are representing all of us. As such, cooperative and respectful behavior is always expected.
2. **Sportsmanship** - We expect all dancers to display good sportsmanship at all times.
3. **Each of Us Represents All of Us:** The Studio is committed to creating and preserving a brand and reputation that represents our entire RISE community as fun, friendly, professional, and full of hard-working, excellent dancers. We expect the same from all of our Competition Team members and families. Remember you are representing RISE Dance Center both in person and on social media. It hurts the entire Team if dancers or parents represent the Team in a negative light.

4. **Express Your Concerns** – Direct all your concerns and questions to the Directors or the teachers. We can't resolve what we don't know about! We ask that dancers and parents avoid engaging in gossip, speculation, or other types of communication that can damage the morale of the Team. We are here for you and want to hear from you and support you!
5. **Attitude** - A positive attitude is essential for the success of the Team. We need your good vibes!

J. COSTUMES AND APPEARANCE

1. **Costumes** - Team members are responsible for the care, maintenance, and neat appearance of costumes. After each performance, please go through your costume checklist to ensure that you have all the pieces.
2. **Eating While Wearing Costumes** - Dancers should not eat in their costumes unless they are wearing a cover up.
3. **Solo/Duo/Trio** - Costumes for solo, duo and trio numbers are often custom-created and are the responsibility of the parent (approval/financial) and choreographer (approval/design). RISE may recommend costume designers/creators for your convenience, but the financial aspect of the interaction does not happen through RISE. Nonetheless, the choreographer must still approve the costume.
4. **Team Jacket** – Team jackets must be worn during awards ceremonies at competitions.

K. MAKEUP

1. Shades of makeup, along with suggested brands and other specifics, will be provided in advance of the competition season.

L. PARENTAL SUPPORT

1. **Communication** - Parents are encouraged to ask questions and maintain open communication with the Directors and the teachers, so we are all able to best support your dancer's participation in the Team.
2. **Support** - Parents play a vital role in supporting and encouraging their dancer's commitment to the team, including attendance at competitions and events and utilizing choreography videos on the parent portal to practice at home.

M. COMPETITION ETIQUETTE

1. **Competition Level** – Competition categories and levels are assigned at the Studio's discretion.
2. **Arrival** - Arrive 2 hours early with hair and makeup done and be prepared for all scheduled events.
3. **Support** - Encourage and support teammates from RISE and other studios, time permitting. Do not “boo,” disparage, or speak negatively about other dancers, teachers, or studios.
4. **Follow the Rules** – Follow all competition host and venue rules, including those pertaining to media recording, entry and exit, seating assignments, etc.

N. HEALTH AND SAFETY

1. **Injury Prevention** - Warm-up and cool-down exercises are mandatory at all rehearsals and performances, including competitions.
2. **Pointe Readiness** - RISE cares about your long-term physical well-being. Pointe readiness will be determined by one of RISE Dance Center's ballet teachers.
3. **EMERGENCIES AND RISK MANAGEMENT** – Enclosed as Attachment A to this Handbook is the RISE Risk Management Plan. Please become familiar with it and discuss it with your dancer. We do our part to provide a safe and emergency-ready environment for every member of the RISE community.



O. COMMUNICATION

1. **Updates** – Please read emails, texts, Band app chats/posts, and studio social media pages (e.g., Facebook and Instagram) regularly for updates and announcements. Studio announcements are sent out via text and email to the family's contact on record. While information may be communicated using different methods each time, generally speaking, updates will be sent as follows:
 - a. Emails – newsletters (with ongoing reminders, important dates, general information), notes about any team- or studio-related topics, studio closures
 - b. Texts – urgent matters, studio closures
 - c. Band App – questions or other topics that require a back-and-forth conversation between parents and staff, choreography video uploads, real-time competition communication
2. **Concerns** – Please feel welcome to address any concerns or questions with one of the Directors or teachers. We are here to elevate our collective experience at RISE.

P. MEDIA AND PROMOTION

1. **Media Release** - Photos and videos for promotional purposes may be taken by RISE or other third parties during performances and rehearsals. Your signature on this form indicates your understanding and approval that the dancer may appear in videos created and promoted by RISE Dance Center of classes, events, or competitions we attend.
2. **Social Media** - RISE appreciates when you post on your social media accounts about a class you have enjoyed or a competition we attended. Your friends will also enjoy seeing your pictures and videos – let's keep it positive!

Q. DISCIPLINE AND DISMISSAL

1. **Conduct** - Failure to adhere to team policies and guidelines may result in disciplinary action.
2. **Dismissal** - Continued violations of policies or significant misconduct may result in suspension or dismissal from the team at the Studio's sole discretion.

2. RISE COMPETITION TEAM FEES

At RISE Dance Center, we are committed to offering a high-quality dance education and a wholesome life-enhancing experience for our dancers, parents, and staff. Toward that end, transparency and clear communication of the financial relationship between families and the Studio is of paramount importance. Please read this document thoroughly and ask any questions that may come to mind.

R. ONE-TIME TEAM FEES

Fee Description	Amount	Due Date
Team Fee (Per dancer. Includes comp team operation costs, choreography intensives, class registration fee, props)	\$550	Due at registration
Group Class Costume <ul style="list-style-type: none"> <u>Catalog</u> costumes range in price from \$80 - \$200. <u>Custom</u> costumes with a cost of more than \$250 must have the unanimous approval of all group parents through a blind vote. 	Varies by class	Due at time of order
Accessories (for new team members or new accessories)	TBD	Due at time of order
Team Jacket (for new team members)	TBD (est. \$200)	Due at time of order
Special Guest Choreographers (only applicable to pull-out, non-core groups; dancers are afforded the opportunity to opt out of pull-out groups)	Varies by class	Due at time of registration for special choreography sessions

S. TUITION

1. **Recurring tuition** is based on a set annual fee divided into eleven (11) equal payments regardless of how many lessons a class has in any given month. The number of lessons in a month varies due to holidays, absences, competition schedules, special events, inclement weather, etc.

2. **Account statements** with tuition and other charges are posted to parents' accounts approximately five (5) days prior to the due date and charged via autopay on the 1st day of each month. Parents should review monthly statements carefully as sometimes errors can occur. Any questions, discrepancies, etc. should be promptly addressed with the Studio via accounting@RISEdanceVA.com.
3. **The first tuition payment** (#1) is due upon registration when registering prior to August 31st. Subsequent payments are posted to parents' accounts approximately five (5) days prior to the due date and charged via autopay on the 1st day of each month. For example, payment #2 is posted August 25th and due on September 1st (NOTE that registration after tuition is posted on August 25th will automatically charge payments #1 and #2 upon registration), payment #3 is posted September 25th and due on October 1st, and so on.
4. **Late payments** are assessed a \$30 late fee after the 5th of the month.
5. **Recurring class fees do not include** "Master Classes," "Clinics," and "Workshops" that may be offered throughout the year.
6. **Recurring Private Lessons** and extra pull-out groups are priced separately and not discounted.
7. **Registration after August 25, 2025**, requires two payments at the time of registration.
8. **Non-Refundable Fees** - Competition Team fee, registration fees, tuition fees, costume, and other fees are non-refundable.
9. **Conversion from Understudy to Group Dancer** – A dancer attending rehearsals as an "understudy" who wishes to convert to regular group dancer may do so after making all previous tuition payments for the class.
10. **The 2025 – 2026 estimated payment schedule:**

Payment #	1	2	3	4	5	6	7	8	9	10	11
POST/ Statement Date	Upon reg.	25-Aug	25-Sep	25-Oct	25-Nov	25-Dec	25-Jan	25-Feb	25-Mar	25-Apr	25-May
Comp Team Fee	Upon reg.	--	--	--	--	--	--	--	--	--	--
DUE Date - Tuition Payment	Upon reg.	1-Sep	1-Oct	1-Nov	1-Dec	1-Jan	1-Feb	1-Mar	1-Apr	1-May	1-Jun
Comp Registrations / Media Fees (estimated)	--	--	--	--	--	1st Regional	2nd Regional	3rd Regional	4th Regional	Nationals	--
Costumes (estimated)	--	--	--	20-Oct	--	--	--	--	--	--	--

11. 2025 - 2026 Competition Team Tuition

Classes Per Week	2025-2026 Season Tuition	11 Payments	After the initial tuition payment at registration, subsequent payments are due the 1st of each month beginning September 1 and ending on June 1
Private Solo - 30 Minutes *	\$1,972	\$179	1st of the Month
Private Duo (per person) - 30 Minutes *	\$1,276	\$116	1st of the Month
Private Trio (per person) - 30 Minutes *	\$1,044	\$95	1st of the Month
1 Group Class (per person)	\$1,044	\$95	1st of the Month
2 Group Classes (per person)	\$1,624	\$148	1st of the Month
3 Group Classes (per person)	\$2,204	\$200	1st of the Month
4 Group Classes (per person)	\$2,784	\$253	1st of the Month
5 Group Classes (per person)	\$3,248	\$295	1st of the Month
6 Group Classes (per person)	\$3,828	\$348	1st of the Month
7 Group Classes (per person)	\$4,176	\$380	1st of the Month
Unlimited Group Classes (per person)	\$4,495	\$409	1st of the Month
Tumbling Clinic (per person) *	\$1,210	\$110	1st of the Month
Pull-Out Groups (per person) - 30 Minutes *	Varies by start date	\$50/month	1st of the Month

Recurring tuition fees do not include “Master Classes,” “Clinics,” and “Workshops” that may be offered throughout the year. Fees for these special sessions are set at time of offer.

Acro technique is included in unlimited; tumbling clinic is an optional add on.

* Private classes, tumbling clinic, and pull-out groups are not included in the class discounts or “unlimited” packages.

T. REGIONAL AND NATIONAL COMPETITION EVENT FEES

Competition event registration fees, plus a \$50 Studio administration fee per dancer, are due to the Studio 30 days prior to the host competition organization's payment deadline. The Studio will announce competition payment deadlines for each competition in advance of each due date.

Competition fees are non-refundable.

U. TIME AND METHOD OF PAYMENT

1. Beginning on August 25th and the 25th of every month thereafter until May 25th, a statement of any fees due is posted to the parent account.
2. The Competition Team fee and the first tuition installment payment are due at registration. The remaining ten (10) tuition payments are due the 1st day of every month through June 1st, 2026.
3. All outstanding balances on the account are paid by the 1st of each month via autopay.
4. Accounts must always have a valid credit card on file to allow for timely payment of tuition and fees when due.
5. **Late payments** (outstanding after the 5th of the month) will incur a \$30 late fee.
6. Dancers are not permitted in class if there is a tuition or open balance that remains unpaid by the 5th day of the month.
7. Competition team fees, tuition and other fees are non-refundable at any time.
8. **Paying by Check** - Although a current credit card must always remain on file, if a family prefers to make payment by check, the check must be received in the Studio office before the 1st of the month to allow for processing and clearing prior to the 5th.
9. **Conversion from Understudy to Group Dancer** – A dancer attending rehearsals as an “understudy” who wishes to convert to regular group dancer may do so after making all previous tuition payments for the class.

3. RISE COMPETITION SCHEDULE

RISE will announce the 2025-2026 competition schedule to the Team on or about November 1, 2025. The RISE Team takes to the competition stage in 3-4 regional competitions and one national competition.

4. COMP TEAM CALENDAR 2025-2026 SEASON

2025 – 2026 Season Dates – Comp Team choreography intensives run August 18th through 29th. Weekly rehearsal and technique classes start September 8, 2025, and run through June 27, 2026 (or through the first day of Nationals competition – whichever comes first). Both of these intensives and weekly sessions are included in the tuition fee. No extra fee for the August choreography intensives.

Closings – Please review the new calendar as we have minimized the number of closings for the 2025 – 2026 season. Generally, RISE follows the Loudoun County Public School system for studio closings due to inclement weather. However, in the event of an unexpected closing or delay caused by situations such as bad weather, we will also send out notifications via text and email to the family's contact on record, and post updates to our Facebook and Instagram pages.

2025 - 2026 COMP Team Calendar	
Date	Event
Monday, August 18 – Friday, August 29, 2025	Comp Team Choreography Intensives
Saturday, August 30 – Sunday, September 7, 2025 – STUDIO CLOSED	End of Summer Break
Monday, September 8, 2025	Start of rehearsal & technique classes
Friday, October 31, 2025 – STUDIO CLOSED	Halloween
Wednesday, November 26 – Sunday, November 30, 2025 - STUDIO CLOSED	Thanksgiving Break
Monday, December 22, 2025 – Friday, January 2, 2026 - STUDIO CLOSED	Winter Break
Monday, March 30 – Sunday, April 5, 2026 - STUDIO CLOSED	Spring Break
Monday, May 25, 2026 - STUDIO CLOSED	Memorial Day
Friday, MAY 29, 2026 - Recital Dress Rehearsal - No Classes (tentative)	Dress Rehearsal (tentative)
Saturday, MAY 30, 2026 - Studio Recital - No Classes (tentative)	2026 Studio Recital (tentative)
Friday, June 19, 2026 - STUDIO CLOSED	Juneteenth
Saturday, June 27, 2026 (or through the first day of Nationals competition – whichever comes first)	LAST DAY OF COMP TEAM CLASSES
Date To Be Announced in November 2025	Nationals Competition!

5. OWNERS' FINANCIAL RESPONSIBILITY PLEDGE

As the owners of RISE Dance Center of Virginia, we pledge to our Competition Team members, families and staff to always be good stewards of the financial matters of the Studio. We pledge to always remain transparent and communicate openly and directly with all our stakeholders. We pledge to always make financial decisions that keep the interest of dancers, families and staff at the forefront, and to balance those decisions with the financial health of the Studio so that we may remain a pillar of our community and a home for dancers for years to come.



6. IMPORTANT NOTICE ABOUT RISKS OF INJURY

PARTICIPATION IN DANCE CLASSES, REHEARSALS, PERFORMANCES, AND RELATED ACTIVITIES COULD INVOLVE SOME PERSONAL BODILY INJURY and, despite precautions, accidents and injuries may occur.

By signing this document, I attest to a) being the parent/legal guardian to the dancer(s) registered under my account, b) **I AM FULLY AWARE AND UNDERSTAND THE INHERENT RISKS ASSOCIATED WITH DANCE AND RELATED ACTIVITIES;** c) I have been provided the opportunity to ask any questions about these risks; and d) I assume all risks related to the use of any and all spaces used by RISE Dance Center of Virginia LLC.

7. ACKNOWLEDGEMENT

I have read and understand the policies outlined in this handbook. By signing below, I agree to comply with these policies and uphold the standards of the RISE Dance Center Competition Team and the Studio.

By signing below, I also acknowledge that photos and videos may be taken during classes, rehearsals, performances and other events for promotional purposes, and I expressly give RISE Dance Center permission to use my dancer's image in videos, photos, websites, or other media forms created and promoted by RISE Dance Center and affiliates.

Parent Acknowledgement & Commitment Signature:	Dancer Acknowledgement & Commitment Signature:
Parent Name:	Dancer Name:

THANK YOU for your commitment to the RISE Dance Center 2025-2026 Competition Team! We are excited for the journey ahead of us and look forward to a successful season together!

- RISE Dance Center

8. ATTACHMENT A – RISK MANAGEMENT PLAN

[RISE Risk Management Plan](#)

