

Dance Express Competition Team Information

Auditions for Extreme Teams, Power Teams, Performance Teams and Expressions

Tuesday Aug 3 workshop/learn routines

Grades K-3 3:00-4:30 (tap & jazz) 4:30-5:00 (optional HIP HOP)
Grades 4-6 3:00-3:30 (optional LYRICAL) 3:30-5:00 (tap & jazz) 5:00-5:30 (optional HIP HOP)
Grades 7-8 5:00-7:00 (tap & jazz) 6:30-7:00 (optional LYRICAL) 7:00-7:30 (optional HIP HOP)
Grades 9-12 5:30-6:00 (optional HIP HOP) 6:00-7:30 (tap & jazz) 7:30-8:00 (optional LYRICAL)

Please note: For those students wanting additional practice opportunities a small portion of time will be allotted to learn tryout dances during the Summer Technique Intensive (July 27, 28 and 29th) and July Summer Technique (Mon and Thu). Hip Hop tryout dances will be taught during Tuesday night Hip Hop as well as the Summer Technique Intensive.

Wednesday Aug 4 try out date

Grades K-3 10:00am-12:00pm **Grades 4-6** 11:30am-2:00 pm
Grades 7-8 1:30pm-4:00pm **Grades 9-12** 3:30pm-6:00 (be prepared to stay later if needed)

Audition Fee: **\$15** (this fee covers workshop/judges/expenses) Fee must be sent in along with registration forms.

**If you have a conflict with these dates please notify our office—arrangements must be made prior to Thu. July 15th.

Special note: only one audition is required for ANY of the teams listed below. You decide which team(s) you wish to be considered for. During the audition process we try to provide a very friendly atmosphere. We do our best to make sure every child feels at ease and is not under pressure or stress. Parents, remind your child that auditioning for anything is a learning experience.

*****VERY IMPORTANT*****

Teams are formed at every age/ability level *depending on the number of students auditioning*. **For Example:** If there are several 4th grade students auditioning we may opt to form two 4th grade teams. If there are only a couple 1st grade students auditioning we may opt to not have a 1st grade team for that year. This applies for **ALL** teams being formed. Also, we do not form teams based on FRIENDSHIPS and/or CARPOOLS. We group the dancers by AGE and ABILITY.

For all teams: A minimum of 1 “professional” workshop (ex: Kickin’ It or a Minneapolis workshop) is also required throughout the dance year (Sept.—May). For Power Teams at the High School level “choreography workshops” will also be a part of the dance season

PLEASE NOTE: To simplify the way we structure TEAMS we have added some NEW options. There will no longer be the option of “x-treme” teams but rather, the ability to choose “specialty” classes if desired. EXCEPTION: Our top 2 high school teams will travel to a national competition in addition to the regionals (location to be voted and decided on at a later date). To be considered for these two teams you must be taking “lyrical” as a one of your specialty classes.

NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....NEW....

Recreational Team (Tap& Jazz)

(min 9 dancers-max 18)

***Reminder: no summer requirements**

This year we are hoping to form several “Recreational Teams” at a variety of age/ability levels. These teams will serve a variety of needs. 1) for the “NEW TO TEAMS” dancer that wants a good starting point. 2) for EXSISTING TEAM dancer that needs to cut back his/her schedule to allow for sports or to ease up on the financial obligation. All teams will be competing in 1 regional competition as well as doing local performances. **NO required additional classes**, however, you have the option to add hip hop and/or ballet, as well as EXPRESSIONS TEAM (please see requirements) We try to offer these types of classes on the same day and close to the same time as the team you are on. Team practices meet 1 time per week for 90 minutes.

Power Team (Tap/Jazz)

(min 9 dancers-max 18)

***Reminder: To be considered for Power Teams you must have completed 4 summer Technique classes or attended the Summer Technique Intensive**

These teams are designed for the serious, high caliber dancer. All teams will be competing in 3 regional competitions as well as doing local performances. Required additional classes: 1 ballet (EXPRESSIONS is OPTIONAL). Team practices meet 1 time per week for 90 minutes.

Expressions

(Line/Production)

(20+ dancers will be accepted per team)

***Reminder: No Summer Requirements**

There are 3-4 teams to Expressions. (grades K-3) (grades 4-6) (grades 7-8) (grades 9-12)

These teams are designed for dancers who enjoy to perform and have fun. Expressions will be doing 3 regional competitions in addition to many local performances. Ballet (grades 4 and up) and a regular combination class (power team) are required. There is no tuition charge for Expressions for those taking ballet. Please note: ballet classes are *available* to all K-3 students, just not required, unless your child is on a power team. Team practices meet 1 time per week for 60 minutes.

The teams listed below are “specialty” Teams.

In order to be considered for these teams you must be on a Power or Recreational Team.

Lyrical Team

(min 9 dancers-max 18)

***Reminder: To be considered for Lyrical Teams you must have completed 8 summer Technique classes or attend the Summer Technique Intensive**

These teams are designed for the serious, high caliber dancer. All teams will be competing in 3 regional competitions as well as doing local performances. Required additional classes: 1 ballet (this ballet is in addition to the TEAM required ballet—this can be a ballet technique class and/or a pointe class). Lyrical Team dancers are required to be on a Power Team. Team practices meet 1 time per week for 60 minutes.

Hip Hop Team

(min 9 dancers-max 18)

We have several hip hop teams that will consist of all ages and abilities. These teams will be competing at 3 regional competitions as well as doing local performances. Hip hop team dancers are required to be on a power or recreational team. For those new to hip hop a min. of summer hip hop (Tuesday nights in July) is required. Practices meet 1 time per week for 60 minutes.

Spring Recital

The EXPRESSIONS teams will be in all 5 of the Dance Express recitals to be held in the spring.

All other teams will be in 2 recitals.

Expected Costs

<u>Lessons:</u>	60 minute weekly	\$40.00 Month
	90 minute weekly	\$57.00 Month
	2 hours weekly	\$70.00 Month
	2 1/2 hours weekly	\$87.00 Month

(Please note: Expressions is a FREE class providing a ballet class is being taken.)

Dance Class Tuition is a tax subtraction/credit!!
Under Minnesota State K-12 Education Subtractions
and Credits, you are able to subtract/credit your dance
class tuition from Dance Express on your
Minnesota State Tax.

Costumes: On average costumes run between \$135—\$200 each. Accessories for these costumes are also needed. Ex: earrings, barrettes, studs, bun covers etc... (\$25-\$75) Expressions and ballet classes require one costume for the season. Power teams require two (one for tap, one for Jazz). Lyrical and Hip Hop teams require one. The designated shoe for the costume is also required. These shoes can range in price from \$18—\$100.

Competition Fees: We will be doing 1-3 regional competitions (These are normally held in the spring, in the Minneapolis area) On average, the cost per competition, per dance, is \$25-35 per child. An overnight stay is generally NOT required

FOR ANYONE TRYING OUT FOR A POWER TEAM PLEASE MAKE NOTE OF THE FOLLOWING SKILL REQUIREMENTS TO BE CONSIDERED FOR THESE TEAMS

SKILLS: 9th –12th. The Dancer should be able to perform these skills consistently and with correct technique. Style, above all else, will determine the dancer's placement. All of these skills have been taught at technique classes and will be reviewed at tryouts.

Triple pirouette

8 COUNTS OF fouette turns (both in passé and straight leg)

Calypso

Double Pique turns

Sout De Chat into Jete a la seconde

Leg extension (choice of front, back or side)

Single/double pullbacks

Single, double, triple times steps

Toe Stand Turn

Shiggybop

SKILLS: INTERMEDIATE LEVEL The Dancer should be able to perform these skills consistently and with correct technique. Style, above all else, will determine the dancer's placement. All of these skills have been taught at technique classes and will be reviewed at tryouts.

Double pirouette

Preparation for Fouette turns (do 1 full turn)

Sout De Chat

single Pique turns

Jete a la seconde

Leg extension (choice of front, back or side)

double pullbacks

Single times steps

Toe Stand

Maxi ford with pullback

Dance Express Teams

Please select ONE from each grouping that you wish to be considered for. Please remember that students whose scores are not high enough to make the team they have selected will automatically be considered for a team or class of their ability level.

I WOULD LIKE TO TRY OUT FOR THE FOLLOWING FOR TAP/JAZZ

- Power Team
- Recreational Team
- None of the Above (combination class please)

I WOULD LIKE TO TRY OUT FOR THE FOLLOWING:

- Expressions "Production" Team
- None of the Above

I WOULD LIKE TO TRY OUT FOR THE FOLLOWING FOR SPECIALTY TEAMS

- Lyrical Team
- Hip Hop Team
- None of the Above

I AM INTERESTED IN THE FOLLOWING BALLET CLASSES

- Ballet
- Ballet Technique
- Pointe/pre Pointe
- None of the Above

Comments: or questions

Please mail form and **\$15** audition fee to:
 Dance Express 2105 Broad Court North, Mankato, MN 56001

Students without parent permission will not be allowed in the tryout room. Tryouts consist of tap, jazz, (and if desired: lyrical & Hip Hop). Please bring proper shoes. ****Parents are not allowed in the studio (s) during the tryout process.** For tryouts please wear dance-wear and hair pulled back. Costumes/jewelry not allowed.

*Students whose scores are not high enough to make the team they have selected will automatically be considered for a team or class of their ability level.

A dancers life is one of rigorous practice and self-discipline. Patience, practice, perseverance and a serious devotion to dance are essential. Good health and physical stamina are necessary in order to practice and perform. Dance Express is dedicated to providing an opportunity for Mankato area dance students to strive for excellence in a continued growth of dance skills, performance skills and competition skills through keeping members healthy, active and productive. In order for us to know more about you please answer the following questions:

1. Are you serious about continuing to increase your dance, performance and competition skills? Y or N
2. Are you willing to perform at community events such as nursing homes, style shows and charitable events? Y or N
4. Do you consider yourself a team player? Y or N
 (ex: keeping absences to a minimum only missing for emergencies and illness)? Y or N
5. Can you accept criticism? (be honest) Y or N
6. Are you willing to make being on a team a full time responsibility Y or N

Team dancing is an expensive commitment. Please note that there will be a **\$10.00 LATE FEE** per student for lesson fees received after the 15th of the month and all balances over 30 days will be subject to a finance charge of 1.5%.

****By choosing to be on a Dance Express team, you are making a commitment to Dance Express and your fellow dancers. Therefore, regardless of team placement, you are committing yourself to a full year of tuition and fees, regardless of whether or not you choose to participate the entire year.***

I have read and understand all the requirements of being involved with the Dance Express Teams.

Signed _____ Parent Signature _____

Address _____ Phone _____ Age: _____ Grade (in fall): _____

*EMAIL _____

Time Conflicts: To help us begin to schedule fall classes please list your time conflicts here. Please be specific _____

Dance Express Team Constitution

PRACTICES AND PERFORMANCES

1. All members are expected to be at each scheduled practice and performance. If you know for some reason that you will not be at a performance, you must notify your instructor as soon as possible so the changes can be made.
2. Attendance will be taken at every team and ballet practice. Absences for practices will be excused only if the office is notified BEFORE practice begins. If you neglect to do this it will be considered an unexcused absence. You must personally contact the office (no messages from other members).
3. Absences should be due to illness or an emergency situation only. School situations (field trips, concerts, etc...) are also excused. Sport and work schedules must be arranged so as not to conflict with practices and performances. Those students with injuries are still expected to come and watch class.
4. Attendance policies; after two unexcused absences, you will be put on probation. This involves not being allowed to perform at the next scheduled event. On the third unexcused absence, that member will be removed from the team for the remainder of the year. Two tardies of 15 minutes or more will be counted as one unexcused absence. Leaving early will be counted the same as a tardy.
5. Teams/ballet should take priority over all other outside activities. If you are a member of other organizations or are employed, you are expected to put dance first.
6. All members should be prepared for practice. This includes being dressed in team uniform (dance clothes) and wearing the appropriate tap jazz or ballet shoe (not performance shoes). Each member should have a copy of the music for the dance that is being drilled. This is for home practice. Info regarding team uniform will be sent home prior to the first day of practice.
7. The head instructor and/or assistant teacher will be in charge of the practice. This includes what is to be worked on, critiquing the dances and other members, and anything else that may come up. Please give full respect to all instructors.
8. Practices are held weekly (times to be decided later) unless extra practices are needed (Ex: upcoming performances, competitions etc...)
9. A file folder with upcoming events, notes to parents etc... is placed on the counter in the office. It is your responsibility to check this file folder weekly.
10. PROBLEMS: If you have a problem, please talk to your instructor or Mitzi Roberts (director). I need to know if something is bothering you.
11. The practice before a performance or competition is critical. If you need to miss a practice prior to an event (regardless of the "reason" you will NOT be allowed to perform.

EXPECTED ATHLETIC BEHAVIOR

1. Please remember that at all times you are representing Dance Express. It is important to think about how your actions will effect your teammates. Use sound decisions at all times. Please act politely and courteous to others.
2. Work at being attentive at practice. Try very hard to be a good listener and a quick learner. practices should be silent, with the exception of the person teaching the routines. Save all questions for the end. Do not interrupt the instructor. Your questions will probably be answered if you watch and listen closely. Anyone who is repeatedly interrupting will be asked to leave.
3. Attitude is a major factor in whether or not we will "dance" you. Remember, being a member of a team is a privilege. We hope your attitude is positive and uplifting.
4. In order to have a fun year, we have to be fun people. The season is in your hands. We all have to work hard to contribute the best way we can to this team. Always strive to improve your outlook and attitude. See the positive in all things. Work on coming to practice with a smile on your face. Bad moods should be left outside of practice, as you moods can sometimes be contagious.

PARENTS

We definitely want you to be well informed about any activities of the teams. The file folders should be checked weekly in case anything "new" has come up. Please try to keep a positive attitude. Negativity can be so destructive for everyone. ALSO: If there is a problem that should arise, or something that you do not agree with please inform either Mitzi or Donna. Many times parents talk among themselves about problems and we never hear about them or we hear about them after it's too late. We need to know your feelings!!