



2010-2011 STARETTE HANDBOOK

Please read carefully. Starettes and their parents/guardians will be held responsible for all information covered in this handbook..

Welcome to the Starette Dance Company! Being a team player is an important responsibility. We have prepared this special handbook to help you better understand your commitment.

The Starettes are a well-rounded dance company, concentrating largely on community service, cultural growth, and self growth. As a member of this wonderful group, you will have the opportunity to study with some of New England's foremost dance educators, dance in area performances (*nursing homes, senior centers, town festivities*), perform at regional competitions and DT productions as well as attend professional musical theater productions, take part in make-up demonstrations, hear nutritional talks, and make new friends.

STARETTES PRIDE THEMSELVES ON BEING WELL ROUNDED DANCERS

Starettes maintain a strong dance base by being well rounded dancers. Ballet, jazz and lyrical are the building blocks of most forms of dance and therefore we require the Starettes to study these forms of dance or other dance classes as a support to their dance company classes.

Each sub- dance company requires dancers to enroll in specific technique classes. Starettes meet weekly in dance company classes to learn skills, technique, choreography and discuss upcoming performances and programs.

ALL STARETTES ARE REQUIRED TO TAKE A JAZZ OR LYRICAL TECHNIQUE CLASS.

Sub-Dance Co.	Company meets	Required technique class	Required technique class
Jr. Musical Theater Co.	60 min/wk	jazz	Choose ONE: ballet, musical theater
NEW TEAM! Jr Acro Co.	60 min/wk	acro	Choose ONE: ballet, lyrical,jazz
Jr Hip Hop Co.	45 min/wk	hip hop	jazz
Jr Tap Co.	45 min/wk	tap	Choose ONE: ballet or jazz
Jr. Jazz Co.	60 min/wk	jazz	ballet
Int. Musical Theater Co.	60 min/wk	jazz	Choose ONE: ballet, lyrical, musical theater
NEW TEAM! Int. Acro Co.	60 min/wk	acro	Choose ONE: ballet or lyrical
Int. Jazz Co.	60 min/wk	jazz	ballet
Int. Modern Co.	90 min/wk	Choose TWO: ballet, lyrical, modern	
Int. Lyrical Co.	60 min/wk	lyrical	ballet
Int. Hip Hop Co.	90 min/wk	jazz	Choose ONE: acro, lyrical, modern
Int. Tap Co.	90 min/wk	jazz	<i>if do not have 3yrs tap experience at jr/sr division level: Tap</i> <i>If already have 3yrs tap experience at jr/sr division level....</i> Choose ONE: ballet or lyrical
Sr. Musical Theater Co.	60 min/wk	jazz	Choose ONE: ballet, lyrical, musical theater
NEW TEAM! Sr. Acro Co.	60 min/wk	acro	Choose ONE: ballet or lyrical
Sr. Jazz Co.	60 min/wk	lyrical	ballet
Sr. Lyrical Co.	60 min/wk	lyrical	ballet
Sr Modern Co.	90 min/wk	ballet	Choose ONE: modern or lyrical
Sr Hip Hop Co.	90 min/wk	jazz	Choose ONE: modern, acro, lyrical
Sr Tap Co.	90 min/wk	Jazz	<i>if do not have 3yrs tap experience at jr/sr division level: Tap</i> <i>If already have 3yrs tap experience at jr/sr division level....</i> Choose ONE: ballet or lyrical

STARETTE ALL-TEAM DANCE ROUTINES

The Starettes will learn one all-team dance number to be performed at spring recital and competition. The Starettes will meet five or six pre-scheduled Fridays or Saturdays between January and spring recital to learn and to rehearse All-Team numbers. **All-Team rehearsals are required attendance. Starettes should please send Friday/Saturday date conflicts (Bar or Bat Mitzvah, weddings, sport tournaments, competitions, SAT, etc.) via email prior to October 31st.** All-team rehearsals will be announced via email after Thanksgiving.

SPRING 2010 PROGRAM

All 2010-2011 Starette Dance Company members are required to participate in a 2010 spring dance class at DT. Dancers are required only to participate in the one class but are encouraged to continue their dance training throughout the spring and summer season.

PRE-SEASON 2010

All 2010-2011 Starette Dance Company members are required to attend Pre-Season 2010. The Starettes will meet on a special Pre-Season schedule September 7th-19th to prepare for our first performance of the season and to get to know one another, discuss the upcoming season, take group photos and enjoy an ice cream party! A Pre-Season schedule will be sent via email in August. The Starettes will perform in September at Bedford Town Day. We will perform 09/10 Starette numbers tweaked to fit 2010-2011 Starette Dance Company. **Regardless of which team a dancer is on in 2010-2011, for the Bedford Day performance, Starettes will perform with the Starette Co. she danced with in 09/10 AND 10/11.** All new dancers, whether new to a team or new to Starettes, will learn a small portion of the 09/10 choreography with new teams and also perform on Bedford Day. The following numbers will be performed on Bedford Day:

<u>Song</u>	<u>who should attend rehearsal</u>
Michael Jackson medley	ALL 10/11 STARETTES!
"Hallelujah"	Aryn Colonero
"According To You"	Jacqui Cohen
"Fly To Your Heart"	The all-new 10/11 Acro Co.
"Supercalifragilistic"	09/10 + 10/11 Musical Theater Co.
"Slow Dancing In A Dark Room"	09/10 + 10/11 Lyrical Co.
"Smooth Criminal"	09/10 + 10/11 Jr. Tap Co. and Int/Sr Tap Co.
"Azini"	09/10 + 10/11 Int Modern Co.
"Gun Powder"	09/10 + 10/11 Sr Modern Co.
"ABC"	08/09 Jr Hip Hop Co.
'Ghosts'	09/10 + 10/11 Int Hip Hop Co.
"Intergalactic"	09/10 + 10/11 Sr Hip Hop Co. and Shelby Wang

ALL STARETTES ARE REQUIRED TO ATTEND ALL APPLICABLE PRE-SEASON REHEARSALS AND BEDFORD DAY.

Starette Pre-Season Fee: \$125 for one 2010-2011 dance company and \$50 for each additional 2010-2011 dance company is due August 1, 2010. (Pre-Season covers mostly Pre Season classes and also includes a team ice cream party and Starette performing accessories: a rhinestone pony-tail wrap, rhinestone performance earrings, and Starette lipstick.)

PERFORMANCE OPPORTUNITIES

The Starettes perform at nursing homes, senior residences, local town events, competition(1-2 per year) and at DT events and productions. Attendance is required at all performances.

SPECIAL PROGRAMS

Being on the Starette Dance Company opens up ones world to additional cultural experiences. In the past we have participated in professional dance workshops- taking classes with world re-known master teachers, took part in a nutritional/body awareness/peer pressure workshop Project Motivate®, participated in make-up demonstrations(by Mary Kay consultant), learned how to make fun buns with a hair stylist, designed our own jewelry, gone to see shows in Boston's theater district (Wicked, Stomp, Beauty and the Beast, 42nd Street, Joseph and the Technicolor Dreamcoat and the Rockettes) and North Shore Music Theater(High School Musical 2, Hair Spray, West Side Story and A Christmas Carol), taken part in a Dance-A-Thon– where we took classes in yoga and karate in addition to dance, and much more!!

COMPETITIONS

are a small but fun part of the Starette program. Competing is a place to challenge ourselves, experience new styles of dance and meet peers from various states.

Competition Fees will include competition entry fees, rehearsals and more. Competition fees vary depending upon the competition we choose, the length of the song entered and the number of dancers in the group. To give you a 'ball park' figure for competition– (guesstimating entering one competition) \$100 per dancer per dance company. Add on approximately \$65 for each additional dance company. Please note these figures are guesstimates– exact amounts will be announced in March 2011.

Attendance is required at all competitions in which the Starettes enter as a team.

STARETTE LEADERSHIP

One Sr. Div. Starette will be chosen by her peers to be Team Captain. The Team Captain should possess a passion for dance, tolerance, ability to motivate her peer dancers, organizational skills and be a role model for striving to attain proficiency in dance techniques and a good friend. Team Captain Responsibilities: motivate peers, make sure all Starettes have proper information and everything they need for all rehearsals, performances, and fundraisers, and lead warm-ups during all rehearsals and performances.

FUNDRAISING

NEW last season– by parent request- fundraising, with the exception of recital refreshment table, will not be done. Funds raised will be put towards the Starette banquet and awards. All Starettes are required to participate in the refreshment table fundraiser.

2010– 2011 STARETTE CALENDAR

The Dance Company season begins in September 2010 with Pre-Season(September 7-19) and a performance/fundraiser on Bedford Day. Following the recital through mid May 2011, the Starettes will meet on a special schedule and will perform one or two weekends (sr. residence and/or competition).

A 2010-2011 Starette Calendar will be sent via email the beginning of September. Head's Up: The Starettes will perform one Saturday in September(Bedford Day – 3 performances!), two-three Saturday afternoons in December, and then not again until closer to recital. Dance Company will not meet during Labor Day Weekend, Columbus Day Weekend, Veteran's Day, Thanksgiving break or December and February school vacations.

PROPER DANCE CLASS ATTIRE AND PERSONAL HYGIENE:

Dance Attire for all Companies: leotard or camisole top, dance pants, appropriate footwear, hair secured off face. *NO street clothes(tank tops, t-shirts, pajama pants, etc.), jewelry, headbands, bandanas, or hats of any kind.*

Appropriate footwear:

ALL STARETTES: suntan split sole slip on jazz shoes

Musical Theater Company: suntan split sole slip on jazz shoes

Tap Company: black oxford or slip on tap shoes(split or solid sole) *(No "Mary Jane" shoes please.)*

Hip Hop Company: black low top split sole jazz sneakers

Acro, Modern and Lyrical Companies: suntan toe thongs or foot undeez

It is expected that all Starettes will attend classes and rehearsals in proper dance clothes, required hairstyle, and appropriate footwear. Dancers not dressed or prepared correctly will be dismissed from that class or rehearsal. (such a dismissal will count as an unexcused absence)

Good personal hygiene is very important. Dancers should wear clean dancewear, use liberal amounts of deodorant and be freshly showered when needed. **Starettes are required to wash their hands with soap and hot water prior to entering any classroom!**

REQUIRED STARETTE APPAREL

In attempt to lower the cost of being a Starette, we are no longer charging a fee for Starette apparel. **Although the Starettes will be responsible for providing required Starette apparel**– we have found most dancers will save money since much of the required apparel most Starettes already have in their bureau or closet!

Each Starette is responsible for providing the following Required Starette Apparel:

- suntan("under") camisole leotard with moveable clear elastic straps *(available for sale in DT store)*
- 2 pairs of Revolution brand Dark Suntan tights (performance tights) *(available for sale in DT store)*
- Matte black jazz dance pants
- Matte black capri leggings
- Solid black leotard (thin strap, tank or halter okay!)
- Solid black camisole
- Starette team jacket *(ordered through DT office)*
- Suntan slip-on jazz shoes (all Starettes!)
- Dance shoes. *Please read above "Proper Dance Class Attire" for each dance company's shoe requirements*
- A small "performance bag" supplied with: safety pins, black or brown bobby pins, black or brown hair elastics, comb, hand sanitizer, tissues, small mirror, make up, and hair spray.

STARETTE PERFORMANCE HAIR AND MAKE-UP

“Performance Hair”: Hair should have an exceptionally neat appearance. No “bumps” or “flyaways”!! Use plenty of hair spray and a comb to style. All “bangs” must be pulled back off dancer’s face. Pull hair back with only brown/black elastics and brown/black bobby pins. Clear colored hair crystals and hair glitter optional. *NO colored (other than black or brown) hair accessories of any kind, no clips, scrunchies, headbands, barrettes, etc.*

Dancers will be directed to a performance hairstyle prior to every event/performance

“Performance Make-Up”: base, blush, purple or brown shades of eye shadows, black eye liner, black mascara or fake eye lashes, deep red lipstick and lip liner. Clear coat or French manicure on fingernails. *(NO colored fingernail polish)* Make-up should be revved up or toned down depending upon the performance arena. (for example – play up make-up for a stage performance, tone down make-up for a nursing home performance) Body glitter optional. *NO JEWELRY– please take off all rings, bracelets, necklaces, anklets, earrings (aside from Starette earrings) and leave them at home.*

**NEW
powered
fee!**

COSTUMES

The Starettes will learn one short winter performance dance (to be performed at nursing homes, etc.) per company, one “All Team– production number” and one spring recital/competition dance. (Each routine needs a different costume. Winter performance costumes will be simple. Spring recital/competition costumes will be more elaborate. A dancer is responsible for the costs of her costumes. A costume deposit of \$100 for one dance company and \$75 for each additional dance company* is due September 1, 2010. At the end of the dance season, dancers will be invoiced for any costume balances or credited/refunded for any costume money left over. The costumes will become the property of each individual dancer pending payment received for any outstanding costume balance. Costumes must be clean and pressed for each performance. During performances, Starettes are required to bring costumes hung on hangers.

** Costume deposit is non-refundable/non-transferable since costume companies do not make refunds. Dancers will be held responsible for replacement cost of any costume that is damaged, destroyed or lost.*

ATTENDANCE

Attendance is imperative for a learning continuum and effects the individual dancer as well as the entire class/dance company. Be prepared to make a solid commitment to attend all classes, rehearsals, and performances. A dancer who misses class or rehearsal is holding back all the dancers in the class/company. Repeating technique or choreography at the following class for individuals who were absent keeps everyone from progressing at the rate at which they could and will result in a less perfected and less polished performance piece and less learned during the year. A dancer missing at a performance leaves a “hole” in the production number and “cheats” the dancers who worked so hard to prepare the number and the audience from a spectacular number.

Dancers are expected to do more than just “show up” for a class, rehearsal or performance. Dancers should arrive prepared to work hard and to give 110% with enthusiasm and energy! Please arrive promptly to all classes, rehearsals, performances, functions, and programs. Embrace your love of movement, nurture your skills and enjoy the thrill of performing.

A total of 3 absences per class per year are permitted for technique classes and company classes. A dancer who misses more than 3 technique or company classes may be taken out of a portion of a dance or an entire dance. **STARETTES ARE REQUIRED TO ATTEND ALL CLASSES DURING THE MONTH PRIOR TO ANY PERFORMANCE.** *(A Starette who misses a*

class during the month prior to a performance may be removed from a portion of a dance or the performance entirely.) A dancer with excessive unexcused absences will be subject to dismissal from the Starette Dance Company. Dancers should always be up-to-date with material covered in class. If a dancer misses a class or is unsure of choreography– it is the responsibility of the individual dancer to meet with a teammate or arrange for a private lesson prior to her next class. It is the responsibility of the entire dance team to help any dancer in need of help (This is what team is all about!!) A student who has missed classes and does not learn material covered in class during her absence will be pulled from a portion of a dance routine or an entire routine.

At any time, a Starette may meet with a team teacher for a private class (\$50.00/hour)

Attendance at all rehearsals, performances, competitions, functions, and fundraisers is required.

(Please read on for a list of excused and unexcused absences.) Any dancer who misses a rehearsal or a performance *(with an unexcused absence)* will be placed on probation and be required to perform additional fundraising work and/or will be assigned studio work related to dance companies, and may be taken out of a dance. A dancer who misses a second rehearsal or performance *(with an unexcused absence)* will be subject to dismissal from the Starette Dance Company.

Excused absences:

- Sick with a contagious illness or a fever. (Please stay home and get better!)
- Observance of a religious holiday

NOT an excused absence:

- Family vacations. *(Please plan family weekend plans and vacations accordingly.)*
- Sports conflicts, art class conflicts, musical theater/play practice, etc.
- Homework *(Schoolwork is absolutely the MOST important thing. We are not suggesting a student "blow off" doing homework, we suggest students use **time management** in doing schoolwork.)*

TIME MANAGEMENT

We know there are an immense number of things to do in life. *(school, a good night's sleep, family-time, friends, church/temple, basketball, soccer, girl scouts, etc!)* No one can do it all and give everything 100%. Do not "spread yourself too thin" - that is setting yourself up for failure. Figure out what you can comfortably work into a schedule. Make a list and prioritize it. It might be tough to choose, but there will always be tough decisions to make in life. The decisions you make will put yourself into a "winning position"- you will now have the time to give 110% to everything you chose. Now that you've made the tough decisions, we suggest you practice "time management." Try to put everything in order and in its proper perspective. You can fit a lot into life– all it takes is commitment, setting priorities and "time management."



**time
sensitive!**

TAKING PRIDE IN OUR DANCE STUDIO

Starettes will be required to attend one of the two "**Studio Work Days**" which will be held

- **Friday, May 14th 3-8pm.** *(Starette is required to work a minimum of 3hrs during work day)*
- **September** *(date TBA via email this summer)*

During this time, we will paint, organize, and do special projects or basic upkeep at the studio– the Starettes' 'Second Home'.

Starettes are responsible of informing Miss Elisa which Work Day she will be attending.

Please send choice via email to info@dancetimebedford.com by May 1st.

HEALTHY SNACKS

Please bring healthy snacks! The DT studio is for the most part “nut-free”- please do not bring any food that contains outright nuts like peanut butter or anything made with peanut butter chips, etc. Food that is made with traces of nuts- for example packaged cookies- are okay to bring to studio. **Starettes are required to wash their hands prior to stepping into any classroom and to clean up the area where they ate their snack!**

STARETTE BANQUET

A fun way to end the dance season!! Attendance is required.

NO TOLERANCE POLICY FOR INAPPROPRIATE BEHAVIOR

Dancers will be respectful, kind, and tolerant with teammates and teachers. There is a **No Tolerance Policy** for disrespect, unkind, disruptive, or intolerant behavior. A student who breaks this rule will be sent home and parents will be expected to pick her up, whether we are at the studio, in another town, or in another state. A dancer who breaks the NO Tolerance policy more than once will be suspended from the Starette Company.

PARENT CODE OF ETHICS

The purpose of dance company is to provide young dancers with exceptional role models in a healthy and encouraging environment.

Because of this, I pledge:

- I will support my child's dance company and teachers. I will resolve to allow the teachers to manage their dancers and choreography.
- Because I am a role model for my child as well as other dancers, my personal conduct at the studio, performances, competitions and other studio events must be above reproach and represent the highest standards of morality, teamwork and sportsmanship. I will at all times control my emotions and will be considerate of all dancers and parents collective feeling. I will not make disparaging remarks of any type with regards to teachers, choreographers, choreography placement, costumes, other parents, competition judges, other schools, or publicly criticize them in the studio or course of any event.
- I will support my child's dance experience and dance company by respecting the Starette Handbook guidelines. I will encourage my child to adhere to the guidelines and responsibilities as outlined in the Starette Handbook.

As the parent of, (fill in dancer's name), I accept the rules outlined in the Parent Code of Ethics and agree to conduct myself according to the principles and regulations of the DT studio. I realize my child or I may be removed from any dance event for failure to abide by these rules.

DANCER CODE OF ETHICS

- I will be a “team player”. I will show up for every class, rehearsal, performance, fundraiser, and event. I will not just “show up” but I will bring enthusiasm and a good attitude and give 110% every time. I will know each and every step of a dance routine and help my teammates whenever possible.
- I will be respectful, kind, and tolerant with my teammates and teachers.
- I will do more than just “show up” to every required class. True progress is made when you look at each and every class as an opportunity to grow and to gain knowledge. Nothing can stop a student that totally applies herself in every class she takes. I will stretch a little further, turn out a little more, make sure every sound is totally clear, and listen to every correction made to me and everybody else. I will always say “thank you” when I am personally corrected.

THE STARETTE COMMITMENT

Starettes are required to commit to the company for a period of one year. (May 2010-May 2011). Joining the Starette Dance Company should be a well-thought out decision. Dance Company is a large commitment, but it is also an inspiring and fun experience

FINANCIAL OBLIGATIONS and applicable due dates

DUE MAY 1, 2010

- DT's 2010 Spring Program Registration. Please refer to DT's 2010 Spring flier for class options and tuition information.

DUE JUNE 1, 2010

- Starette Contract accompanied by 2010-2011 DT Registration Form. Please refer to DT's 14th annual handbook – mailed to homes the middle of May 2010- for program details. *During the 2010-2011 DT Main Dance Season Starettes will be responsible Registration, Tuition, and spring recital technique Class Costumes.*

DUE AUGUST 1, 2010

- Starette Pre-Season \$125 for one 2010-2011 dance company and \$50 for each additional 2010-2011 dance company
- Starette Dance Company Jacket \$65. Please order jacket in the DT office. *(Starettes who already have a jacket that fits do NOT need a new jacket!)*

DUE SEPTEMBER 1, 2010

- Starette Costume Deposit \$100 for one dance company and \$75 for each additional dance company

DUE THE MIDDLE OF MARCH 2011- COMPETITION

- Competitions (2 max.)

DUE APRIL 2011

- Starette Costume Balance (or you may receive a credit/refund!)– dancers will be invoiced once all Starette costumes have been purchased and only if there is a costume balance from your Starette's team costume deposit. If less than costume deposit was spent, you will receive your choice of credit or refund.

THROUGHOUT THE 2010-2011 STARETTE DANCE SEASON (Optional events and Programs!)

- Dance workshops sponsored by professional dance organizations
- Dance related trips organized by DT
- Starette trips to see musicals
- Starette Optional Apparel *(fun Starette dance clothes to wear to dance class or anywhere!)*

THE STARETTE CONNECTION

Information will be for the most part communicated via email. Please be sure to check your email often so as to not miss a thing! DanceTime can be reached on email at dancetimebedford@comcast.net

HOW DO I JOIN? SIGN ME UP!!

Pick up and read the handbook(the one you have just finished reading!), fill out a 2010-2011 Starette contract and return it to the DT studio by June 1, 2010. Joining is as simple as that! Auditions are not required– all dancers are welcome! Dancers who currently dance at DT will be placed by team teachers on the appropriate team level. New team and studio members will meet privately with a team teacher for an informal audition in order to properly place the student.

★ 2010-2011 Starette Dance Company Contract ★

Contract is due June 1, 2010. Please return to: DanceTime, 131A Great Rd, Bedford, MA 01730

NAME: _____ GRADE ENTERING FALL 2010: _____ BIRTHDATE: _____

DANCER HAS PIERCED EARS: _____ DANCER DOES NOT HAVE PIERCED EARS: _____

EMAIL ADDRESS(ES) : Please check here if email address(es) have NOT changed from 2009-2010 season _____

NEW e-mail addresses: MOM _____
DAD _____
DANCER _____

Please consider my application for: Please CHECK all applicable teams and CIRCLE requested level

____ Jr Int Sr Musical Theater Jazz Co. ____ Int Sr Lyrical Co. ____ Jr Int Sr Tap Co.
____ Jr Int Sr Hip Hop Co. ____ Int Sr Modern Co. ____ Jr Int Sr Acro Co.

PRIOR EXPERIENCE

Please fill in the number of years studied each subject Please ONLY include years spent studying in a class for grades 2+.

Ballet ____ Pointe ____ Lyrical ____ Modern ____ Jazz ____ Tap ____ Hip Hop ____ Acro ____

Please fill in the applicable number of years of participation Dance Company ____ Competitions ____

Dancer, please answer the following question... **Why do you want to be on the Starette Dance Company?**

DUE WITH STARETTE CONTRACT Please make a check mark next to all items enclosed with contract.

____ Starette Contract
____ 2010-2011 DT Registration form and applicable registration, tuition and costume fees
____ Starette Work Day Registration: I plan to attend the following Work Day ____ May 14 ____ Sept. Date-TBA

Starettes are required to study a minimum of one 2010 DT Spring class. Please list the DT Spring classes Starette is registered for

Please place check mark here ____ to confirm DT has received Starette's 2010 Spring Registration form.

Acknowledgement and Permission...

I have read the Starette handbook. I have supervised my Starette daughter reading the 2010-2011 Starette handbook (or have read the handbook to her) and have discussed with her what is required of my daughter and our family concerning the contents of the handbook in participation on the 2010-2011 Starette Dance Company.

PARENT/GUARDIAN'S SIGNATURE: _____ DATE: _____

I (Starette) _____ have read the 2010-2011 Starette handbook(or my parent has read the handbook to me). I have discussed with my parent what is expected of me and our family concerning the contents of the handbook in participation on the 2010-2011 Starette Dance Company.

DANCER'S SIGNATURE: _____ DATE: _____

Please return to DanceTime, 131A Great Rd, Bedford, MA 01730 by June 1, 2010