

# **ICON Dance Company**

## **Competitive Team Handbook**

### **Welcome**

Welcome to the ICON Dance Company Competitive Team!

We are excited to have you join our competitive program. Being a member of the ICON Competitive Team is an opportunity for dancers to challenge themselves, develop strong technical skills, build confidence, and experience the rewards of teamwork and performance.

The Competitive Team is separate from our recreational dance program and requires a higher level of commitment, responsibility, and participation. This handbook outlines the expectations, policies, financial commitments, and code of conduct required for all dancers and families participating in the program.

Please read this handbook carefully and retain it for future reference throughout the season.

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# 1. Competitive Program Commitment

The ICON Competitive Team is built on teamwork, dedication, and accountability.

Just as athletes are expected to attend practices and games, competitive dancers are expected to attend all classes, rehearsals, performances, and competitions. Every dancer plays an important role in the success of their team, and absences affect not only the individual dancer but the entire group.

Class schedules will be finalized and distributed following auditions and evaluations. Competitive rehearsals will primarily take place on Saturdays, although additional rehearsal times may be scheduled when necessary.

Participation on the ICON Competitive Team is a season-long commitment.

## 2. Attendance & Absence Policy

### Competitive Rehearsals

Each dancer is permitted up to **three (3) absences** from competitive rehearsals during the season.

Advance notice does not automatically make an absence excused. All excused absences require approval from the Studio Director.

#### Excused Absences Include:

- Death in the family
- School performances or programs required for academic credit
- Weddings or religious ceremonies involving immediate family members

#### Illness & Injury

- Dancers who are contagious or seriously ill may be required to participate virtually by observing rehearsals online.
- Dancers with injuries or mild illness may be asked to attend and observe or participate as appropriate.

#### Late Arrivals

Punctuality is essential.

- Two (2) late arrivals will be considered one unexcused absence.
- Dancers must arrive on time and prepared to begin class.

## **Regular Class Attendance**

Competitive dancers are expected to maintain consistent attendance in all required classes.

Attendance limits:

### **September – December**

- Maximum 3 absences from any one class
- Maximum 5 absences total

### **January – Competition Season**

- Maximum 3 absences from any one class
- Maximum 5 absences total

Competition-related absences do not count toward attendance totals.

Excessive absences may result in:

- Probation
- Removal from routines
- Dismissal from the Competitive Team

No refunds will be issued if a dancer is dismissed due to attendance violations.

## **Mandatory Attendance**

Competitive dancers must attend:

- All registered competitions
- All dress rehearsals
- All rehearsals during the week prior to a competition or performance

Missing these rehearsals may result in removal from a routine.

Family vacations are not considered valid reasons to miss competitions.

# 3. Training Requirements

Competitive dancers must maintain a minimum weekly training schedule of:

## Required

- 1 Ballet Class
- 2 Jazz Classes
- 1 or More Additional Technique Class of Choice

## Recommended

- An additional Ballet Class

Dancers are encouraged to take additional classes whenever possible to continue developing their technique and versatility.

Competitive dancers are expected to serve as leaders and role models within the studio community.

# 4. Competition Expectations

ICON Dance Company plans to attend **3–4 competitions** during the season.

Competitions may occur:

- Weekdays
- Weekends
- During school hours
- Across multiple consecutive days

Competition schedules are generally released 3–4 weeks before the event by competition organizers.

Families must remain available for all competition dates until detailed schedules are released.

## Competitive Team Exclusivity

Dancers accepted into the ICON Competitive Team:

- May not compete with another competitive dance team during the season.
- Must remain committed to ICON Dance Company for the duration of the competitive season.

## 5. Home Practice & Social Media Policy

Competitive dancers are expected to practice regularly outside of scheduled rehearsals.

### Practice Resources

Weekly rehearsal videos will be uploaded to a private Google Drive and made available to participating dancers and families.

Dancers are encouraged to record and review their:

- Solos
- Duets
- Trios

### Social Media Policy

Videos recorded during rehearsals:

 May NOT be posted on personal social media platforms.

Competition performance videos:

 May be shared if:

- The video has been legally purchased or authorized by the competition.
- Permission has been obtained from all dancers featured in the video.

Failure to comply with this policy may result in dismissal from the Competitive Team.

## 6. Financial Commitment

Participation in the Competitive Team includes several categories of fees:

### Rehearsal Fees

These fees cover:

- Choreography
- Music selection
- Rehearsal instruction
- Routine development

Generally:

- Larger groups have lower fees per dancer.
- Solos, duets, and trios require additional rehearsal time and therefore cost more.

### Competition Entry Fees

Competition entry fees are paid directly to competition organizations.

Estimated costs:

| <b>Routine Type</b> | <b>Fee Per Competition</b> |
|---------------------|----------------------------|
| Groups              | \$50–\$100 per dancer      |
| Solos               | \$80–\$120 per dancer      |

### Costume Fees

Costumes are typically ordered from the United States and are affected by:

- Exchange rates
- Shipping costs
- Import duties

Estimated costume costs:

- Standard costumes: Under \$160 per costume whenever possible
- Mini Team costumes: \$100–\$120 per costume

Used costumes and consignment options may also be available.

## 7. Competitive Fee Schedule

### Rehearsal Fees

| Routine Type          | Starting Fee     |
|-----------------------|------------------|
| Solo                  | \$375 per season |
| Duet/Trio             | \$230 per dancer |
| Group (4–6 dancers)   | \$175 per dancer |
| Group (7–9 dancers)   | \$160 per dancer |
| Group (10–15 dancers) | \$135 per dancer |
| Group (16+ dancers)   | \$135 per dancer |

### Competition Entry Fees

- Minimum entry fee: \$80–\$120 per dance

### Costume Fees

- Determined at time of ordering
- Due before Winter Break

**All fees include GST.**

### Refund Policy

Competitive fees are:

- Non-refundable
- Non-transferable
- Not prorated for missed rehearsals

Additional rehearsals may be scheduled without increasing rehearsal fees.

## 8. Payment Schedule

Competition fees may be paid:

### **Option 1**

One lump-sum payment

### **Option 2**

Instalments due:

- November 15
- December 15
- January 15
- February 15

## 9. Additional Costs

Families should budget for additional competition-related expenses, including:

- Dance shoes
- Tights
- Accessories
- Makeup
- Hair products
- Appropriate undergarments

Detailed hair and makeup requirements will be provided by choreographers.

Tutorials and instructional resources will be available through the studio website.

# 10. Competition Information

Competitions are generally held:

- In Calgary-area theatres and performance venues
- In gymnasiums with professional staging
- Over 3–5 day periods

Dancers may perform multiple times throughout an event.

Arrival times are extremely important, as competitions may run ahead of schedule.

## Travel Competitions

Occasionally, ICON may attend out-of-town competitions.

Families are responsible for:

- Transportation
- Accommodation
- Meals
- Travel-related expenses

## Awards

Participation awards may include:

- Medals
- Ribbons
- Pins
- Trophies

Some competitions also award cash prizes.

## Cash Prize Distribution

- Soloists receive 100% of their winnings.
- Duet, Trio, and Group winnings are divided among participating dancers.

Cash prizes may also be applied as studio account credits.

# **11. Rehearsals & Performances**

Each routine will receive a regularly scheduled weekly rehearsal.

Additional rehearsals may be scheduled when deemed necessary by choreographers.

## **Competition Participation**

Competitive dancers will participate in a minimum of four competitions between March and May.

Competition attendance is mandatory except in cases of:

- Serious illness
- Family emergency

Competition routines may also be invited to perform at:

- Community events
- Studio showcases
- Special performances

## **Summer Training**

Dancers are strongly encouraged to continue training during the summer months to maintain and improve their technique.

## **12. Competition FAQs**

### **What is competition dance?**

Competition dance involves performing choreography before professional adjudicators who provide scores, feedback, and awards.

### **How long are competitions?**

Most competitions last 3–5 days. Depending on the number of routines entered, dancers may spend anywhere from a few hours to multiple days at an event.

### **How are routines judged?**

Judging is subjective and based on the opinions of professional adjudicators. Each competition uses its own scoring system.

### **Can parents watch?**

Yes. Parents are welcome to attend and support dancers.

### **Are admission tickets required?**

Some competitions charge spectator admission while others offer free public access.

### **Can photos or videos be taken?**

Generally, photography and videography during performances are prohibited. Professional media packages may be available through the competition organizer.

## 13. ICON Mini Performance Team

The Mini Performance Team is designed for younger dancers who wish to experience performance opportunities before joining the full Competitive Team.

### Eligibility

Dancers enrolled in:

- Junior Combo
- Junior 1
- Primary-level classes

### Class Requirements

Minimum:

- 1 Jazz Class (Required)
- 1 Additional Class (Ballet recommended)

### Attendance

Allowed absences:

- 3 absences (September–December)
- 2 absences (January–Competition Season)

Attendance at dress rehearsals and competitions is mandatory.

### Fees

| Fee Type          | Estimated Cost |
|-------------------|----------------|
| Competition Entry | \$60–\$90      |
| Costume           | \$100–\$120    |

Mini Team participants receive:

- Dedicated rehearsal time
- Performance opportunities
- Technique training
- Reduced class rates

## **14. Competitive Dancer's Affirmation**

1. There are dancers who have trained longer than I have and may never reach my level.
2. There are dancers who have trained for less time and may progress more quickly than I do.
3. I will focus on my own growth rather than comparing myself to others.
4. I will compete with myself, not against others.
5. I will encourage and support fellow dancers.
6. I will practice my corrections and continually improve.
7. I understand that success requires patience, commitment, and perseverance.
8. I will nurture and share my talent with passion and purpose.
9. I will take pride in my work and believe in myself.
10. I will show respect to all dancers, studios, and participants.

## **15. Code of Conduct**

### **Expectations for Dancers**

Competitive dancers agree to:

- Lead by example.
- Demonstrate respect toward teammates, instructors, parents, and competitors.
- Maintain a positive attitude.
- Arrive prepared and dressed appropriately.
- Accept constructive criticism professionally.
- Support teammates and celebrate their successes.
- Avoid gossip and negative behaviour.
- Display excellent sportsmanship.
- Represent ICON Dance Company positively both in person and online.

Participation on the Competitive Team is a privilege. Every dancer contributes to the culture, reputation, and success of the team.

# Why Join the ICON Competitive Team?

Competitive dance provides invaluable opportunities for growth both on and off the stage. Through performance, teamwork, discipline, and perseverance, dancers develop confidence, resilience, leadership skills, and lifelong friendships.

At ICON Dance Company, our goal is not only to develop exceptional dancers, but exceptional people. We are committed to creating a positive, supportive, and challenging environment where every dancer can reach their full potential.

We look forward to helping each dancer shine, grow, and succeed throughout the season.

**ICON Dance Company**

*Inspiring Excellence • Building Confidence • Creating Leaders*