

**East County Performing Arts Center
Competition Team Parent Handbook 2020/2021**

Part 1 Culture Counts

You are responsible for the energy you bring to this team!

Our #1 goal: To give kids the skills to succeed in dance and in life

Our Team Motto: Team Before Talent!

Recommended Reading for Parents, Kids and Teens

We take continued education and self-improvement very seriously at ECPAC! You and your dancer are part of this team. Here is a list of books that help shape and drive our culture:

Energy Bus- Jon Gordon

Energy Bus for Kids- Jon Gordon

Grit- Angela Duckworth

You Win in the Locker Room First- Jon Gordon

Mindset- Carol Dweck

Success for Teens- Darren Hardy (I have some copies if your kids are interested)

Compound Effect- Darren Hardy

Angela Duckworth also has a TED Talk that is great!

Competition Team is a wonderful opportunity for you to grow as dancers and form friendships that can last forever. To make sure our teams run smoothly and to maintain a positive culture we have guidelines that you are expected to follow.

These policies are put in place to fulfill the goals and maintain the integrity of the program. Failing to follow these policies may result in dismissal from team.

Levels of Teams- We have 3 different levels of team that vary in cost, class commitment and event commitment. Please choose the level that best suits your family.

Semi Comp Teams

This is a fun/low-cost opportunity to see what competition team is all about.

Everyone makes a team! No experience necessary! No audition necessary!

All Semi - Comp Teams perform at a tree lighting ceremony, in house performance, local competition in the spring, and recital.

All-inclusive tuition includes costume and entry fees

Frozen Friends Team

Ages 4-5 Ballet Team

Requirements- 1 30 min Bitty Ballet class & 1 30 min choreography rehearsal class

Frozen inspired costume.

Inclusive monthly tuition \$110/month

Team LOL Surprise

Ages 6-7 Jazz Team

Requirements- 1 45 min Tap/Jazz Combo class & 1 30 min choreography rehearsal class

LOL Surprise Doll inspired costume

Inclusive monthly tuition \$135/month

Aladdin Musical Theater Team

Ages 8 and up Jazz/Musical Theater Team Requirements- 1 45 min Jazz class & 1 30 min choreography rehearsal class

Aladdin inspired costume

Inclusive monthly tuition \$135/month

Level 1 Teams

Level 1 teams are for dancers who want a little bit more than Semi- Comp Teams but are not ready to commit to Nationals and conventions. Level 1 teams attend 3 competitions a year.

Ages 3-7

Sparkle Squad Jazz and Tap: 1 combo or boogie babies class, ½ hour choreography/rehearsal class

Sparkle Squad follows our regular tuition structure.

Ages 7+

Jazz Team: 1 ballet class, 1 jazz tech, ½ hour choreography/rehearsal class

Tap Team: 1 tap tech, ½ hour choreography/rehearsal class

Contemporary Team: 1 ballet class, 1 contemporary class, ½ hour choreography/rehearsal class

Hip Hop Team: 1 hip hop class, ½ hour choreography/rehearsal class

Anything less than 3 hours a week stays within our regular tuition table. Once a dancer reaches 3 classes a week the competition team tuition structure starts.

Solos/Duos/Trios are not available for dancers in Level 1

Level 2

Our Level 2 teams are for dancers who are ready to commit to more class requirements and events. 5 competitions (1 of these is a convention), and Nationals (nationals is also a convention)

Since we are not doing production all dancers will be required to do a jazz (or musical theater) team. With the exception of Hip Hop. Dancers on a hip hop team are not required to be on a jazz or musical theater team.

7 and under Jazz Team: 1 ballet class, 1 jazz tech, ½ hour choreography/rehearsal class

8 and up Jazz Team 2 ballet classes, 1 jazz tech, ½ hour choreography/rehearsal class. If a dancer turns 8 during a season he/she is required to add a ballet class at that time.

7 and under Contemporary Team: 1 ballet class, 1 contemporary class, ½ hour choreography/rehearsal class

8 and up Contemporary Team: 2 ballet classes, 1 contemporary class, ½ hour choreography/rehearsal class. If a dancer turns 8 during a season he/she is required to add a ballet class at that time.

Ballet Team (any age) 2 ballet classes, ½ rehearsal/choreography class

Tap Team: 1 ballet or jazz tech (both are recommended), 1 tap tech, ½ hour choreography/rehearsal class

Hip Hop Team: 1 hip hop class or jazz tech (both are recommended), ½ hour choreography/rehearsal class

There may be a time when we ask a dancer to dance up to the next age level. This is up to the discretion of the teachers.

Special note for Hip Hop Teams- We are partnering with Norcal Hip Hop to form our teams. Norcal Hip Hop's season runs from August-Jan. The dancers will transition to ECPAC in Jan to finish the "studio" competition circuit. For the ECPAC dancers wanting to join a hip hop team, they will have their weekly 30 min rehearsal class to learn and clean the choreography. In Jan all the dancers will begin rehearsing together. The hip hop team will not be able to attend or first comp of the season (Hollywood Connection) and Nationals will not be required, but encouraged. We are excited for this partnership!

What Happens After Auditions?

If your child does not make the team we will contact you within one week after auditions.

If your child does make the team, your child will get a congratulations email letter and you will come to the team contract signing day (date to follow). At that meeting you will sign your commitment contract, set up your auto-pay, pay your first team fee and then you will get your Team Assignments. At this time you will also have the opportunity to order your accessories, team warm-ups, and sign up for a committee.

Attendance

Your teachers expect you to be in class, **every class, every week**. The only acceptable reason to miss class is if you are contagiously sick or you have a fever. If you are injured, or have a non-contagious sickness, you are expected to come to class and at the very least watch, take notes and learn.

You need to plan your school studies as well. Reports and tests should not be a reason to miss class. Plan your time wisely and do projects and studying in advance... not at the last minute.

If your dancer does need to miss class they are expected to make up their tech and ballet classes. The best case scenario is when a dancer knows she/he is going to miss class and makes up the class in advance. If your dancer is 11 or older, we expect them to call in their own absence and schedule their own makeup classes.

If attendance becomes a problem your dancer may be removed from team and you will not be refunded for previous fees paid.

If your dancer misses a team more than twice in a month they will not participate in that dance at the next competition. If a dancer has more than 2 misses in a ballet and/or 2 misses in a technique class that is not made up they will not be able to participate in the next competition. If these misses occur before January that gives us reason to believe there will be an on-going attendance problem and your dancer may be removed from the team. If your dancer is removed from team, tuition and comp team fees cannot be refunded. Costume fees can be refunded IF the studio can return the costume.

IF YOUR DANCER DOES NOT ATTEND TEAM THE WEEK OF A COMPETITION THEY MAY NOT BE ALLOWED TO COMPETE IN THAT DANCE. Competition fees are non-refundable.

Class Uniform

In class: In Ballet class girls will wear pink footed tights and your assigned level/color leotard. Leg warmers and Ballet sweaters are acceptable for warm up only. Hair will be in a tight bun held with hairpins, no floppy half fold buns. In Ballet classes boys will wear, a form fitting white tee shirt and black tight pants or shorts (tights are recommended). In all other classes the dress code is all black. ECPAC Team Tee Shirts may be acceptable on specific days, at the discretion of the Comp Director
Proper shoes are required for classes, including sneakers for hip hop classes
No jeans are allowed, **even in Hip Hop classes.**

Competition Uniform

Convention: you may wear anything you want!

Warm-ups: Jackets and team shirts, must be worn to all competitions

Hair, Nails & Toe Nails: Hair must be a natural color for competition. Nails and toes are preferably no polish at all, but nude colors are the only option.

Hair color needs to be natural. No bright colors such as pink , purple , blue etc...

*******JEANS AND PAJAMA BOTTOMS ARE NOT ALLOWED ON STAGE DURING AWARD CEREMONIES UNLESS THEY ARE YOUR COSTUME.*******

If your dancer is on stage while wearing jeans she/he will be asked politely to sit in the audience during the award ceremony. Dancers asked to leave the stage are invited back on stage if they change out of their jeans. While on stage or representing the studio dancers would wear a combination of their team shirt, pants and jacket.

Tuition

All families are required to be on auto pay or you can pay for the year in full with a 5% discount. All families are required to keep a valid checking account on file. (credit cards will incur an additional \$3 per transaction.) We do not accept monthly checks for tuition. Tuition is due on the first of the month. Your total yearly tuition will be broken up into 12 equal payments and charged each month August-July. For example:

Tuition for the Koch Family = \$255/month

Total tuition for the dance season (August- June) =\$2805

We break this amount into 12 payments (August-July) = \$233.75 due on the first of the month August-July.

****PLEASE NOTE**** If you dancer is dancing over the summer session, your tuition amount will be more for the month of June since that is when money is due for summer session.

Sibling discount is 10% for the less expensive tuition.

Payment Extension or Special Payment Arrangement

If you are in need of an extension or a payment arrangement we can accommodate you.

1. **All solo practices and entries are put on hold until the balance is paid.**
2. You cannot register for extra events or entries until the balance is paid
3. You must sign a contract. If that contract is broken your dancer will be suspended until your balance is paid in full.

Injury

Injuries are always a problem in a team environment. If your dancer becomes injured and he or she cannot rehearse they should not perform. This is not a punishment, it is for your dancer's safety and for the good of the team. If your dancer has missed classes for a week or two before a competition he/she is not at his/her best. The injury will have weakened the dancer putting her/him at risk for additional injury. Also, if the dancer is not at 100% he/she will not perform at 100% thus letting the team down. Think of it this way... a football player has to attend practice to play in the game. If a player is injured and has to miss practice for a week or too he will spend the game on the bench, for his own safety and for the good of the team. Please be honest about your dancers injuries. Their health is the most important thing to us.

Special Awards/Entries

Many competitions have opportunities for dancers to be awarded special awards, titles, or prizes. Please check the competition websites for info and let us know if you would like to enter. Most competitions will take photogenic entries the day of competition, but please check the competition's website for entry information. All "special" entries require an extra fee.

You may NOT enter any "extras" at the competition if you have a balance on your account.

Recital

Participation in recital is not optional. You will be purchasing your dancer's recital costume at the time you sign your contract. Please expect to perform in all the shows. All dancers over the age of 11 are expected to help during our shows for the younger dancers.

Note: Contemporary 2-4 and ballet 3-6 will not have a recital costume to purchase.

Prize Money

Often we will win prize money at competitions. If this money is for a team it goes into the team fundraising fund. If the prize money is awarded to a soloist, duo or trio the studio will issue the check to the performer(s). Please note the studio must receive the award before we can issue out the check(s) to the dancer(s).

Competition Schedule

The Comp schedule will be released in August and dates will not change. We try not to schedule competition on holiday weekends or during the Brentwood school breaks.

Please know that the competition schedule may require your dancer to miss school or leave early on Friday. We do everything in our power to make changes or move dances but sometimes it is completely out of our control and your child must be there.

We also give the opportunity of a few optional conventions each year, these conventions are open to any dancer on the team regardless of participation level. You are welcome to attend additional competitions and conventions.

Notes on competition: Please know that sometimes errors happen on the comp schedule, dances are omitted, dancers are missed, or names of dances may be wrong. We communicate with the competition to fix any errors. Sometimes the errors get fixed on the backstage end but not in the competition program. Sometimes your dancer's name may be misspelled in the program, please do not be offended, this is out of our control. Please know this drives us nuts too!

Category and Level Placement

There are many things that go into placing a routine in genre, age category or level. Each competition has a different way of placing the kids by age and level. Sometimes we are totally bound by their guidelines and other times we have the flexibility to place a routine where it is best suited. If you have a question regarding level placement please email your question or concern to ecpaccomp@gmail.com.

Makeup and Accessories

We partner with MADE Cosmetics in Brentwood. Patricia has developed a custom pallet/package just for ECPAC dancers. Please visit her website www.madebrentwood.com, contact Patricia for more info. Make up orders must be placed by December 1 to arrive in time for competitions.

All dancers are required to have performance jewelry and hair accessories. Order forms for jewelry, warm ups, team shirts and dance bags are available at your contract appointment.

Rhinestones

Your teachers may want to add rhinestones to your costumes. These are an additional cost. Rhinestones can be ordered through www.dreamtimecreations.com. Instructions on what to order and how to apply will be given later in the season.

Getting information/Communication

All information is sent via email. Please check your email often and make sure we are not going into your SPAM folder.

If you are ever in need of information you have missed you can do the following:

Visit the website www.brentwooddance.com or ecpacnews.com

Still need an answer?

1. Call/email/text your team mom
2. Email ecpaccompteam@gmail.com
3. Call the studio 240-5556

Please do not call the Comp Director or your teachers with team related questions or to notify of absences. When you call/text/email the teachers not only will we forget by the time we get to class but most likely we will forget to notify the other teachers. It is necessary to contact the front desk with absences and any questions you may have. You have one on one communication with your solo/duo/trio teacher and you can call Nina in emergency situations. Please understand that your teachers may not be able to answer your questions, but mostly please respect their downtime when they are away from the studio. Under most circumstances the front desk staff can answer your question and if they can't they can get the answer for you.

If you would like a meeting or to schedule a phone call with a teacher contact the frontdesk.

Academics

Dancers, you are expected to maintain grades that are acceptable to your parents. School is your first priority. Once again, you need to plan for your school studies. Reports and tests should not be a reason to miss class. Plan your time wisely and do projects and studying in advance... not at the last minute. Comps may schedule your dancer on a Friday afternoon. Please have your dancers prepared ahead of time with homework and projects so that a Friday competition will not have a negative effect on your dancer.

Dancer Conduct

Dancers are required to sign a Code of Conduct... see below

Parent Conduct

First and foremost, you will not have a positive experience if you are completely MIA. You will be clueless, behind, your dancer will feel lost, and everyone will be annoyed. Connect with another parent, connect on the Facebook forum, sit with parents during comps, be involved!

It is important that our competition team is a positive and safe environment. Your conduct is a huge part of this. Parents please remember that our children are a reflection of ourselves. Please do not gossip about the goings on at our studio other studios or dance families.. If you hear gossip keep it to yourself, do not spread it. Do not talk badly about other studios or dancers at other studios. Always take the high road. Remember you are a representative of ECPAC, please behave the way you would like your child to behave.

Please do not air your studio grievances on social media. It always gets back to your teachers and director...and most of the time it hurts our feelings.

While at an event with your child please keep your alcohol consumption to a minimum. We want you all to have a great time together but please remember you are representing your child and our studio, your best behavior is necessary.

All communication with the conventions and competition goes through the studio. Parents may not call a competition or convention directly. Here is why:

1. We work hard to maintain favorable relationships with the companies we do business with. We need to control how the communication goes.
2. A lot goes on behind the scenes with these companies that you do not know about. Please be respectful and understand that there is always more to the story than just the side that you see and it effects more than just your dancer or your schedule.
3. Competitions and conventions do not want to hear from parents. It is what we call a B2B relationship, business to business; not B2C, business to consumer.

If your conduct is unfavorable you and your dancer will be asked to leave our program.

Organization

You are expected to keep track of your costumes, accessories, shoes, makeup and whatever else you may need for performances. All your supplies need to be kept together and not used between performances. Your costumes should always be hung up and ready to go. If everything is together and ready then you only need to do a quick check before a performance. Put your name on EVERYTHING!

Practice

Dancers are expected to come prepared for class by practicing. If he/she falls behind in class, parents will have to pay for private lessons to catch them up. If an entire team needs extra rehearsals parents may have to pay for those as well.

Participation

Competition Team members are expected to participate in all scheduled events. Remember this is a team effort and to perform at our best full participation is necessary. If you are part of a team and choose not to participate in a competition you may be forfeiting your place on team. The only acceptable reason to miss a competition is injury or serious illness i.e. vomiting, diarrhea, high fever or other contagious illness. A cold, allergies or illness controlled by antibiotics for 24 hours is not an acceptable reason to miss a competition or convention.

At each competition dancers are required to be PERFORMANCE READY 2 hours before their schedule performance time. Performance ready is full hair and makeup and in costume. Each dancer needs to pay attention when hair needs to be redone or makeup needs to be touched up. It is important to present ourselves 100% before we even start to dance. Dancers and parents are also expected to have costumes in presentable condition. Ironed, mended, clean, no holes in tights or shoes etc... We need all the kids ready early so we can have time to rehearse. Please be considerate of the teachers schedule and the other dancers which is why 2 hours ahead is necessary. Competitions can run up to an hour early.

At convention all dancers are required to check in with the Competition Director 45 min before the first class begins. We will meet in the hotel lobby, at that time dancers will get their participation wristbands. Dancers are expected to take all classes whether they have had experience in the genre or not. Dancers are not allowed to sit out of class, switch classes or leave early without prior approval.

All Competition Team members will audition at every convention and competition that offers one. Auditions are an important part of your dance education and are great experience. It is also required that team members audition every year for team placements.

Lack of participation is not a part of our culture and may negatively impact your position on team.

Prom and life events

We make every effort to not schedule competitions on the same weekend as the local high school proms but sometimes it is impossible to avoid it. If we are scheduled to be at a comp or convention on the same day as prom we will attempt to manipulate the performance schedule so the affected dances will perform Friday night, Saturday morning or Sunday. **PLEASE PLAN ON STAYING AT THE EVENT UNTIL 2:00 ON SATURDAY!**

We will only attempt to change the performance schedule for the dancer's prom, not for a boyfriend/girlfriend's prom.

In some cases there are other life events we can try to accommodate such as first communion or immediate family weddings. Please know that some conflicts are too heavy to even ask for.

If you have a life event you need to notify the Comp Director.

Specialty Numbers

All dancers in Level 2 of Comp Team, of all ages are invited to apply for solo/duo/trio. There are a few factors involved in the staff choosing which dancers will be placed in these numbers, and how many specialty numbers these dancers may do.

1. Years of experience, level and maturity of the dancer- Is he or she ready?
2. Has the dancer committed to learning new genres and are other teams available to her? Is she/he taking all the opportunities to participate in teams?

Dancer must do a team in the same genre as the specialty. For example if you dancer wants to do a contemporary trio she/he must be in a contemporary group. (There may be times where a team of 3 may be put together by the teachers because it would be the best for the team and the dancers. In this instance your trio still counts as a team.)

Each dancer will be considered individually.

Private and semi-private lessons are available to every dancer, regardless if they are doing a specialty number or not.

Solo \$45/half hour

Duo/trio \$60/half hour

Choreography fees for specialty numbers are as follows:

Solo \$150 Duo/trio \$150 (split between participants)

If your dancer is using outside choreography and the rehearsal is being done at ECPAC the choreo fees will be paid directly to ECPAC and ECPAC will pay the choreographer. All scheduling of rehearsal time will also go through the studio.

The studio will handle the billing for all specialty and private lessons.

You will be billed twice a month for your lessons one the 1st and 15th. Choreography fees will be automatically charged October 20.

Costumes

Costume deposits are \$100 per costume (\$50 for tap teams) Please note this is a deposit. Competition costumes may be as expensive as \$200.00. We will be adding a fee to the costumes to cover staff time it takes to order and organize costumes. If costumes come in significantly under budget you will be issued a credit on your dance account. We do not refund cash. Some of our costumes are custom made. Your teachers turn in their costume choices by the end of August. Please know that sometimes there are unforeseen circumstances that delay the delivery of our costumes.

Other important things:

Every child needs a notebook and pen/pencil that they keep in their bag. They will take notes on choreography, technique and corrections. This helps them stay accountable and to be engaged in class.

Every child needs a yoga block and mat (they may store them at the studio) and they need to bring them to each competition.

Please bring sneakers and pants/leggings/sweats to class as well as competition. Often we have to rehearse outside and we want to protect their shoes and costumes from getting dirty or ruined.

No cell phones in class or on stage during award ceremonies.

Part 2 Money Matters

Please Note: Some of these fees may go up if the supplier/company raises their fees.

Quit Fee

We take your commitment to this very seriously. Your child's involvement affects the experience of the other children on the team. If you decide to quit mid-season your credit card will be charged the \$500 quit fee as well as any fees that may be outstanding.

Opt- Out Fees

If for some reason your dancer cannot attend a scheduled competition or convention there is and Opt Out Fee. \$50 per dance for a regional event and \$100 per dance for Nationals. These fees are per dancer. Please know that it seriously impacts the rest of the team when one dancer is missing.

Required equipment:

These fees are not required for Semi-Comp Teams. Tuition for Semi-Comp Teams are all-inclusive.

Unisex Custom Team Jacket: \$110

Jewelry: Necklace, earrings, bobby pins and pony holder; approximately \$50. Not all teams will need these. These items will be available to purchase at Gabby's Closet.

Bag: \$50.00 (not required but encouraged)

***Team Tee Shirt:** \$25

Nationals Shirt: \$40

Shoes:

We carry all your required shoes in our store. If we do not have your size on hand we can order it and have it within the week.

Make up

We partner with MADE Cosmetics in Brentwood. Patricia has developed a custom pallet/package just for ECPAC dancers, the cost is around \$100. Please visit her website www.madebrentwood.com, contact Patricia for more info. Orders need to be in by Dec 1 to get in time for competitions

Competition costs: \$55-75 per team per competition.

Convention costs: \$225-\$350 (plus competition fees) Hotel stays are not mandatory but may be necessary and encouraged.

***Costumes**

\$200 per team is the max you will pay. Deposits will be required: \$100 per team (\$50 for tap teams).

This fee does not include accessories, rhinestones or sequins.

***Choreography fee:** \$25 per team.

Administrative Fee:

\$5 per team per competition

This fee helps to cover administrative fees and additional fees the studio incurs while registering for competitions.

***Yearly Family Participation Fee**

This fee is per family not per dancer.

1 Team: \$65, 2-4 Teams \$130, 5-6 Teams \$180, 7-8 Teams \$220 9-10 teams \$270 11+ teams \$320

Participation fees cover your teacher's compensation to be at competitions, hotel, food and gas.

For returning team members from our 2019-2020 season you will get 75% off your Family Participation Fees for this season.

***Recital costumes:**

\$85 per dance (building ballet-level 2 ballet, intro to contemporary, and any other recreational classes)

Payments

At the beginning of the year an email is sent stating when all the fees are due for all the competitions/conventions. You are not invoiced for each event. You are responsible for checking your account and paying your bill. Your account can be accessed online.

Here is how you check your account:

Go to our website www.brentwooddance.com

Click on **Register Now** on the home page

Click on any class on the schedule and it will take you to the registration page

On the registration page if you know your password you can enter in your email and password. If you do not know your password click on **Forgot Password**. You will be prompted to enter your email address and the system will send you your password.

Follow the instructions in the email to set up your password.

After you set your password you may log in to your account, view your balance, pay your bill or enroll in more classes.

All competition and convention fees will be charged automatically on the due date. If your payment is declined you will be charged a \$20 PER TEAM late fee.

You may choose to pay your fees in advance by cash, check or with your account on file. We have 2 systems to manage your accounts. Your tuition account will be handled by our Amilia database and your competition, convention and team fees will be handled in our old Studio Director database. This is to help with studio budgeting by keeping deposits separate.

It is very important you keep your account current with both tuition and comp fees. If your account is not current your solo will not be entered, you may not enter any "extras" at competition and you may not register for extra competitions until your balance is paid.

We will package some of these fees for you. You will get a total of your warm ups, choreography, recital costume, team shirt Yearly Participation Fee and costume deposits. We will break up payments into 3 installments.

Installment payments are at the time of contract signing, August 15, October 15

Level 1 and 2 Teams- You have the option of all-inclusive tuition. We will take all your fees (the total for the year) and break it up into 12 monthly payments.

All Dancers are required to sign the Code of Conduct below:

ECPAC Competition Team Dancer Code of Conduct

We are riders on the Energy Bus. You are responsible for the energy you bring to this team. Our contribution to you as the ECPAC teacher team is to provide positive, informative and growth driven teaching environment for you. We also provide you with space, time and encouragement to pursue your passions. In turn, your contributions to the team are, share your passion with your teammates, work hard in your classes and on stage, give your time and energy to the team and above all be committed to your own dance journey and that of your entire team.

Practice

You are expected to come prepared for class by practicing. If you fall behind in class, your parents will have to pay for private lessons to catch you up. If an entire team needs extra rehearsals your parents may have to pay for those as well.

Other important things:

You need a notebook and pen/pencil in your dance bag. You will take notes on choreography, technique, and corrections. This will help you stay accountable and be engaged in class.

You need a yoga block and mat (they may store them at the studio) and you need to bring them to each competition.

Please bring sneakers and pants/leggings/sweats to competitions. Often we have to rehearse outside at the studio and at competitions and we want to protect your shoes and costumes from getting dirty.

Participation

You are expected to participate in all scheduled events. Remember this is a team effort and to perform at our best, full participation is necessary. If you are part of a team and choose not to participate in a competition you may be forfeiting your place on the team.

At each competition, dancers are required to be PERFORMANCE READY 2 hours before their scheduled performance time. Performance ready is full hair and makeup and in costume. You need to pay attention when your hair needs to be redone or makeup needs to be touched up. It's important to present ourselves 100% before we even start to dance. You are also expected to have costumes in presentable condition. Ironed, mended, clean, no holes in tights or shoes, etc. We need you to be ready early so we can have time to rehearse. Your teachers and teammates are juggling their responsibilities to other teams as well as your team which is why arriving 2 hours before your scheduled performance time is necessary. Please note, competitions can run up to an hour early.

At a convention, you are required to check in with the Competition Director 45 min before the first class begins. We will meet in the hotel lobby, at that time dancers will get their participation wristbands. You are expected to

take all classes whether you have had experience in the genre or not. You are not allowed to sit out of class, swap classes, or leave early without prior approval.

You will audition at every convention and competition that offers one. Auditions are an important part of your dance education and the more you do it the easier it gets! You are also required to audition every year for team placements. Lack of participation is not a part of our culture and may negatively impact your position on the team.

Prom and life events

If we are scheduled to be at a comp or convention on the same day as prom we will attempt to manipulate the performance schedule so the affected dances will perform Friday night, Saturday morning or Sunday. **PLEASE PLAN ON STAYING AT THE EVENT UNTIL 2:00 ON SATURDAY!**

We will only attempt to change the performance schedule for your prom, not for a boyfriend/girlfriend's prom. In some cases, there are other life events we can try to accommodate such as first communion or immediate family weddings. Please know that some conflicts are going to be just too hard to ask for.

Attendance

IF YOU DO NOT ATTEND TEAM THE WEEK OF A COMPETITION YOU WILL NOT BE ALLOWED TO COMPETE IN THAT DANCE. Competition fees are non-refundable. There are extenuating circumstances to this rule that will be left to the discretion of the competition director.

Your teachers expect you to be in class, **every class, every week.** The only acceptable reason to miss class is if you are contagiously sick or you have a fever. If you are injured or have a non-contagious sickness, you are expected to come to class and at the very least watch, take notes and learn.

You need to plan your school studies as well. Reports and tests should not be a reason to miss class. Plan your time wisely and do projects and studying in advance... not at the last minute.

If you do need to miss a class you are expected to make up your tech and ballet classes. The best case scenario is to have a solid plan and make up the class in advance. If you are 11 or older, we expect you to call in your own absence and schedule your own makeup classes.

Your attendance in competition classes is important. There are details that are discussed and danced in every single class. It's a rhythm, like breathing. The team needs to trust each other.

If attendance becomes a problem you may be removed from the team and your parents will not be refunded for previous fees paid.

NO CELL PHONES WILL BE ALLOWED IN CLASS AT ANY TIME

Class Uniform

In class: In Ballet class girls will wear pink footed tights and your assigned level/color leotard. Leg warmers and Ballet sweaters are acceptable for warm up only. Large sweatshirts and baggy sweatpants are NOT acceptable. Hair will be in a tight bun held with hairpins, no floppy half fold buns. In Ballet classes boys will wear, a form-fitting white tee shirt and black tight pants or shorts (tights are recommended). In all other classes, the dress code is all black. ECPAC Team Wear for both girls and boys will be allowed on certain days but

otherwise, all black is required. (It aids the teachers and viewing the competition dances clearer and it is less distracting for the dancers.

Proper shoes are required for classes, including sneakers for hip hop classes

No jeans are allowed, **even in Hip Hop classes.**

Competition Uniform

Convention: you may wear anything you want! However please pay attention to your appearance. Wear nice, well-fitting, appropriate clothing to perform at your best during convention classes

Warm-ups: Jackets and team shirts, must be worn to all competitions

*******BLANKETS, JEANS, AND PAJAMA BOTTOMS ARE NOT ALLOWED ON STAGE DURING AWARD CEREMONIES UNLESS THEY ARE YOUR COSTUME.*******

Please take pride in your appearance and represent ECPAC in a classy way. If you are on stage while wearing jeans or none ECPAC team-wear you will be asked politely to sit in the audience during the award ceremony. Dancers asked to leave the stage are invited back on stage if they change out of their jeans. While on stage or representing the studio dancers would wear a combination of their team shirt, pants, and jacket.

No cell phones are permitted on stage during award ceremonies. We want the team to engage with each other and be 100% in the experience.

Representing and being proud of your team at convention and competition is a major part of being on the Energy Bus!!

Injury

Injuries are always a problem in a team environment. If you become injured and you cannot rehearse, you should not perform. This is not a punishment, it is for your safety and for the good of the team. If you have missed classes for a week or two before a competition you are not at your best. The injury will have weakened you putting you at risk for additional injury. Also, if you are not at 100% you will not perform at 100% thus letting the team down. Think of it this way... a football player has to attend practice to play in the game. If a player is injured and has to miss practice for a week or two he will spend the game on the bench, for his own safety and for the good of the team. Please be honest with your teachers about how you are feeling with your body. Your health is more important than anything else.

Recital

Participation in recital and the spring show is not optional. Please expect to perform in all the shows. If you are 11 or older you are expected to help during our shows for the younger dancers.

Academics

Dancers, you are expected to maintain grades that are acceptable to your parents. School is your first priority. Once again, you need to plan for your school studies. Reports and tests should not be a reason to miss class. Plan your time wisely and do projects and studying in advance... not at the last minute.

Competitions may schedule for you to dance on Fridays, please be prepared with homework and projects so that this will not have a negative effect on you.

Dancer Conduct

In class: You are not to question, talk back to, or disrespect your teachers in any way. You will not tease, pick on, be mean to or disrespect your classmates. You will not gossip. In fact, you shouldn't be talking while in class. If we find that you are an energy vampire, this could be cause for dismissal.

At outside events: You will congratulate all the dancers you see. You will give good-luck wishes to dancers from other studios. You will never talk negatively about other dancers, teachers or studios. During award ceremonies, you will cheer and clap for all teams and all schools. You will show enthusiasm for every award you get even if it was not what you hoped for.

Please note... no boyfriends or significant others are permitted at competition especially backstage, dressing rooms or rehearsals. We are there to compete and focus on what we have worked so hard on all season. We love our "fans" but they are a distraction and not fair to the team.

Social Media

Please be smart, kind and show self-respect and class while online. What you put out on ANY social media will be out there forever. What you say and how you conduct yourself is a direct reflection on the ECPAC team. Any negative or inappropriate posting will not be tolerated. If any negative social media behavior is discovered by the ECPAC team, it could be grounds for dismissal.

Being a strong, positive growth-minded team means that there must be rules to follow and consequences to our actions. We as the ECPAC team want to give you everything we can to fuel your passion and in turn, we want you to work with us to create the best dance culture we can. We are a team. We are ECPAC.

Dancers-_____