

2023 - 2024 Competition Team Parent & Student Meeting

1. UDC Core Values:

- U: UNITED provides a strong community among our students, families, and staff
- N: United NOURISHES individual growth and confidence.
- I: United INSPIRES creativity.
- T: United provides an age appropriate and safe environment that you can TRUST.
- E: United strives for EXCELLENCE in education and strong foundations.
- D: United is DEDICATED to hard work and high standards.

2. What Can Dancers & Parents Expect from UNITED?

1. See Core Values above.
2. A Parent Handbook & Calendar is provided at the beginning of every school year for the entire year.
3. Monthly newsletters through email.
4. Student technique evaluations in Fall & Spring done by Directors.
5. Teachers are evaluated often by studio Directors.
6. Teachers receive hours of training at staff meetings. They receive amazing curriculum for ballet, jazz, contemporary, lyrical, hip hop and tumbling/acro.
7. Teachers are required to send in monthly reports to Directors. We collaborate to make UNITED the best experience for everyone!
8. Teachers have deadlines for music, teaching choreography, cleaning choreography.
9. We do extra rehearsals in December to make sure choreography is completed and help teachers with suggestions to improve routines. We also offer a Parent Preview night to help prepare both dancers & parents a trail run prior to competition.

3. Commitment

- The study of dance is rewarding and enjoyable, but it is also work! Being on a competition team is a serious commitment for both the student and parent. At United Dance, we want all parents and dancers to be on the same page and equally committed to making this year great!
- Dancers & Parents must make competition dance practice their priority. All other extra curricular activities will need to be secondary to our required team class times. Students should not participate in other sports or in school plays if it conflicts with our practice times.

4. Attendance Policy:

- Report an Absence Form Link: <https://www.uniteddancecenter.com/for-parents.html>
- It is expected that dancers who are placed on a Competition Team commit to the entire 2023-2024 school year. When a student does not fulfill their obligation to complete the entire school year, it effects the entire team. Dancers who quit will be charged the \$200.00 Cancellation Fee following the month after class attendance ends.
- Consistent class attendance is extremely important for a dancer to progress, grow and improve. One student's absence effects the entire class of students, therefore all dancers are expected to come to class each week, and on time.
- Reasons to Miss Class:
 - Very Sick & Contagious
 - Immediate Family Wedding or Funeral
 - Family emergency

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- Do Not Miss Class For:
 - Birthdays
 - Running Errands
 - Extended Family in Town
 - Orthodontic / Dentist Appointments
 - Not Doing Homework When You Should / School Tests
- Absences are Absences. Please always fill out the “Report an Absence” Form on our website. However, absences are no longer being tracked as excused versus un-excused. If a student misses more than 3 times of a certain class in a semester (Sep - Dec / Jan - May), the student will be on probation and will be required to set up a private lesson to be removed from probation.
- If a student misses the week of a competition, they will be required to attend competition but will be removed from routines for that competition.
 - If your dancer participates in other extra curricular activities or school dance teams, please get in contact now with their school teacher about our competition dates and competition weeks. Students cannot miss practice the week of competition.
- If your dance classes begin shortly after school, please leave school quickly and come straight from school. Carpools can be set up!
- Please pick up your student on time. We are not able to supervise students before or after class time.

5. Competition Day Requirements:

- If a dancer does not attend a required competition, they will be removed from their team and will be required to pay the \$200.00 Cancellation Fee. If a dancer is late to perform with their team at competition, they will be placed on probation and may be removed from a future performance.
- Competition parents and students should have a “game day” attitude at competition. Come with excitement and positive attitudes. Help us make it a fun and fantastic day.

6. Injuries:

- Students who have an injury and need to sit during class time must have a note from a doctor. They will also be required to fill out an observation form each class. Dancers who do not have a doctor's note must participate fully in class. There will be no exceptions.

7. Communication:

- *3 Before Me Rule! (For Megan)*
 - **1 - Check your parent portal through the software for all email communication! From the home link, click on the “Messages” link. Next click on the “Email History” tab.**
 - 2 - Call the front office @ 385-287-0146
 - 3 - Ask a teammate or a teacher
- Front office cannot answer question?
 - Quick Question - Text Megan @ 801-368-7714
 - Longer Question/Concerns - Call or Email Megan.
 - Make sure to email us at united.contact@uniteddancecenter.com

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8. Class Attire:

- Dancers are required to wear the assigned attire to every practice. If a dancer forgets his or her attire, parents will be called and will be asked to bring their correct attire to class.
- Dancers should layer clothing on and off if they have multiple classes in one day. They should not change in the restroom between classes. Ballet tights can be worn over leotards for easy removal.
- Hair must be pulled back for all classes. ***Ballet buns are required for competition team dancers in all ballet classes.***

Attire for all Jazz, Contemporary, or Lyrical Classes:

- Light jazz pants, basic stretchy leggings, or dancers shorts, with a fitted camisole or tank top. Turning shoes are also required for class.
- Dancers may be required to have tan stirrup tights for performances, depending on the costume. More information to come.

Attire for all Ballet Classes:

- A ballet leotard with pink tights and pink ballet canvas shoes are required. Purchase the correct colors of shoes and tights at the Studio Store.
- A SHORT and THIN ballet skirt is optional. Hair must be pulled back. Please no large tu-tu's.

Attire for all Hip Hop Classes:

- Dancers are welcome to wear any exercise type clothing that they can move well in. Any type of tennis shoe will work great for practice. **NO PLATFORM SHOES.** This is the class for baggie clothes :)

9. Shoes, Make Up & Earrings Requirement:

- Dancers will be required to purchase one pair of clip-on or regular earrings for performances as well as one team lipstick for the year. Exception - Mini Stars, Rising Stars and Shooting Stars will not wear earrings.
- Dancers will be required to purchase turning shoes for class and have an additional pair for performances only. Exception - Mini Stars may end up in bare feet or turning shoes because their feet are too small for turning shoes.

10. Team Warm Ups/Spirit Attire:

- All Competition Dancers are required to purchase either a team jacket or team t-shirt if they do not already own one. Dancers will be asked to wear a United Dance Center T-shirt or Jacket at Competitions. Purchasing more than one item is optional. Dancers are welcome to wear these items to school. Spirit attire goes on sale on Sep. 15th!

11. Winter Recital Plan: Competition Dancers will perform one ballet Christmas routine.

12. Behavior at Competition, Conventions, Master Classes.

13. Stretching / Flexibility Please stretch @ home! Dancers will not get flexible by only stretching in class.

14. Student Birthdays: Bring store bought treat (no nuts) or small dollar store item.

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15. Ballet Specifics by Director Mallory Welch:

At UDC we are always striving to develop dancers that are strong and technically sound so that they can get on pointe one day--typically between the ages of 12 and 17. We love putting dancers on pointe, but will only do this when they are ready. Being on pointe is safe and enjoyable as long as the dancer is using correct technique and is strong enough. If a dancer is put on pointe before she is ready, it is very painful and can lead to very serious injuries. To ensure our dancers are totally ready, we have developed a Pointe Criteria and Evaluation sheet. The ballet teachers will help older dancers who are closer to getting on pointe become familiar with this sheet so they know exactly what they need to work on to get on pointe. The dancers must pass off EVERY item on this sheet to be considered for pointe-work. Please know that passing off all of these items may take a few months or a few years.

Dancers, while you are working on getting closer to being put on pointe, please do not ask teachers *when* you will be put on pointe. We don't know! It all depends! Instead you can ask what you need to work on to get closer to getting on pointe. And remember that the things your teacher recommends you work on usually don't improve overnight. It takes time, so keep at it!

We love putting dancers on pointe and are doing everything we can to get your daughter to this level.

At our studio we typically put dancers on pointe one at a time, rather than the whole class at a time. Because of this, it is very important for the girls to learn to be happy for someone when they get put on pointe. They can be kind, cheer and clap for them and know that if they keep working, their time for getting pointe shoes will eventually come! It's all about patience and hard work.

Lastly, when a dancer does get put on pointe, we will send home an official letter with all of the information regarding purchasing shoes, sewing them, and caring for them.

Good luck!

- Mallory Welch

- Other Advice - I encourage everyone to have a designated dance bag with the following items in it:
 - Hair elastics/Bobby pins/hair pins
 - Band-aids
 - Water bottle
 - Extra leotard and tights
 - Tampons and/or pads
 - Pointe Girls: Toe pads and any other things you find you need (rosin, toe-tape, lambs wool, toe-spacers, etc.) Theraband, Racquet ball or large bouncy ball (for rolling out feet)

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THE UNITED ATTITUDE:

- We are UNITED Dance Center. Please help us create a UNITED feeling **inside and outside**.
- Dance class is a vulnerable place, so be kind, be kind, be kind. We cannot stress this enough.
- Having a POSITIVE ATTITUDE is of the highest priority in class and crucial for a successful team! Work hard every time you enter the studio room. Bring a positive energy into the room.
- Respect Teachers, other students and yourself.
- Be United with all students. Cheer other teams on! We are one big team.
- Be committed to having great attendance.
- No cell phones or watches during class. Even on breaks. Parents, if you need to get a hold of your student, call the front office.
- Do not play or hang out in restrooms.
- Be present in class. Own your part. Don't "teach" others
- Wear correct attire and always have hair done correctly.
- Help keep the studio clean and take care of it!
- Outside of class, students should not participate in group chats that are negative and not up-lifting.
- Please be careful during carpool time to stay uplifting to one another.

Gossip / Negative Conversations:

It has come to our attention that there have been instances of gossip and negative conversations among song parents within our dance community. While it is natural for parents to have concerns or frustrations from time to time, it's essential that we approach such issues in a constructive and respectful manner.

Our primary goal is to prove a supportive and nurturing environment for our dancers, where they can learn and grow not only as performers but also as individuals. Negative gossip and discussions can have a detrimental impact on the atmosphere we aim to create. Here are a few key points to keep in mind:

1. **Open Communication:** If you have concerns or questions about any aspect of our dance program, please feel free to reach out to Megan or Mallory Directly. We are always here to address your concerns and work together to find solutions.
2. **Lead by Example:** As parents, we set the tone for our children. Let's be role models of positive behavior and constructive communication. Avoid engaging in gossip or negative conversations about other parents, students, or staff members.
3. **Conflict Resolution:** If you encounter a situation where you feel frustrated or upset, consider addressing it directly with the person involved or bringing it to the attention of Megan. Constructive dialogue can often resolve issues more effectively than gossip.
4. **Focus on Our Common Goal:** Remember that we all share a common goal- supporting our children's passion for dance and helping them thrive. Let's channel our energy into creating a positive, encouraging, and inclusive atmosphere.

By adhering to these principles, we can maintain a harmonious and uplifting dance community where everyone feels valued and respected. Together, we can ensure that our young dancers have the best possible experience and continue to shine on and off the dance floor.

Thank you for your understanding and commitment to our dance family. We look forward to a fantastic season filled with growth, creativity, and joy.

Warmly,
Megan Hansen

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Signature Page
*** TURN IN TO STUDIO!***

Please sign below that you have read through the Competition Team Parent & Student Meeting packet and understand the policies and expectations of UNITED!

Parent Name: _____

Parent Signature: _____

Dancer Name: _____

Dancer Signature: _____

Date: _____