

MOVEMENT & SOUND DANCE LLC

1362 Barclay Blvd, Buffalo Grove IL 60089

847.404.4133

www.movementandsounddance.com

movementandsounddance@gmail.com

Amplify & Moxie Company Handbook

Welcome to our performance/competition company!! We are so excited to begin this year and we are so happy that you have decided to join our company!

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Company/ Competition Teaching Philosophy

Company rehearsals, performances, and competitions are catalysts in the technical and artistic progress of our dancers. It allows them to feel connected to the art and to the other dancers in their group, making the company experience so special!

At Movement & Sound Dance, our view about the “why” behind doing competitions is a little different than the view of some other studios. We’d like to briefly share our philosophy and teaching ideals with you!

Although it is fun to be recognized for our hard work by the judges at competitions, our ultimate goal is never about winning top awards; our goal is to “top” our last best performance, to feel proud and confident about what we put on the stage, and to present work that highlights the students’ ever-growing technique and individual personalities.

Our teaching and choreography is “dancer-centric” (focusing on the big picture and on the long-term development of our dancers), as opposed to “award-centric” (focusing only on the elements that tend to earn high scores). Dance competitions are objective, based on the opinions of judges, and we view them only as a vehicle for building our technique, confidence, team-building and artistry. The awards are just the cherry on top!

We make sure our dancers are mastering core technical skills before skipping ahead to tricks (which is why we sometimes tell them “no” when they ask to learn an advanced skill too early). In this way, we ensure that they build correct muscle memory habits and learn to protect their bodies from injury, avoiding muscle imbalance (from only practicing skills with a dominant leg) and torn or pulled muscles (from overstretching). We want to set our dancers up for long-term success, learning advanced skills at their own right pace and growing into strong, mature movers.

Some studios utilize choreography that “checks all the boxes” on typical competitive dance steps, as well as themes that are suggestive in nature, to win awards. At Movement & Sound, we prefer to present work that lets kids still be kids and that teaches them about the artistic side of dance, while keeping their bodies safe and increasing their knowledge of ALL dance vocabulary, especially those steps that are the “movement glue” that go in between all the beautiful show-stopping movements.

The judges provide us with comments and critiques, which are very helpful in our progression as dancers. At the competition, we ask the dancers to think about it this way – Did you dance better today than you have before? That is our goal. 😊

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Team Attitude

We strongly believe that dance is all about creating positivity, community, and joy! We attend two competitions per year in order to give our dancers not only performance opportunities, but also to gain feedback from other dance professionals. Because we believe that any awards or recognition we receive at the competitions are an added bonus, we expect all company members and families to always support each other and all other dancers throughout the dance community.

Performances and Conventions

Each dancer in Moxie and Amplify will compete at two required competitions. There will also be an additional "benefit" show performance as well as a few nursing home performances. All show dates are listed on the **company calendar**. Company members must also attend the required dance convention that we choose. Please let us know as early as possible if you know of conflicts with these performance dates so that we can rehearse accordingly. The events labeled "Required" on our calendar are mandatory events for our company members.

Community Events

Every company will have an opportunity to do some volunteer performances, to help give back to the community through dance! We will participate in benefit performances, community events, as well as dance at senior citizen residences. See the attached calendar for exact dates for each company.

Dance Convention

We feel that learning and growing as dancers and artists is the most important part of the company experience. It is for this reason that we require our company members to attend one dance convention each year. You will be able to choose to attend one day or two days of the convention.

Class and Rehearsal Attendance

Regular attendance at technique classes as well as rehearsals is required. We understand that sometimes illnesses, school activities, and family events cause dancers to miss class and/or rehearsal. Please make sure to communicate, **in advance**, to Corey and Allie any days you know you will miss, as early as possible. Any excessive amount of absences will require a check-in with Corey and Allie. Any absence the week of a show or competition, that was not pre-approved, may result in not being able to perform. We ask that you please try your best to plan family vacations during our scheduled breaks. We want our dancers to feel confident and proud on stage. This is only possible through building their skills and technique in class as well as learning to work together as a group in rehearsal.

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Class Etiquette

We expect our company dancers to be role models throughout our studio and community. All members are expected to show the utmost respect for the studio and teachers. Company members are expected to always be in dress code and to be a good example of how to take class, at all times.

Company Attire

We do not require our competition dancers to purchase any company attire. However, many dancers choose to purchase a "company jacket" to wear at competitions, conventions, and other performances/events. We work with a company where you are able to purchase any black jacket you would like and they will airbrush the Movement & Sound logo onto the back. Information can be found on the last page of this packet.

*at competitions we do ask that our dancers wear their company jackets and/or their Movement & Sound t-shirts as cover-ups throughout the weekend and during the awards ceremony. We love to show off our Movement & Sound pride!

Required Classes

MOXIE:

6th-8th Graders: Must take 1 Ballet class and 1 Jazz/Contemporary class per week, in addition to weekly rehearsal time

9th-12th Graders: (due to the added rigors of High School) Must take 1 Ballet class per week, in addition to weekly rehearsal time. A weekly Jazz/Contemporary class is STRONGLY recommended

AMPLIFY:

All Amplify dancers are required to take one tap class per week in addition to weekly rehearsal time, with a ballet class highly encouraged.

MINI COMPANY AND MOXIE/AMPLIFY:

Must take 1 Ballet class and 1 Jazz/Contemporary class and 1 Tap class per week, in addition to weekly rehearsal time.

PLEASE SIGN AND RETURN THE AGREEMENT ON THE LAST PAGE OF THIS PACKET.

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Fees, Payments, and Fundraising

There are some fees and payments that will be due, outside of the regular class and rehearsal tuition. We will spread these payments out to help with budgeting. In some cases, we will ask for a deposit and then a final payment later.

Costume Costs

Competition costumes cost slightly more than recital costumes because they are specialized to each dance, but we still try to keep the costs as low as possible. You will pay a costume deposit for each dance, and a final payment later. For the Moxie and Amplify groups that are doing more than one dance, we will work very hard to keep the cost of the second costume low.

Dance Convention Costs

The dance convention charges its own fees for the convention (we don't make a profit on the fee you will be paying). We will collect the money from you, and we will take care of the registrations for our whole group.

Dance Competition Entry Fees

The dance competition charges a certain amount per dancer, per dance. Each competition charges a slightly different amount. Like the dance convention, we will collect the fees from you and we will take care of the registrations for our entire company. We register and pay in advance to help take advantage of "early bird discounts".

Fundraising

We have some fundraisers that we did at the recital, which will be split equally over all company members, to be applied to costumes and entry fees. We are always looking for new fundraiser ideas, and for VOLUNTEERS to help lead these fundraisers – if you are interested, please let us know!!

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Company/Team Dancewear Information

Studio Shirts

Every one of our dancers will receive a **complimentary studio t-shirt** from us, that can be worn to the community events we do and during the award ceremonies at our competitions. We need to re-stock, but as soon as we do, we'll make sure that every new dancer receives one. 😊 If your dancer already has one, but needs a new size, please let us know and we will give you a bigger size.

Side Note – if any parents would like a Movement & Sound shirt, please let us know and we can order one for you as well, for \$10. They are a semi-fitted style, and are available in S, M, L, XL, XXL.

Company Jacket -- OPTIONAL

A company jacket is NOT REQUIRED, but we've found that many dancers like to get one to show team spirit and pride. It is completely up to you – do not feel obligated! But if you do want to order one, please see the attached order form near the back of the packet.

We personalize our jackets through *And Everything Nice*, a company that specializes in personalized airbrushed clothing. You provide the jacket – they do the airbrushing and add bling, with our logo.

The jackets should be black without a hood, with a plain back (not too much stitching or seaming). You can choose any jacket that you find and like. The jackets do not have to be the same style for everyone, but should be plain black. We recommend buying a LARGER size so your dancer can wear it for multiple years.



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AND EVERYTHING NICE

Company Jacket Order Form

OPTIONAL, not required

NAME _____

PARENT EMAIL _____

CIRCLE YOUR PREFERENCES:

LOGO ON BACK (required) \$25

BLING on logo \$10

DANCER'S NAME on front \$7

Please print the name the way it should appear on jacket

TOTAL \$ _____

Please make check out to And Everything Nice.

Return this form, your check, and your plain black jacket (no hood) to the studio, and we will give them to the airbrushing company for you.

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Company Dancer & Parent Contract

We agree to all policies of the Movement & Sound Dance LLC Dance Companies, and we acknowledge that we are responsible for attending all required events and completing all payments.

Dancer's NAME

Dancer's
SIGNATURE

Parent's
SIGNATURE

Date
