

Name: \_\_\_\_\_

# ATLANTA RISING TALENT

## HANDBOOK 2019 - 2020



**Atlanta Dance Central**  
**920 Woodstock Rd, Ste 200**  
**Roswell, GA 30075**



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# Mission of Atlanta Dance Central

At Atlanta Dance Central, **We educate to empower!** We share our passion for dance by embracing each student as an individual and by encouraging physical and emotional growth. With experienced faculty who understand their responsibility as mentors, the joy of dance is shared through instruction that is technically sound, anatomically safe, and developmentally appropriate for each age.



## 2019 - 2020 School Offerings

WE EDUCATE TO EMPOWER!

### Introductory Dance:

Classes for Ages 5 -11+,  
ATTEND CLASS ONCE PER WEEK

For dancers who want to develop an overall appreciation of dance and experience the joy of movement in a safe and supportive environment.

Curriculum: Ballet, Tap, Jazz

### Core Dance:

Classes for Age 3- 18

SEE DIVISIONS BELOW FOR CLASS SCHEDULE

Classes designed to create a holistic dance education for students, including multiple styles of dance and a value based curriculum teaching life skills.

Curriculum: Ballet, Tap, Jazz, Acrobatics/Aerial, Hip Hop

#### Preschool Age 3 & 4

ATTEND CLASS ONCE  
PER WEEK.  
STUDY 2-3 STYLES.

#### Preschool Age 5

ATTEND  
CLASS TWICE PER  
WEEK.  
STUDY 4 STYLES.

#### Foundations Age 6-7 Elementary Age 8-10 Intermediate Age 11+

ATTEND  
CLASS TWICE PER  
WEEK.  
STUDY 5 STYLES.

#### Advanced Age 11+

Create your own  
curriculum.  
Choose 1 to 3 packages.  
-Ballet/Contemporary  
-Aerial  
-Jazz/Tap/HipHop

### Physio Jazz

ATTEND CLASS ONCE  
TWICE PER WEEK / STUDY 2-3 STYLES.

A specialized dance training-ground for students with Down syndrome and other developmental disabilities to increase coordination, muscle tone, balance, and basic dance skills.

## An innovative approach to dance education.

AN INTEGRATED DANCE EDUCATION  
A VARIETY OF DANCE STYLES APPROPRIATE FOR EACH AGE,  
DANCE HISTORY, & LIFE VALUES  
1-2 PERFORMANCE OPPORTUNITIES PER YEAR  
FRIENDS TO GROW WITH FROM AGE 3-18  
CREATIVITY, IMAGINATION, & INSPIRATION



# ART Company

Atlanta Rising Talent (ART) is an intensive dance company of hand-selected dancers, dedicated to improving their dance technique and performing for various regional events. The group is comprised of six divisions – Micro-Mini Company (ages 5-7), Mini Company (ages 7-10), Junior Company (ages 9-12), Teen Company (ages 12-17), Senior Company (ages 12-17), and ARTisan (14-17). For the 2019-2020 season, company members are selected based on their score at the audition held in May. Classes will focus equally on technical proficiency, performance quality, and dance education.



## ATLANTA RISING TALENT DANCE COMPANY

SEASON COMMITMENT JUNE-MAY

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### *Micro Mini (Ages 5-7) & Mini (Ages 7-10)*

MICRO: TUES/THURS 4 - 5:30 PM  
MINI: WED/THURS 4 - 6 PM

4 CLASSES PER WEEK/COST: 12 PAYMENTS OF \$305  
(\$345 FOR NEW MEMBERS)

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### *Jr (Ages 9-12) & Teen (Ages 11-15)*

JR: TUES/WED/THURS 5:30 - 7:30 PM  
TEEN: MONDAY/THURS 6-9 PM

6 CLASSES PER WEEK/ COST: 12 PAYMENTS OF \$425  
(\$465 FOR NEW MEMBERS)

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### *Senior (Ages 12+) & Artisan (Ages 13+)*

SR: MON 7- 9 PM/TUES & WED 7:30 - 9 PM/THURS 6-9 PM  
ARTISAN: MON 5:30 - 7/TUES 6-9 PM/  
WED 7-9 PM/THURS 7:30 - 9 PM

8 CLASSES PER WEEK/ COST: 12 PAYMENTS OF \$475  
(\$515 FOR NEW MEMBERS)

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TEEN, SENIOR, & ARTISAN COMPANIES MAY ADD AERIAL  
CLASSES FOR AN ADDITIONAL FEE.

# WELCOME TO THE ART FAMILY!

## *Micro/Mini*

Curriculum:  
Ballet, Tap,  
Acrobatics/Aerial, & Hip Hop

## *Junior*

Curriculum:  
Ballet, Tap, Jazz,  
Contemporary,  
Acrobatics/Aerial, & Hip Hop

## *Teen*

Curriculum:  
Ballet X2, Tap, Jazz,  
Contemporary, & Hip Hop

## *Senior/Artisan*

Curriculum:  
Ballet X3, Tap, Jazz,  
Contemporary,  
Technique & Flexibility,  
& Hip Hop

## Cost includes:

- 2 Summer Camps or Technique Packages
- 32 scheduled weeks of classes
- 2 Student Evaluations
- Supplementary Parent Guide
- ADC leotard/leggings or T-shirt/Pants
- Practice videos & music
- Company Photos
- 2 Costume Rentals for Once Upon A Holiday (OUAH)
- 4 - 6 ART Costumes (depending on level)
- OUAH, ART Gala, & Recital t-shirts
- OUAH, ART Gala, & Recital performance videos
- 2 tickets for OUAH, ART Gala, & Recital
- ARTistry Convention
- Monthly Masterclasses
- Extra performance opportunities
- ART Holiday Party & Banquet
- Weekly Movement Sessions
- Fun Surprises!

# Company Auditions

Company Members will be required to audition at the end of the season for next year. There is a minimum score your dancer is required to achieve in order to place into a company level. If a current company dancer does not score into the company level that they are already in, or into the level they are to be placed in based on their age, we will offer them a contingency plan. This may mean that your dancer would have to complete additional dance classes or private lessons in order to be accepted into their company level. If your dancer is accepted with a contingency, it will be included in your acceptance letter. Their name will still be listed in the results with the company level they have been accepted to - contingencies are confidential. You will be notified of your dancer's placement by email. You will have 7 days to release your spot for company. Following that period, your account will be automatically set up and your card charged for your first installment.

Please note: audition results are final.

## To Register for the Audition:

1. Log-in to your parent portal on Dance Studio Pro (or create an account).
2. Click on Tickets.
3. Click on ART Audition (at bottom of list).
4. Select 1 ticket and enter dancer name & email to have results sent to.
5. Finish your ticket order by clicking through and paying the \$15 audition fee.

Registering for the audition means that you have read through the 2019-2020 handbook and agree to follow the policies outlined within it.



## Audition for Atlanta Rising Talent!

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April 30th, 5 p.m. - ART Handbook  
Information Zoom Call

### Audition Schedule\*

May 16th, 4:30 p.m. - 8:30 p.m. Ages 13 & up  
May 20th, 4:30 p.m. - 8:30 p.m. Ages 10 - 12  
May 21st, 4 p.m. - 5 p.m. Ages 5 - 6  
May 21st, 5 p.m. - 8 p.m. Ages 7 - 9  
May 22nd, 4 p.m. - 6 p.m. ARTisan Level Solos

**ARTisan solo requirements** - 1 year of Senior Company, maintained good attendance, and create a 1 minute solo for a song selected by Ms. Charlotte

\*Dancers age as of December 1st, 2019.



# *Season Highlights 2019 - 2020*

7/29 – 8/2	ADC Ballet Intensive (required for Teens/Seniors/ARTisan, highly recommended for Juniors)
8/3	Once Upon A Holiday Lead Role Auditions - 2:30 - 4:30 PM
8/5 – 8/30	Choreography Camp – All levels (see online calendar)
September 2019	Fall Festival for St. Peter Chanel – Mini, Junior, Teen, Senior, ARTisan & ART Launch Party
10/12	Youth Day Parade – Mini, Junior, Teen, Senior, ARTisan
11/2 – 11/3	ARTistry Convention Weekend – Mini, Junior, Teen, Senior, and ARTisan
11/22 – 11/24	SIDEWAYS Once Upon A Holiday
December 2019	ART Holiday Party
1/25 – 1/26	Nuvo - Junior, Teen, Senior, ARTisan
March 2020	ARTistry Exhibition – Mini, Junior, Teen, Senior
March 2020	MANDATORY REHEARSALS - Junior, Teen, Senior & ARTisan
April 2020	MANDATORY REHEARSALS - Junior, Teen, Senior & ARTisan
April 2020	ART Gala Rehearsals and Performance (entire week required) – All levels
April/May 2020	ADC Recital Rehearsals – All levels
May 2020	ADC Recital
May 2020	Auditions for Next Season

Specific dates and calendar will be released once theater availability is confirmed. All events are required for ART.

# Contact Information

Here is who to email/call with your communication request:

Major schedule conflict/questions:	Charlotte	charlotte@atlantadancecentral.com
Marketing opportunities/school donations:	Kaitlin	kaitlin@atlantadancecentral.com
Balance questions/purchases:	Megan	megan@atlantadancecentral.com
General questions	Office	office@atlantadancecentral.com

As the season progresses, information and updates will be available through the Dance Studio Pro Portal and App.

**ADC Phone Number: (770) 992-0170**

## Class Policies

### REQUIRED COMPANY TECHNIQUE CLASSES

A more detailed schedule will be released in August. All classes listed on your schedule are required. All Company Members will attend all classes with their group. Classes will be geared towards the individual dancer, giving critiques on a personal basis, striving to make each dancer the best they can be. In order to track progress, individual semester evaluations will be given for each dancer. Fall Evaluations will be given in December. Spring evaluations will be given in May. These evaluations are important to communicate to the dancer (and parents) areas of accomplishment and areas where improvement is necessary. Conferences for Junior/Teen/Senior/ARTisan will be scheduled with the Artistic Director in May to discuss the Spring Evaluations. Conferences may be requested to discuss the Fall Evaluation. ART dancers may attend additional classes within the ART program. If your dancer is interested in getting more training, they should apply to be a student demonstrator or enroll in one of our Deep Dive Dance Blocks. More information will be released in June.

Aerial dance is now included in Micro Mini, Mini, and Junior curriculum. Teen, Senior, and ARTisan dancers who wish to continue should enroll in Advanced Aerial. The all-inclusive tuition is an additional \$130/month (10 installments). For 2019-2020 season, ART members receive a 50% discount for this program.

#### Summer Study Programs:

Two ADC Summer Study Programs are included in your ART Tuition. You can reserve them by filling out the google form at the following link: <https://forms.gle/7mxTBPMoUh6NP5pKA>

Summer Study Programs are:

- Any Summer Camp or Technique Week
- 3 Private Lessons
- Aerial June or July Session
- Ballet Intensive

NOTE: Ballet Intensive is already included (and REQUIRED) for Senior & Artisan students. Please DO NOT select this as one of your summer study programs. Select two additional programs.

If you have already reserved your spot in Youth summer camps or technique week, you will receive a credit for the amount paid. It will be applied to your first installment of ART tuition.

# Choreography Camp & Repertory

## CHOREOGRAPHY CAMP

Each member of Atlanta Rising Talent will be required to attend the Summer Choreography Camp in August. The camp will consist of choreography rehearsal in various styles. Choreography Camp schedule will be released in July.

**LIFE LESSONS WORKSHOP** – All Junior, Teen, Senior, and ARTisan Company members are required to attend the LIFE LESSONS workshop held during choreography camp. During this workshop, we will be focusing on team building, goal setting, and providing important information to be used in class for the year.

## REPERTORY

Each Junior, Teen, Senior, and ARTisan company member will learn six pieces for the year – ballet, tap, jazz, contemporary, hip hop, and production. Micro Mini/Mini Company Members will learn four pieces for the year – ballet, jazz, tap, and acro/aerial. All pieces of appropriate length will be performed at the ARTistry Exhibition. Please remember ALL CHOREOGRAPHY including solos and group pieces may only be danced at performances to be determined by the Artistic Director. The only exception to this would be for solos – with written permission from the Artistic Director. All choreography and pieces learned during the season in choreography classes belong to Atlanta Dance Central and may not be used or taught outside the studio without permission from the Artistic Director.





# Attendance Policies

Good attendance is essential to the progress of the dancer. When a member must be absent from a rehearsal, **WRITTEN NOTIFICATION MUST BE RECEIVED IN ADVANCE** (in the event that this is not possible, please phone (770) 992-0170 and leave a message or send an email to the office). The sooner we know, the easier it is to plan around problems. Because choreography will be learned in class, the dancer may forfeit his/her spot in the piece if class is missed. If there is not a piece being set in the rehearsal missed, the absence could result in suspension from an upcoming performance. Please note that if a student is injured they are still required to attend class and/or all rehearsals where they will sit and observe. ***Dancers who miss choreography have until the next rehearsal to learn what they missed. If this does not occur, the choreographer will require the dancer to book a private lesson to get caught up. Private lessons may be shared with multiple dancers who need to learn the same material. Standard private lesson rate costs apply.***

**ART Policy:** Dancers are allowed a certain number of absences for the year based on level. If dancer exceeds the number of absences, he/she must make up the absences by attending additional classes. Dancers who have been given feature roles in ballet or any other choreography and accrue more than the allowed absences will forfeit their feature role until the absences have been made up. Final casting for feature roles is February 1, 2020.

## **Allowed Absences for the entire season (Including class and rehearsal):\***

**Micro Mini – 4 Absences (No more than 2 Ballet)**

**Mini – 8 Absences (No more than 4 Ballet)**

**Junior – 10 Absences (No more than 5 Ballet)**

**Teen – 16 Absences (No more than 8 Ballet)**

**Senior – 16 Absences (No more than 8 Ballet)**

**ARTisan - 16 Absences (No more than 8 Ballet)**

\*Absences are counted per style (a 2 hr ballet class will count at 1 absence). We highly recommend making up your absences each time you miss class, rather than letting them accumulate. Dancers should be proactive in keeping track of their absences. As emergency situations do arise, please contact the Artistic Director to set up a meeting concerning special circumstances. Excessive absences, excused or unexcused, can result in dismissal from Atlanta Rising Talent.

## **DRESS CODE INFRACTION**

Dancers are expected to dress appropriately for class and rehearsal. Failure to adhere to the established dress code will result in a dress code infraction. Students who do not have correct dress code will be asked to check out a dress code pack at the front desk. Dancers have 2 weeks to wash and return the pack, otherwise the parent will be charged. Excessive dress code issues will not be tolerated.

## **TARDINESS/LEAVING EARLY**

Tardiness and early dismissal to/from a technique class is disruptive. Please inform your teacher at the beginning of class that you need to leave early. Tardiness to a performance call time can result in the ineligibility to perform at that performance.

**NOTE:** Dancers that do arrive tardy to class are to prepare for class outside of the room and enter the class quietly, in the correct dance shoes, as a courtesy to fellow dancers and teacher. Dancers who do not follow this policy will not be allowed to join the class. Dancers who arrive over 30 minutes late will be asked to watch and warmup until it is safe to join the class.

# Rehearsals

All choreography will be taught during the scheduled rehearsal time, the summer choreography camp, or during Saturday rehearsals. This is one reason why it is imperative for each dancer to be in class every week. Additional rehearsals will be held on Saturdays. These rehearsals are for Junior, Teen, Senior, and ARTisan company members and are MANDATORY!

These rehearsals will be used to practice and perfect pieces for upcoming performances as needed. If a dancer misses one of the few MANDATORY rehearsals, the dancer may not be allowed to perform in the upcoming performance. Again, please let Ms. Charlotte know ahead of time if you will have a conflict with a specific Saturday.

## REHEARSAL DRESS CODE

All appropriate dress code attire required. NO baggy Shorts, full-length sweat pants, or pajama pants permitted! Dancers should be prepared to remove outer clothes layers and wear leotard, tights, and dance shorts if requested by choreographer or instructor. Dancers should bring all shoes. Hair should be pulled back in a ponytail or bun off the face.

## MAJOR NOTE

If you miss the Mandatory rehearsal prior to a performance – regardless of the reason – you MAY NOT be permitted to perform. If this is not the first performance for the piece(s) exceptions may be made due to a temporarily contagious illness (such as strep throat, etc) and family emergencies.

Please take note of all scheduled rehearsals and be sure to mark them on your calendar. Saturday rehearsal schedule will be set one month in advance.

Please note - additional rehearsals will be called if and when necessary. I will do my best to inform everyone in a timely manner.

**Dancers are REQUIRED to arrive 15 minutes before rehearsal to prepare and warm-up. Upon arrival at all rehearsals, dancers need to begin stretching and warming up, rather than spending time socializing.**

All dancers need to be ready to go when the choreographer enters the studio. There is always a lot of material to teach and a lot to be rehearsed. We will not have a moment to spare!

## Saturday Rehearsal Schedule:

2p - 4p: Junior/Teen Rehearsals

4p - 6p: Senior/ARTisan Rehearsals

Note: Rehearsals may be combined if needed

# Class Dress Code Policy

***Dancers should prepare one outfit for the entire day.*** There will not be time to change between every class. A base leotard is required. Leggings/shorts can be swapped with a ballet skirt quickly and easily. Dancers will receive an ART leotard and leggings included in their tuition. All female members of Atlanta Dance Central company **MUST** be able to pull hair back into a neat, clean, slick ballet bun. No bangs are allowed – they must be pinned back. Directions on how to make a proper ballet bun are posted onto the ADC blog, under the “video” tab and on ADC’s YouTube channel. The technique class attire is as follows:

## **SPECIFIC DRESS CODE RULES:**

Dancers are not permitted to wear ANY jewelry in classes or rehearsals. This includes watches, bracelets, necklaces, anklets, toe rings, and dangle or hoop earrings. Small stud earrings are permitted. This is for the safety of the dancers. No baggy t-shirts!

### **BALLET/POINTE**

- Pink Tights
- Leotard (Black, Raspberry, Ultraviolet, Navy, Plum, or Cobalt, Micro Mini - Butter, Violet, and Light Pink)
- Ballet skirt (Black or approved color)
- Pink canvas ballet shoes with the elastics sewn or snapped (Instructions on blog, under “video” tab)
- Pink Pointe shoes for Pointe (if approved for pointe)
- Hair in an appropriate ballet bun (with a hair net/bun cover and bobby pins and/or hair pins)

### **JAZZ/ACRO**

- Leotard
- Dance shorts, leggings, or tights with leotard
- Black, split-sole jazz shoes, pedinis, or foot undies
- Hair in a ponytail or bun

### **TAP**

- Leotard
- Dance shorts, leggings, or tights with leotard
- Tan U-Shell Tap (Micro Mini), Black, split-sole tap shoes (Minis & Jrs)
- Tan Tap Heels (Teens & ARTisan)
- Hard Sole Tap Oxfords (Seniors)
- Hair in a ponytail or bun

### **MODERN/AERIAL**

- Leotard
- Long-sleeve shirt
- Leggings or tights with leotard
- Foot Undies or Bare Feet
- Hair in a ponytail or bun

### **HIP HOP**

- Baggy pants/shirts allowed
- Sneakers of choice

### **BOYS**

- Fitted T-shirt
- Leggings
- Appropriate shoes for each genre



ART Policy: Dancers will be allowed one (1) “freebie” – not dressed properly in class – per semester. After the one “freebie,” they must check out a dress code pack.

**Dress for success in the classroom!**



# Required Personal Items

Each level of Atlanta Dance Central Company is required to have specific personal items outside of their class dress code. Please see the list below that corresponds to your level. Some items are listed as potential items. Please wait to purchase these items until you know exactly what will be needed. ALL ITEMS WILL BE AVAILABLE FOR PURCHASE AT ADC.

## **MICRO MINI COMPANY**

Black V-front dance shorts  
Black Company Leotard, Style #2614

## **MINI COMPANY**

Black V-front dance shorts  
Black Company Leotard, Style #2614

## **JUNIOR COMPANY**

Black V-front dance shorts  
Black Company Leotard, Style #2614  
Black Pedinis  
Tan Pedinis (potential item)  
Foot Undies (optional)  
Sewing Kit

## **TEEN, SENIOR, & ARTISAN COMPANY**

Black Pedinis  
Black Hard Sole Tap Shoes – (Required for Seniors,  
potential item for ARTisan, recommended for all)  
Black Character Shoes (Required for Seniors & ARTisan)  
Black V-front dance shorts  
Black Company Leotard, Style #2614  
Tan Pedinis (potential item)  
Foot Undies (optional)  
Sewing Kit



# Stage Makeup Requirements

## ALL DANCERS – MAKE-UP NECESSITIES

Make-up items are included in the new member package. Please visit the MAC counter and email us your Studio Fix Foundation color by August 1. Dancers wishing to order supplemental make-up can place an order by August 1 through the office. Company members are expected to wear proper makeup styles for class, photo-shoots, and performances. Items required for performance make-up are listed below. The same make-up design is used for ALL of the company levels so dancers will **not** need to purchase new make-up as they move through the program. All items listed below are needed for Junior, Teen, Senior, and ARTisan. Minis and Micro Minis need all items except eyelashes.

- Studio Fix Foundation
- Concealer
- Eyeshadows (3)
- Eye Pencil
- Blushes (2)
- Mascara in Black
- Lipstick
- Lip Pencil
- False Eyelashes #2

## APPLICATION NECESSITIES

Each dancer will need the following items for successful make-up application. This is not included in your tuition.

- Light moisturizer
- Latex wedge sponges
- Powder brush
- Eyeshadow brushes
- Eyeshadow Blending Brush
- Blush Brush
- Make-up remover
- Eyelash glue
- Cotton Balls and Q-tips





# Hair Requirements

Company members are expected to wear proper hair styles for class, photoshoots, and performances. The company performance hair includes a braid on the right side of the head, with the remainder of the hair pulled back into a pony tail. The pony tail will be wrapped into a proper bun for ballet performances.

**Video Hair Tutorial:** [https://www.youtube.com/watch?v=A\\_tdunfO5xI](https://www.youtube.com/watch?v=A_tdunfO5xI)

## ALL DANCERS – HAIR NECESSITIES

- Bristle Hair-Brush
- Comb
- Hair Spray
- Gel – spray gel works the best
- Spray bottle with water
- Several Bobby Pins & Hair Pins
- Several Hair nets (the same color as your hair)
- Several Ponytail holders
- Snap clips and barrettes – helpful to those of you with shorter hair; however make sure they are darker and close to your hair color.
- Rhinestone headband (to be purchased through ADC) (Not for Micro Mini)
- Rhinestone earrings (to be purchased through ADC) (Not for Micro Mini)

NOTE: There is a hair and make-up policy. Dancers not wearing the correct make-up and/or not having their hair done correctly WILL NOT BE ALLOWED TO PERFORM UNTIL IT IS CORRECTED!





# Performances & Costumes

## PERFORMANCES & COSTUMES

Costumes for repertory dances are included in your tuition and become the responsibility of each individual dancer for the season. Remember that during the season no Atlanta Dance Central Costume is to be worn outside of Atlanta Dance Central performances for any reason, unless permission has been granted by the director. Specifics on costuming will be passed out prior to the first performance. Parents/Dancers should wait to purchase specific dance shoes until after the costume information has been released. We will try to inform everyone of which shoes you will need for each piece as soon as possible.

## RULES APPLYING TO COSTUMES AND PERFORMANCES:

1. Absolutely NO Jewelry and NO colored nail/toenail polish.
2. You should keep your costumes neatly hanging in a garment bag. Dancers will not be permitted to perform in wrinkled or poorly cared for costumes.
3. Dancers should use care when putting on and taking off costumes – they must last the entire season. Please do not throw them in a crumpled pile when you take them off.
4. It is also critical for a professional look that all costume parts, accessories, hair, and make-up is secure.
5. Please inspect your costumes and shoes (prior to the day of a performance) for holes, tears, missing stones, etc. We will not be able to fix anything once we arrive at the performance venue.
6. ALWAYS bring EXTRA pairs of tights – All colors/styles!
7. Always have extra safety pins, bobby pins, hairspray, etc.
8. **CHECK that you have ALL costume pieces before leaving a performance venue. Extra costume pieces will NOT be purchased. Dancers who do not have their full costume will not be permitted to perform. This includes headpieces.**
9. For the length of the season, costumes are not to be worn outside of Atlanta Dance Central performances – unless instructed by the director(s). At the end of the season, costumes are considered property of the dancer and may be worn whenever he/she chooses.
10. Dancers should bring a cover-up to wear over their costume when arriving at a performance venue. It is unprofessional for the audience to see a dancer in his/her costume before the performance or after the performance.



# ARTistry Exhibition Performance

Micro Mini, Mini, Junior, Teen, Senior, and ARTisan Members of ART will attend the ARTistry Exhibition Performance. This will be an adjudicated performance by faculty members from the ARTistry Convention. Dancers will perform on the Blessed Trinity stage and receive critiques from professional dancers who work in cities across the nation. This feedback will be used in class to prepare the students for ART Gala and will provide more information on performance quality and expression. Please refer to the handout on the season's schedule for specifics on date.

As with performances, dancers are **REQUIRED** to attend the scheduled ARTistry Exhibition. Exceptions are only made for family emergencies, illness, and injury. **NO** exceptions will be made for extracurricular activities or family vacations. ***Failure to perform at Exhibition may result in dismissal from ART.*** All exceptions must be approved, in advance, by the Artistic Director. All dancers will be held financially responsible for all fees, whether they actually perform or not - either excused absence or unexcused absence.

## Extracurricular Programs

### SOLOS, DUETS, TRIOS

Members of Atlanta Rising Talent Junior, Teen, Senior, and ARTisan Company are given the option to perform a solo, a duet, or trio. The choreography costs are \$300 for solo, \$360 for duet, or \$450 for a trio payable to Atlanta Dance Central. Duet/trio fees will be split between the participants. This fee includes six 45-minute lessons in which the choreographer will teach the dance to the dancer. If additional rehearsal for the solo is needed, dancers may contact the choreographer for a private lesson. Fees for private lessons are \$60 for 45 minutes. Dancers may also choose to have a group rehearsal in which the fee will be split among the dancers. Choreography fees are due at the first scheduled rehearsal. All choreography fees are non-refundable. **NOTE:** Solos & Duet/Trios are performed at one performance at the ART Gala.

### STUDENT CHOREOGRAPHY

The student choreography program at Atlanta Dance Central began in 2011. This program gives students the opportunity to learn and develop their choreographic skills and artistry. Students audition their choreography in December, and each piece receives written feedback. From the audition, select pieces are chosen for presentation in the ART Gala. Students must meet monthly to show their progress, and to discuss costume choices and lighting design. After being presented in the ART Gala, one piece is chosen to be performed in the ADC Youth Recital.

### TEACHER TRAINING PROGRAM

Interested company members over the age of 11 are encouraged to apply to the Teacher Training Program. Through the Teacher Training Program, students attend monthly workshops that expose them to the art of teaching dance. Program participants will assist in at least one class and will be required to submit homework assignments for the program. All Assistant Teachers for Atlanta Dance Central must complete the Teacher Training Program before they are hired to work in the classroom. Please Note: Dancers may only be hired if they complete the teacher training program **AND** they are over the age of 16. Teacher training program runs from September through May. Each dancer will receive more information in this packet regarding the application process.

# Dance Captains

Dance Captains will be assigned to each group except Micro Mini – two for Mini Company, two for Junior Company, two for Teen Company, two for Senior Company, and two for ARTisan Company.. Captains will be responsible for the following:

- Making sure dancers are warming up for any scheduled rehearsals.
- Helping other dancers with questions and reviewing the piece with all dancers during rehearsals (when time is allotted) or any time the instructor is out of the studio.
- Organizing “RUN-THROUGHS” at exhibition and other performances prior to going on stage. All dancers in the piece **MUST** participate.
- Keeping the Company Lounge Clean/making sure fellow dancers keep the lounge and studio clean.
- Attending quarterly meetings with the Director.





# ART Family Program

Atlanta Dance Central Company is divided into six groups based on age and ability. Dancers in the Micro Mini, Mini, and Junior Company will become little brothers/sisters. Dancers in the Teen, Senior, and ARTisan Company will become big brothers/sisters. Each dancer will be assigned a Big/Little match – to be determined by the Artistic Director. The ADC Family program is designed to help the dancers get acquainted and support each other throughout the year. Please take the following guidelines into account for all ADC family gifts and activities.

Questions regarding the program should be addressed to the ADC family Coordinator (see parent roster):

- Gifts should range from \$5 to \$10 in price.
- Gifts should be given on Birthdays and Major Holidays (i.e. – Hanukkah, and/or Christmas), and big performances.
- Friendly notes can be passed (via dancer's boxes) on a weekly basis.
- Befriend and encourage your big or little.
- Please be sure to do your part as a big/little –keep it fun for everyone!

## Parent Representatives

There will be one parent selected from each company level to open the communication lines between the Artistic Director and the parents. Additionally, these parents will be in charge of the following:

**Micro Mini** - coordinating the backstage help at Gala and Recital for Micro Mini

**Mini** - coordinating the backstage help at Gala and Recital for Mini

**Junior** - coordinating the parent chaperones for the NUVO Convention

**Teen** - coordinating parent help for the ART gala load-out

**Senior** - coordinating the Graduation traditions

**ARTisan** - coordinating costume item return

## Tuition Offset

To reduce ART Company costs, we offer several optional programs:

- Mixed bag fundraiser
- Program ad sales
- Work study (students age 16+)
- ART Scholarship Fund

We are always interested in creative fund-raising ideas. If you have any thoughts, please speak to one of the parent representatives.



# Conduct

All dancers should conduct themselves in a manner of which is above reproach. All behavior should bring credit to Atlanta Dance Central. Any behavior or conduct that could embarrass or discredit Atlanta Dance Central will not be tolerated. Any such behavior could be cause for probation or dismissal from the company, at the Artistic Director's discretion.

**ADC Policy** – Absolutely no smoking or consumption of any alcoholic beverages will be tolerated – before, during, or after any Atlanta Dance Central functions. These actions are illegal and will not be tolerated at any time.

- Dancers are expected to be responsible for their own dance costumes, shoes, and accessories.
- Dancers are expected to be responsible when making choices in regards to missing rehearsals or performances
- Dancers are expected to keep the company lounge clean.
- Dancers are expected to help their fellow dancers whenever possible and to treat others with respect and encouragement. ART dancers value each other's differences.
- Dancers are expected to be respectful in class to their choreographers and teachers. Talking is not for the dance studio and should be reserved before and after class.
- Dancers are expected to wear the correct dress code to every class, complete with correct shoes and correct hair.
- Dancers are expected to work together, value each other's opinions, and take turns in leadership positions.
- Dancers are expected to communicate politely with other people who hold different points of view and to resolve issues in a positive way.
- Dancers are expected to make good decisions in terms of activities outside of dance class.
- Dancers are expected to respect their own bodies, value their own uniqueness, and make healthy decisions.
- Dancers are expected to set goals for themselves and strive to achieve them.
- Dancers are expected to be patient with themselves and their peers.
- Dancers are expected to view criticism positively and strive to be the best possible dancer and person.

**PARENT CONDUCT** – Although parents are not actually doing the “performing,” they are still considered representation of Atlanta Dance Central. We would appreciate that all parents make continuous efforts to support ALL Dancers. Additionally, we request that all parents refrain from conduct/activities that could reflect negatively on Atlanta Dance Central. We understand that mistakes happen and treat our families with empathy and understanding. We expect the same in return.

# Probation

If a dancer is put on probation, he/she must continue to follow the rules and regulations of Atlanta Rising Talent. Dancers placed on probation are under strict supervision and will not be permitted to perform for a length of time to be determined by the Artistic Director. During a period of probation, dancers will still be required to attend all classes, functions, and assist other dancers and the Artistic Director as needed at all performances. Violation of a probation period will result in dismissal from the company.

# Commitment

Atlanta Rising Talent is a serious commitment. Once you have committed to our company you must remember that we require you to make Atlanta Dance Central your **FIRST COMMITMENT!** Classes, rehearsals, and performances must take precedence over all other extra-curricular activities. All absences (including technique classes) must be submitted **IN WRITING** to the Artistic Director. Excessive absences will not be tolerated.

## ART Email Policy

Any and all e-mail being dispersed to the company members **MUST** be pre-approved by the office. Additionally, all company-wide e-mails must be sent via the Artistic director or the Parent Representatives.



# Pointe Pre-Requisite Requirements

Your dancer has been studying ballet for a couple of years now and can't wait to get her first pair of pointe shoes. At Atlanta Dance Central, our number one priority is students' safety when determining whether or not to approve a dancer for pointe shoes. Each student is evaluated independently, so there is not a specific age at which an entire class will be promoted. We take many factors into consideration, including the years and intensity of ballet training, the overall alignment and technique of the dancer, and the dancer's age and maturity level. In our pre-pointe classes, we perform monthly evaluations to assess students' progress which contain categories that are both technical (ankle strength, use of metatarsal, stretching and strengthening of leg muscles, etc.) and non-technical (focus, behavior, stamina, maturity, etc.). We rate each student in these different areas and use the evaluations as a guideline to help us make decisions on pointe approvals. Generally speaking, these are a few areas of consideration that help determine when a student is ready for pointe.

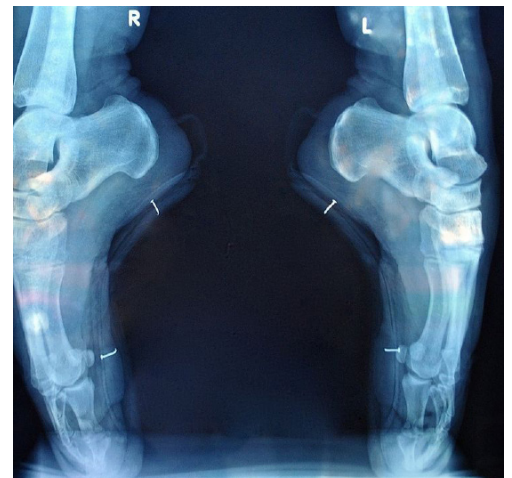
**1. Dancers should be at least 11-12 years old when they begin pointe.** While each dancer hits their growth spurt at a different time, in most cases the bones in the feet are formed by ages 11-12. By then, the growth and development in dancers' feet has slowed down significantly, and the growth plates are no longer shifting. If a dancer begins pointe before her feet are strong enough, there is a good chance she may be injured.

**2. Dancers should have taken ballet for at least three consecutive years.** This does not include studying ballet from ages 3 until 8. In order to be ready for pointe shoes, a dancer needs to have strong ballet technique. She should be studying ballet at least twice a week for three consecutive years. It is important that she have proper alignment, muscular strength, and technique in order to be strong enough to dance in pointe shoes.

**3. A dancer must continue taking at least 2-3 ballet classes per week.** Is she ready to dedicate 3-5 hours (or more!) per week to ballet? Once a dancer is strong enough to start pointe work, it is essential that she continue to build strength and grow her technical ability. Two hours of ballet per week will help to maintain her ballet technique, and 3+ hours per week will help build strength, stamina, and the different musculature required to advance in pointe.

**4. Is she ready for the challenge?** Ballerinas who get their first pair of pointe shoes can't just put them on and magically rise up on pointe and execute everything as they could on flat. It can sometimes be shocking to a strong ballet dancer when she receives her first pointe shoes and she suddenly feels like she is starting from scratch. When a dancer gets her first pair of the pointe shoes, she will need enough patience and maturity to stay at the barre, performing exercises to learn how to rise, lower, and even stand on pointe properly. It can be frustrating, but the hard work definitely pays off once she begins working in the center. Dancers have to be mature and responsible enough to handle the intensity of pointe and work hard in every class.

Our conservative approach has helped reduce the number of injuries sustained by pointe work and has helped ensure our students' success on their first day of pointe. If you have questions about whether or not your student is ready for pointe, please let us know.





# *Social Media Policy*

Atlanta Rising Talent dancers who use Facebook, Twitter, Instagram, or any other forms of social media are expected to use them in an appropriate way. Inappropriate language in posts or tweets or inappropriate pictures or pins reflect negatively on the dancer and all organizations that the dancer is a part of, including Atlanta Rising Talent and Atlanta Dance Central. Atlanta Rising Talent dancers are expected to present themselves in a respectful way and maintain appropriate conduct at all times. Dancers, who use social media websites, are REQUIRED to friend/follow/etc Atlanta Dance Central. Dancers who make posts of an inappropriate nature will be asked to remove the posts. If this behavior continues, a parent conference will be called and the dancer may be put on probation. Because of the large amount of information that is held on the Internet, many employers review an applicant's social media sites before interviewing them. This information does not disappear even if a post is deleted, so it is SO IMPORTANT to monitor the posts.

THE CLASSROOM IS A CELL-PHONE FREE ZONE!

## *Social Media Tips for Parents*

**What is Facebook?** Facebook is a social networking website intended to connect friends, family, and business associates. It is the largest of the networking sites, with the runner up being MySpace. It began as a college networking website and has expanded to include anyone and everyone. Facebook users create a profile page that shows their friends and networks information about themselves. The choice to include a profile in a network means that everyone within that network can view the profile. The profile typically includes the following: Information, Status, Friends, Friends in Other Networks, Photos, Notes, Groups, and The Wall.

**What is Twitter?** Twitter is a real-time information network that connects you to the latest stories, ideas, opinions and news about what you find interesting. Simply find the accounts you find most compelling and follow the conversations. At the heart of Twitter are small bursts of information called Tweets. Each Tweet is 140 characters long, but don't let the small size fool you—you can discover a lot in a little space. You can see photos, videos and conversations directly in Tweets to get the whole story at a glance, and all in one place.

**What is Instagram?** Instagram is a fun and quirky way to share your life with friends through a series of pictures. Snap a photo with your mobile phone, then choose a filter to transform the image into a memory to keep around forever. We're building Instagram to allow you to experience moments in your friends' lives through pictures as they happen. We imagine a world more connected through photos.

**What is Pinterest?** Pinterest is a virtual pin board. Pinterest lets you organize and share all the beautiful things you find on the web. People use pinboards to plan their weddings, decorate their homes, and organize their favorite recipes. Best of all, you can browse pinboards created by other people. Browsing pinboards is a fun way to discover new things and get inspiration from people who share your interests. To get started, request an invite.

**What is Snapchat?** Snapchat is a video messaging application. Using the application, users can take photos, record videos, add text and drawings, and send them to a controlled list of recipients. These sent photographs and videos are known as "Snaps". Users set a time limit for how long recipients can view their Snaps after which they will be hidden from the recipient's device and deleted from Snapchat's servers. Though they may be deleted from servers it is possible for the recipient of your photo to screen shot and save your picture.



# Parental Strategies

- Monitor and evaluate your own use of social networking and social media tools to be sure that you are not using them too much or inappropriately. Your example is more powerful than you know!
- When they are young, think for them by setting and enforcing strict boundaries and parameters. Do not be afraid to say “no.”
- Know and enforce parameters and rules established by providers (i.e. NO Facebook page until the age of 13).
- Encourage critical thinking by thinking with your older and more mature children about how they are using technology and social networking. Don’t do all the thinking for them.
- Start young and stay diligent. It’s never too early or too late to talk about social networking boundaries and practices with your kids.
- Familiarize yourself with technologies, platforms and social networking sites. Be where your kids are online. Establishing your own profile and presence makes it easier for you to monitor your child’s social networking activities.
- Have them share their passwords, profiles, and sites with you.
- Be sure they keep their passwords private and to themselves. Passwords should never be shared with anyone other than parents.
- Do not allow them to post full birthdate, address, social security number, credit card, or other personal information online.
- Have them set privacy settings to “friends only.”
- Be sure they “friend” you.
- Continually monitor your child’s social media tools and sites for content. Establish a “Google Alert” for your child’s name to help you monitor their presence and postings.
- Communicate about what they are using, how they are using it, and the content they post.
- Set appropriate time limits.
- Familiarize yourself with all safety and privacy features of your child’s social networking platforms and be sure they use them!
- Establish, communicate, and keep reminding them of your rules and parameters.
- Teach them to engage in appropriate online contact and relationships, and to ignore and report inappropriate online contact and relationships.
- Regularly review their “friend” list, limiting that list to people they actually know.
- Enlist and enforce consequences for misuse.
- Remind them that anything they post can be seen by the entire world and is there forever.
- Have them remove inappropriate content posted by others on their walls.
- Encourage them to pause and think before hitting “send,” “post” or “reply,” because they can’t get it back once it’s gone. Encourage the use of good judgment.



# ART Tuition Policies

Atlanta Rising Talent / ART Company (12 installment All-inclusive Tuition Package = June - May)

- ART yearly tuition is divided into 12 installments. First installment due June 1st following acceptance into the ART Company. Clients who choose to participate in ART are committed financially for 12 months. No refunds of installments.
- Clients must create a DanceStudio-Pro account and enroll in Autopay: will provide a valid credit or debit card or bank account at the time of registration.
- Tuition will be run on the 1st Wednesday of each month.
- Should automatic payment fail due to the decline of the card on file, clients should provide new valid credit or debit card information within 7 days. On the 8th day a \$20 late fee is applicable and may be applied to the client's ADC Account. On the 8th day, ADC reserves the right to refuse class.
- Items or services included in the All Inclusive Tuition package but not yet received, are forfeited.
- Clients who desire to pay by alternative methods must submit a Standard Payment Exemption Request for review and approval by the director.
- No refunds will be made for missed classes.
- In the event of class cancellation, ADC will provide an appropriate makeup class (may not match regular class schedule/structure).
- Classes missed in the ART Company due to personal reasons may be made-up within ART program. no approval needed
- ADC Accounts with an outstanding negative balance must be paid in full in order to be eligible for registration in an Enrollment Class or the scheduling of a Service. Exception may be made to any client on a director approved payment plan.

Other Services:

(including but not limited to)

-Dance Blocks

-Summer Camps

-Private Lessons

- paid in full at time of registration or scheduling.
- For the cancellation of services by the client, notice should be provided to the office staff or the faculty member conducting the services 7 days prior to the first scheduled service to ensure a refund. (Private lessons = 48 hours).

Products:

- Store items may be returned or exchanged in unused condition within 6 months of purchase.
- Items included in All Inclusive Tuition Package may not be returned for monetary value, but may be exchanged for another size of the same item.
- No prorates/exclusions/returns for unused or unwanted items or services included in the All Inclusive Tuition package.
- ADC coupons and discount rates may only be applied to the purchase of store items and may not be applied to Services or Tuition.



# *Checklist of Important Summer Dates*

**May 16:** Deadline to Register for ART Audition

**May 17 - 22:** ART Auditions

**May 28:** ART Audition Results are released through email

**May 28 - June 2:** ADC is Closed for Holiday

**Week of June 3:** ART Accounts will be set-up and first installment will be charged.

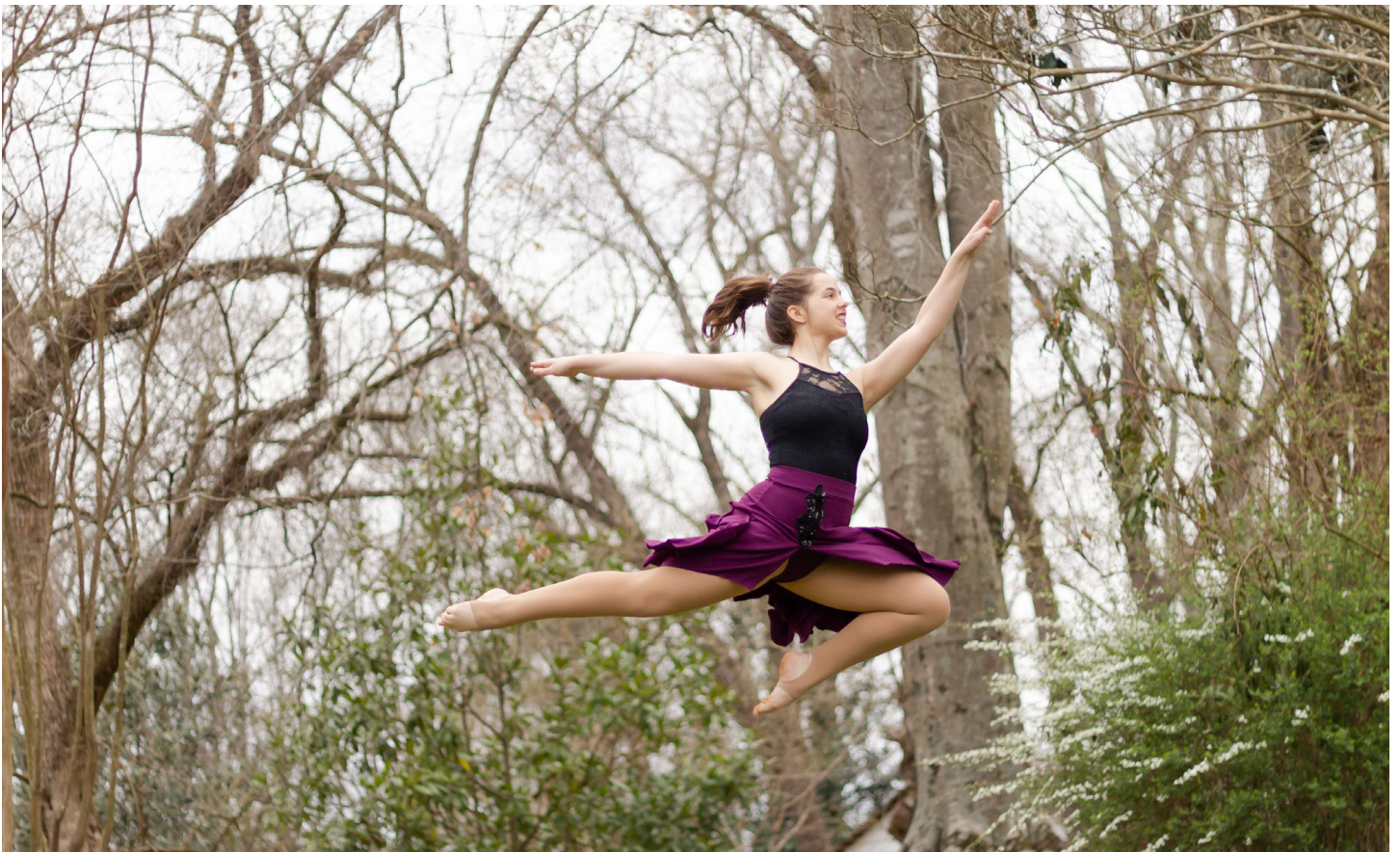
**Mid June:** Information on Deep Dive Dance Blocks Released. Student Demonstrator Application Opens.

**Mid July:** Choreography Camp Schedule Released.

**August:** Detailed Technique Schedules released.

**August:** Choreography Camp Begins.

**September:** Regular Technique Classes Begin.





# Atlanta Dance Central

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Acro

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Classes for  
ages 2.5 - 18



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