Dance Department Expectations and Guidelines

As a student in the ASFA Dance Department, it is assumed that you are enrolled for dance education first and foremost. Therefore, it is expected that you behave with a sense of purpose, focus, and discipline in all dance classes and rehearsals at all times. You are expected to be on time and prepared for all scheduled dance activities, ready to demonstrate your level of comprehensiveness and to build upon your technique and artistry through hard work. Developing dance technique, and the ability to use it with physical strength, is a cumulative process. Consistent attendance to all classes and rehearsals coupled with 100% focus, participation and a willingness to learn will lead to success in dance. All aspects of student conduct, listed in the ASFA Student Handbook, pertain to behavior in the dance area as well as to general behavior while at ASFA. (Please review your ASFA Student Handbook).

General Requirements

1. Attendance – Participation in all classes and rehearsals is mandatory. ASFA Dancers are often scheduled for Saturday rehearsals. Parents must check with the Dance Chair before committing their dancer to a weekend activity. Note: Scheduled dance activities are often extended past 5:30 p.m. on weekdays.

2. Performance Policy - Participation in all performances is mandatory. No absences will be allowed from the period beginning two weeks before tech week and ending with the last performance. Students excused from academic classes because of In Reach or Out Reach performances are responsible for all work and must make up any work missed within a time period established by the instructor. Students on probation will not be allowed to perform without permission of the Director of Curriculum and Instruction.

3. Outside Performance Opportunities: - Students are permitted to participate in outside fine arts activities while enrolled in ASFA with the permission of the Director of Curriculum and Instruction in consultation with the Dance Department Chair. Should a Dance student at ASFA find that a program has been scheduled by an affiliated or non-affiliated organization in conflict with a scheduled performance with ASFA, the responsibility of the student is first to ASFA. Rehearsals or performances scheduled by an affiliated or non-affiliated organization involving ASFA students must be submitted by the student to ASFA prior to the event so there will be no misunderstandings.

4. College visits – All requests for excused absences for college visits are at the discretion of the Department Chair. All such requests must be submitted at least two weeks in advance of the anticipated absence.

5. Health and Fitness Policies – All ASFA dancers are expected to adhere to sound health practices and maintain a high level of personal fitness. Dance is a physically demanding art form, a healthy diet and adequate sleep is vital for success as a dancer in the studio and on stage. In addition, staying in shape and avoiding injury during free time/vacations is the responsibility of every ASFA dance student. High impact sports, such as snow boarding, snow skiing, ice or roller skating, should be avoided.

6. Punctuality – be on time for each class. Make note of class and rehearsal start times for regular bell schedule days, Friday Focus schedule days, and Saturday class and rehearsal times.
7. **Prepared** – be prepared for class and rehearsal with correct attire and shoes, properly groomed (pulled back hair, clean practice clothes, no torn tights or leotards) with dance journals easily accessible.

8. Personal audio/earphones are not permitted in dance hall, dressing rooms, studios or theatre (including front of house, back stage) during all scheduled dance times.

9. **Cell phones are not to be used during scheduled dance hours without permission from faculty. NO cell phones in the studios!** (Please refer to ASFA Student Handbook with regards to the use of cell phones while on ASFA campus)

10. **Communication:** Check your ASFA email account and look for newly posted schedules and other information on the ASFA Website daily. The bulletin board in the Dance Hall is also a place to check for announcements and changes in schedule several times a day. (Dance Hall Bulletin Boards are for Dance Faculty use only.)

11. **Dance Journals:** Please bring journals to all theory classes, student conferences and department meetings and make notations of choreography, class and rehearsal corrections, and other important and relative information. You will be required to present your journal to the Department Chair for review when requested.

12. **Dance Review:** All dance students are required to attend a professionally produced main stage dance performance and submit a critique of the performance, along with a ticket stub and program each semester.

13. **Injuries:** A written note from a medical doctor stating the reason for your inability to actively participate in a dance class or rehearsal is required if a student needs to sit out for more than three days.

14. **ASFA Specialty Recitals:** You may request one Specialty Recital per semester in a brief note to either the Dance Chair or a dance instructor. Please note that permission to attend a recital in lieu of a class or rehearsal is at the discretion of the Dance Chair.

15. **Shoe Policy:** Dance shoes should never be worn outside. No street shoes in the studios. No street shoes on the stage floor during dance tech rehearsals and performances. Please help us to keep the dance floors clean and safe for dancers.

16. **Dressing Room:** Only Dance Department students and Intro to Theatrical Dance students are permitted in the dressing room at any time. Please ensure that this guideline is strictly enforced. We cannot be responsible for the loss of personal items from studios or dressing rooms. Remember to lock all valuables in your lockers and put a padlock on your dressing room cubby.

17. **Dress Code:** To facilitate technical development and artistic growth, ASFA dancers are required to adhere to a specific dress code for classes and rehearsals. Please refer to the Dance Attire and Dress Code list when purchasing items for dance.

18. **Hair:** Female dancers are to arrange their hair in a classical bun, hair pulled back away from face and neck and well secured to the head with bobby pins, hair pins, and hairnets for all classes and rehearsals, unless otherwise requested by Dance Department faculty or choreographer. Male dancers are to maintain a well kempt hairstyle.

19. **Piercings/tattoos:** Absolutely no visible piercings other than ears and absolutely no tattoos above the waist or below the groin area. Note: Remember that some costumes reveal much more of one’s skin than others.
**Dance Curriculum**

Daily classes in Classical Ballet and Modern Dance Technique, taught by exceptional resident and guest faculty with professional and academic expertise, form the foundation of the ASFA Dance curriculum. Classes in Pointe and Men’s Technique, Pilates, Partnering, Variations, Repertoire, and Dancer Wellness are also included in the weekly schedule for all dancers. In the Junior and Senior years, students broaden their study of dance through a Professional Dance Practicum. Dance is a performing art, thus rehearsal and performance are also an important component of the curriculum.

**Class Offerings**: subject to changes/adjustments as deemed necessary.

- Ballet Technique
- Pointe Technique
- Men’s class
- Variations/Repertoire
- Pas de Deux/Partnering
- Modern Technique
- Improvisation
- Professional Dance Practicum (Juniors and Seniors only):
  - Dance Composition, Dance History, Curriculum Theory and Costume preparation.
  - Classes will be scheduled throughout both semesters.
- Rehearsals and Performance – as assigned and scheduled
- Pilates
- Dancer Wellness: Injury Prevention and Nutrition

*****A Student’s Level in dance classes is determined by his/her academic grade.*****
Principles of the Four “Ps” (Guidelines for evaluation and grading)

Progress (10%)

- Physical engagement of muscles with a sense of elongation and attack
- Development of flexibility
- Development of musicality and rhythmic quality – use of music and rhythm in each exercise and movement study/choreography
- Development of technical execution – acumen and exactitude developed over time
- Development of presentation – the way in which the student “presents” each movement
- Consistent use of corrections (both general and specific)

Participation (30%)

- Consistent attendance – (consideration is given for illness, testing, need for absence due to family emergencies and crisis)
- Strong and consistent positive work ethic – demonstrating a “hunger” for knowledge and experience including taking useful notes while sitting out
- Completion of all assignments – finishing combinations or executing choreographed movement to the very best ability at every opportunity
- Demonstration of a willingness to learn

Presence (30%)

- Being in the moment during all dance activities – not being distracted or distracting fellow students or preoccupied
- Awareness of expression – as in a performance
- Projection – positive and pleasant

Preparedness (30%)

- Being prepared mentally and physically for every class, rehearsal, and performance with appropriate attire, hair style, and supplies. Failure to demonstrate proper preparation will result in these successive steps, as needed, to address the issue/s:
  1. faculty will remind the student in class of requirements
  2. faculty will conference with student regarding requirements
  3. faculty will notify parents regarding the need to comply with requirements
  4. faculty will have a conference with student and parents to discuss the issue/s
- Punctuality
- Readiness – Focused on the tasks to come and prepared through forethought

Please note that not every student can receive individual feedback during each class, but all students will receive individual feedback throughout the course of each quarter.
Dance Attire and Dress Code –

**Females:**

- Solid (not two toned) black leotards, spaghetti strap, tank top, cap sleeve, ¾ or long sleeve are the only styles acceptable for ballet technique, pointe, *partnering*, variations, modern, and jazz classes. This also applies to participation in any and all dance festivals, auditions and master classes. On Saturdays and “Free Days”: Solid colored leotards are acceptable. Absolutely no French-cut leotards at any time.
- Supportive undergarment as needed (Seamless Dance Bra: Eurotard, Balera, Body Wrappers)
- Footed pink tights (at least two pair) for ballet, pointe, partnering and variations classes. Pink ballet shoes in good condition (no holes) for all ballet classes.
- Pink in good condition (supportive, not broken) for pointe, variations and partnering classes.
- Black jazz pants for jazz class and black oxford style or slip on black jazz shoes and black heeled, 1 ½”, character shoes (may be required for choreography).
- Black footless tights for modern classes and bare feet or half soled sandals if needed.
- 1 Black performance leotard, (style TBA), two pair of performance tights, (Style TBA)
- Black chiffon wrapped skirt, or Bullet Point Skirt, for in studio presentations, performances, variations and pointe classes.
- Tight fitting leg warmers or knitted tights for cold days. No sweat pants, pajama bottoms, shorts of any kind, plastic or rubber pants will be allowed in any class or rehearsal.
- Black or pink wrap style or tight fitting sweater or T-shirt for cold days. Absolutely no coats or outerwear including baggy sweaters, pullovers, hoodies, sweat shirts, will be allowed in any class or rehearsal.
- Plenty of hair pins, bobby pins, hair elastics, hair nets and hair spray to neatly secure hair in a bun daily for all dance classes and rehearsals.
- Absolutely no jewelry may be worn during any class or rehearsal other than small stud earrings.
- Flesh tone camisole and briefs (one of each) to wear underneath tutu and costumes if required in performance.
- Make up kit, see list for contents.
Males:
- At least three pairs of black tights (full-footed or footless with white socks) for all classes except Saturday or “Free Day” (TBA) classes when other colors are allowed.
- At least five black or white fitted short-sleeve T-Shirts (no cut in sleeves, printing or florescent colors) for all classes except Saturday or “Free Day” (TBA) classes when other colors/styles are allowed.
- Black or white ballet shoes (shoes should match either color of tights or socks worn over tights).
- Black jazz pants
- Black oxford style or slip-on jazz shoes for jazz class. No jazz sneakers or boots.
- Black footless tights for modern, bared feet.
- ½ inch wide canvas web belt, military buckle, no pin or prong.
- Three flesh tone dance belts
- 2 pairs performance black tights, M Stevens #1099
- 2 performance white tops, Major motion #7207
- 2 pairs of footed M Stevens white tights for performance
- Make up kit, see list

All students MUST HAVE:
- A Ther-a-band (blue or green – can be purchased at K-Mart, Target or Walmart)
- A Pilates mat (can be purchased at K-Mart, Target or Walmart)
- Water bottle, metal or plastic, to be taken into classes and rehearsals – label with your name.
- Journal: loose leaf or spiral note book.
- 2-3 blank CDs for recording music

Please remember that while wearing dance attire, you may not be in the lobby, cafeteria or other public areas of the building.
ASFA Dance Department, Theatrical Make-up List

Procure a bag or kit to keep all of your items together and to avoid contamination.

Ladies:

- Eyeliner pencil, dark brown or black
- Brown eye shadow – three different shades and/or gray eye shadow
- Brown or black eyebrow pencil (according to hair color)
- False eyelashes and eyelash adhesive
- Jet black waterproof mascara
- Pancake (or stick) base make-up, of the same shade as the dancer’s skin tone
- Flesh tone erase stick, white cream make-up for highlighting and shaping
- Translucent loose powder
- Rose colored blush
- Dark red, sable, and rose lipstick and lip liner
- Rhinestone stud earrings 1/8” – 1/4”, or rhinestones and glue for attaching
- Make-up brushes for eye shadow, blush, powder, etc.
- Make-up sponges/wedges
- Make-up wipes/ remover/baby wipes for removing make-up
- Hairspray (Freeze Spray, Aqua-net) and gel
- Hairbrush, comb, extra bobby pins, hairnets, rubber bands (no shiny clips)
- Razor

NO jewelry except rhinestone studs (when requested)
NO fingernail or toenail polish and NO acrylic nails

(acrylic nails are dangerous to dancers)

Gentlemen:

- Flesh tone erase stick
- Pancake (or stick) base make-up, of the same shade as the dancer’s skin tone
- Dark red or red lipstick and brown lip liner
- Black eyeliner pencil
- Brown/burgundy blush/powder for face
- Translucent loose powder
- Razor, shaving cream

NO JEWELRY

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