

Ms. J. MacMillan

LVR DANCE ACADEMY 2019/20

Technique and Performance 10-12

Introduction

The purpose of the Dance Academy is to improve each student's dance technique and artistry while increasing the depth of their supporting knowledge. Technique classes will be intensive and will focus on alignment, strength, flexibility, use of breath and musicality primarily through ballet and contemporary dance technique. Choreography classes will focus on the fundamental elements of choreography and the choreographic process. Active participation is required in every class.

Class Schedule

The students enrolled in the Dance Academy will have a combination of ballet, contemporary and choreography classes. A typical class will begin with a gentle warm-up followed by strength and technique work, progress to movement across the floor and finish with a cool down and stretch. Choreography courses will follow a slightly different pattern. Once our classes are running smoothly we will begin building a repertoire for the semester end show.

Seminars

Seminars will take place periodically throughout the year. Seminar topics may include food and nutrition, injury prevention, audition preparation, summer programs, cross training, university preparation, as well as a variety of other topics. Guest teachers and master classes may replace a seminar session.

Dance Attire

Ballet

Ladies: black sleeveless body suits are required. Tights must be pink. All long hair, including bangs, must be pinned back and tied up. Black shorts or ballet skirts are permitted. Men: black tights or athletic pants and a white colored t-shirt are required. Students may use a full or split sole ballet shoe. Pointe shoes will be required as the students achieve technical proficiency. Use of pointe shoes in class is at the instructor's discretion.

Contemporary

Any solid colored body suit is acceptable. Dance pants, preferably black, must not inhibit the teacher from seeing the student's placement. Modern dance classes will be barefoot. Long hair must be tied back.

Students are responsible for providing their own dance attire and shoes. Students should label **each and every piece** of their dance attire with their initials to help avoid any confusion and to help ensure that if something gets left behind it can easily be returned to its rightful owner. If the studio is cold, students will be encouraged to layer their clothing during the warm-up.

It is important to adhere to this dress code. The proper attire makes it easier for the teacher to both make and see corrections on the students.

Program Fees

The Dance Academy fee is \$250 per semester, or \$400 for the linear program. This includes costume costs. Payments can be made by cash or cheque. Post-dated cheques are acceptable. All payments for the first semester should be in the office no later than September 16th. All cheques should be written to LV Rogers and include the words, "Dance Academy," and the student's name on the memo line. If you have specific questions regarding fees and/or payment schedules these should be directed to the administration.

Assessment

The emphasis in this program is technical development and artistic growth. Students will receive regular verbal and anecdotal feedback in class. Letter grades, percentages and work habits will be issued at the end of each term.

Technique	30%
Choreography/Performance	30%
Dance Etiquette/Daily Evaluation	20%
Theory	20%

Attendance, Illness and Injury

Please notify Mrs. MacMillan prior to an absence via email or phone whenever possible. Students are required to catch up on missed choreography and theory work prior to their next class.

Students who are ill, but are well enough to attend school, are capable of participating in class at the best of their abilities for that given day. Modifications to daily activities will be made to ensure the student's safety and well-being. Likewise, an injured student is still expected to participate in activities that are deemed safe and do not put the given injury at further risk. Injured students are expected to modify activities and complete rehabilitative exercises during the class time when they would not be able to participate in regular class routines.

Expectations

1. No food or gum is permitted inside the studio. Water bottles are welcome.
2. Students are expected to arrive on time, with the necessary supplies, and in the appropriate attire.
3. Respect others and the space. This means listening when a fellow classmate or the teacher is speaking, Remember, respect cannot exist when put downs do. Respect also means that if you move something in the room, you put it back where it belongs before you leave.
4. Do your best!

Fire Drills

Always keep a set of outdoor shoes and warm-up clothes in the studio. Exit the building quickly and quietly. Stay together with your class.

If you have any questions or concerns throughout the year please feel free to phone me at school, 352-5538, or email me at jmacmillan@sd8.bc.ca. I will do my best to respond as quickly as possible during regular business hours.

Course outlines, schedules and newsletters are posted at <http://www.lvrdance.com>. The password for the website is "motion". There is also a LVR Dance Facebook page where reminders, upcoming events and photos are also posted.

Student's Name: _____ Parent's Name: _____
Student's Signature: _____ Parent's Signature: _____
Student's Email: _____ Parent's Email: _____