



Pre Professional Handbook

We believe that our success comes as a result of providing solid training and quality service, along with an underlying belief in the strength of our organization. We have created this handbook to offer our students and their parents a clear understanding of their commitments and responsibility to the dancers in the Pre Professional program.

What is the Pre Professional Program?

The Pre Professional program is an intensive ballet training program designed for aspiring dancers who are deeply passionate about advancing their skills in ballet. It typically caters to students who have already demonstrated a high level of commitment and proficiency in ballet and are seeking to refine their technique, deepen their understanding of the art form, and prepare for more intense training.

In addition to technical training, the Pre Professional program will also provide performance opportunities, including participation in revues, competitions, and community events. These performance opportunities allow students to apply their training in a professional setting, gain stage experience, and develop essential performance skills such as stage presence, expression, and artistry.

Admission to the Pre Professional program is selective and may require an audition or teacher recommendation. Once accepted, students are expected to maintain a high level of commitment, discipline, and professionalism throughout their training.

Overall, the Pre Professional program offers dedicated students the opportunity to immerse themselves fully in the world of ballet and pursue their dreams with passion and dedication.

REQUIREMENTS:

Pre Professional 3

- By teacher recommendation only
- Must have 6+ years of ballet training
- Must have 2+ years of pointe training
- Must enroll in Dance Conditioning and Open Ballet
- Pointe recommended

- Will perform in community events.
- Must attend the Spring Ballet Intensive
- Must attend Summer Intensive
- Must maintain a “C” or above average
- Must compete in one competition per year
- Solo entries are optional and will incur additional private lesson fees

Pre Professional 2

- By teacher recommendation only
- Must have 4+ years of ballet training
- Will perform in community events
- Must attend the Spring Ballet Intensive
- Must attend Summer Intensive
- Must maintain a “C” or above average
- Must compete in one competition per year
- Solo entries are optional and will incur additional private lesson fees

Pre Professional 1 and Minis

- By teacher recommendation only
- Will perform in community events
- Must attend the Spring Ballet Intensive
- Must attend Summer classes
- Must maintain a “C” or above average

FOR OUR DANCERS:

Congratulations! You joined the Pre Professional Program. The first step to becoming a successful dancer is making a solid commitment to your classes, rehearsals, and performances. Strong technique is a key ingredient and class is where you develop that technique. Come to each class prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class, rehearsal, or performance as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, become more aware of your technique, and make the most of every class.

Being a member of the Pre Professional Program is a privilege that dancers and their parents must appreciate and respect. Participation in the program is restricted to dancers who are ready to make achieving their personal best a priority.

FOR THE PARENTS: “WE’RE IN THIS TOGETHER”:

We believe that children’s success depends on the support of their parents or guardians. Because your commitment to the process makes an enormous difference, we encourage you to be a part of your child’s dance education.

Our programs rely on a positive atmosphere and educational experience for our faculty and students and their parents. Cooperation between all parents is expected. Showing respect—for other parents, the students, and the faculty—makes an important impression on the children. You are a role model for your child about how to interact with others in a professional setting.

Your child's presence at all classes is imperative. The spirit of teamwork and the lesson of dedication are a big part of our school's educational process.

Parents and teachers may look at a child's learning from different perspectives. However, we believe they share a common goal: to ensure that every child receives the best possible training, both physically and mentally. Mutual respect among our faculty and our students' parents provides the children with the ultimate care and education.

Understanding Dance Education:

As a parent, you play an important role in supporting your child financially, but your emotional support is of equal—and perhaps even greater—value. Encourage your child to be the best that he or she can be regardless of what others may achieve. Dance is an individual art form and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience the exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments.

Dance education encompasses far more than technique and the steps your children learn. We believe the discipline of dance training gives young people a better understanding of commitment through learning, experiencing the spirit of teamwork, and discovering what they can accomplish through hard work. Our goal is to educate the minds, bodies, and souls of our students, teaching them the skills needed for a successful life, whether or not they stay involved in dance.

Dos and Don'ts:

Some parents may compare their child's progress or class placement to another child's. Watch for this behavior in your children as well and encourage them to focus instead on their own accomplishments.

Looking to other students for inspiration is good; however, making negative comparisons distracts children from focusing on becoming stronger dancers. In addition, speaking negatively about your child's teachers, fellow students, or other parents in front of your child—or other students—could result in problems far beyond your original concerns. Often children will imitate a parent's behavior with other adults or authority figures.

Children learn important lessons from their teachers and parents, acquiring behavior patterns through their example. Our school's faculty takes that responsibility seriously.

It's our philosophy to encourage our students to feel, think, and act respectfully toward their peers, the adults in their lives, and themselves.

If you have questions or concerns about your child's dance education (such as progress or class placement), please discuss them with your child's teacher or the director. Talking only to other parents can lead to misinformation and confusion. Please contact the school office to set up an appointment; do not approach your child's teacher or the director between or during classes or make contact outside of the school.

If you do request a conference, please listen carefully to what your child's teachers have to say. They spend a significant amount of time with your child and offer expertise in the field of dance education.

Dress Code:

All Girls - pink leather ballet shoes, pink convertible tights

Minis - magenta leotard, skirt to match, prefer Capezio Lily Ballet shoes (no drawstrings)

Pre Pro 1 - teal leotard, skirt to match, prefer Capezio Lily Ballet shoes (no drawstrings)

Pre Pro 2 - red leotard, skirt to match

Pre Pro 3 - plum leotard, skirt to match, white platter tutu, pointe shoes

Leotards and skirts will be ordered by the studio.

Staying Informed:

We work hard to make the dance experience organized and fun. Keeping you informed is one of our primary goals. Please read all newsletters and other school information.

The newsletters and updates are emailed to you and posted on the Dance It Out website, Facebook page, and the Pre Pro Facebook page.

If you have any questions regarding the information distributed, we encourage you to contact the office at 434-757-1029.

We answer email on a daily basis, except on weekends. Feel free to email questions to the office at danceitoutstudios@gmail.com

Website

www.danceitoutva.com

We are constantly updating our website. News, important parent and student information, contact information, and more are available online 24 hours a day.

Facebook Group

“Join” the Pre Professional Facebook group to receive daily updates on events and reminders. Please invite your family and friends to “like” the school.

Cost of Pre Professional Program

- Company jackets = about \$150
- Hip Alignment Belt = \$8
- Leotard = around \$30
- Skirt = around \$20
- Platter Tutu = around \$85
- Competition Fees = \$150 per dancer
- Summer Classes = (\$125 for minis, \$125 - \$250 for ages 8+)

Appreciate the Critique:

Listen to each correction given, whether it's directed to you or another dancer. A correction is an honor; it shows you how much a teacher cares about your progress as a dancer. Always say thank you when a teacher or choreographer offers you constructive criticism. Nothing can stop those students who apply themselves in every class and appreciate their teachers' knowledge and experience. Personal assessments will be given in December, March, and May.

Community Event Performances:

Our Pre Professional students will be performing during community events throughout the year. On your performance schedule, there will be an arrival time listed and an estimated performance time. Dancers must be at the performance by the ARRIVAL TIME! Dancers must arrive dressed in full uniform, hair, and makeup complete as specified by the Director and ready to perform. If the Dancer fails to show up “performance ready” at the arrival time, the dancer WILL NOT PERFORM.

Dancers must give notice of missing a performance at least 4 weeks in advance. Dancers will be dismissed from the program if performances are missed. The objective of this program is to perform so dancers must be present. Dancers are expected to arrive prepared!

Performance Schedule

- Taste of Brunswick (October 12th)
- Boydton Day & Costume Crawl (October)
- Hometown Christmas (December)
- Christmas Parade (December)

- o Pine View/Hundley Center performance (December)
- o SHJWC Pageants (April)
- o Pine View/Hundley Center performance (May)

Performance venues, dates, and times will be announced as we get closer to the events.

Other Mandatory Dates:

- Summer Intensive Dates (July 15 - 20, 2024)
- Minis Summer (August 13 - 15, 2024)
- Back in Shape 11+ (August 26 -28, 2024)
- Spring Ballet Intensive (February 2025)
- Competition (January 2025)

Respect:

Respect for the school, its teachers, and its choreographers is essential. The teachers and choreographers selected to work with our Pre Professional dancers are among the finest and most experienced available. They are selected because of their professionalism and knowledge of what is technically and emotionally right for the dancers.

Academic Performance Requirement:

As members of the Pre Professional program, we require that our dancers maintain a C or above average in all of their academic classes. Your dedication to academic pursuits is of utmost importance, so we will require that you turn in your progress reports each grading period.

Attendance Policy:

Pre Professional dancers are expected to attend all classes as this is necessary for progression within the program. A note or email to the studio is required when a student is absent. If the dancer has 5 absences, a parent-teacher conference is required.

Guidelines for behavior:

- Leave any personal negativity at the door when entering the studio.
- Arrive at least 10 minutes before the start of every class or rehearsal.
- Proper dancewear and shoes are a must in every class and rehearsal.
- Choreography must never be questioned.
- Never attempt to contact teachers or choreographers at home. All contact must be made through the school office.
- Finish every class or choreography session with a thank-you to the teacher or choreographer.
- When wearing your school jacket or other apparel to non-dance events, be sure that the activities and your behavior reflect positively on you and the school.

Image:

The children and parents involved in the Pre Professional program participate in many outside activities, all of which reflect Dance It Out's philosophy.

Please keep the following in mind:

- We never speak negatively about teachers, dancers, or parents from other schools.
- We never create conflict with the directors or judges of events in which we participate.
- We never recruit dancers from other schools.
- The school director handles all communication with the directors of our outside activities.
- No parent or dancer may call or question the directors of any event. If you have a concern, please contact the director of our school.
- Dancers and parents should be properly dressed for all events. Do not arrive at or leave any event in your dancewear; always wear a cover-up.
- Go out there and show the audience how much you love to dance!

Pre Professional "Pay It Forward" Mandatory Participation:

Members of the Pre Professional Program are required to participate in the Pay It Forward Challenge. Each member is responsible for earning 150 service points. This year, we will be working together as a class rather than individual projects. We are excited to see our dancers work together to accomplish a common goal! **The service points of 150 must be earned by May 1st in order to participate in the revue or the program next year.** Please see the Pay It Forward Challenge packet for more info. **The points must be earned by May 1st, 2025 or the student will not be allowed to perform in the revue or the program next year.**

Competition Participation:

In addition to our regular curriculum and performance opportunities, students in the Pre Professional program have the opportunity to participate in dance competitions. These competitions offer a unique platform for students to showcase their talents, challenge themselves, and gain valuable performance experience in a competitive setting. Competing allows students to refine their technique, elevate their artistry, and develop resilience in the face of challenges. Moreover, competitions provide opportunities for students to receive feedback from industry professionals, helping them to identify strengths and areas for growth. Beyond the competitive aspect, participation in competitions fosters camaraderie among students, as they support and encourage each other throughout the journey. Ultimately, the skills and lessons learned through competition participation contribute to students' overall growth as dancers and prepare them for future endeavors in the dance world.

Biannual Assessment by External Instructor:

As part of our commitment to fostering growth and excellence in our Pre Professional program, students will undergo a biannual assessment conducted by an external instructor. This assessment serves as a valuable opportunity for students to receive feedback from a fresh perspective and gain insights into their progress and areas for improvement. The biannual assessment aims to provide students with an objective evaluation of their technical proficiency, artistic expression, and overall performance. By engaging an external instructor, we ensure impartiality and professionalism in the assessment process, offering students a comprehensive and constructive review of their skills and development.

The assessment will typically take place twice a year, once in the fall and again in the spring. During these assessment sessions, the external instructor will observe students during their regular classes and may also conduct individualized evaluations or coaching sessions as needed. Following the assessment, students will receive personalized feedback from the external instructor, highlighting their strengths and areas for growth. This feedback may include specific recommendations for technical adjustments, artistic development, conditioning exercises, or additional training opportunities to support students' progress. The insights gained from the biannual assessment will be integrated into students' ongoing training, allowing them to focus on areas identified for improvement and track their development over time. Teachers will work collaboratively with students to implement the recommendations provided and support their continued growth as dancers.

It's important to emphasize that the biannual assessment is not intended to be a judgment of students' worth or potential as dancers. Instead, it is a tool for growth and development, designed to inspire students to reach their full potential and pursue excellence in their ballet training journey. We encourage students to approach the assessment process with an open mind, embracing feedback as an opportunity for learning and growth. This biannual assessment will take the place of the adjudication.

A Final Note

WELCOME TO THE PREPROFESSIONAL PROGRAM!
We look forward to an exciting, rewarding season!

PLEASE KEEP A COPY OF THIS HANDBOOK FOR YOUR RECORDS.

Student's Name: _____

I, the parent/guardian of the above named, have read the handbook and understand all of the requirements in order for my dancer to continue participation as well as the ramifications if this contract is broken. I fully comply with all rules and regulations within this handbook. I also realize this is a team effort and I will be called upon to help in some way throughout the year with things that are within my capacity to help. I will make every effort to do my share of assisting on behalf of my dancer. I understand I am required to be present for parent meetings or have someone present on my behalf.

Student's Printed Name: _____

Student's Signature: _____

Parent's Printed Name: _____

Parent's Signature: _____