

Rose Valley School of Dance

Parent Handbook



2011-2012

Welcome

The Rose Valley School of Dance is a non profit organization run by a group of volunteers. Our goals are for our students to enjoy dancing while receiving first rate instruction and staying active and healthy. We thank you for your interest in our club, and hope that your child enjoys this year of dance.

We offer classes in Ballet, Tap, Jazz, Musical Theatre, Lyrical, Modern, and Hip Hop for students aged Three Years and older.

Our season begins in September and ends with our annual recital in May. In between we have a busy year with classes weekly on Wednesdays and Thursdays. We attend two competitions per year as well as holding our own competition, Dance Mania. Also, we offer training in CDTA Tap and Jazz and RAD Ballet training.

Rose Valley School of Dance Executive

President - Brad Harley
Vice President - Matt Yobb
Secretary - Charidy Torgerson
Treasurer - Nicole Yobb
Costume Coordinator – Juliette Zwarych
Fundraising Coordinator – Donnella Rachkewich
Costume Rental – Shannon Campbell

Artistic Director

Mrs. Pat Gabel-Yablonski

Pat Gabel-Yablonski Biography

Pat Gabel-Yablonski was born and raised in Moose Jaw, Saskatchewan where she studied dance under Doris Sitter. She also participated in piano, Ukrainian dancing, gymnastics, baton twirling and school sports.

After graduation she moved to Toronto to attend the Canadian College of Dance at Ryerson. She graduated with a diploma in Theatre: Dance Teaching. She then stayed in Ontario and studied Early Childhood Education while teaching full time dance and nursery school.

After 5 years, she then decided to return to Saskatchewan and has taught for various commercial, private and non-profit dance organizations as well as being the Artistic Director and owner of her own studio for many years.

Pat also presently serves on the Executive Board of Directors for CDTA, SK Branch as Secretary. For 40 years she has been involved in the dance industry and this includes close to 30 years teaching experience as well as recently being a mentor for the RAD's CBTS program.

She has completed the teaching exam in RAD (Royal Academy of Dance) ballet, receiving a diploma that includes history of dance and anatomy. Also she has taken CDTA (Canadian Dance Teacher's Association - SK Branch) Tap and Jazz teaching exams, ADAPT (Associated Dance Arts for Professional Teachers) qualification and certification for teaching tap and jazz, Stott Pilates Instructor Qualification, MYC (Music for Young Children) and Kindermusik Teacher's programs. She also teaches Musical Theatre, Song and Dance, Contemporary/Modern, Creative Movement, Lyrical and Hip Hop.

She travels extensively guest teaching at workshops and summer schools, adjudicates competitions across the prairies and has been a guest choreographer at various studios. She continually searches for new ways of teaching and choreographing by attending various summer schools, workshops and fall conventions. As well, she works on adding new teaching education exams and qualifications.

Pat and her husband Ed, live and operate their farm North of Clair. She presently teaches dance in Rose Valley, Melfort and preschool in Quill Lake.

Rose Valley School of Dance Policies

Attendance

The dance classes in which your children are enrolled need to practice together for their dances to be polished for competitions and recital. All dancers in the class are relying on the others to attend class. Also, repetition of movement is essential to the learning of dance. As such, students must be at all classes. In the event that you have no other choice but to miss, please contact Mrs. Y. In the case of illness that is not too debilitating, students are encouraged to watch the class if they can.

Students should arrive 5-10 minutes before their scheduled class time and be ready to start class at the scheduled time. Coming late to class is disruptive to the other students, and because of this punctuality is important.

If attendance or punctuality becomes a problem, parents will be notified to rectify the situation.

Behaviour

Students are expected to be respectful to all other students and to the instructor and helpers that may be involved with classes. This respect helps to create a fun classroom atmosphere, and a positive learning environment. As well, exemplary behaviour is expected at all competitions as this behaviour reflects on Rose Valley School of Dance.

Facility Notes

Because of the constraints of the facility in which we run our program, we need to show respect to Rose Valley School. This means that students are not to be wandering the hallways or loitering at the school when they do not have classes. Students may wait at the school between classes, but they must be supervised by an adult. Any students or parents waiting at the school during or between classes should be waiting in the commons area by the main doors of the school, not outside the dance room. As well, please be responsible for cleaning up any messes or garbage that you create at the school.

Rose Valley School has a Two Shoe Policy. This means that no outside shoes are allowed in the school. Please remove your outside shoes in the porch by the main doors.

Tap shoes will damage the tile floors in the school. Students may only wear their tap shoes in the dance room.

Class Placement

Placement decisions are derived from many years of teaching experience. Often a child is placed in a group or class where he or she will feel confident, in order to promote self-esteem. Some students that are placed in a higher level become discouraged, only to lose their passion for dance. Others respond to the challenge. Placement is highly individual and the factors involved are complex.

Communication

Communication between parent and the Rose Valley School of Dance is very important, and therefore we communicate in several different ways:

- There is a folder for correspondence with each family that is kept outside the dance room. Any forms, cheques, Receipts, etc. will be left in folders here.
- Emails will be sent out often, with schedules, reminders, and information. Please be sure the school of dance has your email address.
- Text messages can be sent out with quick reminders. If you wish to be included in this list make sure the school of dance has your mobile number.
- The executive has a communication representative. Please forward and questions or concerns to this person.
- Please make a habit of checking your communication folder every week.**

Canceled Classes

In the event of class cancellation due to inclement weather, we will notify Rose Valley and Archerwill Schools as well as sending a message by the text message list. Missed classes will be rescheduled for when it is appropriate for the instructor. If school buses don't run, dance classes will be canceled for that day.

Fees

1) Regular Class Fees

30 minute class -	\$20.00/month
45 minute class -	\$30.00/month
60 minute class -	\$35.00/month
75 minute class -	\$45.00/month
90 minute class -	\$55.00/month

Multiple Class Discounts

2 classes -	\$2.00 monthly discount
3 classes -	\$5.00 monthly discount
4 classes -	\$6.00 monthly discount
5 classes -	\$7.00 monthly discount
6 classes -	\$8.00 monthly discount

2) Competition Fees

-These are set by the competition, and vary.

3) Costume Fees

-A costume fee of \$15.00 per costume will be collected for all group costumes. Solo and duet costumes are the responsibility of the dancer, but may be rented from the club.

4) Exam Fees

-Exam class fees will follow the same schedule as regular class fees. Multiple class discounts do not apply to exam class fees.

5) Solo/Duet Fees

-These are set and collected by Mrs. Y, and she will be sending this information home closer to December.

Fee Options

- 1) Monthly post dated cheques dates the 1st of each month from September to April
- 2) Post dated cheques dated September 1st and January 1st.
- 3) Complete year payment on September 1st.

Student Placement

Students will be placed in classes according to a combination of age and ability. As we get new or different students, and as students progress, this is apt to change from year to year. Students will be placed at the discretion of the Instructor.

Dress Code and Class Expectations

General

- Hair should be secured away from the face.
- No jewelery should be worn in class.
- Gum and candy is not allowed.
- Remember to bring a water bottle to class

Ballet

- Bodysuit and pink tights. Sheer skirts are allowed.
- Ballet Shoes. Exam students under grade 5 should not wear split soles as RAD does not recommend it.
- Character shoes for Grade 1 and above; lower heel for grade 1&2, higher heel for Grade 3 and up.

Tap/Jazz

- Bodysuit and beige tights. Tight shorts are allowed.
- Jazz shoes
- Tap Shoes

Hip Hop

- Looser clothing is allowed. Sweats or yoga pants are preferred. No capris, jazz pants jeans or tank tops.
- Indoor runners

Note: If proper clothing is not worn to practice, students may be asked to sit out until appropriate clothing is put on.

Class Visitors

Safety issues and legal responsibilities make it impossible for us to allow students to bring visitors to the classroom. Students should not invite siblings, relatives, or friends to class.

Course Descriptions

Creative Movement

This is a special class for children aged 3 ½ and 4 years old that encourages a broad range of movement and skills to enhance coordination, flexibility, musicality, and rhythm. Emphasis is placed on the child's creativity through innovative movement and mime. Dance exercises are developed using rhymes and stories accompanied by music.

Ballet

Ballet is the basis for all dance forms and **all children entering dance should be encouraged to begin their training in this program.** Ballet is one of the most challenging and beautiful art forms. All grades will be introduced to the RAD (Royal Academy of Dance). All ballet students must provide a copy of their birth certificate to Mrs. Y by September 30th to be registered in the RAD program.

As well as the traditional study of classical ballet and the aim for technical correctness, the RAD syllabus also incorporates two other important aspects: Character and Free Movement. The Character section teaches various authentic styles and techniques of national dance. The specially selected music and use of rhythm also further develops knowledge and appreciation of music. Free Movement is a new element, recently introduced into the syllabus to provide children with an opportunity to develop their natural sense of movement outside the confines of ballet technique. Ballet can help children develop coordination of mind and body. It can improve and correct posture as well as strengthen and tone the entire body. Learning ballet is a great confidence builder and promotes self-discipline.

Pointe

Pointe is for the more experienced dancer who wants to further their classical training. They must be exam students who have completed and introductory preparation for pointe class. Usually pointe begins around grade 4 ballet, but the minimum age is 11 or 12 years old depending on growth and also having a strong technical foundation. A student must complete grade 2 and 3 ballet exams to start pointe and must continually examine to continue in pointe.

Jazz

Jazz is a high energy and exciting dance form and offers a variety of movement set to the latest music. The class consists of warm up, jazz technique, and dance combinations. Emphasis in the younger classes is on developing body awareness, coordination, flexibility, and strength (using jazz techniques suitable for the age group). Students taking testing classes may be selected to work toward the CDTA (Canadian Dance Teachers Association) exams. Students would dance to recorded music set by the teachers on Canada and will learn set syllabus combinations. **It is mandatory that all students interested in taking jazz exams also be taking ballet.**

Tap

With upbeat music, this class gives a child an appreciation of rhythm and body coordination. The emphasis is on fun, group participation and Broadway style expression. The CDTA (Canadian Dance Teacher's Association) syllabus is used and students may be entered in exams at the teacher's discretion. **It is mandatory that all students interested in taking tap exams also be taking ballet.**

Hip Hop

This program will introduce students to the Hip Hop culture which will include choreography in such trends as street funk, video, and breakdancing. Jazz may be compulsory for some levels and recommended for others.

Fund raising

The Rose Valley School of Dance relies on fund raising to pay for our expenses. As a result, we need all parents to take part in our fund raising efforts. Our fund raising is done in two ways:

1) Mom's Pantry products

We run a Mom's Pantry Products fundraiser each year. It is an important fundraiser for us, and we need everyone to sell as much as they can.

2) Dancemania

Dancemania is our annual dance competition, and our major fundraiser. It is a three day competition that we host at Rose Valley School and there are a variety of shifts that need to be worked throughout the weekend. Each family will be scheduled shifts to work.

Dance Pictures

Each year our club engages the services of a photographer to take pictures of our dancers in costume. A photo will be taken of each dancer alone and in each number they are in. The date and time of the sittings will be communicated to all members of the club when it is scheduled.

Recital

In May of each dance year we hold a dance recital. Every group, solo, and duet presents their number at the recital, and it is open to the public. We also hire a videographer to take video of the presentations and produce a DVD of the numbers for purchase by families.

Competition and Recital Notes

Backstage is a time-sensitive and busy place. To keep everything working smoothly and keep the stress level down, here are some things to do to keep your day a good one:

- Before the event, make a list of everything you will need, including costumes, shoes, tights, etc.
- Make sure your dancer gets plenty of sleep. Competitions make for a long weekend.
- Arrive early. You'll need to set up in the dressing room, etc. **The expectation is to arrive one hour prior to the start of your session.**
- Label all of your possessions clearly
- Bring things for young dancers to do between dances.
- Try to relax and enjoy the day.

Here is a list of things you may like to bring:

- Extra tights. One of each colour needed.
- Band-aids. Blisters happen, and have to be dealt with.
- Safety Pins. Very useful when costumes cause problems.
- Baby wipes. Great for quick clean-ups.
- Snacks. Food can fix a lot of troubles, and keep your dancer comfortable.
- Pain reliever. This can come in handy for both of you.
- A sweater, jacket, or housecoat to wear over costumes between dances.
- A camera. To capture the fun backstage moments.

Exams

Students at the Rose Valley School of Dance learn the CDTA (Canadian Dance Teachers Association) syllabi for Tap and Jazz and the RAD (Royal Academy of Dance) Syllabus for Ballet.

Mrs. Y will determine which students are ready to test in which disciplines each year. Information about the exams will be sent home to the parents, and the parents will decide whether they want their child to test. The students have a big responsibility when taking exams, and they are expected to put forth their best effort.

1. Purpose and Value of Exams

Exams provide a motivation to the student to achieve a high standard of dance. The exams are an achievement- they require concentration, strength, will power, coordination, self motivation, balance, practice, knowledge, discipline, effort, exercise and ability. Exams build confidence in the students own abilities.

2. What is Involved?

Costs

There is an exam fee with the amount depending on the level of the exam. These fees are submitted directly to the CDTA or RAD and are non-refundable. Exams fees usually range between \$28 & \$100.

There is also a lesson fee payable to Rose Valley School of Dance.

Commitment

Extra time commitment is expected from the dancer and their parents. The student will require extra lessons to learn the syllabus requirements. Time is needed to be spent at home to practice what is learned in the exam classes and memorize terminology.

Exam lessons and exams are all held at Rose Valley School. Instruction is done by Mrs. Y as she is certified in CDTA tap and jazz syllabi, and also in the RAD Syllabus. These lessons usually take about a month.

3. Dress

For Jazz and Tap – a black sleeveless cotton tankstyle bodysuit and beige tights

For Ballet

-Pre-primary and Primary – a pink, sleeveless, cotton, tankstyle bodysuit with sheer pink skirt, and #310 pink tights.

-Grade 1-5 – a navy blue, sleeveless, cotton, tankstyle, pinched front bodysuit with #310 pink tights, character skirt, and character shoes.

-Grade 6-8 – a coloured, sleeveless, cotton, tankstyle pinched front bodysuit with #310 pink tights, matching chiffon skirt and matching silk scarf, character skirt, and character shoes

Note: The Rose Valley School of Dance will not be participating in any dance exams in the 2011-2012 dance season