



2019 – 2020

Pre-Season Handbook

## **Prospective Team Members:**

For those interested in hearing more about the Move Out Loud Dance Team, please join us for an informational meeting in the lobby at Move Out Loud on Monday, April 29<sup>th</sup> at 7:30pm.

## **Pre-Season Terms of Agreement**

### **I. Mission**

The Move Out Loud Dance Team exists to inspire and propel dancers to achieve new levels of artistry, work ethic and performance beyond what is possible in their regular class work, and to contribute to the vibrant artistic life of our community.

### **II. Values**

- Integrity-* To conduct oneself with integrity through honesty, courtesy, respect and consideration for your fellow dance members and faculty. This includes a willingness to be held accountable for the manner in which you participate in all company activities.
- Leadership-* To be given the privilege of setting an example, serving the people you are leading, and being an inspiration to others in the Move Out Loud community.
- Responsibility-* To adhere to the policies and procedures of the studio and company, to comply with the schedule and requests of the faculty, and to be a person that others can count on.
- Professionalism-* To respect the dance profession and uphold our values and standards of conduct in a way that characterizes the highest qualities of dance professionals. This includes respecting your teachers, supporting and encouraging each other, to not gossip, but be able to voice opinion to a company director about your concern, and to recognize yourself as a role model at all times.
- Character-* To be a person who represents personal integrity, leadership, responsibility and professionalism in classes, outside activities and events, and in all interactions with peers and authority figures.

### **III. Code of Conduct**

Dancers and parents agree to uphold the values listed above, and to abide by Move Out Loud's code of conduct in all classes, competitions, conventions, performances and events, on social networks, and in all aspects of their personal lives.

Dancers promise to:

- Respect others' idea and opinions.
- Be courteous, compassionate and respectful to everyone with whom he/she comes in contact with.
- Act as role models to all students at Move Out Loud.
- Display good sportsmanship.
- Give 100%.
- Not engage in any vulgar or inappropriate language or conduct.

Any dancer who does not abide by the above code of conduct may be dismissed from class, workshops, conventions, competition performance or other events, at the discretion of the Move Out Loud staff. In addition, any student who we feel intentionally or repeatedly harms another student emotionally or physically will be held accountable to the following consequences:

*\*First offense:* An email will be sent to the dancer's parent to arrange a meeting to discuss the problem.

*\*Second offense:* Dancer will be removed from the group in which there are problems.

*\*Third offense:* Dancer will be dismissed from the Move Out Loud dance team.

*\*Fourth offense:* Dancer will be expelled from Move Out Loud.

Parents promise to:

- Be courteous, compassionate and respectful to everyone with whom he/she comes in contact with.
- Display a positive attitude regarding Move Out Loud and all involved.
- Refrain from gossiping, complaining, debating or publicly discussing concerns regarding Move Out Loud's teams, dancers, teachers or routines. This includes the Move Out Loud lobby, conventions, competitions, performances and other public places. Such conduct is destructive to the morale of the group and will NOT be tolerated. Concerns or comments should always be expressed to the director via email or phone, NOT during or in-between classes.

## IV. Team Structure

The 2019-2020 Team will be comprised of three levels - **Crew, Club and Company**, competing in hip hop, tap, jazz, lyrical, improv, ballet, pointe, contemporary, and musical theater. The selection and casting of competition pieces is at the discretion of the Artistic Director. All members must re-audition each year for placement.

After finding out from families what your dancers' maximum commitment levels are, we'll use what we know from past experiences and what we learn as a result of the summer audition to place our dancers in one of the three levels.

i. **CREW** (lowest commitment level):

- \* *Styles:* Hip Hop
- \* *Average Age groups:* Junior (average ages 9-11) and Teen (average ages 12-14)
- \* *Time Commitment:* Around 3 hours of training per week.

**CREW Summer Class Requirements:**

- \* **Hip Hop:**
  - ✓ 1 weekly hip hop choreography class
  - ✓ 1 weekly hip hop technique class
  - ✓ 1 weekly strength & conditioning class

**CREW School Year Class Requirements:**

- \* **Hip Hop:**
  - ✓ 1 weekly hip hop choreography class
  - ✓ 1 weekly hip hop technique class
  - ✓ 1 additional weekly class at MOL, in ANY style
- \* *Crew Attendance:* 5 allowed absences per class for the season.
- \* *Crew Competitions:*
  - ✓ 3 Regional Competitions
  - ✓ NO Nationals
- \* *Crew Conventions:*
  - ✓ REQUIRED- Flux convention in Madison in November

*We will not have the fall schedule until June, and will not have fall placements until after auditions are finished.*

ii. **CLUB** (middle commitment level):

- \* *Styles:* Ballet, Hip Hop, Jazz, Lyrical, Musical Theater, Tap.
- \* *Age Groups (Average):* Mini (5-8), Junior (9-11), Teen (12-14) and Senior (15+).
- \* *Time Commitment:* Around 4 hours per week in at least 2 styles of dance, this includes team and rec classes. If you compete just one style, you'll have to pick up another style in a rec class.
- \* *Club groups will only be created if there are enough dancers with similar age, interest and ability that match this level. A minimum of 9 dancers is required to create a group.*

## CLUB Summer Class Requirements:

- \* **Hip Hop:**
  - ✓ 1 weekly hip hop choreography class
  - ✓ 1 weekly hip hop technique class
  - ✓ 1 weekly strength & conditioning class
  - ✓ Hip Hop Summer Intensive (Date TBD)
    - Optional for ages 8 and under.
    - Required for dancers ages 9+.
- \* **Jazz**
  - ✓ 1 weekly jazz technique class
  - ✓ 1 weekly jazz choreography class
  - ✓ 1 weekly leaps & turns class
  - ✓ 2 weekly ballet classes
  - ✓ 1 weekly strength & conditioning class
  - ✓ Ballet Summer Intensive (June 17-20<sup>th</sup>)
    - Optional for ages 8 and under.
    - Required for dancers ages 9+.
  - ✓ Contemporary Intensive (Date TBD)
    - Optional for ages 8 and under.
    - Required for dancers ages 9+.
- \* **Musical Theater**
  - ✓ 1 weekly jazz technique class. "Jazz Fundamentals for those not on jazz team.
  - ✓ 1 weekly musical theater choreography class
  - ✓ 1 weekly strength & conditioning class
- \* **Ballet:**
  - ✓ 2 weekly ballet classes
  - ✓ 1 weekly strength & conditioning class
  - ✓ Ballet Summer Intensive (June 17-20<sup>th</sup>)
    - Optional for ages 8 and under.
    - Required for dancers ages 9+.
- \* **Tap:**
  - ✓ 1 weekly tap class
  - ✓ 1 weekly strength & conditioning class
  - ✓ 1 weekly jazz technique class. "Jazz Fundamentals for those not on jazz team.
  - ✓ Tap Summer Intensive (Date TBD)
    - Optional for ages 8 and under.
    - Required for dancers ages 9+.

## CLUB School Year Weekly Class Requirements:

- \* **Hip Hop:**
  - ✓ 1 hip hop choreography class (rotating schedule or weekly)
  - ✓ 1 weekly hip hop technique class
  - ✓ 1 weekly strength & conditioning class
  - ✓ 1 additional weekly class at MOL, in any style other than hip hop.
- \* **Jazz (Lyrical, Contemporary and Improv included in this):**
  - ✓ 1 jazz choreography class (rotating schedule or weekly)
  - ✓ 1 weekly jazz technique class
  - ✓ 1-2 weekly ballet classes
  - ✓ 1 weekly strength & conditioning class
- \* **Musical Theater:**
  - ✓ 1 weekly jazz technique or ballet class
  - ✓ 1 musical theater choreography class (rotating schedule or weekly)
  - ✓ 1 weekly strength & conditioning class
- \* **Tap:**
  - ✓ 1 weekly tap class
  - ✓ 1 weekly jazz technique or ballet class
  - ✓ 1 weekly strength & conditioning class
- \* **Ballet:**
  - ✓ 1 ballet choreography class (rotating schedule or weekly)
  - ✓ 2 weekly ballet classes
  - ✓ 1 weekly strength & conditioning class

- \* *Club Attendance*: 4 allowed absences per class for the season.
- \* *Club Competitions*:
  - ✓ 3 Regional Competitions
  - ✓ 1 Midwest Nationals
- \* *Club Conventions*:
  - \*Hip Hop:
    - ✓ Flux convention in Madison in November- REQUIRED
  - \*Jazz/Musical Theater/Ballet/Tap:
    - ✓ Showstopper Convention in Wisconsin Dells in October OR another weekend convention (that encompasses all styles) of your choice (Ash, Radix, Jump, Velocity, etc.).

*Extra Groups and Performances:*

- \* The Club may be invited to participate in additional small groups, solos, duets and trios depending on opportunities that come up. Those rehearsals would be on Friday nights, weekends, or during a rotating slot during the week.
- \* The Club may be asked to participate in special extra performances outside of the studio.

iii. **COMPANY** (highest commitment level):

- \* *Styles*: Ballet, Pointe, Contemporary, Improv, Hip Hop, Jazz, Lyrical, Musical Theater, Tap.
- \* *Average Age Groups*: Junior (9-11), Teen (12-14) and Senior (15+). Dancers can compete age groups up, or up to 2 age groups down. In other words, an 11 year old could dance in mini. A 14 year old could dance in junior. An 18 year old could dance in teen.
- \* *Time Commitment*: Around 5 hours per week in at least 2 styles of dance, this includes team and rec classes. If you compete just one style, you'll have to pick up another style in a rec class.
- \* *Company groups will only be created if there are enough dancers with similar age, interest and ability that match this level. A minimum of 9 dancers is required to create a group.*

**COMPANY Summer Class Requirements:**

- \* **Hip Hop**:
  - ✓ 1 weekly hip hop choreography class
  - ✓ 1 weekly hip hop technique class
  - ✓ 1 weekly strength & conditioning class
  - ✓ Hip Hop Summer Intensive (Date TBD)
- \* **Jazz**:
  - ✓ 1 weekly jazz technique class
  - ✓ 1 weekly jazz choreography class
  - ✓ 1 weekly leaps & turns class
  - ✓ 1 weekly strength & conditioning class
  - ✓ Ballet Summer Intensive (June 17-20)
  - ✓ Contemporary Intensive (Date TBD)
- \* **Musical Theater**
  - ✓ 1 weekly jazz technique or ballet class
  - ✓ 1 weekly musical theater choreography class
  - ✓ 1 weekly strength & conditioning class
- \* **Ballet**:
  - ✓ 2 weekly ballet classes
  - ✓ 1 weekly strength & conditioning class
  - ✓ Ballet Intensive (June 17-20)
- \* **Pointe**:
  - ✓ 3 weekly ballet classes
  - ✓ 3 weekly pointe classes
  - ✓ 1 weekly strength & conditioning class
  - ✓ Ballet Intensive (June 17-20)
- \* **Tap**:
  - ✓ 1 weekly tap class
  - ✓ 1 weekly strength & conditioning class
  - ✓ Tap Summer Intensive (Date TBD)

## **COMPANY School Year Class Requirements:**

### \* **Hip Hop:**

- ✓ 1 hip hop choreography class (rotating schedule or weekly)
- ✓ 1 weekly hip hop technique class
- ✓ 1 weekly strength & conditioning class
- ✓ 1 additional weekly class at MOL, in any style other than hip hop
- ✓ *There will also be a variety of rehearsals for extra pieces company members could be chosen for, and a variety of drop in classes with guest instructors that company members may be expected to take.*

### \* **Jazz/Lyrical/Contemporary:**

- ✓ 1 jazz choreography class (rotating schedule or weekly)
- ✓ 1 weekly jazz technique class
- ✓ 2 weekly ballet classes
- ✓ 1 weekly strength & conditioning class
- ✓ *There will also be a variety of rehearsals for extra pieces company members could be chosen for, and a variety of drop in classes with guest instructors that company members will be expected to take.*

### \* **Musical Theater:**

- ✓ 1 musical theater choreography class (rotating schedule or weekly)
- ✓ 1 weekly jazz technique or ballet class
- ✓ 1 weekly strength & conditioning class

### \* **Tap:**

- ✓ 1 weekly tap class
- ✓ 1 weekly jazz technique or ballet class
- ✓ 1 weekly strength & conditioning class

### \* **Ballet:**

- ✓ 1 ballet choreography class (rotating schedule or weekly)
- ✓ 2 weekly ballet classes
- ✓ 1 weekly strength & conditioning class

### \* **Pointe:**

- ✓ 3 weekly ballet classes
- ✓ 3 weekly pointe classes
- ✓ 1 weekly strength & conditioning class
- ✓ Must also compete on a ballet team.

\* *Company Attendance:* 3 allowed absences per class for the season.

\* *Company Competitions:*

- ✓ 4-5 Regional Competitions (including at least 1 convention/competition in the Chicago area)
- ✓ 1 Midwest Nationals

\* *Company Conventions:*

\*Hip Hop:

- ✓ Flux convention in Madison in November- REQUIRED
- ✓ 1 Convention of your choice (Reveal, Monsters, Ash, Radix, Jump, etc.).

\*Jazz/Lyrical/Contemporary/Improv/Musical Theater/Ballet/Tap:

- ✓ 2 Conventions of your choice (Showstopper, Ash, Radix, Jump, etc.). For those on jazz company, one of these conventions will be the convention/competition that we attend.

## *Extra Groups and Performances:*

- \* The Company may be invited to participate in additional small groups, solos, duets and trios depending on opportunities that come up. Those rehearsals would be on Friday nights, weekends, or during a rotating slot during the week.
- \* The Company may be asked to participate in special extra performances outside of the studio.

Company dancers will be required to demonstrate:

1. A very high level of technical proficiency with very specific skills. This will be nothing "new" to the dancers, but we will now be requiring a high level of proficiency at these skills in order to dance on the company. We will send home the specific skills we are requiring.
2. Immense work ethic in class, convention and at home. This is a big one. We see who works hard in class and convention. We can tell who practices at home. Our company kids will be learning their material quickly, so we need them to work on it at home, and come with the choreography prepared the next week, ready to learn more.
3. Positive and supportive attitude at all times.
4. Exceptional and consistent performance quality in class, convention and on stage. We are looking for kids who perform 100% in class, not just when they are on stage.
5. Extreme drive to improve. Company kids will be the kids who are more interested in getting better at dance than being with their friends.

## V. Summer Classes

Our summer class session will be 8 weeks, beginning the week of **June 24<sup>th</sup>** and ending the week of **August 19<sup>th</sup>**. In order to audition you must:

- \* Have completed one year of class at MOL in the style you wish to compete.
- \* Have any outstanding fees paid in full.
- \* Register for and attend the required summer classes and intensives.

### Summer Intensives:

- \* Ballet Intensive:
  - Dates: June 17-20<sup>th</sup>
  - Required for all jazz and ballet dancers 9+.
- \* Contemporary Intensive:
  - Dates: TBD. It will be 2 days on a weekend.
  - Required for all jazz dancers 9+.
- \* Tap Intensive:
  - Date: TBD. It will be 1 or 2 days on a weekend.
  - Required for all tap dancers 9+.
- \* Hip Hop Intensive:
  - Date: Friday, July 26.
  - Optional for ages 8 and under.
  - Required for hip hop dancers ages 9+.

**Summer Acting** (required for strength & conditioning classes A, B, C, D, E):

- \* Dates:
  - o Tuesday, July 23<sup>rd</sup> and Tuesday, July 30<sup>th</sup>:
    - 9-10am: Acting A
    - 10-11am: Acting C
    - 11am-12pm: Acting D2
  - o Wednesday, July 24<sup>th</sup> and Wednesday, July 31<sup>st</sup>:
    - 9-10am: Acting B
    - 10-11am: Acting D
    - 11am-12pm: Acting E
- \* Register online through the MOL Jackrabbit starting May 15 on JR. The fee is \$25. Please register for the group that matches your dancer's strength & conditioning class level. If you need to make up a week, please register for the class you'd like to make up in!

## VI. Summer Attendance

We ask that dancers attend at least 6 weeks of summer class in order to have enough material to audition. In other words, missing 2 weeks is ok and make up classes are not necessary. (Unless you want to!) If a dancer misses a third week, we ask that they get a video of the choreography from another dancer and have the choreography prepared for auditions. If a dancer is going to miss 4 weeks or more, team is probably not the best fit at this time.

## VII. Registering for Summer

Families are responsible for registering for summer team classes. Please register for all of your summer classes by May 15. Team summer classes will open for registration on April 15. If you have questions about which classes your dancer needs, please email us at [team@moveoutloud.com](mailto:team@moveoutloud.com).

## VIII. Summer Audition

Auditions will again take place over the course of 8 weeks of class this summer. The final week of summer will be an in-class "audition week" instead of one day. Assessment at auditions will be based on technique, knowledge of choreography, performance quality, commitment level and overall work ethic and attitude. Results will be emailed the following week. Anyone not able to make that week of class should contact us to make another arrangement.

## **IX. Summer Fees & Payments**

Anyone auditioning for the 2019-2020 Move Out Loud Team MUST have their 2018-2019 balance paid in full by June 1.

Dance team families are asked to pay for tuition, team fees and intensives by check or cash. Anyone wishing to pay with credit card will be charged a 3% fee per credit card transaction. Please email [sylvia@moveoutloud.com](mailto:sylvia@moveoutloud.com) if you'd like to change your method of payment.

Summer tuition can be paid in 2 payments, due June 15 and July 15. Late payments will result in a \$25 late fee. Sylvia will be in touch by June 1 to confirm that your summer classes are correct, and confirm the tuition amount for summer.

Tuition fees: Tuition is based on the number of hours each dancer trains. See the tuition table at:

[https://moveoutloud.com/wp-content/uploads/2018/07/18-19\\_Tuition.pdf](https://moveoutloud.com/wp-content/uploads/2018/07/18-19_Tuition.pdf)

Team fees: Dance team members pay a monthly fee of \$25 for July and August to help cover the extra administrative time associated with our teams.

## **X. Health**

We ask dancers to come and observe class when ill or injured, as long as they are not contagious. Dancers/parents agree to report all injuries or any personal issue that we should be sensitive to as soon as possible to the director and the teacher in charge at the time.

## **XI. Communication**

All team information will be sent via email. Please make sure the emails from our Jackrabbit system and our Gmail accounts are not going to your spam box!

Follow our [Facebook account](#), Instagram [@moveoutloud](#) and team Instagram [@moveoutloud\\_team](#) for fun extras!

Email is the best form of communication for us! Please email for questions about...

\*Dance team, accounts, costumes: [Sylvia@moveoutloud.com](mailto:Sylvia@moveoutloud.com)

\*Ballet: [Abigail@moveoutloud.com](mailto:Abigail@moveoutloud.com)

\*Hip hop: [Mariana@moveoutloud.com](mailto:Mariana@moveoutloud.com)

\*Jazz/musical theater/improv/contemporary/lyrical/tap or Questions for the director: [stephanie@moveoutloud.com](mailto:stephanie@moveoutloud.com)

## **XII. Private Instruction**

Any dancers interested in private lessons, please contact:

Ballet: [Abigail@moveoutloud.com](mailto:Abigail@moveoutloud.com)

Hip hop: [Mariana@moveoutloud.com](mailto:Mariana@moveoutloud.com)

Jazz/tap/musical theater: [stephanie@moveoutloud.com](mailto:stephanie@moveoutloud.com)

Private lesson fees vary based on instructor. For the instructors listed above, private rates for 1 dancer are \$80/hour, 2 dancers are \$60/hour/dancer, 3 dancers \$50/hour/dancer. Private lesson fees are to be paid in cash or check made out directly to the instructor at the time of the lesson.



## **Frequently Thought of Questions:**

*When will I know which competitions we'll be doing, and what the weekends are?*

We wait for all of the possible competitions to release their schedules, and then make our choices from there. That usually happens mid-summer!

*Can my dancer be at Crew level for one style and Club/Company for another?*

No. Crew dancers can ONLY be on the Crew.

*Can my dancer be at Club level for one style and Company for another?*

Yes. We anticipate a lot of this.

*Do I get to pick what level my child dances in?*

No. Choices will be made by MOL staff, following summer auditions. When your dancer auditions, families will be asked their maximum level of commitment is, and we will not place you at a higher level than you are willing and able to commit to.

Dancers MAY be placed at a level lower than they are willing to commit to if the instructors feel it's the best fit/placement for the dancer.

*Do I get to pick what age division my child dances in?*

No. The ages listed in this document are general guides. We use the summer audition to help us decide which dancer are a good fit for each group. The averaged age ranges are what competitions use to sort/organize dances. Our dancers can dance levels up, or up to 2 levels down from their actual age. In other words, an 11 year old could dance in the mini division. A 14 year old could dance in junior. An 18 year old could dance in teen.

*What if my dancer cannot attend the audition day/week?*

Please contact us if this is the case for you.

*What if my dancer cannot attend acting class?*

We'll ask them to make it up with a different group. Fees are due regardless of participation. Please contact us if you can't make either week!

*What will my dancer's schedule be in the fall?*

Fall schedule will depend on each dancers' audition and final placement. A preliminary fall schedule will be published in June along with the rec class schedule. This will give you an idea of when team classes take place during the week. Again, you will not know your dancer's actual schedule until after auditions. If you know your dancer cannot rehearse on certain day of the week, we ask that you please note this on your audition form. However, this may mean your dancer will not be placed in groups that are scheduled to rehearse that day.

*My dancer wants to enroll in summer camp at MOL but it conflicts with their team classes. Will this count as an absence?*

Team dancers who are in camps are welcome to leave the camp to attend weekly class. If this specific dancer is not missing more than 2 weeks of class for another reason, they can choose to skip class that week and stay in the camp! If a camp requires missing a 3rd week, just make sure your dancer learns the missed choreography for one of the weeks!

*What's the deal with acro?*

We will no longer be requiring tumbling/acro for our dancers. We still very much encourage our dancers to take it, because we think it builds strength, muscle awareness, control, flexibility, confidence in movement, and because tumbling adds value to our routines. Kendall will be offering one acro class at the studio for intermediate/advanced tumblers. Please contact her for more info if you are interested at [kendall@moveoutloud.com](mailto:kendall@moveoutloud.com). There are also several gyms in town for those looking to tumble this summer!