

2017-18 Tumble 'N Dance Competition Constitution/Handbook – revised 8/17

Team & Challenge/Apprentice Requirements: Team and Challenge/Apprentice is comprised of staff-selected students or students selected based on an audition. Being a member of the Competition Team or Challenge/Apprentice is an accomplishment and a privilege. Members of the Team and Challenge/Apprentice are challenged to their full potential and presented with the opportunity to showcase their talents in a competitive forum. At TND our goal is to provide the highest quality of training in a positive, modest, and age-appropriate environment.

ELITE Team: The ELITE Team was established to give serious dancers, ages 13-18, the opportunity to train and compete at the highest level at TND. Our desire is to select a group of dancers with outstanding technique, exceptional performance quality, style, and a fierce work ethic. ELITE Team dancers pledge to fully COMMIT to dance (ELITE Team) as their extra-curricular activity for the entire season. ELITE Team dancers will train a minimum of 3 days per week, including Fridays and some Saturdays. ELITE Team dancers will attend 4 regionals and 1 convention/competition per season, in addition to a National competition. They are required to attend the required ELITE summer trainings and the dance camp intensive in July.

Competition Team is designed for serious students who wish to commit to competition dance as their extra-curricular priority and train multiple days per week. They are required to attend technique and rehearsal classes 2-3 days per week, some Saturdays. Competition Team members are required to participate in 4 regional and 1 national competition (*COMPETITION TEAMS* Only), summer trainings, and the summer dance camp intensive in July.

Challenge/Apprentice is designed for serious students who wish to train and compete at a higher level, but are involved in other activities as well. They are required to attend technique classes once a week. Competition entry rehearsals or registering for optional classes may require Challenge/Apprentice members to come one additional day per week.

Challenge/Apprentice dancers are required to attend summer trainings and the summer dance camp intensive in July.

Anyone who does not fulfill their commitment will not be invited back to Team or Challenge/Apprentice. A Team or Challenge/Apprentice member is not permitted to compete as an independent or for another studio while on Team or a member of Challenge/Apprentice at Tumble 'N Dance.

- **All Team & Challenge/Apprentice** - Must attend the required summer training classes and Dance Camp in July. Any Team or Challenge/Apprentice member who does not fulfill the dance camp or summer training requirements must confer with April in order to make-up for the absences. Those who do NOT meet the above stated Team/Challenge/Apprentice requirements may lose their Team or Challenge/Apprentice-member status.

Dress Code: Mini, Petite, Junior, Teen, ELITE Teams and Junior Challenge/Apprentice must wear a black cotton/lycra **TANK** leotard **with tights** (“Team uniform”), to all their technique classes on Mondays. Petite Challenge/Apprentice, Senior, Senior Premier, and ELITE Teams must wear their “Team uniform” on Thursdays. All dancers will wear a black wrap dance skirt for all ballet classes. Dancers may wear dance attire of their choice on their optional class days or rehearsal days. No student may wear shorts and sports bras as their sole dance attire to class or rehearsals. **All Team and Challenge/Apprentice members MUST wear the appropriate dance attire to all technique classes, rehearsals, etc. with their hair pulled up and away from their face.** All jewelry should be removed. All students should be able to remove dance pants, shorts and t-shirts upon request. The dress code promotes discipline in the classroom as well as to allow the instructors to see their bodies move and be able to spot them during gymnastics/contortion classes. Please refer to your *Competition Supply Notice* so that you

purchase the correct dance supplies for classes, performances, and competition. **Ballet Class Dress Code:** All hair must be in a bun, NEW-style pink canvas ballet shoes, black leotards, black chiffon wrap skirt, and footed tights.

Competition Team & Challenge/Apprentice Fees: Please refer to the *2017-18 Team/Challenge-Apprentice Rates* document concerning tuition assessed. Regular tuition is based on a full season of lessons. In addition to tuition, Team and Challenge/Apprentice members will pay competition entry fees, regional and national solo, duet, and/or trio choreography fees, group choreography/rehearsal fees, Nationals Instructors Fees, payment of costumes, and supplies. As with all students, tuition and choreography fees can NOT be pro-rated for missed lessons during the regular season for any reason. All regular TND fees and tuition must be paid in full before any type of competition fees will be accepted. All payments will be applied to regular Tumble 'N Dance fees first. If any student's fees, such as tuition, costume payments, choreography or performance fees, etc. become delinquent by ONE month or entry fees are more than TEN days late, this will result in the student's removal from the Team or Challenge/Apprentice and attending lessons and rehearsals until the balance is paid in full. Tuition, choreography fees, entry fees, group choreography/rehearsal fees, performance fees, costumes, registration fees, supplies, nationals instructors fees, etc. are NONREFUNDABLE.

3 Payment Plans:

#1 – Traditional: Pay monthly tuition, entry fees, costumes, etc. by the stated due dates

#2 – Full Pay for Season: Pay all tuition and duet/trio fees (if choreographed by TND staff) by August 14 and receive 5% discount. Please notify Ms. April by Fri., Aug. 11 if you'd like to pay in full for the season.

#3 – Flex Pay: All tuition (Oct.-May), competition costume balance, all regional competition entry fees (no optional competitions), rehearsal fees for duet/trios (if using outside choreographer) or specialty groups, and competition dress rehearsal fee will be computed and divided over 8 months with payments beginning in October-May. Those choosing Flex Pay should notify Ms. April for a quote by Aug. 26. August (1/2) and September tuition are due traditionally, along with the Competition Costume Deposit. NOTE: Due to all costumes and entry fees being "bundled" for the year, if payment becomes over 30 days late, and you haven't discussed your hardship with Ms. April, the following will incur:

- Competition costume order will be cancelled for your dancer
- Dancer will be removed from all competition entries
- Late fee policy is applicable to Flex Pay plans
- Tuition, entry fees, competition dress rehearsal fee, and costume fees are nonrefundable.
- As always, if you have a financial hardship, please notify Ms. April so a mutually agreed upon plan can be established.

SPECIAL NOTE: NOT included with Flex Pay or Full Pay for Season are the competition costume deposit (due Sept. 9), Production, Tap Line, and/or Specialty Group Choreography Fees, Solo Choreography fees, Solo Rehearsal fees via *Sign-up Genius*, Christmas Performance Fee, Spring Recital Costume, Recital/Showcase Performance Fee, Rhinestone Fee, Make-up/Eyelash Packages, Competition Jewelry, Private/Semi-Private lessons, and optional competitions or conventions.

Summer Training Requirements: Team and Challenge/Apprentice members are required to attend classes during the summer months to keep in shape and continue their technique

training. These dates will be announced in April, along with the dates for the mandatory summer dance camp intensive.

Summer Competition Fees: A Summer Competition Fee is due for all dancers selected for Team and/or Challenge/Apprentice. The fee covers all required summer trainings + dance camp intensive. 50% of the Competition Summer Fee is typically due in early June and the balance is due in mid-July. The summer fees were separated into two manageable payments; similar to paying tuition for June and July.

Competition Entry Selections & Requirements: ALL competition entries are per invitation ONLY! Invitations for solos, duets, trios, and specialty groups will be extended to TEAM members. Solo and Duet/Trio invitations are based on information you provided in the spring questionnaire. April uses this information to make entry invitations based on students' individual strengths, etc. You'll receive your Entry Invitations in August. Rehearsal schedules will be developed at the end of August/early September, based on Entry Declinations. We'll strive to schedule all rehearsals so that they are convenient for all participants. Each Team member has until **August 17** to decline any Solo, Duet/Trio, PRODUCTION, Tap Line, or Specialty Group entries that they are invited to perform. All optional classes, except for Pointe and TN/SR/ELITE Acro-Gymnastics have a competition entry associated with the class. Therefore, if you take lyrical for example, you will be expected to participate in the competition entry for that optional class and attend all competitions that entry will be competing. **NOTE:** "IN CLASS" Group Entries cannot be declined. These entries are taught and rehearsed during regular classes, so all members will participate. NOTE: PT Challenge/Apprentice and JR Challenge/Apprentice members will be invited to perform one jazz group entry for competition, which will be learned and rehearsed in class.

Things to ponder when considering whether to decline a solo, duet/trio or any "Out-of-Class" entry...

1. Family budget
2. **Desire, Dedication, and Commitment** to each particular entry
3. Consistent punctuality and attendance to each and every rehearsal. Absences should be limited to illness or emergencies. 4+ absences will result in parent conference and removal from an entry. The attendance policy will be strictly enforced!
4. Family, school, or other obligations and/or time constraints.

PRODUCTION & Tap Line Entries: Choreography for those participating in the Production Number will be taught during 1-2 weekend sessions. The PRODUCTION choreography fee is approx. \$45 per dancer. The TEAM Tap Line is open to all Team members as well. The Tap Line Choreography Fee is approx. \$30 per dancer. There will be a weekly joint Production/Tap Line Rehearsal. PRODUCTION/Tap Line are considered "optional classes" and will be charged accordingly from October-May. *Attendance at all choreography sessions is mandatory in order to participate in the Production and/or Tap Line.*

Rehearsal Attendance Policy: It is a necessity that ALL Team and Challenge/Apprentice members are present and prompt for their scheduled rehearsals. Attendance will be taken at each rehearsal. Please reserve absences for illness and/or special occasions. ****Students with excessive absences/tardies to rehearsals may be removed from an entry. If a student is removed from an entry or asked to leave the studio, there will be no refunds for tuition, choreography fees, costumes, or entry fees.*** Please consider this policy when accepting entry invitations, especially if you have other family and/or school obligations. Due to the necessity of all students attending all technique classes and competitive rehearsals, I'm requesting that families refrain from using technique classes, rehearsals, competitions, performances, and their overall Team membership as a type of punishment when disciplining. **NOTE: A student's**

absence greatly hinders the productivity of all classes and rehearsals; so please be mindful of the T 'N D attendance policy.

Regional Competitions: The regional competitions are held in metro Atlanta, Athens, Savannah, Carrollton, Birmingham, or Chattanooga areas and are usually held on Saturdays and Sundays and sometimes Friday afternoons. Competitions take place during the months of February – late May. National competitions are usually held in June or early July and may be held out of state. We attend a National competition every other year; therefore we will attend this year - 2018. Teams will be attending 4 regional competitions this season and Challenge/Apprentice will be attending 3. We have found that the more the kids perform in the competitive forum, the more experience and confidence they gain; therefore increasing their overall success at each competition. **Each Team and Challenge/Apprentice member is expected to attend each and every competition during the season, unless they are ill, injured, or have a family emergency!** Each Team and Challenge/Apprentice member makes a commitment to Tumble 'N Dance and their fellow dancers that they will be at all the competitions that everyone paid and prepared for. If you have a conflict with a competition and an extra-curricular activity, please try to adjust your schedule around the competition dates. In scheduling competitions, attempts are made to space out the competitions, but it may not work out that way. Please remember, dates and venues of competitions are subject to change beyond our control. I will strive to inform you of any changes in a timely fashion. Also one week before every regional competition, each competitor we'll receive the schedule for that particular regional competition.

Competition Entry Fees: Each competition charges an entry fee per act/entry. Tumble 'N Dance will assess a set fee for solos, duets, trios, and group entries for all competitions. Entry fees are due two months prior to the competition date. Late payment of entry fees will result in your name being left off the Studio's entry form for each of your numbers. Entry Fees are NONREFUNDABLE, even for illness and injury.

2018 Entry Fees for each Regional Competitions

REGIONALS: Solo = \$115 Duet = \$64 (per dancer) Trio = \$51 (per dancer) Group = \$50 (per dancer)

Optional Competitions: During the regional season, interested solos, duets, or trios are invited to attend various optional competitions. The selected competitions are completely optional and the entry fees listed above will be assessed for any entry wishing to attend.

National Competition & Instructors Fees: We will be attending a National competition the summer of 2018. The summers that we attend a National competition, additional entry fees, solo, duet and trio rehearsal fees, and rehearsal fees for group entries will be due. These fees will be minimal and will cover all rehearsals from late May - the National competition. Nationals' Rehearsal Fees are TBA by the month of April. Families are responsible for making their own lodging reservations and transportation arrangements for the National competition. This is recommended at least 5-6 months in advance. A "Nationals Instructors Fee" is due from each Team member in order to attend Nationals. The fee covers attending instructors' time, travel, food, and lodging expenses while at Nationals. This fee is due prior to the National competition. The fee is usually \$45.00 per student or \$70.00 per family.

Solo Choreography & Rehearsal Fees: Each solo will be assessed a choreography fee to "set" the choreography for their solo. The solo choreography rate will be **\$250.00 for any solo choreographed by a TND staff choreographer**. The solo choreography fee will be due on or before the first scheduled choreography session with your choreographer. In addition, during January-May, solo entries **MUST** sign-up via *Sign-Up Genius*, for "Private or Semi-Private" rehearsal times, 1-2 times per month, with their instructor. Privates for solo rehearsals will be

assessed at the rate of \$15.00 per 30 minutes or Semi-Privately (2 dancers only per 30 minute lesson) for \$10.00 per 30 minutes.

Duet, Trio, and Group Choreography/Rehearsal Fees: Most “Out-of-Class” groups/lines, duet, and trio choreography/rehearsal fees will be calculated for the entire regional season.

Total **Duet** Choreography/Rehearsal Fee for the regional season = \$324.00

- \$162.00 per dancer or \$18.00/month Sept.-May

Total **Trio** Choreography/Rehearsal Fee for the regional season = \$351.00

- \$117.00 per dancer or \$13.00/month Sept.-May

Guest Choreography for Solos & Duet/Trios + Rehearsal Fees: Occasionally we have the opportunity to enlist guest choreographers for some of our Team entries. These choreography fees are based on each choreographer’s set rate; which only includes the choreography, the learning of the choreography (usually 2 ½-3 hours), and the music production. Choreography fees for guest choreographers are due at the time of the first lesson. Additional rehearsal fees will be assessed for these entries from January-the regional competition. Solos (choreographed by a guest instructor) will be required to sign up 1-2 times per month, via *Sign-Up Genius*, with a T ‘N D instructor to rehearse and clean their choreography for competition. See “Solo Choreography/Rehearsal Fee” section above for Private/Semi-Private rehearsal fees.

Group Choreography + Rehearsal Fees: All Team and Challenge/Apprentice students will be invited to perform in at least one “IN CLASS” group entry. For 2017-18, our “OUT-OF-CLASS” group entries are the Production, Tap Line, and Specialty Groups – Musical Theatre & Contemporary. Attendance at each of the choreography learning sessions is extremely important and attendance is MANDATORY for the Production and/or Tap Line in order to participate. A Choreography Fee, per dancer, will be assessed. For small group entries taught outside of class and choreographed by TND Staff, the fee will be \$12.00 per dancer. The choreography fee for Production is \$45.00 by Sept. 28 and \$50.00 if paid after Sept. 28. The Tap Line Choreography fee is \$25.00 by Oct. 26 and \$30.00 if paid after Oct. 26. Production/Tap Line are considered “optional classes” and will be charged an additional \$10.00 per month, from October-May, for their weekly rehearsal session on Thursdays. The rehearsal fee for the Specialty Groups and any Duets choreographed by outside choreographers is \$10.00 per month from Jan.-May. Again, there is no pro-rating of tuition for missed rehearsals.

“IN CLASS” Group Entries - “IN CLASS” entries will be rehearsed during a portion of their regular weekly technique classes. These are considered “In Class Entries”. Group Choreography/Rehearsal fees are not assessed for “In Class Entries”.

“OUT-OF-CLASS” Entries – “OUT-OF-CLASS” entries are the Production, Tap Line, Specialty Contemporary Small Group. A choreography fee is assessed for participation. There will be a charge of \$10.00 per month from January-May to cover the regular weekly rehearsals, following the initial choreography learning time.

Costumes/Jewelry/Rhinestones: Teams and Challenge/Apprentice will purchase one additional BALLET costume for the Spring Recital. You’ll be notified of this when Spring Recital notices are distributed in December. Each competition entry must be appropriately costumed in order to be successful in competition. Therefore many of you will be purchasing many costumes for the upcoming season. These costumes will be worn for the Spring Recital, as well as for all the competitions, and possibly for the following Competition Season. Some costumes will be custom/ base costumes, in which will be specially made for the entry. Again this year, Soloists and duet/trios will be responsible for their own solo/duet/trio costume, per specifications from

their choreographer. Below are the prices for Competition Costumes. **Prices are per costume per dancer!** If you miss the costume deposit deadline, your costumes will not be ordered!

\$90.00 per competition costume

50% costume deposit is due for all competition costumes by Sept. 9 and all balances are due by Oct. 14.

Competition Jewelry: Each student will need a rhinestone choker, rhinestone earrings, and a rhinestone pony-tail clip/band for competition. All Team and Challenge/Apprentice members will wear the same accessories. Parents may purchase these on their own, from the approved online stores, or you may order directly from the studio. Instructions for ordering will be available in October.

Rhinestone Fee: Female students will be assessed a rhinestone fee. This fee will cover all the rhinestones required for adorning competition costumes.

**Competition Jewelry may be ordered through the studio. Order forms will be available in late October. Prices are TBA and will be listed on the order form.*

Thanksgiving, Christmas Break, and MLK Day Rehearsal(s): During the breaks we may possibly hold 1-2 **MANDATORY** rehearsals. You'll receive advance notice of extra rehearsals.

Competition Dress Rehearsal: A **MANDATORY** competition dress rehearsal will be held at the Henry Co. Performing Arts Center for all competition entries. The dress rehearsal is held to make final preparations for all entries, utilizing a stage like one they'll be performing on in competition. The rehearsal fee is approx. \$18.00 per student and due prior to the rehearsal.

Competition Guidelines & Awards: Please also refer to the addendum sheet entitled the *Guidelines & Procedures for Competitions*, which you'll be receiving in January.

Parental Commitment: Please remember, being on Team and Challenge/Apprentice is not a typical weekly class situation where you drop your child off, pay tuition, and pick them up after class. You are a member of the Team too! Communication with your child's instructors and Ms. April is essential for this to be a productive and successful year. Participate in Team and Challenge/Apprentice activities; become acquainted with other Team and Challenge/Apprentice parents, and show enthusiasm and support for all students and the instructors. Parents need to know first-hand what's going on in classes and rehearsals in order to better help their child at home. **All parents must accompany and remain with their child at all Tumbles 'N Dance functions, including competitions. This is for the safety of your child as well as for liability reasons.** If a problem or concern arises throughout the season, please speak or notify Ms. April directly. I strive to resolve any problem, conflict, or concern in a timely, effective, and efficient fashion. Please do not use other parents as sounding boards for disagreements you may have. Parents or students who continually exhibit negative attitudes or cause conflict among other parents, students or the staff will be asked to leave Tumble 'N Dance. Please remember, you are very important. You are no more important than anyone else.

Team and Challenge/Apprentice Dancers & Parent "Decorum and Behavior Policy": Behavior of all those on Team/Challenge-Apprentice and all those associated with the Teams (parents, teachers, etc.) should be above reproach at all times while in the Studio, performances, or at competition. We are all representing TND and our families and we both should expect nothing less.

1. Special friends (male or female) may NOT accompany Team and Challenge/Apprentice members to class or rehearsals and it's recommended that they not attend the

competitions. **Boyfriends at dance class are a distraction, so do NOT invite boys to come watch you take class!**

2. Students must remain inside the building at all times. Students won't be allowed to leave with someone other than their parent, or leave early from class without verbal or written consent from the parent!
3. Skipping classes or rehearsals, without a parental excuse, will NOT be tolerated!
4. Team and Challenge/Apprentice members and their parents will **NOT** discuss other students, teachers, and parents while a member of the Team or Challenge/Apprentice. I want all students & parents to feel comfortable and enjoy their experience at T 'N D. **Facebook, Instagram, Twitter, Phone Calls, Texts, etc.** should not be used as a forum for gossip or to post derogatory comments about the studio, other parents or Team and Challenge/Apprentice members. If a student or parent engages in this type of behavior, they may be asked to leave Tumble 'N Dance. Again, you are very important. You are no more important than anyone else.
5. ***Absolutely no belly button rings, nose or tongue piercings, tattoos, or dangling jewelry are allowed in classes, rehearsals or competitions.***
6. **CELL PHONES** - Cell phones MUST remain outside of the classrooms and only used when absolutely necessary while at the studio!
7. All Team and Challenge/Apprentice members are expected to respect the property of other students and parents. Please keep all valuable items at home and do NOT touch other people's belongings.
8. All dance bags and belongings should be kept along the far back hallway of the studio. Please do **not** put bags in the middle of the floor, under observation windows or blocking doorways or walking areas.

Tumble 'N Dance established a "Decorum/Behavioral Policy" to help ensure a positive learning environment. If a Team or Challenge/Apprentice member is negative or hurtful to another student or instructor, skipping classes or rehearsals, not abiding by the dress code, or giving 100% effort in a technique class or rehearsal, they will be dismissed from class. I will not tolerate a student and/or parent being mean or disrespectful to another student, parent, or teacher. Those who commit infractions as stated above may be asked to leave the studio. The overall Team and Challenge/Apprentice morale is extremely important in order for this to be a successful year.

Competition Spring Showcase: Competition Teams and Challenge/Apprentice are invited to participate in a performance that will showcase all competition entries for the 2018 Season. My idea for the Competition Showcase came about for a couple of reasons. Firstly, many of our friends and family would like to see the Tumble 'N Dance competition entries that our children perform in, but are unable to devote a 2 or 3-day weekend of competition attendance to do so. This will allow them the opportunity to see all entries, solos, duet/trios, groups and lines, performed by Tumble 'N Dance, during one evening. Secondly, in an effort to keep spring recital performances within a reasonable length of time and expense, it was necessary to brainstorm and come up with a new way of presenting our spring performances without short-changing any of our students. Here are some general guidelines for the 2018 Competition Showcase...

- The Competition Showcase will be a variety show format. The line-up of performances will consist of groups, lines, solos, duets, and trios. Solos, duets, and trios may "opt-out" of performing their entry if they like. For instance, if you don't wish to perform your solo during the showcase, just let me know by early May, so that the line-up for the Showcase can be developed accordingly.
- The Competition Showcase will be open to the public. We will advertise the showcase throughout the studio, in the spring recital program book, etc. inviting our recreational

students and parents, as well as the local community to attend. Tickets will be sold for the Competition Showcase. Tickets will be \$5.00.

- There will NOT be a dress rehearsal for the Competition Showcase. However, all performers will have a rehearsal at the studio in preparation for the Showcase.
- Team students will perform their ballet pieces and the pointe routine in their assigned Spring Recital performance; in addition, the PT and JR Challenge/Apprentice students will perform their ballet/tap piece + recital gymnastics routine during their assigned Spring Recital performance. In addition, the Production and Tap Line entries may be the opening number for the Spring Recitals. This will allow the recreational parents and guests the opportunity to see performances by our Teams and Challenge/Apprentice students and a small “taste and a teaser” of what to expect from our Competition Showcase. Recreational parents and guests are curious in seeing what our more experienced Tumble ‘N Dance students are capable of and in-turn inspiring our younger students to work hard and to reach for the stars.
- Each Team and Challenge/Apprentice student will be charged one performance fee of \$70.00 to perform in the Spring Recitals and the Competition Showcase. The performance fee will include 3 (three) admission tickets per performer for the Spring Recitals and 3 (three) admission tickets per performer for the Competition Showcase. All persons must have a ticket for admission for both the Spring Recitals and Competition Showcase, regardless of age. Additional tickets will be sold, as supplies last, for all performances (recitals and showcase) for \$5.00 each. Performers do not need a ticket for admission to either the Spring Recitals and/or Showcase; however all other guests will need a ticket, including parents.
- For the Spring Recital & Competition Showcase, each Mom will receive a “Mom’s/Backstage Pass”, upon payment of the 2018 Performance Fee. The pass will serve as an admission ticket into the Spring Recital performances & Competition Showcase, as well as a pass backstage to change your child’s costumes.
- We will need one MOM Volunteer for each Team and Challenge/Apprentice to remain in the dressing/backstage area for the entire spring recital dress rehearsal and recital. The MOM will assist with lining up their Team or Challenge/Apprentice for their respective performances during all performances. Each mom will be responsible for their own child’s costume changes during the Showcase.
- Team students will purchase a new BALLETT costume for the Spring Recital. In addition, the PT and JR Challenge/Apprentice and will purchase a new ballet/tap costume. The cost of the costume is \$65.00.
- A portion of the Spring Recital Program book will be devoted to the Competition Showcase. We’ll sell ads for the program book and we’ll sell the program books at both performances of the Spring Recitals and at the Competition Showcase, as supplies last.
- We are planning a Competition End-of-the Year Banquet/Reception again this year. Those on the Banquet Committee will assist me in planning this event and more information will follow in the spring.

Healthy Diet & Practice: Please strongly encourage your child to eat healthy foods, increase their consumption of water and to regularly practice at home. Please videotape and observe your child during their competition rehearsals and encourage them to practice at home. Students should participate in some type of exercise such as running, walking, fitness classes, etc. to stay in shape. In order to help promote increased physical fitness and dance technique, there will be a required TECHNIQUE/CONDITIONING Class for TN/SR/SR Premier/ELITE Teams.

These dancers are encouraged to attend each TECH-Conditioning class offered, but are only required to attend one class each month. The TECH-Conditioning fee is included in your tuition rate. Junior Team students are invited and encouraged to attend, but it's not required. The drop-in class charge is \$5.00 per class. Please restrict your child's consumption of soft drinks and junk food at home! **While at the Studio for classes and rehearsals, students will NOT be allowed to drink sodas.** Water is the preferred beverage while at the studio!