

# St. Lucy's Dance Team

## **MR. BENCOMO'S PHILOSOPHY**

I am dedicated to providing a quality experience for my students. I will create an environment that is nurturing and encompassing of a diverse Catholic community. I will promote personal and performance excellence. I will engage my students to think critically, communicate effectively, and respond compassionately to the needs of the team and the society in which they live. I will represent St. Lucy's in a positive manner. All material and performances will reflect the advancement of women and the celebration of life, love and self.

## **PURPOSE**

The purpose of the St. Lucy's Dance team is to perform competitively, perform during rallies, Boutique, and selected school and alumni functions, and introduce students to competitive dance performance. This program will create an awareness of the impact of dance on the school culture and promote school unity and spirit. This program will allow students to process, analyze and respond to feedback and reactions of dance. This program is implemented to include and offer opportunities for students to get involved in the Regent community.

## **GOALS**

- To promote St. Lucy's to the community
- To collaborate with one another in a positive Catholic atmosphere
- To reflect an appropriate lifestyle through dance
- To showcase student talent

## **EXPECTATIONS**

- Each performer will give the team 100%
- Will attend all practices, rallies, and events on time
- Will follow all written/oral directions from the coach/choreographer regarding hair, makeup, and dress
- Will represent St. Lucy's in a positive manner and reflect the spiritual nature of the school through attitude, collaboration, and behavior for all events
- All Dance team levels will perform together at certain school functions and community events
- Teams will perform in two regional competitions and a USA National Competition  
(All Competitions will be local)

# St. Lucy's Dance Team

## **ELIGIBILITY**

- A member of the Regent dance team must be a student in good academic standing with a minimum of a 2.0 GPA with no citizenship marks.
- Members of the team must audition through a tryout process and successfully perform a routine containing dance skills.
- Members will be placed on a team that reflects their talent level, novice, intermediate, and advanced. If a member's talent level increases throughout the year, they may be placed in a higher-level competition team.
- Each member must have a current physical that ensures physical fitness and safety.
- Each member must follow all school policies set in the student handbook.

## **PRACTICE/ REQUIREMENTS**

- Practices will be every Monday after school from 3:00pm to 5:30pm.
- More practices will be added if needed for performances.
- Two absences will result in termination from the team, we practice one day a week. Please schedule all business on a day other than Monday.
- Dance clothes and proper dance shoes are required for all practices.
- No gum allowed at practice or during performances.
- Team members are encouraged to attend a dance studio of their choice to improve technique.
- Summer camp may be an option for material.
- All selected events are mandatory to help promote the school and student body.

## **FINANCIAL RESPONSIBILITIES**

- Team members are responsible for the cost of participating in the program.
- Each team member will provide their own transportation to events.
- Each team member will be responsible for competition fees, choreography, and music.
- All financial obligations with the team and school need to be paid in full before the student is eligible to perform and tryout.

# St. Lucy's Dance Team

## APPROXIMATE FEES

- Song style dance dresses - \$200 (team uniforms custom designed)
- Jazz Shoes \$36.00
- Tights \$16.00
- Jazz Pants \$25.00
- Poms \$40.00
- Keds \$35.00
- T-shirts with logo \$25 depends on logo (for performances)
- Warm ups with logo or embroidery and name up front \$85
- Competitions-
  - Regional – approx. \$200.00 per team (\$30 per girl)
  - State – approx. \$95.00 per girl
  - National- approx. \$105.00 per girl
- Competition Choreography and music – approx. \$200.00 per student

## **TOTAL COST per dancer is approximately \$898**

All Payments must be paid in full to be eligible to perform.

*\*With regards to all clothing - prices can be adjusted according to quantity and logo design.*

*These are special team prices given to me.*

## TALENT BREAKDOWN

Competition teams will be formed according to talent level.

### *Novice division*

The following skills are permitted at the Novice level:

- chaine turns, single pirouettes, single piques, all jumps (including c jumps and tilt jumps), forward/front leap, leg holds, kicks, and/or kicklines.

The following skills will **not** be permitted at the Novice level:

- Advanced dance technique and tricks [i.e. multiple turns (with the exception of the turns listed above), axels, leaps (with the exception of a forward/front leap) and/or leg hold turns].

# St. Lucy's Dance Team

## *Intermediate division*

In addition to the skills permitted at the Novice level, the following skills will be permitted at the Intermediate level:

- double pirouettes, single leg hold turn, axels, leaps (except for the leaps listed below).

Turn sequences must meet the following criteria:

- You are permitted to do a maximum of 2 stationary turn sequences in a routine, which can be performed by one or more team members.
- Turn sequences are limited to fouette, second turns and pirouettes only. No other skills besides these turns are permitted within a turn sequence.
- Each turn sequence can be no longer than one eight count and turn sequences may not be performed consecutively.
- Turn sequences must be completed with both feet on floor before executing another skill.
- Fouette and second turns may be performed only as a part of a turn sequence (see above).

The following advanced dance technique skills are **not** be permitted at the Intermediate level

- switch/scissor leaps, double leg hold turns or more, triple pirouettes, turn sequences that are longer than one eight count, 3 or more turn sequences in a routine.

## *Pom advanced division*

There are no technical skill limitations for this division except for those noted in the "2011-12 Song/Pom General Safety Rules for School and Youth Sports Teams."

I have read the above requirements and expectations and would like to be a part of the St. Lucy's Regent Dance Team.

Student (print) \_\_\_\_\_ (Sign) \_\_\_\_\_

Parent (print) \_\_\_\_\_ (Sign) \_\_\_\_\_