

STARS Foundation

Student Handbook – Dance

Thank you for choosing the STARS Foundation, your educational institution for the fine arts.

Philosophy and Mission

Our students benefit from dance training through:

- Physical discipline and general body awareness and control.
- A sense of physical and mental confidence.
- Development of social interaction through friendships.
- An understanding of the relationship between music, rhythm, and controlled movement.
- An insight into art forms associated with dance.

Attendance

Students are expected to attend all classes. Please call before class if your child will be absent from class. Students arriving more than five minutes late without notifying the office will not be able to participate in that class and will be required to watch. The beginning of class is spent warming up, and is very important so that you don't injure yourself. If more than three classes are missed (other than excused illness) students will not be permitted to perform. Snow days or cancelled classes are not included.

Ballet students are required to participate in the end of semester Parent Watch Day, with student demonstrations. Please mark your calendars!

Classroom Etiquette

Students are expected to respect their instructors and fellow students at all times. Students who repeatedly disrupt class will be asked to sit out. Students must be properly dressed with hair in a bun, ponytail or other pulled up style for classes or they will sit out. No gum chewing is allowed. No food or drinks other than water are permitted in the building.

Please help us to keep the studio clean by reminding children to clean up after themselves.

Parental Responsibilities

- Please inform instructor of any medical, physical, or emotional problems your child may be experiencing.
- Please pick up your child on time. We are unable to be responsible for keeping track of your child after his or her lessons. Students who are consistently picked up late without notification will be charged a \$5 fee.
- Parents are to wait in the parents' waiting area, upstairs, or outside. The parent's presence may be a distraction to students, making them unable to concentrate on what is being taught.
- Make sure your child is dressed with hairstyle according to the dress code.
- Check the STARS Foundation Students Facebook group. This is the primary means of communication between STARS and parents/students. If you are not on Facebook, the STARS Foundation blog can be viewed on our website, www.TheSTARSFoundation.org.

- Sign up for Remind, our parent communication app. Visit www.remind.com to set up an account. Or, you can join right from your phone. If you have a smartphone, open your web browser and go to [rmd.at/\[insert class code from list below\]](http://rmd.at/[insert class code from list below]) and follow the instructions to sign up. If you don't have a smart phone, text the class code to 81010.

Class	Code	Class	Code
Main STARS group	@starscab	Competitive Clogging	@cc3fd
Dance students (main group)	@82a2f9	Mrs. Claus – ballet	@clballet
Clogging – Lori	@cloglori	Miss Hannah – dance	@mhdance
Mt. View Dance	@mtviewdan	Miss Hanah – tumbling	@mhtumble

Missed Lessons

NO refunds or credits will be given for missed lessons. Make-up lessons are only offered for illness, and students must give notification at least eight hours in advance. Please do not bring your child if he or she is running a fever or showing symptoms of contagious illness.

Please do not request to alter the schedule to accommodate extracurricular activities. In the unusual event a lesson is cancelled, the instructor will gladly reschedule a make-up lesson at the earliest possible time.

Parking

At the STARS building, be sure you park on the east and west sides of the building because you are there for a long time and we do not want to congest the parking on Main Street for other businesses and store owners. Thank you.

Dress code

In addition to following the STARS Dress Code, the following is required for dance classes:

Pre-ballet and student levels

- Black, short-sleeve or cap sleeve leotard.
- Light pink tights.
- Pink ballet slippers (split sole preferred).
- Ballet alignment belt (1/2" elastic or stretch headbands will work).
- Hair must be in a tight bun.
- Ballet skirts may be worn only on the first lesson of the month.

Boys

- White t-shirt
- Black shorts
- Black ballet shoes with white socks

Jazz/Hip hop

- Shorts and t-shirts or comfortable, loose clothing

Clogging

- Follow the STARS Dress Code, but long pants are not advised since they could be stepped on, tripped over, or caught in taps.
- Shoes with taps are preferred, but new students may use any low-top, hard-soled, non-marking shoe (sneakers, lace-up dress shoes, etc.) that will stay on their feet. No boots, no mid- or high-tops, as this will restrict range of motion at the ankle. Part of the Novice class will be an introduction to the various types of clogging shoes available.

Ballet Curriculum

Based on Cecchetti Council of America
Graded Lessons in Classical Ballet Technique

Children's Division

Pre-ballet 4 to 5 years: Introduces children to ballet, emphasizing basic positions, ballet steps, and terminology.

Student Division

Ballet 6 to 10, Ballet 9 to 11, and Ballet 12 and up: Emphasis on basics, while developing coordination, grace, and discipline. Builds strength in fundamentals and vocabulary. Emphasizes correct body placement and alignment. Provides a solid foundation in the traditional classical training for serious students as well as developing an appreciation of the art.

Clogging Curriculum

Students will learn a variety of ability-appropriate routines. Class pace can be expected to increase throughout the semester.

Novice

Suited to the new clogger, regardless of age. 4-6 weeks into the semester, we will have a Q&A period on clogging shoes that parents should plan to attend. Students will learn how to find and control new muscle groups as well as be introduced to basic dance concepts. Students will learn foundational clogging steps including but not limited to Double Steps, Basics, Chains, Triples, Double Basics, Stomp Double Basics, Fancy Doubles, and Grapevines. By the end of the semester, students should be able to cleanly perform these steps on demand.

Beginner

Suited to the dancer with previous clogging or other step-dance experience, the Beginner class will be a little faster-paced. Students entering the Beginner class should have mastery of steps such as Basics, Double Basics, Triple Basics, Chains, Grapevines, Rocking Chairs, and Stomp Doubles, as they will be building blocks in many new combinations. As the semester progresses, there will be more emphasis on turns, facing walls 6-8, reading cue sheets, and learning longer steps and combinations.

Intermediate

Invitation only, at the discretion of the Clogging Instructor. Students should know how to read a cue sheet, as it may be necessary for at-home practice. The Intermediate class is a higher-energy, faster-paced class with an emphasis on expanding the student's clogging vocabulary and dance repertoire. Students should have mastery of steps including but not limited to Samanthas, Joeys, Mountain Goats, MJs, Catawbas, and other steps frequently used in Intermediate choreography, as the class pace will not allow for extensive breakdown of steps. Easier advanced footwork and timing will also be introduced.

Advanced

Invitation only, at the discretion of the Clogging Instructor. Students in this class will become comfortable with more challenging steps and timing, as well as faster music and a larger repertoire. Advanced students are strongly encouraged to be active participants in the Intermediate class, where they will be able to work on refining their technique and mentoring less-experienced students.

Exhibition Team

Intermediate and Advanced students will have the opportunity to be on the STARS Clogging Exhibition Team, which performs at Theater Pre-Shows, Variety Shows, and other various events that we are invited to attend. Students should be active in the Intermediate and/or Advanced classes and be both willing and able to practice effectively on their own time as necessary. Additional routines not covered in the Intermediate class will be taught in this class period.