

ICON Dance Company

# Competitive Team Handbook

Welcome to the Icon Dance Company Competitive Team! This program is a separate program to the regular classes your dancer already attends. Please read the following handbook to understand what is required to be a part of the ICON Competitive Team.



*Caption*

# Required Commitment

The ICON Competitive program is a team. Just as sports teams require all players to attend practices, Company Teams require their dancers to attend all classes and rehearsals. Absences hold back the individual dancer and the program as a whole.

Class schedules will be sent to families following auditions and evaluations. We cannot create this schedule until we know exactly how many dancers and competitive groups we are able to accommodate.

Most competitive rehearsals will take place on Saturdays throughout the day.

## **What is my personal commitment and expectation?**

In our competitive program 100% commitment is expected, to yourself your choreographer and your team. Regular class attendance must be maintained, with no more than 3 unexcused missed regular classes from September to December (Winter Break) and no more than 2 unexcused missed regular classes from January to April (excluding Spring Break). This is a large commitment, we understand missed classes will be unavoidable. However, it is important competitive dancers maintain their level of training consistently. In order to accommodate this, we offer dancers make-up classes or the ability to take classes online. Any dancer who misses a regular class can attend another class of equal level to offset the missed class. These classes can be made up after a regular class is missed or even done before, if you know the class will be missed in the future. Online class options are available for both rehearsals and regular classes if these must be missed due to illness.

Attendance to competition rehearsals are absolutely mandatory. There are to be no missed rehearsals for any dancer. Dancers are expected to respect their teammates and teachers by arriving on time and not being absent for any rehearsal.

We do understand, students may be ill and unable to come to a rehearsal. We do allow one missed rehearsal from November to December (Winter Break) and two missed rehearsals from January to March (Spring Break). **All rehearsals after spring break until competition are mandatory.** There must not be fewer than 4 rehearsals in between absences. Please keep in mind, we have allotted you 3 absences. These absences are to be used for illness, emergency or extenuating circumstances. We highly discourage using these absences for vacations. If you are taking a vacation we ask you are respectful to our studio and our team, plan accordingly to leave and return during times where rehearsals are not being held. Failure to comply with attendance rules can result in your dancer being removed from this program.

It is extremely important all students show the same commitment level as they are meant to be a team, a team needs respect, trust, and determination from all participants. If injury or illness is expected to keep the dancer from actively participating in class for more than 7 days, a parent must notify ICON Dance Company by email, phone or in person and provide a doctor's note. (Covid-19 cases will be exempted with a positive rapid test.) Extended absences affect the whole company and it is important our staff know as much as possible about the dancer's treatment, outcome and expected return to class, so we can plan class and rehearsal time accordingly to make any necessary changes to choreography.

In addition to attending competition rehearsals, dancers will be asked to practice and review at home, through a number of different methods. Routines will be recorded and posted each week on a private Facebook group which you will be added to once you have confirmed participation in the competition program. You will also have access to videos through the ICON Dance Company Website (Password will be available once you have committed to the Competitive Program.) This page will also be a place where you can ask us questions post notes and other information that may be helpful to students. Dancers are encouraged to record their

own solos, duets and trios. Any recorded videos of competition rehearsals are **NOT** allowed to be posted on any personal social media platform. Failure to comply with this request may result in dismissal from the competitive program. If you have bought video from a competition, you will be allowed to post videos of performances on any platform you choose if you have permission from all parties in said video.

## Financial Commitment

### **What is the cost to me?**

Competition fees include;

**Rehearsal Fees:** These fees are charged for time spent rehearsing every group, trio, duet and solo. It also includes the time spent for teachers choosing music and developing unique choreography for every dancer. Rehearsal fees start lower with increasing numbers of dancers per group, large groups are much more affordable than small groups and all groups are lower than trios, duets, and solos. We recommend to all dancers to participate in large and small groups when given the opportunity as they are more affordable to all dancers.

**Competition Fees:** These are fees that are paid to each individual competition. The fees work similar to rehearsal fees in the fact that the bigger the group the more affordable the fee. Fees for groups can be \$30.00-\$50.00 per dancer per competition, whereas solos can be \$80.00-\$120.00 per dancer per competition. We try to find the most affordable competitions to you and give you the most value for your money.

**Costume Fees:** Costumes are generally ordered from the United States. Unfortunately, this means we contend with the exchange rate and duty. We try very hard to keep costume fees under \$160.00 per costume. If there are situations where we are able to re-use costumes we always take advantage of those opportunities. You are also welcome to have custom costumes made, these are more expensive but well worth the money. We also have a costume consignment and used costumes at the studio, which can be purchased at discount costs.

**Fees are as follows:**

Competitive Rehearsal Fees: Fees vary based on the number of routines a student may have. Fees also vary based upon type of routine i.e a solo will cost more than a group.

Solo fees start at \$360.00 per season per solo.

Duet and Trio fees start at \$210.00 per season per dancer.

Group fees start at \$175.00 per season per dancer for groups with 4 - 6 dancers.

Group fees start at \$160.00 per season per dancer for groups with 7 - 9 dancers.

Group fees start at \$135.00 per season per dancer for groups with 10 - 15 dancers.

Group fees start at \$135.00 per season per dancer for groups with 16 or more dancers.

Minimum 1 competition entry fee: \$30-\$120.00 per dance.

Additional costume fees: TBD at time of ordering, to be paid in December before Winter break.

\*All fees include GST.

Fees are not prorated for missed competitive classes and they are not increased if rehearsals are added. There are **NO REFUNDS** for any competitive fees paid, rehearsal fees and entry fees respectively.

Payment Schedule: Intensive fees can be paid in one lump sum, or monthly.

Competition Rehearsal and Entry Fees will be due at specific points.

November 15, December 15 and January 15. Fees can also be paid in a one-time lump sum.

### **Additional Costs**

There are extra costs you may incur for the competition season. You may have to purchase new dance shoes, tights and accessories as well. Appropriate undergarments will be expected to be worn with certain costumes. You will have to purchase make-up and hair products. Preferred make up brands, colours and styles will be selected by choreographers and a comprehensive list will be made so you will be informed as to what your dancer will specifically need. We will provide a step by step make up tutorial that will be accessible to you through our webpage as well as a step by step tutorial for hair styles.

### **How do Competitions/Festivals work?**

Competitions are generally held at venues throughout the city. They are held in gymnasiums on built stages or in professional theatres. Usually, they are 3-5 days long, within that time span your dancer may compete multiple times over multiple days. This may mean missing school for a few hours or having to be there over a full weekend. Times for arrival and competing will be given to you a minimum of 14 days in advance<sup>1</sup>. Your arrival time is extremely important as we are given a small window of time to have one rehearsal before we take the stage,

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<sup>1</sup> As long as the schedule has been made available by the competition coordinators.

and competitions can run ahead of time making your meet time even more important. It is a good idea to keep time open and free from the middle of March to the beginning of May as that is the most heavily scheduled time for competitions in Calgary. On occasion opportunities are available to travel to venues outside the city. We may decide to attend an out of town competition as well. In these cases dancers and parents will be expected to provide their own travel and accommodations.

After a dancer competes they will have the option of waiting to be given an award. Awards are generally given a few times throughout the day of competition. It is not mandatory to stay for the awards portion of competition but it is recommended as it is a good team building event for all the dancers involved. All dancers receive medals and in some cases trophies and cash prizes can be won.

Cash prizes for groups will be split amongst the dancers in a group, trio or duet. Soloists who win cash prizes will be awarded the full amount they have won<sup>2</sup>. You are also welcome to use your cash prize as a credit towards your account for dance fees.

## Rehearsals and Performances

A weekly competition rehearsal will be scheduled for each routine. We don't require additional rehearsal time unless absolutely needed. Choreographers may call extra practices at any time they deem necessary with any applicable fees charged to clients<sup>3</sup>.

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<sup>2</sup> Any cash awards given specifically for choreography will be awarded to the choreographer.

<sup>3</sup> Additional charges only in cases of multiple extra rehearsals.

All Competitive dancers will be invited to participate in a minimum of 2-3 competitions starting in April and continuing through May<sup>4</sup>. Competitions are mandatory to attend if dancers are taking part in the competitive program. Competition may only be missed for serious illness or family emergency. Family vacations are not taken as a reason to miss a competition performance. Competition routines may be asked to be performed at other events within the community or any given location.

We recommend dancers take at least 1-2 classes over the summer break. It is important to continue training before the next season starts and dancers who don't continue to practice tend to fall behind in skill level.

## Competition FAQ's

### 1. What is competition?

· Competition involves presenting a piece of choreography to be judged by a panel of adjudicators. It is to obtain feedback and performance experience. Everyone receives an award and there are additional awards for high scores, technique, choreography as well as special judges' awards.

### 2. How long is a competition?

· Competitions are events that can take place for up to 3-5 days (on average). Each student is assigned a time to meet and a time to perform. Dancers need to arrive at least 60 minutes prior to the performance time. If you're dancing in one group you may spend as little as 2 hours at a competition. If you are performing in multiple groups you may have to be there for several hours each day over the span of a week or weekend. Competition schedules are sent 14 days prior to the event (as long as they have been made available by the competition host). Families should prepare to block time off for

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<sup>4</sup> Dancers aged 7 and under may only participate in 2 competitive performances.



competition until they receive their performance days and times from ICON Dance Company.

3. How much does competition cost?

- Typical entry fess average \$40 per dancer per group dance, and can get up to \$120.00 per dancer for solos, duets and trios.

4. How is it judged/marked?

- It is an average of 3 opinions or 1 persons opinion on that given day at the time, meaning it's subjective. Each event has its own marking system for awards.

5. What do we expect when we get to an event?

- You will be asked to arrive at a "Meet Time". You are to be ready to dance – costume, hair and make up all complete. You will warm-up and do any last minute costume, hair and make up fixes in a dressing room only. At least one ICON Dance Company teacher will be there to help dancers and parents at competitions. Parents can sit in the audience and watch the performances. After you perform you can watch the rest of the contestants perform and then all dancers go up onto the stage for the awards.

6. Do spectators need to buy tickets to competitions?

- In many cases yes however, some of the competitions we attend are free admission and open to the public. There is no video or photography allowed of performances at competitions. You may take photos and video during the awards ceremonies. Many competitions provide professional photography/videography services and these can be purchased at the competition or online after the competition is over. Some competitions provide a livestream service as well.

7. Are there extra fees and rehearsals other than in my child's regular classes to do this?

- All fees and time commitments are outlined to the best of our ability prior to you accepting placement in the competitive intensive program. Not included are incidentals such as travel expenses, parking, hotel and food . We attend competitions mostly located within the Calgary city limits, but there are opportunities to travel with competition as well.

Families are responsible for their own transportation to and from competition venues.

## ICON EVOLVE PROGRAM

The ICON Evolve program is designed to allow dancers the opportunity to push themselves further. This program is available to any dancer who takes 1 Ballet class, 2 Jazz classes, 1 Acro class and at least 1 Choreography (Hip Hop, Musical Theatre, Contemporary/Lyrical) class each week. We hope by encouraging dancers to train more consistently and often we will see them progressing more quickly and improving their skills. Dancers in the Evolve Program will compete on a separate team from dancers who choose to not train to this level. Dancers will have to audition for this program specifically to compete on this level. Auditions will be held at the same time as regular auditions. Dancers may be asked to perform singularly or within a group.

In this program the same amount of absences will be allotted to dancers as the regular competitive program. However, if attendance to regular class or to competition rehearsals becomes an issue, dancers will be pulled from the program. There are no refunds for dancers who are removed from the Evolve Program, this is a commitment you must decide to make. If you choose to commit to this team you must do so with the intention of being respectful to your teammates and choreographers. Being present as often as possible shows your dedication to your team.

## Code of Conduct

## A COMPETITIVE DANCERS AFFIRMATION

1. There are those who have danced for many years who will never reach the level I have.
2. There are those who have danced for fewer years who will reach the level before I will.
3. I must not compare myself to those who are stronger than I am, but look at how far I have come and what I can still achieve.
4. I must compete with myself to improve, and not others out of envy.
5. I must encourage and applaud others who share my dreams and goals.
6. I must fix the skills that need to be improved and practice those corrections.
7. I must remember that the road to accomplishment is a long road with many detours, but commitment and perseverance will keep me heading in the right direction.
8. I must put my heart and passion into all I do, and remember that my talent is a gift to be nurtured, developed and shared.
9. I must take pride in what I do and BELIEVE in myself!
10. I must be respectful of all dancers, studios and participants at every competition.

It is important that parents, students and teachers alike review and understand the code of conduct. These guidelines are for the good of our dance community. We strive to create a healthy environment for the dancers, parents, teachers and staff. We ask that you sit down with your dancer and review these guidelines. If you have any questions or concerns regarding guidelines please contact us and we will be happy to go over them with you.

We expect dancers to come to class with the intention to work hard and improve every class.

You not only let yourself down but your teammates and your instructors if you do not put the effort into being prepared for your classes/

performances. Dancers are committing to working hard, focusing in class, giving their best effort, doing whatever it takes to be prepared for competitions/performances, supporting their teammates, respecting their teachers and taking constructive corrections and **applying** them. Dancers are expected to make their class times a priority. Be well rested, pack food/water and give yourself the best chance to succeed! Dancers, please speak to your instructor if there is some reason that you are not able to fully participate in class. We understand that everyone has days that they do not feel well or have difficult life situations. Parents, by supporting your dancer in becoming a member of ICON Dance Company you entrust us with your dancer's education, a role that each instructor takes very seriously. We ask that you respect our decisions as dance professionals and experts in our field when placing your dancer in his/her classes. We thank you for allowing us to be a part of YOUR dancer's life.

#### ICON Dance Company DANCER'S CODE OF CONDUCT

1. I accept responsibility for my behaviour at Icon Dance Company. I understand that what I do and say affects my teammates, studio, and other people either positively or negatively.
2. I will lead by example in what I say and do.
3. I act with respect toward myself and the people and things around me including my parents, my instructors, my teammates, other dancers from IDC and other studios and the judges and audience at competitions.
4. I do not look down on others because of their abilities. I do not act more important than other dancers at the studio because I am in the competitive intensive program.
5. I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging.
6. I serve as a role model at all times by talking politely and acting courteously toward instructors, teammates, parents, IDC staff, and our

competitors. I understand that it is a privilege to represent my family, studio and community as an Icon Dance Company Dancer.

7. I give 100% effort to practices, performances, and events. I understand that effort demonstrates my commitment to the team and my respect for my instructors and teammates.

8. I commit to showing up for classes each week in the proper attire for each class and my hair neatly pulled back in a ponytail or bun. I show respect for the professional atmosphere I am training in and for the art of dance by always wearing the Icon Dance Company dress code.

9. I will commit to leaving drama at the door. When I come to class I am focused on giving my best effort. I

understand that my attitude affects my teammates and instructors. I understand that being a part of IDC requires my best effort at all times.

10. I will refrain from gossip. I will discuss any situations with the individual directly or with my parents and work to resolve the conflict. Gossip is destructive to teams and tears relationships apart.

11. I will speak with my instructors or studio directors about any issues I have with the classes or any concerns I have.

12. I will ensure all social media postings are a positive reflection of my team and congratulate all dancers.

13. I will display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and 'trash-talking' members of other studios.

### **Why should I be a part of this team?**

Competition in dance is one of the most valuable learning experiences available to young people today. It teaches growth both mentally and physically. It will teach your dancer the value of hard work and good sportsmanship. We stress to our students the importance of being a team player, not just with our own students but with all dancers competing with us on the same stage. Showing dancers how to perform

and be their absolute best is the standard we hope to maintain in our program. We want our competitors to not only be the best dancers but the best people, onstage and off. The teachers of ICON Dance Company are 100% committed to being the best they can be for their dancers, and we will push ourselves to give them the best opportunities and advantages we are able. Our hope is for every dancer to shine onstage and be the star we know they can be!