# **Arts Academy Charter Middle School**

# **Dance Department Rules**

## **Introduction**

Welcome to the Arts Academy Charter Middle School Dance Department! You will learn, grow, and have fun, but with this privilege comes responsibility. Following these rules will not only help you in dance class but also in other areas of life, including any future careers you might pursue in dance.

### **The STAR Approach in Dance Class:**

#### **S: Strive for Success**

Striving for success means always doing your best. In dance class, this means paying attention, following instructions, and working hard. Here are some ways you can strive for success:

* **Stay Focused**: When the teacher is talking, listen carefully. This is your time to learn and improve. Avoid talking to friends or getting distracted.
* **Work Hard**: Whether you’re learning a new move or practicing a routine, put in your full effort. Remember, practice makes perfect, and every class is a chance to get better.
* **Be Prepared**: Come to class ready to dance. This means having the right clothes, being on time, and having a positive attitude.

#### **T: Take Responsibility**

Taking responsibility means being accountable for your actions, your belongings, and your learning. Here’s how you can do that:

* **Arrive On Time**: Dance classes start promptly. You have five minutes to change and get ready. Use this time wisely and avoid chatting too much in the dressing room.
* **Dress the Part**: Wear the appropriate dance attire. Following the dress code shows that you’re serious about class and ready to learn.
* **Keep Track of Your Stuff**: You’re responsible for your belongings. This includes your dance clothes, shoes, jewelry, and even your water bottle. Losing something can be frustrating, so make sure to label your items with your name and keep them safe.

Example: Imagine you forget your ballet slippers one day. Not only might you miss out on learning that day, but it also affects your grade. Always check your bag before leaving for school to make sure you have everything you need!

#### **A: Always Positive**

A positive attitude is essential in dance. It helps you stay motivated and encourages others around you. Here’s how to stay positive:

* **Give Your Best Effort**: Even when things get tough, do not give up. Trying your best shows determination and will help you improve over time.
* **Stay Encouraged**: Dance can be challenging, but don’t let that discourage you. Instead of focusing on what you can’t do yet, focus on what you’re getting better at.
* **Support Your Peers**: Everyone in class is working hard, so cheer each other on. Focus on your progress and avoid comparing yourself to others.

Example: If you find a move difficult, don’t say, “I can’t do this.” Instead, try saying, “I’ll keep practicing until I get it right.” This kind of positive self-talk can make a significant difference!

#### **R: Respect Others**

Respect is key in any classroom, especially in dance. It’s about treating everyone with kindness and following the rules that keep our environment safe and welcoming.

* **Follow Studio Etiquette**: Dance studios have specific rules, like waiting quietly for your turn and not walking through the middle of the studio while others are dancing. This helps keep the class running smoothly.
* **Be Kind to Others**: Speak kindly to your teachers and classmates. If you have an issue with someone, talk to your teacher rather than handling it on your own.
* **Respect Property**: Don’t touch things that don’t belong to you. This includes other people’s dance bags, shoes, or clothing. Always clean up after yourself at the end of class.

Example: If someone accidentally bumps into you during class, respond with kindness instead of frustration. Everyone is learning, and accidents happen.

### **Electronics and Communication**

In today’s world, we’re always connected, but in dance class, it’s important to disconnect and focus.

* **No Phones or Smartwatches**: These devices are distractions, so they need to be handed in before class begins. This helps you focus on dancing and learning.
* **No Electronics in Class Areas**: This rule applies not only in the dance studio but also in the dressing room, hallways, on field trips, and during performances. Keeping your electronics away helps maintain a professional and focused environment.

### **Dress Code**

What you wear to dance class is important. It’s not just about looking the part; it’s about being prepared and showing respect for the art of dance.

* **Primary**
  + **Ladies**: You’ll need a black leotard and the correct tights for each type of dance. Pink convertible tights are for ballet, and black or tan convertible tights can be worn for other styles.
  + **Gentlemen**: You should wear a plain white or black shirt with black dance pants.
  + **Everyone**: Only small stud earrings are allowed as jewelry. Make sure you have the right shoes for each class:
    - Ballet- pink ballet slippers for ladies, black for gentlemen
    - Jazz- black jazz shoes, slip on or lace up
    - Tap (primary 7th & 8th **only**)- black tap shoes, oxford style recommended
    - Bare feet for several classes- get your toes ready!
* **Secondary**
  + Only small stud earrings are allowed as jewelry
  + Black shirt, tank top, or leotard
  + Black leggings or dance pants
  + Black jazz shoes (tie or slip on)

Example: Think of your dance attire as your uniform. Just like a soccer player wears a jersey, your dance clothes help you perform your best and show that you’re ready to learn.

### **Lost and Found**

Keeping track of your belongings is part of being responsible.

* **Label Your Items**: Write your name on your clothes, shoes, and dance bag. This makes it easier to find them if they’re lost.
* **Be Responsible**: It’s your job to keep track of your things. The school isn’t responsible for any lost or stolen items, so make sure you secure your valuables.

Example: If you accidentally leave your jacket in the dressing room, check the lost and found at the end of the week. It’s easier to find something with your name on it!

### **Grooming and Hygiene**

Good grooming and hygiene are important in dance, not only for your health but also for the comfort of your classmates and teachers (please, please, please don’t smell)

* **Hair**: Keep your hair neat and out of your face. Ladies, a bun is required for ballet class. Gentlemen, your hair should be combed and kept off your face.
* **Hygiene**: Always change into clean dance clothes. Wearing the same clothes from other classes is not allowed because it’s unhygienic. Consider keeping deodorant, wipes, and other toiletries in your dance bag to freshen up between classes.

Example: Imagine dancing next to someone who hasn’t washed their dance clothes in a while. It’s not pleasant! Be considerate and take care of your hygiene. We will say something!

### **Injuries**

Injuries can happen, but it’s important to handle them the right way.

* **Report Injuries**: If you’re hurt, tell your teacher at the beginning of class. You can sit out and take notes if needed, but if you need more than three days off, you’ll need a doctor’s note.
* **Long-Term Injuries**: If you have a more serious injury, your situation will be handled individually. Your health is important, so don’t hesitate to speak up if something feels wrong.

Example: Even if it’s just a minor sprain, letting your teacher know right away helps prevent further injury and ensures you get the proper care.

### **Dance Performance: *Innovations***

One of the highlights of the year is our annual dance performance, Innovations. Here’s what you need to know:

* **Participation**: This show is a big part of your grade, so it’s important to take rehearsals and the performance seriously.
* **No After-School Rehearsals**: Except for the dress rehearsal before the performance, all rehearsals will take place during school hours.
* **Costumes**: You will not need to buy a costume, but you will need to supply your own tights, shoes, and proper undergarments.

### **Grading in Dance Class**

Your grade in dance class is based on a point system and your participation in tests, quizzes, and performances.

* **Daily Points**: You start each class with 5 points. Points can be taken away if you do not follow the rules, such as not participating fully, having a bad attitude, or not wearing the correct attire.
* **Performance**: The Innovations performance is a major part of your grade. Make sure you understand what is expected and do your best to meet those expectations.

Example: If you consistently follow the rules and give your best effort, you will keep all your daily points and do well in the class. Missing points because of not following the rules can quickly add up, so be mindful of your actions.

### **Communication**

If you or your parents have any questions or concerns, the dance teachers are here to help! You can reach us at our emails below:

[tburroughs@arts-cs.org](mailto:tburroughs@arts-cs.org)

[bhercik@arts-cs.org](mailto:bhercik@arts-cs.org)

[lmuzerall-lynch@arts-cs.org](mailto:lmuzerall-lynch@arts-cs.org)

[modonnell@arts-cs.org](mailto:modonnell@arts-cs.org)